

Cheap Nursing CEUs

Treatment for Cutting and Other Nonsuicidal Self-Injury Behaviors

1. Individuals who engage in NSSI have advocated for the use of which term?

- A. Self-injury
 - B. Self-mutilation
 - C. Deliberate self-harm
 - D. Self-inflicted violence
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2. Anorexia, or purposeful starvation, is a form of self-injury that can accompany other forms or act as a gateway to further self-abuse.

- A. True
 - B. False
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3. Each of the following are the most commonly cited methods of self-injury, except for:

- A. Cutting
 - B. Burning
 - C. Scraping
 - D. Carving
-

4. Body areas that are rarely harmed, are particularly alarming, and are generally completed by those experiencing either psychotic decompensation or some type of trauma-related behavior, include:

- A. Face or eyes
 - B. Breasts in women
 - C. Genitals in either sex
 - D. All of the above
-

5. Nurses should be aware that risks of self-injury include which of the following?

- A. Infection from injuries or sharing implements.
 - B. Accidental severe injury such as life threatening blood loss or infection.
 - C. An increased risk for suicide.
 - D. All of the above.
-

6. The only people who self-injure are very disturbed and incapable of being functional, contributing members of society.

- A. True**
 - B. False**
-

7. The strategies preferred by males can more easily be explained away as outward-focused aggression which may mask self-injurious intent and support the common misperceptions that self-injury primarily affects females.

- A. True**
 - B. False**
-

8. Which demographic variable is significantly linked to NSSI?

- A. Socioeconomic status**
 - B. Gender**
 - C. Sexual orientation**
 - D. All of the above**
-

9. Patients with any of the following are at increased risk of NSSI, except for:

- A. An eating disorder**
 - B. Chronic physical pain**
 - C. Substance abuse**
 - D. Anxiety and/or depression**
-

10. Most studies find that self-injury is often used as a means of avoiding suicide.

- A. True**
 - B. False**
-

11. In addition to a history of childhood abuse, the presence of which of the following is associated with the presence of self-injury?

- A. A mental disorder**
 - B. Poor verbal skills**
 - C. An identification with Goth subculture**
 - D. All of the above**
-

12. Most people self-injure to create physical pain.

- A. True
 - B. False
-

13. Which of the following are signs of self-injury that nurses should be conscious of?

- A. Bandages worn frequently
 - B. Inappropriate clothing for the season
 - C. Heightened signs of depression, anxiety, or social withdrawal
 - D. All of the above
-

14. Asking questions about self-injurious behaviors increases the likelihood of self-injurious thoughts and/or behaviors and leads to increased levels of distress.

- A. True
 - B. False
-

15. During an assessment, first and foremost should be to assess immediate danger such as the severity of the injury and if it needs immediate medical attention.

- A. True
 - B. False
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16. To build trust, assist in opening the door to recovery, and not limit the opportunity to talk, which reaction should a nurse display to a person that self-injures?

- A. Shock, pity, or criticism
 - B. Effusive expressions of support
 - C. A dispassionate response
 - D. All of the above
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17. It is rare for individuals to hurt themselves in ways that require suturing or other medical response, therefore, when such damage occurs, nurses should request an emergency mental health evaluation and protective interventions such as hospitalization.

- A. True
 - B. False
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18. Nurses can perform the harm reduction model for patients that self-injure, including which of the following?

- A. Educating the patient on basic anatomy and physiology of skin and underlying structures.

- B. Educating the patient on methods for reducing infection risk.**
 - C. Encourage patients to visualize the bottom of a wound for tendons before cutting deeper into the wound.**
 - D. All of the above.**
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