Care CEUs

Helping Employees with Anxiety and Depression

1. A fellow health care professional has questions regarding depressive disorders. Which of the following informational points of interest should be communicated to the health care professional?

A. Depressive disorders do not typically interfere with daily life.
B. A depressive disorder may be present in individuals experiencing prolonged states of depression, which interferes with daily life.
C. There are only two types of depressive disorders that interfere with daily life.
D. There are only two types of depressive disorders.

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2. According to the course, which of the following is a sign/symptom of a major depressive disorder?

A. Nocturia
B. Anhedonia
C. Chronic constipation
D. Excessive worry

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3. An individual may be diagnosed with major depressive disorder if he or she meets which of the following DSM-5 criteria?

A. The individual must be experiencing two or more outlined symptoms during the same two-week period and at least one of the symptoms should be either (1) depressed mood or (2) loss of interest or pleasure.
B. The individual must be experiencing four or more outlined symptoms during the same four-week period and at least one of the symptoms should be either (1) depressed mood or (2) loss of interest or pleasure.
C. The individual must be experiencing five or more of the following symptoms during the same eight-week period and at least one of the symptoms should be either (1) depressed mood or (2) fatigue.
D. The individual must be experiencing five or more of the following symptoms during the same two-week period and at least one of the symptoms should be either (1) depressed mood or (2) loss of interest or pleasure.

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4. A fellow health care professional has questions regarding generalized anxiety disorder. Which of the following informational points of interest should be communicated to the health care professional?

A. A generalized anxiety disorder may refer to a mental health disorder characterized by excessive anxiety and worry occurring more days than not for at least six months, about a number of events or activities which is difficult to control and leads to clinically significant

distress or impairment.
B. A generalized anxiety disorder is a mental health disorder characterized by repeated panic attacks.
C. A generalized anxiety disorder may refer to a form of an anxiety disorder characterized by excessive worry and/or fear centered around being apart from select individuals.
D. A generalized anxiety disorder may refer to a form of an anxiety disorder characterized by fear and avoidance of general places and situations, which lead to feelings of panic, helplessness, being trapped, and/or embarrassed.

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5. According to the course, which of the following is a sign/symptom of a generalized anxiety disorder?

A. Nocturia
B. Anhedonia
C. Chronic constipation
D. Excessive worry

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6. An individual may be diagnosed with generalized anxiety disorder if he or she meets which of the following DSM-5 criteria?

A. The disturbance, related to anxiety, may be attributable to the physiological effects of a substance.
B. The disturbance, related to anxiety, is not attributable to the physiological effects of a substance.
C. The disturbance, related to anxiety, may be attributable to the physiological effects of another medical condition.
D. The disturbance, related to anxiety, may be attributable to the physiological effects of another medical condition, if the patient is over the age of 25.

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7. According to the course, burnout is often characterized by which of the following?

A. Reduced professional efficacy and an increase in energy.
B. Increased professional efficacy
C. Reduced mental distance from one’s job
D. Increased mental distance from one’s job

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8. A fellow health care professional has questions regarding depression, anxiety, and substance abuse. Which of the following informational points of interest should be communicated to the health care professional?

A. Substance abuse is not often associated with depression and/or anxiety.
B. Substance abuse does not typically affect individuals under the age of 25.
C. Substance abuse typically only pertains to the use of prescription medications.
D. Slurred speech, an active tremor, and involuntary eye movements may be signs of alcohol and/or illicit drug use.

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9. Which of the following statements regarding impairment in the workplace is most accurate?

A. Health care professionals do not have any kind of ethic responsibility to identify impairment in the workplace.
B. The ANA's and the AMA's specific codes of conduct do not typically address the issue of identifying impairment in the workplace.
C. Health care professionals often do not have a legal responsibility to identify impairment in the workplace.
D. Health care professionals often have a legal responsibility to identify impairment in the work place.

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10. A fellow health care professional has questions regarding the Americans with Disabilities Act. Which of the following informational points of interest should be communicated to the health care professional?

A. The Americans with Disabilities Act requires that an employer provide reasonable accommodations to employees and job applicants with a disability, unless doing so would cause significant difficulty or expense for the employer.
B. The Americans with Disabilities Act requires that an employer provide reasonable accommodations to employees and job applicants with a disability, even if doing so would cause significant difficulty or expense for the employer.
C. The Americans with Disabilities Act requires that an employer only has to provide reasonable accommodations to employees and job applicants if the employee/job applicant is over the age of 65.
D. The Americans with Disabilities Act does not require that an employer provide reasonable accommodations to employees and job applicants.

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11. A fellow health care professional has questions regarding harassment and the Americans with Disabilities Act. Which of the following informational points of interest should be communicated to the health care professional?

A. The Americans with Disabilities Act indicates that harassment is illegal when it is so frequent or severe that it creates a hostile or offensive work environment or when it results in an adverse employment decision.
B. The Americans with Disabilities Act indicates that harassment is not illegal when it results in an adverse employment decision.
C. The Americans with Disabilities Act indicates that harassment is not illegal in any way.
D. According to the Americans with Disabilities Act, harassment does not include offensive remarks about a person's disability.

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12. According to the course, which of the following best represents a reasonable accommodation for an individual with a mental illness?

A. Set hours with little to no flexibility
B. Adjusted job tasks

C. Irregular guidance
D. Little to no feedback regarding job performance

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13. According to the course, how can health care professionals foster effective communication when engaging with their peers and colleagues?

A. Avoid questions
B. Avoid eye contact
C. Only discuss personal matters when a patient is present
D. Actively listen to others when they speak

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14. According to the course, which of the following best represents a recommendation that can help health care professionals effectively work alongside those individuals suffering from depression and/or anxiety?

A. Recognize individuals who may be suffering from depression and/or anxiety.
B. Only recognize individuals who may be suffering from depression and/or anxiety, when instructed to do so by a health care manager.
C. Only recognize individuals who may be suffering from depression and/or anxiety over the age of 65.
D. Only recognize individuals who may be suffering from depression and/or anxiety under the age of 65.

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15. According to the course, which of the following best represents a recommendation that can help health care professionals effectively work alongside those individuals suffering from depression and/or anxiety?

A. Listen to and/or engage with individuals who do not openly discuss their depression and/or anxiety.
B. Do not listen to and/or engage with individuals who openly discuss their depression and/or anxiety.
C. Listen to and/or engage with individuals who openly discuss their depression and/or anxiety, when appropriate and/or applicable.
D. Only listen to and/or engage with individuals who openly discuss their depression and/or anxiety, when patients are present.

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16. According to the course, which of the following best represents a recommendation that can help health care professionals effectively work alongside those individuals suffering from depression and/or anxiety?

A. Respect and honor reasonable accommodations made for individuals suffering from depression and/or anxiety.
B. Only respect and honor reasonable accommodations made for individuals suffering from depression and/or anxiety if they apply to health care managers.

C. Only respect and honor reasonable accommodations made for individuals suffering from depression and/or anxiety if they apply to weekly schedules.
D. Do not respect and honor reasonable accommodations made for individuals suffering from depression and/or anxiety.

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17. According to the course, which of the following best represents a recommendation that can help health care professionals effectively work alongside those individuals suffering from depression and/or anxiety?

A. Monitor a health care professional's depression and/or anxiety-related treatment.
B. Monitor a health care professional's depression and/or anxiety-related treatment, when the health care professional is taking medications
C. Monitor a health care professional's depression and/or anxiety-related treatment, when instructed to do so by a health care manager.
D. Do not interfere with a health care professional's depression and/or anxiety-related treatment.

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18. According to the course, which of the following best represents a recommendation that can help health care professionals effectively work alongside those individuals suffering from depression and/or anxiety?

A. Only identify and/or assist individuals suffering from suicidal ideation, when instructed to do so by a fellow health care professional and/or manager.
B. Identify and/or assist individuals suffering from suicidal ideation.
C. Do not assist individuals suffering from suicidal ideation.
D. Do not inform a health care manager that a fellow health care professional may be suffering from suicidal ideation.

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19. A 38-year-old female health care professional suffering from depression is admitted to the health care facility where she is employed. Which of the following statements regarding the health care professional and HIPAA is most accurate?

A. HIPAA laws and regulations do not apply to the health care professional.
B. HIPAA laws and regulations do not safeguard the health care professional's PHI.
C. HIPAA safeguards the health care professional's identifiable health information.
D. The minimum necessary principle does not apply to the health care professional.

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20. A 42-year-old male health care professional suffering from anxiety and substance abuse is admitted to the health care facility where he is employed for substance abuse treatment. Which of the following statements regarding the health care professional and 42 CFR Part 2 is most accurate?

A. 42 CFR Part 2 does not apply to the patient because he is over the age of 18.
B. 42 CFR Part 2 does not apply to the patient because he is under the age of 65.

C. Health care professionals may acknowledge that a person is a patient in a substance use program, if the patient is a health care professional.
D. Health care professionals may not acknowledge that a person is a patient in a substance use program.

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