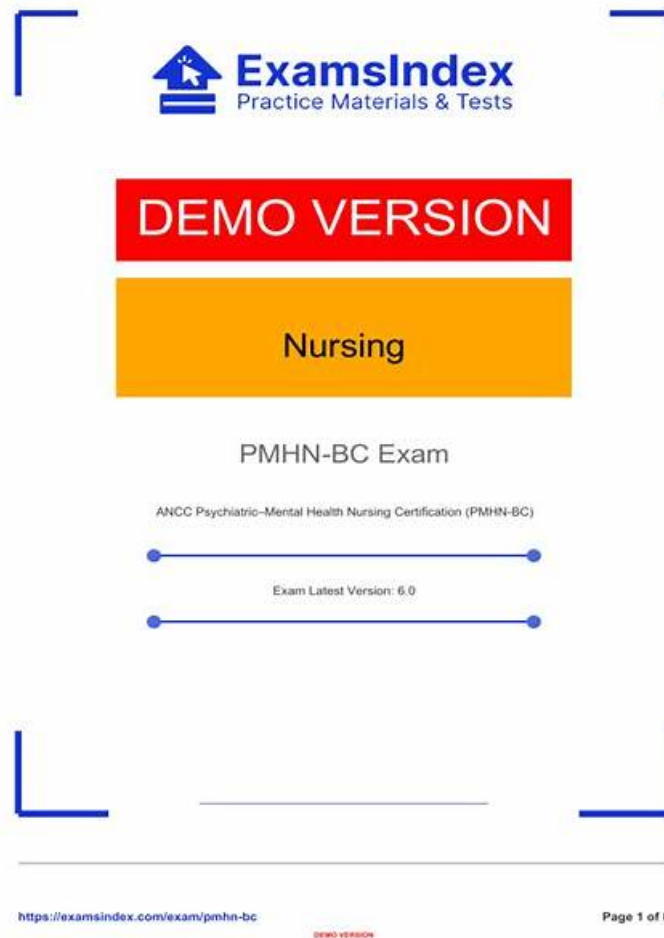


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## Nursing ANCC Psychiatric–Mental Health Nursing Certification (PMHN-BC) Sample Questions (Q74-Q79):

### NEW QUESTION # 74

Pender's Health Promotion Model includes three general areas of concern to health-promoting behavior. Which of the following is NOT one of them?

- A. behavioral outcomes
- B. behavior-specific cognitions and affect
- C. individual characteristics and experiences
- D. perceived susceptibility to a condition

**Answer: D**

Explanation:

Pender's Health Promotion Model (HPM) is a theoretical framework designed to be a "complementary counterpart to models of health protection." It defines health as a positive dynamic state rather than simply the absence of disease. The model focuses on three key areas: individual characteristics and experiences, behavior-specific cognitions and affect, and behavioral outcomes. These elements are used to understand and predict how individuals engage in health-promoting behaviors.

The correct answer to the question, "Which of the following is NOT one of the three general areas of concern to health-promoting behavior in Pender's Health Promotion Model?" is "perceived susceptibility to a condition." This concept is actually a part of another well-known health model called the Health Belief Model (HBM). The HBM is centered around concepts including perceived susceptibility, perceived severity, perceived benefits, perceived barriers, cue to action, and self-efficacy. It is primarily focused on disease prevention and how beliefs about health problems, perceived benefits of action, and barriers to action can affect health-related behavior.

In contrast, Pender's Health Promotion Model includes: 1. **Individual characteristics and experiences** - This area recognizes the impact of previous experiences and inherited and acquired characteristics on personal behavior. Factors like biological, psychological, and sociocultural characteristics are considered to shape how individuals think about health. 2. **Behavior-specific cognitions and affect** - This aspect of Pender's model includes perceptions of benefits of and barriers to engaging in specific health behavior, perceived self-efficacy, activity-related affect, interpersonal influences (such as norms, social support, and modeling), and situational influences. These factors contribute to the motivation of the individual in making health-promoting behavior choices. 3. **Behavioral outcomes** - This is the end result of the model where the action of engaging in a health-promoting behavior is the outcome. The desired behavioral outcomes are directed by goals set by the individual, and actions are taken to achieve these goals which are influenced by the individual's commitments, perceived barriers, and competing demands and preferences.

Understanding the distinction between these models is crucial for health professionals in designing interventions and educational programs. Pender's HPM emphasizes the positive approach to wellness, expanded focus on the individual's motivation and readiness to act, and the dynamic nature of the individual-environment interaction necessary for promoting health. In contrast, the HBM is more focused on preventing disease through addressing negative health behaviors and evaluating personal risks and outcomes.

### NEW QUESTION # 75

What would be the primary goal for a patient's care who is in great emotional distress resulting in not being able to eat or sleep, and feeling hopeless, yet it has been determined that she is not at risk for self-harm?

- A. Encourage her to exercise more.
- B. See that she is provided with the proper medication.
- C. Get her into a self-help group.
- D. Get the patient back to a pre-crisis level of functioning.

**Answer: D**

Explanation:

In addressing the needs of a patient experiencing significant emotional distress, including inability to eat or sleep and feelings of hopelessness, the primary goal is to restore the patient to their pre-crisis level of functioning. This objective is central because it aims to return the individual to a state where they can manage day-to-day activities and emotional challenges without the acute distress currently being experienced. Achieving this state implies that the patient has regained stability and can function effectively in their personal and professional life.

While other interventions such as medication, exercise, or joining self-help groups might be useful, they are considered supportive or

secondary strategies rather than the primary goal. Medication might help in managing symptoms such as anxiety or insomnia, thereby providing some relief. Exercise can improve mood and physical health, which is beneficial but not sufficient on its own to ensure complete functional recovery. Similarly, self-help groups provide support and a sense of community, which can be incredibly beneficial for emotional support but might not directly address all the functional impairments caused by the crisis.

The focus on returning the patient to a pre-crisis level of functioning is guided by a holistic view of recovery, which encompasses both the alleviation of the current distressing symptoms and the restoration of the individual's ability to cope with everyday stresses and responsibilities. This approach ensures that treatment and support are directed not just at symptom relief but at enabling the patient to reclaim their independence and quality of life.

Therefore, while all suggested interventions may play a role in the patient's recovery process, the primary goal remains to help the patient regain a level of functionality similar to that before the crisis. This involves a comprehensive assessment and tailored interventions focusing on both psychological and physical health, ensuring a balanced and effective approach to recovery.

### NEW QUESTION # 76

Which of the following would not be included under the Standards of Professional Performance?

- A. Evidence-based practice and research
- **B. Diagnosis**
- C. Education
- D. Ethics

**Answer: B**

Explanation:

In the field of professional practice, particularly in healthcare, standards are established to provide a framework for consistent quality and accountability among professionals. These standards are generally categorized into two main groups: **Standards of Practice** and **Standards of Professional Performance**. Each serves distinct yet complementary roles in ensuring the efficacy and ethics of professional conduct.

The **Standards of Practice** focus on the clinical and operational aspects of a professional's role. They are concerned with direct patient care activities, guiding professionals on how to perform specific tasks or procedures correctly, and make accurate clinical judgments. In this context, **Diagnosis** falls under the Standards of Practice. This involves assessing patient health problems and needs, developing and following through with care plans and treatments, and maintaining records. The skillful application of this standard is crucial for effective treatment and patient safety.

On the other hand, the **Standards of Professional Performance** are broader and focus on how professionals conduct themselves and fulfill their roles beyond direct patient care. These standards encompass behaviors and attributes that support the professional's ability to perform their clinical duties but do not directly involve specific medical or clinical tasks. Some key areas included under the Standards of Professional Performance are: - **Education**: Engaging in continuous learning and professional development. - **Ethics**: Adhering to ethical principles in all professional activities. - **Evidence-based practice and research**: Integrating scientific evidence into decision-making processes. - **Quality of practice**: Enhancing the quality of care provided to patients. - **Professional practice evaluation**: Assessing one's own practice and seeking improvement. - **Communication**: Effectively communicating with patients, families, and other healthcare team members. - **Environmental health**: Understanding and advocating for environmental health practices. - **Collaboration**: Working interprofessionally to achieve optimal patient care. - **Resource utilization**: Using available resources efficiently to enhance patient care. - **Leadership**: Leading within the professional community and healthcare teams to improve patient and organizational outcomes.

Given this distinction, **Diagnosis** clearly would not be included under the Standards of Professional Performance, as it directly relates to clinical judgments and medical procedures, which are the core components of the Standards of Practice. Understanding where various activities and responsibilities fall within these standards helps in maintaining a clear focus on both the clinical excellence and the overall professional conduct expected in healthcare environments.

### NEW QUESTION # 77

Identify the approach to patient care that can include therapies such as acupuncture or aromatherapy.

- **A. Complementary and alternative medicine**
- B. Natural care
- C. Whole person care
- D. Wellness care

**Answer: A**

Explanation:

Complementary and alternative medicine (CAM) is a term used to describe a wide range of medical practices and products that are not typically part of conventional medical treatment. This approach to healthcare is distinct from standard Western medicine primarily in its holistic philosophy and its use of therapies and techniques that are not usually taught in traditional medical schools or widely available in conventional hospitals.

The CAM approach encompasses a variety of therapies that aim to treat the whole person rather than focusing solely on the symptoms of disease. This holistic approach considers physical, mental, emotional, and spiritual aspects of health, emphasizing the body's intrinsic ability to heal and maintain itself. Some popular CAM therapies include acupuncture, which involves inserting thin needles into specific points on the body; aromatherapy, which uses essential oils to improve physical and emotional well-being; herbal medicine, which utilizes plants or plant extracts; and chiropractic care, which focuses on diagnosing and treating mechanical disorders of the musculoskeletal system, particularly the spine.

CAM therapies can be used in conjunction with conventional medical treatments, in which case they are referred to as "complementary" therapies. When used instead of conventional medicine, they are often called "alternative" therapies. The integration of CAM and conventional medicine has given rise to the term "integrative medicine," which combines treatments from both realms to best suit the individual patient's needs and preferences, aiming to achieve optimal health outcomes and enhance well-being. Patients who seek out CAM therapies often do so for various reasons, including chronic pain management, mental health management, overall wellness, and disease prevention. The choice to use CAM can also stem from a desire for more natural or less invasive treatments, dissatisfaction with the results of conventional treatments, or cultural beliefs and practices.

It is important for patients choosing to explore CAM therapies to communicate openly with their healthcare providers about all treatments they are considering or currently using. This ensures safe and coordinated care, particularly to avoid potential interactions between conventional pharmaceuticals and herbal or nutritional supplements. Additionally, while many CAM practices are based on centuries-old knowledge, it is beneficial for patients to seek information on the scientific evidence supporting the efficacy and safety of the CAM therapies they wish to pursue.

#### NEW QUESTION # 78

When you implement a plan for a patient partly by making the patient feel comfortable and safe by orienting the patient to his rights and responsibilities, selecting specific activities for the patient's needs, and ensuring that the patient is maintained in the least restrictive environment that safety permits, this is known as which of the following?

- A. psychotherapy
- B. milieu therapy
- C. biological therapy
- D. integrative therapy

**Answer: B**

Explanation:

The correct answer to the question is "milieu therapy." Milieu therapy is a therapeutic approach in mental health treatment that focuses on creating an environment that is supportive and therapeutic for the patient. This form of therapy emphasizes the importance of the social environment or milieu in which the healing process takes place.

In milieu therapy, every aspect of the patient's surroundings is considered to be a part of the treatment. This includes not only the physical setting but also the social interactions and the established routines within the therapeutic environment. By carefully structuring these elements, milieu therapy aims to help individuals learn to adapt to and cope with their social and interpersonal circumstances in healthier ways.

Key components of milieu therapy include: - **Orienting the patient to their rights and responsibilities:** This involves making sure that the patient understands their rights within the therapeutic setting as well as their responsibilities towards their own treatment process. - **Selecting specific activities tailored to the patient's needs:** Activities are chosen to match the patient's personal therapeutic goals, which could include group therapy sessions, individual counseling, therapeutic recreational activities, or skills training. - **Maintaining the patient in the least restrictive environment that safety permits:** The aim here is to ensure that the patient enjoys the maximum freedom possible while still ensuring their safety and the safety of others. This helps to foster a sense of normalcy and autonomy, which is crucial for the patient's self-esteem and recovery process. - **Informing the patient about the need for limits and the conditions necessary to remove them in a culturally competent manner:** This involves setting and explaining boundaries within the therapeutic environment in a way that is sensitive to the patient's cultural background and personal experiences. Overall, milieu therapy is designed to create a supportive and therapeutic community where patients can feel safe and comfortable, allowing them to focus on their recovery and rehabilitation. This approach can be particularly effective in settings such as psychiatric hospitals, residential treatment facilities, or therapeutic communities where multiple aspects of the daily living and social environment can be integrated into the treatment process.

#### NEW QUESTION # 79



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