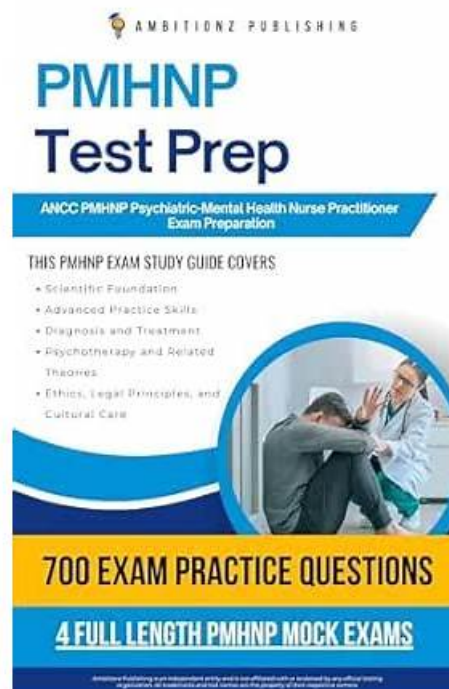


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College Admission American Nurses Credentialing Center: Adult Psychiatric-Mental Health Nurse Practitioner-Board Certified Sample Questions (Q289-Q294):

NEW QUESTION # 289

Which psychotropic medication requires monitoring for the emergence of diabetes?

- A. Serotonin-dopamine antagonists
- B. Haldol
- C. Depakote
- D. Metformin

Answer: A

Explanation:

Serotonin-dopamine antagonists are atypical antipsychotics that can cause blood sugar issues. The FDA recommends that individuals treated with SDAs should be monitored for diabetes.

Depakote, Haldol, and Metformin do not carry a significant risk of causing diabetes.

NEW QUESTION # 290

A PMHNP is identifying goals and establishing a timeline for therapy with the client. What term best describes the first of the three phases of therapy?

- A. Exploration
- B. Initial
- C. Orientation
- D. Phase 1

Answer: C

Explanation:

There are three phases of therapy, which are the orientation, working, and termination phases. The purpose of the orientation phase is to establish trust and identify goals with the client. The PMHNP establishes boundaries, sets expectations for treatment, and outlines a timeline for the completion of goals.

NEW QUESTION # 291

A PMHNP is conducting an assessment of a patient with anxiety disorder. Which of the following clarifying techniques can the PMHNP use during the assessment to promote effective communication?

- A. Advising
- B. Interpreting
- C. Restating
- D. Judging

Answer: C

Explanation:

Restating is a clarifying technique that involves repeating the patient's message back to them in different words. This technique can help the PMHNP to confirm their understanding of the patient's message and to clarify any potential misunderstandings. It can also help the patient feel heard and understood. Restating is an effective clarifying technique that can be used in various stages of the assessment process to promote effective communication.

Interpreting involves providing the patient with an explanation or interpretation of their message. This technique can be useful in some

situations but can also be perceived as dismissive or judgmental by the patient, especially if their message is complex or multifaceted. Advising involves providing the patient with suggestions or advice, which can be helpful in some situations but can also be perceived as dismissive or prescriptive, and may not promote effective communication or encourage the patient to participate actively in their care.

Judging involves evaluating the patient's message and providing a positive or negative assessment. This technique can be perceived as dismissive or confrontational by the patient and may damage the therapeutic relationship. It is not an effective clarifying technique for promoting effective communication during an assessment.

NEW QUESTION # 292

What should be consulted when determining the legal duties of a nurse practitioner?

- A. Code of Ethics
- B. Scope of Practice
- C. State Nurse Practice Act
- D. Standards of Practice

Answer: C

Explanation:

Nursing practice is regulated by state laws and mandates. The State Nurse Practice Act explains the legal duties outlined by the state. The other answer choices are national standards that are used to judge nursing behavior.

NEW QUESTION # 293

A 55-year-old patient with generalized anxiety disorder arrives at your clinic for her weekly therapy appointment. You have been counseling her for the past year. Today, she appears unusually gloomy, and her eyes are bloodshot as if she had just been crying. She is worried that she will never get better and will always feel this way. As the nurse practitioner, you understand that this patient has negative distorted beliefs about herself and her illness.

What individual therapy method is most appropriate to use in helping this client through her current crisis?

- A. Dialectical behavioral therapy
- B. Existential therapy
- C. Eye movement desensitization and reprocessing (EMDR)
- D. Cognitive therapy

Answer: D

Explanation:

Cognitive therapy is used in situations when clients have irrational beliefs, faulty conceptions, and negative cognitive distortions about themselves.

Dialectical behavioral therapy is used with patients suffering from borderline personality disorder. Existential therapy is an approach in which the client reflects on life, and self-confrontation is encouraged. EMDR is used with patients suffering from PTSD, not anxiety.

NEW QUESTION # 294

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