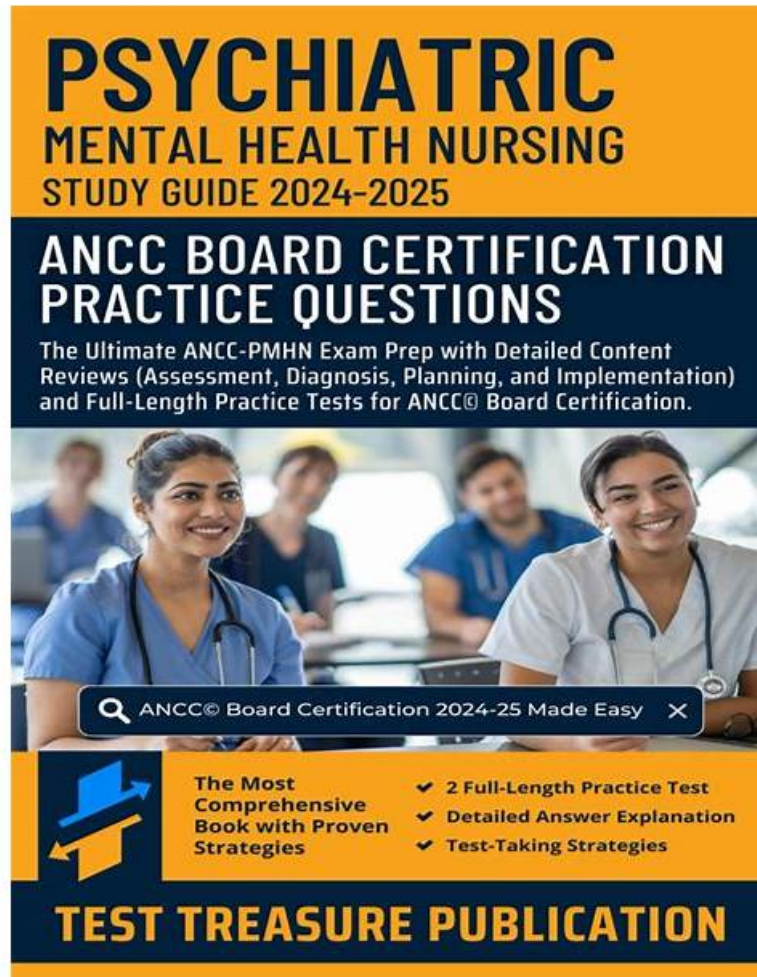


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## Nursing ANCC Psychiatric–Mental Health Nursing Certification (PMHN-BC) Sample Questions (Q27-Q32):

### NEW QUESTION # 27

What type of therapy uses interaction that is focused on the present to create empathy?

- A. Psychodynamic therapy
- **B. Supportive psychotherapy**
- C. Psychotherapy
- D. Psychoanalytical therapy

**Answer: B**

Explanation:

The correct answer to the question of what type of therapy uses interaction that is focused on the present to create empathy is Supportive Psychotherapy.

Supportive psychotherapy is a therapeutic approach designed to improve, reinforce, or sustain a patient's psychological defenses, primarily in the face of stress, psychological distress, or dysfunction. This therapy is heavily influenced by psychodynamic and psychoanalytical traditions but differs significantly in its application and goals.

Unlike traditional psychoanalysis, which often delves into past experiences and the subconscious to uncover root causes of psychological issues, supportive psychotherapy concentrates on the present. The primary focus is on creating a supportive environment where the therapist actively helps the patient deal with their current feelings and problems. This approach is deemed particularly effective in helping individuals cope with immediate life challenges and mental health issues by fostering a sense of safety and understanding.

One of the critical elements of supportive psychotherapy is the development of empathy within the therapeutic relationship. Empathy in this context refers to the therapist's ability to understand and share the feelings of the patient, which is vital for providing emotional support and validation. By focusing on the present, the therapist can more directly address the immediate emotions and situations the patient is experiencing, which facilitates a more empathetic connection.

This therapy is often utilized in clinical settings where patients might not have the capacity or stability to engage in more intensive psychoanalytic treatment, such as those with severe mental health disorders, acute crises, or those in need of stabilization. The supportive nature of this therapy helps to strengthen the patient's existing coping mechanisms while preventing further psychological deterioration.

In summary, supportive psychotherapy is distinguished by its present-focused interaction aimed at bolstering the patient's current psychological defenses. It is characterized by the active role of the therapist in providing support, the emphasis on empathy within the therapeutic relationship, and its application in managing present symptoms and stressors rather than exploring historical causative factors.

### NEW QUESTION # 28

How many concepts make up the nursing process?

- A. Nine.
- B. Seven.
- C. Four.
- **D. Five.**

**Answer: D**

Explanation:

The nursing process is a fundamental framework that guides nurses in delivering effective, patient-centered care. It encompasses five critical steps, each essential for ensuring comprehensive care and optimal patient outcomes. These steps are: Assessment, Diagnosis, Planning, Implementation, and Evaluation. This structured approach allows for consistent, evidence-based professional practice in the nursing field.

The first step, Assessment, involves gathering comprehensive data about the patient's health status. This includes taking a complete health history and performing a physical examination. The data collected during the assessment phase forms the basis for all subsequent steps.

The second step, Diagnosis, involves analyzing the assessment data to determine the patient's actual or potential health problems. These problems are then articulated as nursing diagnoses. Each diagnosis provides a precise definition of issues that nurses are qualified and licensed to treat.

In the Planning phase, the third step, nurses prioritize the diagnosed problems and set measurable and achievable short- and long-term goals for the patient. They also develop a care plan that outlines strategies to address the nursing diagnoses.

Implementation, the fourth step, involves putting the care plan into action. This step can include administering medication, providing education, and conducting other necessary interventions to address the patient's health needs.

The final step, Evaluation, focuses on assessing the outcomes of the nursing interventions. Nurses determine whether the health goals for the patient are being met or if adjustments to the care plan are necessary. This step is crucial as it ensures that the care provided is effective and responsive to the patient's needs.

Thus, the nursing process is a dynamic and iterative method that enables nurses to provide holistic and patient-focused care. Each of the five steps plays a critical role in fostering better health outcomes and enhancing the quality of care delivered to patients.

### NEW QUESTION # 29

I won the Science Fair in the eighth grade biology category. I must have been the only who entered in that category. What example of common distortion is this?

- A. Emotional reasoning
- B. Jumping to conclusions
- C. Magnification or minimization
- D. Disqualifying the positive

**Answer: D**

### NEW QUESTION # 30

Identify the approach to patient care that can include therapies such as acupuncture or aromatherapy.

- A. Wellness care
- B. Whole person care
- C. Complementary and alternative medicine
- D. Natural care

**Answer: C**

Explanation:

Complementary and alternative medicine (CAM) is a term used to describe a wide range of medical practices and products that are not typically part of conventional medical treatment. This approach to healthcare is distinct from standard Western medicine primarily in its holistic philosophy and its use of therapies and techniques that are not usually taught in traditional medical schools or widely available in conventional hospitals.

The CAM approach encompasses a variety of therapies that aim to treat the whole person rather than focusing solely on the symptoms of disease. This holistic approach considers physical, mental, emotional, and spiritual aspects of health, emphasizing the body's intrinsic ability to heal and maintain itself. Some popular CAM therapies include acupuncture, which involves inserting thin needles into specific points on the body; aromatherapy, which uses essential oils to improve physical and emotional well-being; herbal medicine, which utilizes plants or plant extracts; and chiropractic care, which focuses on diagnosing and treating mechanical disorders of the musculoskeletal system, particularly the spine.

CAM therapies can be used in conjunction with conventional medical treatments, in which case they are referred to as "complementary" therapies. When used instead of conventional medicine, they are often called "alternative" therapies. The integration of CAM and conventional medicine has given rise to the term "integrative medicine," which combines treatments from both realms to best suit the individual patient's needs and preferences, aiming to achieve optimal health outcomes and enhance well-being. Patients who seek out CAM therapies often do so for various reasons, including chronic pain management, mental health management, overall wellness, and disease prevention. The choice to use CAM can also stem from a desire for more natural or less invasive treatments, dissatisfaction with the results of conventional treatments, or cultural beliefs and practices.

It is important for patients choosing to explore CAM therapies to communicate openly with their healthcare providers about all treatments they are considering or currently using. This ensures safe and coordinated care, particularly to avoid potential interactions between conventional pharmaceuticals and herbal or nutritional supplements. Additionally, while many CAM practices are based on centuries-old knowledge, it is beneficial for patients to seek information on the scientific evidence supporting the efficacy and safety of the CAM therapies they wish to pursue.

### NEW QUESTION # 31

Which of the following is not a characteristic of schizophrenia?

- A. More common in females
- B. Family history may increase the likelihood of developing schizophrenia
- C. More common for ages 18 - 35
- D. Symptoms may include both hallucinations and delusions

**Answer: A**

Explanation:

The correct answer to the question, "Which of the following is not a characteristic of schizophrenia?" is "More common in females."

This statement is not accurate as it contradicts established demographic trends observed in schizophrenia diagnoses.

Schizophrenia is a complex psychiatric disorder that affects how a person thinks, feels, and behaves, leading to a distorted perception of reality. This can manifest through hallucinations, delusions, disorganized thinking, and other cognitive impairments.

Schizophrenia typically first appears in late adolescence to early adulthood, and its onset is slightly different between genders.

Statistically, schizophrenia is slightly more prevalent in males than in females. Male patients often experience an earlier onset of symptoms, typically in their late teens to early twenties. In contrast, females tend to show symptoms later, usually in their late twenties to early thirties. Additionally, the course of the disease can differ by gender, with males often experiencing more severe symptoms earlier in the disease progression.

Another factor relevant to schizophrenia is genetics. A family history of schizophrenia substantially increases the likelihood of developing the disorder. Studies suggest that the risk for an individual increases if a family member, particularly a first-degree relative, has been diagnosed with schizophrenia. This hereditary aspect underscores the importance of genetics in understanding the risk and mechanisms of the disorder.

Regarding the symptoms, schizophrenia is notably marked by psychotic symptoms such as hallucinations and delusions.

Hallucinations involve sensing things that are not present, such as hearing voices, while delusions involve false beliefs that are not grounded in reality, such as thinking one has extraordinary powers or is being persecuted. These symptoms are central to the diagnosis of schizophrenia and are critical in differentiating it from other mental health disorders.

In summary, the statement "More common in females" is incorrect as a characteristic of schizophrenia, as the condition is more frequently diagnosed in males and has an earlier onset in them. Understanding the true characteristics of schizophrenia is essential for correct diagnosis, treatment, and management of those affected by the disease.

### NEW QUESTION # 32

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