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College Admission American Nurses Credentialing Center: Adult Psychiatric-Mental Health Nurse Practitioner-Board Certified Sample Questions (Q670-Q675):

NEW QUESTION # 670

In 2001, the Institute of Medicine published Crossing the Quality Chasm: A New Health System for the 21st Century. This report identified six goals for quality improvement in health care: safe, effective, patient-centered, timely, efficient, and equitable. Which goal can be described as avoiding injuries to patients from the care intended to help them?

- A. Safe
- B. Effective
- C. Equitable
- D. Patient-centered

Answer: A

Explanation:

The Crossing the Quality Chasm: A New Health System for the 21st Century report identified six goals for quality improvement in health care:

- * Safe: Avoiding injuries to patients from the care intended to help them
- * Effective: Providing services based on scientific knowledge to all who could benefit, and refraining from providing services to those not likely to benefit
- * Patient-centered: Providing care that is respectful of and responsive to individual patient preferences, needs, and values; ensuring that patient values guide all clinical decisions
- * Timely: Reducing waits and sometimes harmful delays for both those who receive and those who provide care
- * Efficient: Avoiding the waste of equipment, supplies, ideas, and energy
- * Equitable: Providing care that does not vary in quality because of personal characteristics, such as gender, ethnicity, geographic location, and socioeconomic status

NEW QUESTION # 671

How does the body remove both serotonin and norepinephrine from the synaptic cleft?

- A. An active reuptake process
- B. A reverse action potential
- C. A monoamine oxidase enzymatic action
- D. Diffusion off their receptors

Answer: A

Explanation:

Both serotonin and norepinephrine are removed from the synaptic cleft and returned to storage via an active reuptake process. Dopamine is removed from the synaptic cleft by monoamine oxidase enzymatic action.

NEW QUESTION # 672

The goal of which type of therapy is to change the client's faulty conceptions, irrational beliefs, and negative cognitive distortions?

- A. Existential therapy
- B. Cognitive therapy
- C. Psychoanalytic therapy
- D. Behavioral therapy

Answer: B

Explanation:

Cognitive therapy, originating with Aaron Beck, purports that external events do not cause anxiety or maladaptive behaviors but that a person's expectations, perceptions, and interpretations of events cause anxiety. The goal of therapy is to change the client's irrational beliefs.

Behavioral therapy focuses on changing maladaptive behaviors through exposure, relaxation, and problem-solving. Existential therapy is a philosophical approach based on life reflections. Psychoanalytic therapy addresses maladaptive behaviors by increasing insight and awareness.

NEW QUESTION # 673

A body mass index (BMI) higher than which percentile places children at an increased risk of becoming overweight?

- A. 50%
- B. 75%
- C. 85%
- D. 90%

Answer: C

Explanation:

A body mass index higher than the 85th percentile places children at an increased risk of becoming overweight.

NEW QUESTION # 674

Which of the following speech findings would be least expected during the mental status exam of an anxious patient?

- A. Overproductive
- B. Rapid
- C. Monotone
- D. Distractible

Answer: C

Explanation:

Anxiety typically pairs with restlessness and overstimulation, which results in rapid and distractible speech. Monotonal speech is more likely associated with depression in a mental status exam.

NEW QUESTION # 675

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