

Module 15: Physical and Medical Risks in Mental Health Settings

Post Test Answers

1. No one knows why people diagnosed with serious mental health conditions are dying 25 years earlier than the general population: False
2. Overall health is essential to good mental health: True
3. Most people with serious mental conditions have their own primary (medical) care provider: 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 clients do not ever want to quit
8. Body Mass Index (BMI) is the best predictor for insulin resistance leading to diabetes: True
9. Mental health staff are often the only health resource for people with serious mental conditions: True
10. Risk factors for medical diseases (also called health indicators) should be routinely discussed in shift report and in treatment planning sessions: True