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PMHNP Certification Exam Prep With Verified Questions And Answers 2025

autosomal dominant - correct answer genetic inheritance, will present in more than one generation. 50/50 chance of passing on trait (Huntingtons)

autosomal recessive - correct answer two copies must be present (cystic fibrosis)

SLUMS - correct answer 11 items. Max 30, 27-30 normal for high school education, 21-60 mild neurocognitive disorder, 0-20 dementia

MMSE - correct answer 11 components. Max 30, no impairment 24-30
Delirium/dementia 18-23 mild, 0-7 severe

SLAP - correct answer suicide assessment. Social support, Lethality, Access to means, Plan/Previous attempt

Hamilton Anxiety Rating scale - correct answer most popular anxiety scale

Vanderbilt Assessment Scale - correct answer free ADHD assessment tool

Abnormal Involuntary Movement Scale (AIMS) - correct answer total score is less important than monitoring areas of the body. 2 or more is positive. Question 7 examines trunk movements

PET scan - correct answer localizes mental activities, primarily as experimental basis and is very expensive

tender lymph node - correct answer classic sign of infection

rubbery lymph node - correct answer classic sign of lymphoma

soft lymph node - correct answer insignificant

nontender lymph node - correct answer classic sign of potential malignancy

lymph node size - correct answer insignificant if less than 2cm, 3cm in axilla and inguinal. but if supraclavicular fossa, >1cm is significant

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College Admission American Nurses Credentialing Center: Adult Psychiatric-Mental Health Nurse Practitioner-Board Certified Sample Questions (Q660-Q665):

NEW QUESTION # 660

Which statement accurately describes "with atypical features," a specifier used in the diagnosis of mood disorders?

- A. These patients experience a mixture of both manic and depressive symptoms
- B. These patients exhibit either motor hyperactivity or inactivity
- C. These patients feel worse in the morning than in the afternoon, and they experience decreased appetite, weight loss, and agitation
- D. These patients eat a lot and gain weight, sleep excessively, and have a feeling of being sluggish or paralyzed

Answer: D

Explanation:

Specifiers are special descriptions added to a patient's diagnosis to provide more information. Specifiers help characterize the condition and describe its overall course. Specifiers used to describe mood disorders include the following:

* With atypical features: These patients eat a lot, gain weight, sleep excessively, and have a feeling of being sluggish or paralyzed.

They are also sensitive to rejection.

* With melancholic features: These patients feel worse in the morning than in the afternoon, and they experience decreased appetite, weight loss, and agitation. They also tend to feel excessively guilty and have trouble making decisions.

* With anxious distress: These patients have high levels of tension, restlessness, worry, and fear.

* With catatonic features: These patients exhibit either motor hyperactivity or inactivity.

* With mixed features: These patients are experiencing a mixture of both manic and depressive symptoms.

* With peripartum onset: These patients develop a mood episode during pregnancy or within a month of having their baby.

* With psychotic features: These patients develop delusions or hallucinations along with their mood symptoms.

* With rapid cycling: These patients have experienced at least four mood episodes in the past year.

* With a seasonal pattern: These patients regularly become ill at a certain time of the year.

NEW QUESTION # 661

During an initial psychiatric interview of a 15-year-old female, the PMHNP noted the presence of peripheral edema and Russell's sign. These physical signs are symptoms of which of the following conditions?

- A. Anorexia nervosa
- B. Hyponatremia
- C. Systemic lupus erythematosus
- D. Pregnancy

Answer: A

Explanation:

Peripheral edema can be a symptom of multiple conditions, but the presence of Russell's sign indicates possible anorexia nervosa. Russell's sign is scarring or callouses on the dorsal surface of the hands caused by self-induced vomiting. It is most commonly associated with bulimia nervosa but can present with other conditions.

A complete physical will rule out other contributors, but the primary presenting symptoms of peripheral edema and Russell's sign should direct the initial assessment toward the possibility of anorexia nervosa.

NEW QUESTION # 662

A known patient with a diagnosis of PTSD presents to your clinic for a refill of medication. You determine that he is stable and does not need any medication adjustments at this time. Which of the following medications is likely involved in this case?

- A. Haldol (haloperidol)
- B. Lithium
- **C. Paxil (paroxetine)**
- D. Ativan (lorazepam)

Answer: C

Explanation:

Paxil is an SSRI and is FDA-approved for the treatment of PTSD. Another SSRI medication that is FDA-approved and often used in the treatment of PTSD is Zoloft (sertraline).

Haldol is a first-generation antipsychotic and is not recommended for the treatment of PTSD. Lithium is a mood stabilizer and the gold standard for the treatment of bipolar I disorder; it is not FDA-approved for the treatment of PTSD. Ativan is not FDA-approved and not recommended for the treatment of PTSD.

NEW QUESTION # 663

Which of the following is most likely to be a systemic effect of hypokalemia?

- A. Restlessness
- B. Tingling of lips and fingers
- C. Intestinal cramping
- **D. Polyuria**

Answer: D

Explanation:

Polyuria is a sign of hypokalemia, while the other signs are typically associated with hyperkalemia.

Effects of hypokalemia:

- * Impaired carbohydrate metabolism
- * Impaired renal function
- * Polyuria
- * Polydipsia
- * Skeletal muscle weakness
- * Smooth muscle atony
- * Cardiac dysrhythmias
- * Paralysis and respiratory arrest

Effects of hyperkalemia:

- * Muscle weakness
- * Paralysis
- * Tingling of lips and fingers
- * Restlessness
- * Intestinal cramping
- * Diarrhea
- * Electrocardiogram changes

NEW QUESTION # 664

Violence in school is on the rise. When warning signs indicate that danger is imminent, safety must always be the first and foremost consideration. Immediate intervention by school authorities and possibly law enforcement officers is needed when a child does what?

- A. Having a conversation with a friend about their father's purchase of a new gun
- B. Having a conversation with a friend about their brother's firearm collection
- **C. Having a conversation with a friend about a firearm in their locker**
- D. Having a conversation with a friend about online gaming involving violence and shooting

Answer: C

Explanation:

Having a firearm at school is a likely sign of imminent danger.

Talking about firearms within societal norms and contexts does not indicate imminent danger. Talking about a new or existing firearm in the house is not an immediate cause for concern unless the child is also verbalizing an intent to use it for malicious purposes.

Engaging in video games that glorify violence does not indicate the need for law enforcement involvement unless the child verbalizes an intent to act out these behaviors in real life.

NEW QUESTION # 665

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