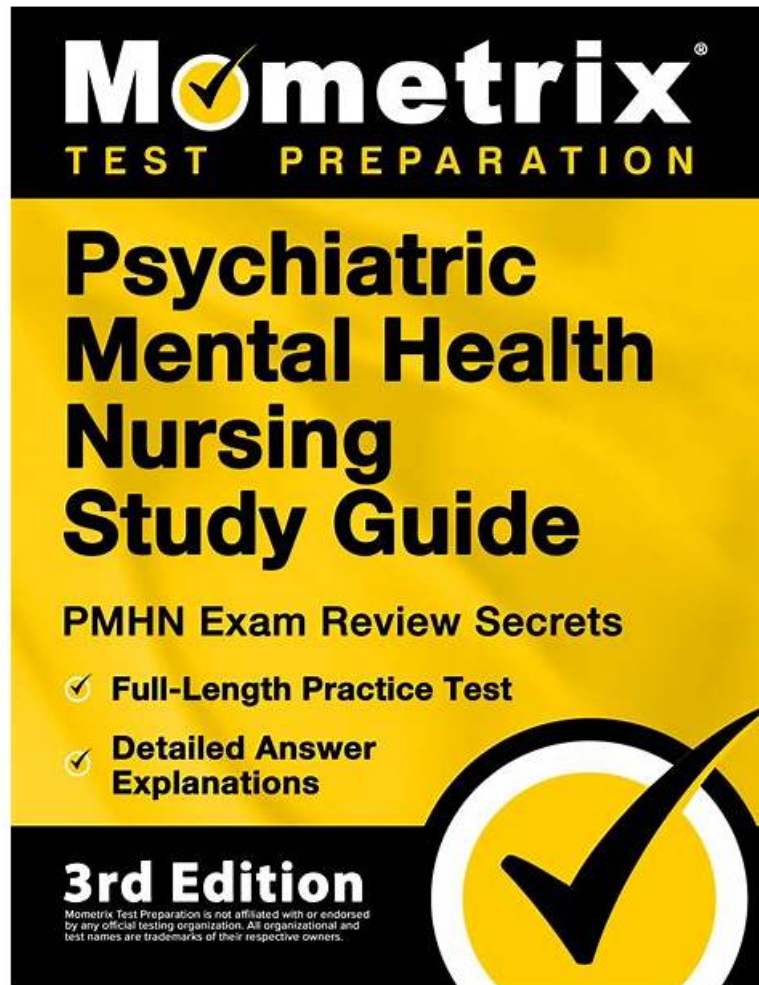


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## Nursing ANCC Psychiatric–Mental Health Nursing Certification (PMHN-BC) Sample Questions (Q72-Q77):

### NEW QUESTION # 72

If a 49-year-old patient with an Acute Stress Disorder complains of feeling hopeless, then what criteria for an additional diagnosis may this symptom meet?

- A. Major Depressive Disorder
- B. Obsessive Compulsive Disorder
- C. Body Dysmorphic Disorder
- D. Psychotic Disorder

**Answer: A**

Explanation:

When assessing a 49-year-old patient who presents with symptoms of Acute Stress Disorder (ASD) and complains of feeling hopeless, it is crucial to consider whether these symptoms may indicate the presence of another mental health condition. In this case, the feeling of hopelessness is a significant symptom that is not typically a criterion for ASD but is closely associated with Major Depressive Disorder (MDD).

Acute Stress Disorder is characterized by the development of severe anxiety, dissociation, and other symptoms that occur within one month after exposure to an extreme traumatic stressor. The key symptoms include intrusive memories, negative mood, dissociation, avoidance of reminders of the trauma, and heightened arousal and reactivity associated with the trauma. However, persistent feelings of hopelessness are not among the core features of ASD.

On the other hand, Major Depressive Disorder is characterized by a pervasive and persistent low mood accompanied by low self-esteem and a loss of interest or pleasure in normally enjoyable activities. One of the hallmark symptoms of MDD is a deep and persistent feeling of hopelessness. According to the Diagnostic and Statistical Manual of Mental Disorders, 5th Edition (DSM-5), for a diagnosis of MDD, an individual must experience at least five depressive symptoms nearly every day for at least two weeks, and one of the symptoms must either be a depressed mood or loss of interest or pleasure.

In the scenario described, if the patient's feeling of hopelessness persists and is accompanied by other depressive symptoms such as changes in sleep, appetite, concentration, or energy levels, or thoughts of death or suicide, this might warrant an additional diagnosis of Major Depressive Disorder. It is essential for clinicians to assess these symptoms thoroughly to determine whether they meet the criteria for MDD.

Consequently, when a patient with ASD reports feelings of hopelessness, it is imperative to conduct a comprehensive evaluation to ascertain if these feelings are part of an underlying depressive disorder. This is crucial because the treatment strategies for ASD and MDD differ significantly, and accurate diagnosis is key to effective management. The presence of comorbid MDD may require interventions such as antidepressant medications, psychotherapy, or a combination of both, tailored to address the specific needs of the patient.

### NEW QUESTION # 73

Generally, psychiatric symptoms are:

- A. discrete
- B. nonspecific
- C. evident
- D. specific

**Answer: B**

Explanation:

Psychiatric symptoms are generally nonspecific, meaning they are not unique to one specific disorder and can be seen across a range of different psychiatric conditions. This lack of specificity can make diagnosis and treatment more challenging. For example, symptoms such as anxiety, depression, or mood swings can be present in multiple disorders including major depressive disorder, bipolar disorder, and anxiety disorders. As a result, clinicians need to conduct a comprehensive and holistic assessment to accurately identify the underlying condition.

The assessment process in psychiatry is designed to be broad to capture all possible influences and contributing factors to a patient's mental health. This includes exploring psychological, biological, and social aspects of an individual's life. By taking into account the

entirety of a person's situation and experiences, clinicians can better understand the complex interplay of elements affecting their mental health.

Furthermore, it is crucial for mental health professionals to look for patterns or clusters of symptoms rather than isolated signs.

Isolated symptoms can be misleading and may result in a misdiagnosis if considered outside of the broader context of the individual's mental and emotional state. Recognizing patterns helps in identifying the root causes and the most effective treatment approaches.

This method enhances the accuracy of diagnoses and can lead to more tailored and effective treatment plans.

In summary, because psychiatric symptoms are often nonspecific, mental health assessments must be thorough and consider a wide range of potential factors. Understanding that these symptoms can appear in various combinations and are influenced by multiple aspects of an individual's life is key to providing effective psychiatric care.

#### NEW QUESTION # 74

Which of the following places is best to conduct a psychosocial assessment?

- A. a busy loud open place
- B. a park
- C. a conference room
- D. an isolated location

**Answer: C**

Explanation:

The question posed asks to identify the best setting for conducting a psychosocial assessment among the options provided: an isolated location, a conference room, a park, and a busy loud open place. Each option has different implications for privacy, security, and the effectiveness of the assessment process.

A conference room is typically considered the best choice for conducting a psychosocial assessment. The controlled environment of a conference room offers privacy and confidentiality, which are crucial in a clinical setting. Privacy helps in building trust between the client and the professional, making it easier for the client to open up and share sensitive information without fear of being overheard or interrupted. Moreover, a conference room usually provides a quiet and neutral space free from distractions, which is essential for maintaining focus during the assessment.

On the other hand, choosing an isolated location for such assessments can pose safety risks, particularly if the client's behavior is unpredictable or if there is a lack of familiarity between the client and the nurse or therapist. In situations where the client might present a risk, it is vital to prioritize safety by ensuring that the setting does not isolate the professional from potential help or exit routes. This precaution helps in managing any unexpected situations that may arise during the assessment.

Conducting an assessment in a park or a busy, loud open place can compromise the privacy and concentration needed for an effective psychosocial assessment. These settings are often filled with distractions and do not provide the confidentiality required for discussing personal or delicate issues. Clients may feel uncomfortable or hesitant to discuss personal matters in a public or chaotic environment, which could hinder the accuracy and depth of the assessment.

Overall, a conference room aligns best with the needs of a psychosocial assessment by offering a safe, private, and distraction-free environment. This setting not only facilitates open communication and trust but also ensures that both the client and the professional are in a secure and controlled space, contributing to the overall effectiveness and integrity of the assessment process.

#### NEW QUESTION # 75

Creativity is the constant flow of new ideas to feed the change in every aspect of our lives. Motivators of creativity in nursing include all of the following EXCEPT:

- A. providing assistance to develop new ideas
- B. exhibiting confidence in workers
- C. discouraging interaction with others outside the group
- D. promoting constructive intragroup and intergroup competition

**Answer: C**

Explanation:

Creativity in nursing is vital as it fosters innovative solutions and improvements in patient care and healthcare processes.

Understanding the motivators of creativity can help develop an environment that nurtures and supports creative thinking among nurses. Here, we explore factors that encourage creativity and identify which among the given options does not serve as a motivator of creativity in nursing.

**\*\*Exhibiting Confidence in Workers\*\***: When nurse leaders exhibit confidence in their staff, it empowers the nurses. Confidence from leadership can enhance self-esteem among nurses, encouraging them to think independently and propose new ideas without the

fear of criticism. This support not only motivates nurses to be creative but also fosters a sense of responsibility to innovate and improve their practices.

**\*\*Providing Assistance to Develop New Ideas\*\***: Assistance can come in various forms such as training, resources, or time. When nurses receive support to develop their ideas, it reduces barriers to innovation. This assistance ensures that creative ideas are not stifled by a lack of resources or guidance. Furthermore, it signals an organizational commitment to innovation, encouraging nurses to brainstorm and experiment with new approaches in their work.

**\*\*Promoting Constructive Intragroup and Intergroup Competition\*\***: Healthy competition within and between groups can stimulate creativity by challenging nurses to think differently and exceed standard practices. This type of competition can encourage team members to push their creative boundaries and come up with innovative solutions to win or be recognized. However, it's crucial that this competition remains constructive and does not foster negativity or cutthroat competition, which can be detrimental to teamwork and creativity.

**\*\*Discouraging Interaction with Others Outside the Group\*\***: Unlike the other options, discouraging interactions outside the group does not motivate creativity. In fact, it can be a significant barrier to innovation. Interaction with individuals outside one's immediate group can provide fresh perspectives and ideas that challenge existing norms and encourage creative thinking. Networking with others in different fields or specialties can spark new ideas, solutions to common problems, and inspire cross-disciplinary approaches. Therefore, discouraging such interactions restricts the flow of information and limits the opportunity for creative solutions.

In summary, while exhibiting confidence in workers, providing assistance to develop new ideas, and promoting constructive competition are all effective motivators of creativity in nursing, discouraging interaction with others outside the group is not. It is essential for nurse leaders to encourage openness and interaction beyond immediate working groups to foster a more innovative and creative environment in healthcare settings. This approach not only aids in personal and professional growth but also significantly improves patient care and health outcomes.

#### NEW QUESTION # 76

The leading principle in plans to transform the mental health system in the United States is which of the following?

- A. institutionalization
- B. assessment
- C. diagnosis
- D. recovery

**Answer: D**

Explanation:

The correct answer to the question about the leading principle in plans to transform the mental health system in the United States is "recovery." This approach is central to current efforts aimed at overhauling mental health care practices and policies within the country.

The concept of recovery in mental health refers to a process through which individuals improve their health and wellness, live self-directed lives, and strive to reach their full potential. This paradigm is about more than just the alleviation of symptoms; it's about building resilience, gaining control over one's life, and integrating into the community despite challenges posed by mental illness. Recovery-oriented systems focus on individual strengths and values, recognizing the person's right to choose their own path towards recovery. Services and treatments are designed to be supportive, personalized, and responsive, ensuring that they foster hope, dignity, and respect. The emphasis is on seeing the person as a whole, rather than merely focusing on their diagnosis or symptoms. This shift towards a recovery model represents a fundamental change from traditional models of mental health care, which often emphasized long-term treatment and management of symptoms, sometimes with a focus on institutional care. Instead, the recovery model supports the idea that individuals can make meaningful progress in their lives, despite mental health challenges.

By adopting recovery as the guiding principle, mental health organizations in the U.S. aim to transform the way services are delivered. This involves adjusting policies, training providers, and reshaping treatment programs to support individuals' recovery journeys. The goal is not only to improve the quality of life for those affected by mental health conditions but also to change societal perceptions and reduce stigma associated with mental illness.

The adoption of the recovery principle encourages a collaborative approach to mental health care, where professionals and patients work together to develop treatment plans that acknowledge personal goals and promote self-empowerment. This collaborative atmosphere is essential for creating an environment where individuals feel supported and motivated to pursue their recovery.

#### NEW QUESTION # 77

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