

# Reliable College Admission PMHNP Test Book | Test PMHNP Questions Answers

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## PMHNP I - Exam 1 - Review Book Questions

The purpose of the ANA's PMH Nsg: Scope and Standards of Practice is to:

- a. Define the role and actions for the NP
- b. Establish the legal authority for the prescription of psychotropic medications
- c. Define the legal statutes of the role of the PMHNP
- d. Define the differences between the physician role and the NP role - **CORRECT ANSWER** a. Define the role and actions for the NP

The trend in legal rulings on cases involving mental illness over the past 25 years has been to:

- A - Encourage juries to find defendants not guilty by reason of insanity
- B - Protect the individual's freedoms or rights when he or she is committed to a mental hospital
- C - Place increasing trust in mental health professionals to make good and ethical decisions
- D - Decrease the "red tape" associated with commitments so that commitments are faster and easier - **CORRECT ANSWER** B. Identifies the trend of ensuring the protection of individual civil liberties for psychiatric clients.

Mr Smithers, an involuntarily hospitalized patient experiencing psychotic symptoms, refuses to take any of his ordered medication because he believes "Jesus Christ told me I am the prophet and must fast for a year." Your actions should be based on your knowledge that:

- A - Psych clients cannot refuse treatment
- B - Psych clients don't always know what's good for them

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## College Admission American Nurses Credentialing Center: Adult Psychiatric-Mental Health Nurse Practitioner-Board Certified Sample Questions (Q514-Q519):

### NEW QUESTION # 514

You are a new nurse practitioner treating a victim of intimate partner violence. Your client states that she had been in an abusive relationship for over 10 years prior to the perpetrator being arrested and jailed. To better establish a diagnosis, you need more information and decide to perform a mental status exam on the client. Which of the following findings is least indicative of abuse?

- A. Exhibiting passive behaviors
- B. Having depressive traits
- C. Being codependent
- **D. Having an extroverted personality**

**Answer: D**

Explanation:

Victims of abuse present as introverted, guarded, and evasive.

Mental status exam findings and the traits and behaviors suggestive of experiencing abuse are as follows:

- \* Fearfulness
- \* Evasiveness
- \* Being guarded
- \* Depression
- \* Passiveness
- \* Dependence

### NEW QUESTION # 515

What is one of the most common reasons that patients seek individual psychotherapy?

- A. Prior to a career change
- **B. Unfulfilled expectations and life transitions**
- C. Their insurance company required therapy before seeing a psychiatric specialist
- D. Episodes of dissociative thinking

**Answer: B**

Explanation:

Because medications alone do not treat a person's environmental or interpersonal stressors and their responses to stressors, an integrated approach is the most beneficial in treating mental illness.

The most common reasons patients seek individual psychotherapy are as follows:

- \* Loss
- \* Interpersonal conflict
- \* Symptomatic presentations such as panic, anxiety, phobias, and negativity
- \* Unfulfilled expectations and life transitions
- \* Character issues such as narcissism or aggressiveness

### NEW QUESTION # 516

The term adult is used to describe who?

- A. 16 to 18 year olds.
- B. Anyone that can form sentences.
- C. 10 to 18 year olds.
- **D. Post pubescent people and onwards in age.**

**Answer: D**

Explanation:

In discussing the term "adult," it is important to understand the specific criteria and definitions that classify someone as an adult. The

term itself generally refers to post-pubescent individuals who have reached a stage in development where they are considered mature, both physically and psychologically. The correct definition of an adult, therefore, encompasses those who are post-pubescent and onwards in age.

Puberty marks a significant transition in human development, involving both biological growth and psychological changes, leading to sexual maturity. Once individuals pass through puberty, they begin to acquire the attributes typically associated with adulthood. These attributes include greater physical development, mature cognitive abilities, and more complex emotional capacities. Consequently, identifying post-pubescent individuals as adults aligns with recognizing these matured states of development. Legally and culturally, the specific age at which a person is considered an adult can vary significantly by country, culture, and context. In many parts of the world, the age of 18 is commonly accepted as the threshold into legal adulthood. This age marks eligibility for certain civic responsibilities and rights such as voting, marriage without parental consent, and signing contracts. However, this legal definition may not fully align with the biological and psychological definition, which is more centered on developmental milestones such as the completion of puberty.

The other options provided in the question, such as "10 to 18 year olds" or "anyone that can form sentences," do not adequately capture the essence of being an adult. Individuals within the 10 to 18-year-old range are often still undergoing puberty and may not have fully developed the physical, cognitive, and emotional traits associated with adulthood. Similarly, the ability to form sentences is a linguistic milestone that can be achieved well before reaching adulthood, appearing as early as toddlerhood in many cases. Therefore, defining adults as post-pubescent individuals and onwards in age is the most accurate and encompasses the transition from adolescence to full maturity. This definition recognizes the complex interplay of biological growth, psychological development, and social responsibilities that characterize adult life. As such, while the legal definitions of adulthood may vary, the biological and psychological thresholds provide a more universally applicable understanding of when a person transitions from youth into adulthood.

#### NEW QUESTION # 517

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

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

**Answer: A**

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 # 518

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 reducing harmful delays in receiving care?

- A. Efficient
- B. Effective
- C. Timely
- D. Safe

**Answer: C**

Explanation:

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: 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, and 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

