

*Preparing the Adult Mental Health Workforce to Succeed
in a Transformed System of Care*



Module 15: Physical and Medical Risks in Mental Health Settings

Post-test

- 1) No one knows why people diagnosed with serious mental health conditions are dying 25 years earlier than the general population:
 - True
 - False

- 2) Overall health is essential to good mental health:
 - True
 - False

- 3) Most people with serious mental conditions have their own primary (medical) care provider:
 - True
 - False

- 4) Common medical conditions that affect people with serious mental conditions and lead to early death include the following: (check all that apply)
 - A. Cardiovascular disease
 - B. Diabetes
 - C. Respiratory disease
 - D. Infectious disease

- 5) Common risk factors that lead to serious physical conditions include: (check all that apply)
 - A. Smoking or alcohol consumption
 - B. Poor nutrition/Obesity
 - C. “Unsafe” sexual behavior
 - D. Side effects of some psychotropic medications

6) Social risk factors that increase a person's vulnerability to poor health include: (check all that apply)

- A. Poverty
- B. Paranoia
- C. Incarceration
- D. Genetics

7) Facts about smoking and tobacco use: (check all that apply)

- A. 75% of people with MI or SA smoke vs. 23% of others
- B. Smokers lose between 13-14 years of life
- C. Most consumers do not ever want to quit smoking

8) Body Mass Index (BMI) is the best predictor for insulin resistance leading to diabetes:

- True
- False

9) Mental health staff are often the only health resource for people with serious mental conditions:

- True
- False

10) Risk factors for medical diseases (also called health indicators) should be routinely discussed in shift report and in treatment planning sessions:

- True
- False