

1. Unmanaged stress in a student registered nurse anesthetist can lead, most commonly, to what negative coping mechanisms? (Select 2)

- a. Abandoning church family
- b. Harshly critiquing self
- c. Reacting harshly to team members
- d. Using alcohol and drugs

**Answer: B**

2. What is **NOT** a common stressor affecting student registered nurse anesthetists?

- a. Fear of academic failure
- b. Fear of divorce
- c. Increased workload
- d. Loss of income

**Answer: B**

3. What changes in the brain are attributed to unmanaged stress? (Select 2)

- a. Damage to the hippocampus
- b. Decrease in size of dendrites in emotion centers
- c. Impair conduction through the frontal lobe
- d. Increase in the number of spinal synapses

**Answer: A, B**

4. What is the first step to properly managing stress?

- a. Avoid distractions
- b. Create a schedule
- c. Exercise 3-5 times per week
- d. Recognize the signs of stress

**Answer: D**

5. What statement is true regarding stress management techniques?

- a. Implementation of proper stress management techniques takes commitment and practice
- b. It is best to wait until faced with a stressful situation to implement stress management techniques
- c. It is important to not share your stress management plan with your friends and family so you will be able to impress them later on
- d. You can acquire good stress management techniques overnight as long as you apply yourself

**Answer: A**

6. What is an example of an effective wellness technique?

- a. Avoid a high carbohydrate diet
- b. Exercise once or twice per week
- c. Increase sugar intake
- d. Sleep 5 hours a night

**Answer: A**

7. Which 3 strategies have been shown to be best at reducing stress? (Select 3)
- a. Avoid sharing problems with classmates that may make you appear weak
  - b. Create healthy boundaries by agreeing to avoid talking about school after a certain time everyday
  - c. Dance on Friday nights as weekly exercise
  - d. Exercise 3-5 times a week
  - e. Practice positive self-talk when faced with a difficult situation
  - f. Relax frequently with beer or wine
  - g. Relieve stress by venting negatively to family

**Answer: B, D, E**

8. The student registered nurse anesthetist is experiencing overwhelming stress prior to induction during a clinical rotation. What emotional manifestations might be present?
- a. Afraid that she might get the same disease as her patient
  - b. Concerned about getting a job when she graduates
  - c. Fear of giving the wrong dose of muscle relaxant
  - d. Uneasiness that her preceptor doesn't like her

**Answer: C**

9. Susie is experiencing a stressful situation one day during her clinical rotation. What is an appropriate stress management technique she can do to help decrease her stress levels? (Select 2)
- a. Ask to go home early and take a bath
  - b. Express her stress to her so they can give encouragement
  - c. Give yourself a positive pep talk before seeing your patient in the preop area
  - d. Ignore her feelings of stress and carry on with her day
  - e. Practice exaggerated exhalation while waiting to take the patient back to the OR

**Answer: C, E**

10. What is **NOT** a common manifestation of unmanaged stress?
- a. Anxiousness on first day of clinicals
  - b. Decreased ability to concentrate
  - c. Feelings of hopelessness
  - d. Increasing fatigue

**Answer: A**

11. What is true regarding wellness and stress management?
- a. Everyone experiences the same levels of stress during graduate school
  - b. Stress management techniques are useful in the classroom setting but ineffective in the clinical setting
  - c. Wellness and stress management techniques are a group of skills to reduce stress that have been proven to improve academic performances.
  - d. Wellness focuses on physical health and should be supplemented with other frameworks that address nutrition and sleep

**Answer: C**

12. What statement is accurate?

- a. Consuming moderate amounts of alcohol can be as effective as exercise in reducing stress
- b. Exercise can lead to a decreased ability to form new concepts in the brain
- c. Sleeping habits play a major role in the processes of learning and memory development
- d. Students should spend most of their time doing schoolwork in order to achieve as much progress each day

**Answer: C**

13. What is **NOT** a positive coping mechanism?

- a. Choosing to wake up early and cram on an exam day so you can blow off some stress dancing the night before
- b. Positive self-talk when faced with a negative circumstance
- c. Practicing cognitive restructuring when given an overwhelming assignment
- d. Use of social support when experiencing adverse levels of stress

**Answer: A**

14. What statement regarding knowledge of wellness and stress management among student registered nurse anesthetists is **NOT** true?

- a. Most students enter graduate school with effective stress management techniques because it is a prerequisite requirement
- b. Negative coping mechanisms such as avoidance behavior, use of drugs and alcohol, and withdrawal occur more frequently among students
- c. Research has demonstrated that educating other high stress populations such as medical students and graduate health science students on wellness and stress management techniques has a positive effect
- d. With the transition to doctoral degrees as the standard education for CRNAs, students may experience higher demands from the rigorous curriculum and research requirement making wellness education even more important

**Answer: A**

15. What is a personal stressor affecting student registered nurse anesthetists?

- a. Conflict with clinical instructors
- b. Fear of academic failure
- c. Poor clinical evaluation
- d. Relationships with significant other

**Answer: D**

16. What technique saves time?

- a. Posting SRNA blog on social media
- b. Checking all your partners work
- c. Procrastinating to force quicker project completion
- d. Setting priorities based on deadlines

**Answer: D**

17. Which describes the ability to bounce back and adapt well when faced with a significantly stressful situation?

- a. Adaptation
- b. Resilience
- c. Stress management
- d. Wellness techniques

**Answer: B**

18. Which is the correctly matched stress management technique?

- a. Cognitive restructuring; referred to as “making mountains out of molehills”
- b. Diaphragmatic breathing; decreases the sympathetic response causing relaxation
- c. Humor to relieve stress; especially when directed toward a difficult patient
- d. Resilience is an innate characteristic; only effective if it comes naturally

**Answer: B**

19. Michael just received multiple assignments and is greatly exaggerating his workload which leads to feelings of negativity and overwhelming thoughts. What is the **BEST** technique for Michael to favorably alter his current mind frame to a less threatening perception?

- a. Practicing cognitive restructuring
- b. Developing healthy boundaries
- c. Initiating proper time management techniques
- d. Practicing progressive relaxation techniques

**Answer: A**