

RN 208 Study Guide, Final Exam!

Chapter 37 Stress & Coping

What is the "Fight or Flight" response to stress?

What are some physical manifestations of the Fight or Flight response to stress?

What is a physical manifestation of prolonged stress?

What is the difference between acute and prolonged stress?

What are some examples of acute stress? Prolonged stress?

Define and give an example of a physiological stressor, a psychological stressor?

There are many defense mechanisms to stress. Define the following and give an example of each: Compartmentalizing, Projection, Repression, Rationalization, Regression.

Define and give an example of the following types of stressors: Developmental, Situational, Adventitious, Cultural, Socioeconomical.

How does consuming complex carbs affect a patient's mood? Why would you suggest eating a healthy diet that includes complex carbs for a patient experiencing stress?

What is the first step in the nursing process and how would you use this to care for a patient who is experiencing stress? What is the first thing you should do?

Name 3-5 benefits of exercise on relieving stress., what would you suggest to your patient?

Ch 36 Loss & Grief

There are many different types of grief. Define and give examples of the following types:

Disenfranchised grief, Prolonged grief, Anticipatory grief, Uncomplicated grief.

State the Kuebler- Ross stages of grief and give an example of each.

It is important to know how your patient might respond to grief based on their age and developmental level. What sorts of responses or reactions might you see in preschooler? Adolescent? Adult?

Spirituality and grief, given the following options what activity matches which religion: (Jewish, Hindu, Muslim, Christian):

--hold a wake for the deceased

--request the body of the deceased be bathed by a family member

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