Cheap Nursing CEUs

The Power of Emotional Intelligence

1. Which of the following is an essential element of emotional intelligence?

A. Self-deference
B. Self-regulation
C. Indifference
D. Attachment

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2. Which of the following statements best defines the term "introspective self-evaluation?"

A. Introspective self-evaluation may refer to the process of considering and examining other individuals' thoughts, feelings, and emotions.
B. Introspective self-evaluation may refer to the process of considering and examining one's own thoughts, feelings, and emotions, as well as actions towards other individuals.
C. Introspective self-evaluation may refer to the process of reflecting on interpersonal communication.
D. Introspective self-evaluation may refer to the process of reflecting on professional goals.

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3. Which of the following statements is most accurate?

A. An emotional trigger may refer to anything that ignites an intense emotional reaction.
B. An emotional trigger may refer to anything that helps avoid an intense emotional reaction.
C. Individuals, over the age of 40, should actively seek out emotional triggers when they are feeling stressed.
D. Individuals should not identify emotional triggers.

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4. A health care professional has questions regarding coping mechanisms. Which of the following informational points of interest should be communicated to the health care professional?

A. Sublimation is an example of a healthy coping mechanism.
B. Sublimation may refer to the act of denying, displacing and attributing unwanted or unacceptable impulses, urges, and/or idealizations onto another individual.
C. Projection is an example of a healthy coping mechanism.
D. Projection may refer to the act of channeling or transforming unproductive and/or socially unacceptable impulses, urges, and/or idealizations into productive, socially acceptable actions or behavior.

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5. Which of the following statements is most accurate?

A. Setting boundaries can prevent an individual from developing social skills.

B. Setting boundaries can prevent an individual from engaging in effective communication.
C. Setting boundaries can help an individual utilize communication to avoid social interaction.
D. Setting boundaries can help an individual avoid being taken advantage of.

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6. A health care professional has questions regarding visualization. Which of the following informational points of interest should be communicated to the health care professional?

A. Visualization should be avoided.
B. Visualization often leads to confusion.
C. Visualization can be used to enhance outcomes and performance.
D. Visualization should not be used in professional settings.

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7. Which of the following best represents an intrinsic motivation?

A. Self-gratification
B. Attachment
C. Financial compensation
D. Attention from other individuals

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8. A health care professional has questions regarding empathy. Which of the following informational points of interest should be communicated to the health care professional?

A. Empathy may refer to the ability to understand one's own feelings and/or emotions.
B. Empathy may refer to the ability to understand another individual's feelings and/or emotions.
C. In order to achieve empathy, individuals should not express gratitude.
D. Empathy should be avoided in professional settings.

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9. A health care manager engages with a health care professional. The health care manager assigns a project to the health care professional. The health care professional asks the health care manager a few questions regarding the project, and accepts the project. Which type of communication occurred between the health care manager and the health care professional?

A. Vertical communication
B. Horizontal communication
C. Liner communication
D. Non-linear communication

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10. A health care professional engages with another health care professional to discuss patient care. Both health care professionals are focused, make eye contact, and ask each other questions while discussing the patient to help effectively understand each other. What type of listening occurred between the two health care professionals?

A. Linear listening
B. Regressive listening
C. Passive listening

D. Active listening

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11. Which of the following statements best defines the term "noise?"

A. Noise, in the context of communication, may refer to anything that enhances the communication process.
B. Noise, in the context of communication, may refer to anything that distorts or disrupts a message and/or the communication process.
C. Noise, in the context of communication, may refer to anything that allows a sender to transmit a message to a receiver.
D. Noise, in the context of communication, may refer to anything that allows a receiver to transmit a message to a sender.

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12. A health care professional has questions regarding the MSCEIT. Which of the following informational points of interest should be communicated to the health care professional?

A. The MSCEIT may refer to an ability-based test designed to measure four branches of emotional intelligence, which include the following: perceiving emotions, facilitating thought, understanding emotions, and managing emotions.
B. The MSCEIT may refer to an ability-based test designed to measure five branches of emotional intelligence, which include the following: perceiving emotions, facilitating thought, understanding emotions, managing emotions, and avoiding emotions.
C. The MSCEIT consists of 200 items and typically takes two hours to complete.
D. The MSCEIT consists of 400 items and typically takes four hours to complete.

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13. Which of the following statements is most accurate?

A. PEC may refer to an emotional intelligence test that assesses two core emotional competencies which include identification and understanding.
B. PEC may refer to an emotional intelligence test that assesses three core emotional competencies which include: identification, understanding, and avoidance.
C. PEC may refer to an emotional intelligence test that assesses four core emotional competencies which include: identification, understanding, avoidance, and regulation.
D. PEC may refer to an emotional intelligence test that assesses five core emotional competencies which include: identification, understanding, expression, regulation, and use of emotions.

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14. A 20-year-old patient has questions regarding emotional intelligence and the TEIQue SF. Which of the following educational points should be expressed to the patient?

A. The TEIQue SF is specific for individuals 18 years old and younger.
B. The TEIQue SF is specific for individuals over the age of 40.
C. The TEIQue SF consists of 30 statements that help measure aspects of emotional intelligence.

D. The TEIQue SF consists of 130 statements that help measure aspects of emotional intelligence.

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15. Which of the following best represents a sign/symptom of stress?

A. Polydipsia
B. Nocturnal enuresis
C. Extreme focus on work
D. Recurring thoughts about an event

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16. A 40-year-old female patient has questions regarding burn-out. Which of the following educational points should be expressed to the patient?

A. Feelings of energy depletion is a characteristic of burn-out.
B. Increased energy is a characteristic of burn-out.
C. Burn-out typically only affects male individuals.
D. Burn-out typically only affects female individuals over the age of 50.

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17. Which of the following best represents a sign/symptom of generalized anxiety disorder?

A. Easily fatigued
B. Increased focus
C. Anhedonia
D. Nocturnal enuresis

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18. Which of the following statements is most accurate?

A. Major depressive disorder may refer to a form of depression that occurs most days of the week for a period of two weeks or longer leading to clinically significant distress or impairment in social, occupational, or other important areas of functioning.
B. Major depressive disorder may refer to a form of depression that occurs most days of the week for a period of two months or longer leading to clinically significant distress or impairment in social, occupational, or other important areas of functioning.
C. Major depressive disorder does not typically impact male individuals over the age of 65.
D. Major depressive disorder does not typically impact female individuals over the age of 65.

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19. A male patient is attempting to use emotional intelligence to avoid substance abuse. As a result, the patient has questions regarding heavy drinking. Which of the following educational points should be expressed to the patient?

A. Heavy drinking is defined as 8 or more drinks a week for men.
B. Heavy drinking is defined as 10 or more drinks a week for men.
C. Heavy drinking is defined as 15 or more drinks a week for men.
D. Heavy drinking is defined as 20 or more drinks a week for men.

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20. A patient is attempting to use emotional intelligence to build self-discipline and willpower to, ultimately, lose weight. As a result, the patient has questions regarding obesity and weight loss. Which of the following educational points should be expressed to the patient?

A. An individual may be considered to be obese if his or her BMI is between 20.0 - 29.9 kg/m2.
B. An individual may be considered to be obese if his or her BMI is between 25.0 - 29.9 kg/m2.
C. Reducing dietary fat alone without reducing calories is sufficient for weight loss.
D. Reducing dietary fat alone without reducing calories is not sufficient for weight loss.

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21. A health care professional has questions regarding medical errors and emotional intelligence. Which of the following informational points of interest should be communicated to the health care professional?

A. A medical error may refer to a preventable adverse effect of care that causes harm to a patient.
B. A medical error may refer to a preventable adverse effect of care that may or may not be evident or causes harm to a patient.
C. Emotional intelligence can only help prevent medical errors from occurring in small, uncomplicated patient populations.
D. Emotional intelligence can only help prevent medical errors from occurring in large, complicated patient populations.

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22. A health care professional is attempting to use emotional intelligence to help prevent patient suicide. As a result, the health care professional has questions regarding patient suicide prevention. Which of the following informational points of interest should be communicated to the health care professional?

A. One-to-one monitoring should be used for all patients.
B. One-to-one monitoring should be used for all patients over the age of 65.
C. Health care professionals should consider screening all patients for suicidal ideation using a validated screening tool.
D. Health care professionals should consider screening all patients for suicidal ideation who are being evaluated or treated for behavioral health conditions as their primary reason for care using a validated screening tool.

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23. A health care professional has questions regarding emotion tracing. Which of the following informational points of interest should be communicated to the health care professional?

A. Emotion tracing should only be utilized by a mental health professional.
B. Emotion tracing can be used to trace or track the impact of emotions and/or emotional outbursts.
C. Emotion tracing should only be utilized in personal relationships.
D. Emotion tracing should be avoided.

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24. Which of the following best represents an emotional intelligence recommendation?

A. Embrace transparency
B. Only embrace transparency in personal relationships
C. Only embrace transparency in professional relationships
D. Avoid transparency

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25. Which of the following best represents an emotional intelligence recommendation?

A. Work to obtain personal autonomy
B. Work to obtain autonomy from a manager
C. Only work to obtain professional autonomy
D. Avoid autonomy

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26. Which of the following statements best defines the term "time-out?"

A. Take an extended vacation.
B. Avoid personal responsibility for an extended period of time.
C. Avoid professional responsibility for an extended period of time.
D. A short pause in daily activities, which allows individuals an opportunity to compose themselves and gather their thoughts.

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27. A 50-year-old female patient is attempting to develop emotional intelligence through relieving stress and engaging in physical activity. As a result, the patient has questions regarding physical activity. Which of the following educational points should be expressed to the patient?

A. Adults should do muscle-strengthening activities of moderate or greater intensity and that involve all major muscle groups on two or more days a week.
B. Adults should do muscle-strengthening activities of moderate or greater intensity that involve all major muscle groups on two or more days a month.
C. Female adults, over the age of 40, should do muscle-strengthening activities of moderate or greater intensity and that involve all major muscle groups once a week.
D. Female adults, over the age of 40, should avoid muscle-strengthening activities of moderate or greater intensity.

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28. Which of the following best represents an essential element of a breathing exercise?

A. An uncomfortable posture or position.
B. A comfortable posture or position.
C. The ability to stand for 30 minutes or more.
D. The ability to stand for 60 minutes or more.

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29. Which of the following statements is most accurate?

A. Individuals over the age of 40 should avoid meditation.
B. Individuals under the age of 20 should avoid meditation.
C. Meditation is generally considered to be safe for healthy people.
D. Meditation is not considered to be safe.

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30. A health care professional has questions regarding yoga. Which of the following informational points of interest should be communicated to the health care professional?

A. Yoga promotes physical and mental well-being through asanas, breathing techniques, and meditation.
B. Yoga does not involve asanas.
C. Individuals over the age of 40 should avoid yoga.
D. Individuals over the age of 65 should avoid yoga.

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