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College Admission American Nurses Credentialing Center: Adult Psychiatric-Mental Health Nurse Practitioner-Board Certified Sample Questions (Q150-Q155):

NEW QUESTION # 150

What are cluster A personality disorder characteristics?

- A. Dramatic
- B. Odd, unusual, eccentric, and asocial
- C. Affective instability
- D. Anxious

Answer: B

Explanation:

Cluster B personality disorder characteristics are described as dramatic with affective instability.

Cluster C personality disorder characteristics are described as anxious.

NEW QUESTION # 151

What statement most accurately defines an insurance benefit?

- A. The requirement set forth by an insurance company to approve certain care before it is provided
- B. A request to the insurance company to pay for a loss
- C. When an insurance company does not pay a bill because certain required conditions were not met
- D. The amount the insurance company pays when the insured suffers a loss

Answer: D

Explanation:

The benefit is the amount the insurance company pays when the insured suffers a loss.

A claim is a request to the insurance company to pay benefits for a loss. Pre-approval is the requirement set forth by an insurance company to approve certain care before it is provided. Denying the claim is when an insurance company does not pay a bill because certain required conditions were not met.

NEW QUESTION # 152

A PMHNP working in a psychiatric hospital is considering using seclusion and restraint for a patient exhibiting violent, aggressive behavior. Which of the following best describes an appropriate indication of the use of seclusion and restraint in this situation?

- A. To protect the patient from harm by limiting their mobility and access to dangerous objects
- B. To punish the patient for their behavior and discourage future acts of violence
- C. To protect staff and other patients from harm by limiting the patient's ability to act out violently
- D. To encourage the patient to comply with treatment and follow hospital rules

Answer: C

Explanation:

The use of seclusion and restraint is a controversial practice in mental health care and should only be used when necessary. An appropriate indication for using seclusion and restraint is when the patient poses an immediate danger of harm to themselves or others and alternative interventions have failed or are not feasible.

The use of seclusion and restraint is not intended as a punishment or a means of encouraging compliance with treatment or hospital rules). While seclusion and restraint may limit the patient's mobility and access to dangerous objects, the primary goal is to protect staff and other patients from harm.

NEW QUESTION # 153

Akinesia is often mistaken for what symptom?

- A. Anxiety
- B. Agitation
- C. Amotivation
- D. Pseudo-Parkinson's disease

Answer: C

Explanation:

Extrapyramidal symptoms are drug-induced side effects that affect motor functioning and muscle movement. Typical antipsychotics like haloperidol, perphenazine, and chlorpromazine are more likely to cause these side effects than atypical antipsychotics like olanzapine, lurasidone, and risperidone. The common types of extrapyramidal symptoms are listed below:

- * Akathisia: motor restlessness, inability to remain still, rocking, pacing, or constant motion of a unilateral limb, subjective sense of restlessness, often mistaken for increasing anxiety
- * Akinesia: absence of movement, difficulty initiating motion, subjective feeling of lack of motivation to move, often mistaken for laziness or lack of interest
- * Dystonia: muscle spasticity usually in the back or neck, subjectively painful, often mistaken for agitation
- * Pseudo-Parkinson's: shuffling gait, motor slowing, mask-like facial expression, pill-rolling, tremors, muscle rigidity
- * Tardive dyskinesia: involuntary abnormal muscle movement of the mouth, tongue, face, and jaw that may progress to limbs; can be irreversible, can occur as an acute process at the initiation of medications or as a chronic condition at any point during treatment

NEW QUESTION # 154

A patient with obsessive-compulsive disorder (OCD) is being prescribed Luvox (fluvoxamine). Which of the following adverse effects would the PMHNP need to be most concerned about?

- A. Weight gain
- **B. QT prolongation**
- C. Constipation
- D. Insomnia

Answer: B

Explanation:

Luvox (fluvoxamine) is a selective serotonin reuptake inhibitor (SSRI) used to treat OCD. One of the serious adverse effects of fluvoxamine is QT prolongation, which is an abnormal prolongation of the QT interval on an electrocardiogram (ECG). QT prolongation can lead to a potentially fatal heart rhythm disorder known as torsades de pointes. Therefore, PMHNP should be cautious about prescribing Luvox to patients with risk factors for QT prolongation.

Constipation, insomnia, and weight gain are common adverse effects of SSRIs but are not as serious as QT prolongation.

NEW QUESTION # 155

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