

High-quality New PMHNP Practice Questions bring you Correct PMHNP Sample Questions for College Admission American Nurses Credentialing Center: Adult Psychiatric-Mental Health Nurse Practitioner-Board Certified

PMHNP Practice Questions with correct Answers

What is the introduction phase of the nurse-client relationship? - Answer- Creates a trusting environment, establishing professional boundaries, establishing length of anticipated interaction, providing diagnostic evaluation, and setting mutually agreed-upon treatment objectives

What is the working phase of the nurse-client relationship? - Answer- Clarifying client objectives and mutually set goals, implementing a treatment plan, monitoring health, undertaking preventative health care, measuring and evaluating outcomes of care, and reprioritizing plan and objectives as indicated

What is the termination/resolution phase of the nurse-client relationship? - Answer- Reviewing the client's progress toward objectives, establishing a long-term plan of care, focusing on self-management strategies, disengaging from the relationship, and referring the client to other services as needed

Erik Erikson's Stage of Trust vs. Mistrust - Answer- Birth- 1 year. Ability to form meaningful relationships, hope about the future, trust in others

Erik Erikson's Stage of Autonomy vs. Shame & Doubt - Answer- 1-3 years. Includes self control, self esteem, and will power.

Erik Erikson's Stage of Initiative vs. Guilt - Answer- 3-6 years. Self-directed behavior, goal formation, sense of purpose.

Erik Erikson's Stage of Industry vs. Inferiority - Answer- 6-12 years. Ability to work, sense of competency and achievement.

Erik Erikson's Stage of Identity vs. Role Confusion - Answer- 12-20 years. Personal sense of identity.

Erik Erikson's Stage of Intimacy vs. Isolation - Answer- 20-35 years. Committed relationships, capacity to love.

Erik Erikson's Stage of Generativity vs. Stagnation - Answer- 35-65 years. Ability to give time and talents to others, ability to care for others,

Erik Erikson's Stage of Integrity vs. Despair - Answer- >65 years. Fulfillment and comfort with life, willingness to face death, insight and balanced perspective on life's events.

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College Admission American Nurses Credentialing Center: Adult Psychiatric-Mental Health Nurse Practitioner-Board Certified Sample Questions (Q1265-Q1270):

NEW QUESTION # 1265

A PMHNP is conducting a mental status exam on a patient with a history of schizophrenia. The patient begins to speak in a rhyming pattern, using words that are associated with similar sounds rather than meaning. What is the term for this phenomenon?

- A. Echolalia
- B. Word salad
- C. Clang associations
- D. Neologisms

Answer: C

Explanation:

Clang associations are a symptom commonly seen in patients with schizophrenia in which the patient uses words that are associated with similar sounds rather than meaning. The patient may speak in a rhyming pattern, using words that have no apparent connection to the topic. For example, a patient may say "I'm fine, it's time, I'll dine on a lime" instead of "I feel okay, it's getting late, I'm going to have some dinner." Clang associations may be a sign of disordered thinking and can make communication difficult.

Echolalia is the repetition of words or phrases that have been heard previously. Neologisms are newly invented words or phrases that have no meaning to others. Word salad is a jumbled collection of words and phrases that have no logical or meaningful connection.

NEW QUESTION # 1266

The PMHNP works in a community mental health clinic and refers a patient with chronic mental illness for assertive community treatment (ACT). What services would the client most likely receive?

- A. ACT provides medication management services to patients with severe mental illness
- B. ACT provides long-term, intensive, community-based care for patients with severe mental illness
- C. ACT provides treatment to patients in a hospital setting when necessary
- D. ACT provides intermittent services to patients with severe mental illness

Answer: B

Explanation:

Assertive community treatment provides long-term, intensive, community-based care to patients with severe mental illness who have difficulty engaging in traditional mental health services. The model focuses on providing comprehensive, coordinated, and individualized services to support patients in their recovery and help them achieve their goals.

ACT teams typically consist of a variety of mental health professionals, including psychiatrists, nurses, social workers, and other mental health professionals, who work collaboratively to provide services to patients in their homes, workplaces, or other community settings. ACT is effective in reducing hospitalization, improving quality of life, and increasing social functioning for patients with severe mental illness.

NEW QUESTION # 1267

Which personality disorder is most likely to involve a person acting seductively and demanding reassurance about their appearance?

- A. Antisocial

- B. Borderline
- **C. Histrionic**
- D. Narcissistic

Answer: C

Explanation:

Histrionic, antisocial, borderline, and narcissistic personality disorders all fall under Cluster B. Patients with histrionic personality disorder are most likely to act overly emotional and seductive. They often demand constant reassurance about their appearance. Patients with antisocial personality disorder exhibit criminal behavior beginning in childhood, such as truancy, fighting, destructiveness, and theft. They often default on debts, behave irresponsibly, and act recklessly. They show no remorse for their behavior.

Patients with borderline personality disorder exhibit impulsivity, self-harm, inappropriate anger, and affective instability. They feel empty and bored, and they frantically try to avoid abandonment.

Patients with narcissistic personality disorder act self-important. They are preoccupied with envy, fantasies of success, and ruminations about the uniqueness of their problems. They reject criticism and need constant admiration from others.

NEW QUESTION # 1268

Melatonin is a hormone that the brain produces in response to low light levels. Some individuals take OTC melatonin supplements to help with sleep disruption or jet lag. What kind of instructions should the PMHMP provide regarding melatonin and other food and/or medication interactions?

- A. Melatonin cannot be taken with other sleep medications
- B. Melatonin cannot be taken with milk
- **C. Melatonin interacts with aspirin and NSAIDs**
- D. Melatonin interacts with Tylenol

Answer: C

Explanation:

Melatonin interacts with aspirin, NSAIDs, beta-blockers, corticosteroids, valerian, kava kava, and alcohol. There are no known food interactions for melatonin. Melatonin can be given with other sleep medications, as it does not directly suppress the central nervous system.

NEW QUESTION # 1269

Mr. Smith is a 25-year-old sales associate. He has a strong family history of mental illness and is worried that he may experience similar problems in his life. He presented to his local primary care provider complaining of the following symptoms: extreme hyper-alertness, decreased appetite, insomnia, and paranoia. Mr. Smith is worried that these symptoms might be the beginning of a mental illness and requests an X-ray of his brain. He says he has never seen a psychiatric provider or taken medication for his symptoms. What would be an initial consideration in your assessment when meeting with Mr. Smith?

- A. Educating Mr. Smith on his need for Wellbutrin immediately
- B. Performing genetic testing prior to moving forward with the evaluation
- C. Assessing Mr. Smith for the need for voluntary inpatient admission
- **D. Ensuring that Mr. Smith understands appropriate diagnostics and testing for determining a mental illness**

Answer: D

Explanation:

Patients often misunderstand and misinterpret diagnostic testing. Explaining this first is important in moving to the diagnostic phase so that all appropriate options for diagnosing his condition can be explored.

Prescribing Wellbutrin immediately is not an appropriate initial intervention, as Mr. Smith is most likely experiencing an increase in norepinephrine. Wellbutrin is an NDRI.

Although performing genetic testing may be necessary, it is often not approved by insurance after an initial visit and if the patient has not used psychotropics in the past.

Mr. Smith is not a danger to himself or others and is not gravely disabled and thus does not meet the criteria for inpatient admission.

NEW QUESTION # 1270

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