

# Cheap Nursing CEUs

## Treatment of Fetal Alcohol Spectrum Disorders

1. To effectively serve individuals who have or may have an FASD, what is needed most is a nurse who is willing to:

- A. Understand the brain-based disabilities that are characteristic of these disorders.
  - B. Set aside the false view that, because an FASD is permanent, "nothing can be done."
  - C. Stretch the schedule, as success with a client who has an FASD can take longer.
  - D. All of the above.
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2. For the patient, discussion of a possible FASD can cause feelings of shame, or possibly even anger or disbelief, about being identified with a "brain disorder."

- A. True
  - B. False
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3. It is critical to take a no-fault, no-shame approach to the topic of FASD, continually reassuring the individual and the family that you are examining the possibility of an FASD only as a way to achieve the best possible treatment outcome.

- A. True
  - B. False
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4. Individuals with an FASD are frequently misdiagnosed. Given their symptoms, they may be described as meeting criteria for all of the following, except:

- A. Attention Deficit / Hyperactivity Disorder
  - B. Oppositional Defiant Disorder
  - C. Antisocial personality disorder
  - D. Bipolar disorder
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5. Effective in-house assessment for FASD is build on which core component?

- A. Building the right team.
  - B. Accessing the right resources.
  - C. Gathering the right information.
  - D. All of the above.
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6. Starting a treatment process without first addressing safety issues is futile and

**potentially dangerous. Physical safety for someone with an FASD must first be evaluated and includes all of the following, except:**

- A. Enrollment in school**
  - B. Harm to self or others**
  - C. Victimization**
  - D. Adequate housing and food**
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**7. Possible safety and health concerns for those with an FASD include:**

- A. Remembering medication schedules**
  - B. Decisions about legal and illegal substances**
  - C. Driving**
  - D. All of the above**
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**8. Nurses should be aware that children with physical, psychological, and sensory disabilities - including FASD - are known to be more vulnerable to violence and maltreatment, or to be at a greater risk of these forms of abuse.**

- A. True**
  - B. False**
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**9. All of the following are ways to intervene to reduce the risk of suicide for individuals with an FASD, except for:**

- A. Have the individual removed from the home and put into a care facility.**
  - B. Address basic needs and increase stability.**
  - C. Teach distraction techniques.**
  - D. Increase social support.**
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**10. Because of their unpredictable behavior, people with an FASD may need 24-hour supervision.**

- A. True**
  - B. False**
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**11. It is important to establish a network of community service providers who will be available for aftercare to promote ongoing recovery and avoid relapse.**

- A. True**
  - B. False**
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**12. Repetition is key.**

- A. True**
  - B. False**
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**13. All of the following are ways that nurses can help address self-esteem and personal issues, except for:**

- A. Do not isolate the person.**
  - B. Do not use person-first language.**
  - C. Do not blame people for what they cannot do.**
  - D. Set the person up to succeed.**
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**14. It is important to provide consistency and re-check the retention of information often by:**

- A. Asking the patient to summarize what you have said.**
  - B. Reviewing written materials, such as rules, at each visit.**
  - C. Not assuming that the patient is familiar with a concept or can apply it simply because you have reviewed it multiple times.**
  - D. All of the above.**
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**15. Adolescents and adults with an FASD should be well informed and consulted about decisions regarding abstinence, contraception, and pregnancy.**

- A. True**
  - B. False**
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**16. Care plans for individuals with an FASD entering substance abuse treatment should include the following:**

- A. Medications**
  - B. Communicable disease assessment**
  - C. A pregnancy test**
  - D. Vaccinations**
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**17. Medications for individuals with an FASD may not work at rates similar to other populations and/or may require different dosages to work.**

- A. True**
  - B. False**
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**18. When treating a person with an FASD, language is important. Which of the following should a nurse use?**

- A. Metaphors or similes**
  - B. Idiomatic expressions and proverbs**
  - C. Literal statements**
  - D. Sarcasm**
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**19. It is generally believed that transitional forms of therapy, such as "talk therapy," are the most effective choice when working with adolescents with an FASD.**

- A. True**
  - B. False**
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**20. It is important to think ahead about education on topics such as:**

- A. Safe sex**
  - B. Communicating clearly with partners about consensual activity**
  - C. Use of cigarettes and alcohol**
  - D. All of the above**
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