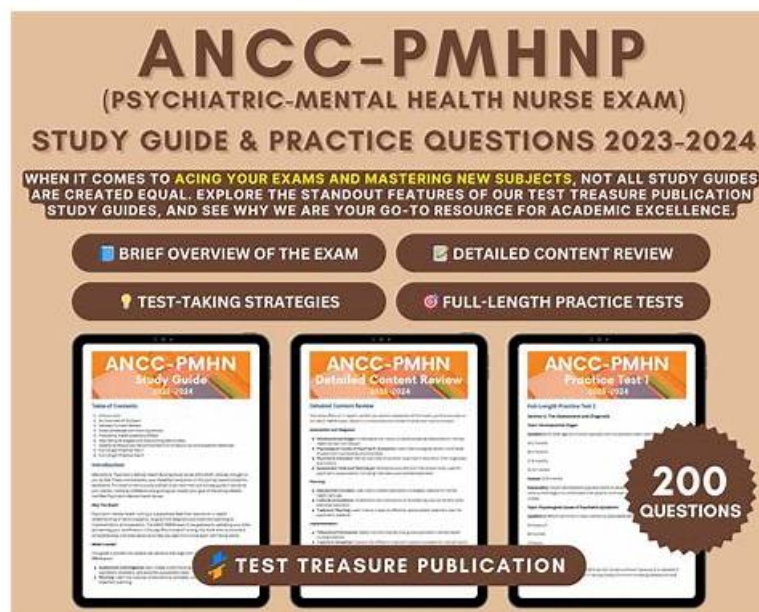


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## Nursing ANCC Psychiatric–Mental Health Nursing Certification (PMHN-BC) Sample Questions (Q14-Q19):

### NEW QUESTION # 14

Anticonvulsants such as Neurontin can be used for the treatment of such conditions as restless leg syndrome. Which of the following might be common side effects of this medication?

- A. Sedation
- B. Ataxia
- C. Elevated cardiac enzymes

- D. Both A and C

**Answer: D**

Explanation:

Anticonvulsants such as gabapentin, marketed under the name Neurontin, are primarily used to treat epilepsy and neuropathic pain but have also been found effective in managing restless leg syndrome (RLS). This medication works by affecting the nerve activity to stabilize electrical activity in the brain and relieve pain. However, like all medications, gabapentin comes with potential side effects that can impact patients differently.

Among the common side effects associated with gabapentin, ataxia, or a lack of muscle control during voluntary movements, is one. This can manifest as clumsiness, unsteady movements, and difficulties with speech. Neurotoxic effects, which broadly refer to adverse effects on the nervous system, can also occur. These might include symptoms such as confusion and sedation, which manifest as excessive drowsiness and a reduced level of alertness.

Weight gain is another possible side effect of gabapentin. This may be due to increased appetite, changes in metabolism, or other factors not entirely understood. It is essential for patients being treated with gabapentin to monitor their weight and consult healthcare providers for managing any significant changes.

While these side effects can be concerning, it is crucial to note that gabapentin does not typically cause an elevation in cardiac enzymes, a marker often associated with heart damage or stress. Therefore, concerns related to direct cardiac risks from this medication are minimal, although patients with pre-existing heart conditions should always consult their healthcare provider for personalized advice.

In summary, while gabapentin can be effective for treating conditions like restless leg syndrome, patients must be aware of potential side effects such as ataxia, neurotoxic effects, weight gain, confusion, and sedation. Regular consultations with healthcare providers are advised to manage these effects adequately and adjust treatment as necessary.

#### NEW QUESTION # 15

The type of aphasia that is characterized by impairment in all three areas of fluency, comprehension, and repetition is:

- A. conduction aphasia
- B. Wernicke's aphasia
- C. global aphasia
- D. Broca's aphasia

**Answer: C**

Explanation:

Global aphasia is the most severe form of aphasia and is characterized by significant impairments in all major areas of language function: fluency, comprehension, and repetition. This type of aphasia generally results from extensive damage to the perisylvian region of the left hemisphere, which often involves both the language production region of Broca's area and the language comprehension region of Wernicke's area, along with the connections between them, notably the arcuate fasciculus.

In individuals with global aphasia, fluency is severely impacted. Their speech output is often limited to a few words or even no words at all, resulting in very non-fluent communication. They might rely heavily on facial expressions or gestures to aid in communication.

This lack of fluency is similar to that observed in Broca's aphasia, but it is more severe in global aphasia.

Comprehension is also profoundly affected in global aphasia. Individuals may show little understanding of spoken language and also struggle with comprehension of written words. This is akin to the comprehension deficits seen in Wernicke's aphasia but, again, the deficits are more extreme in global aphasia.

Repetition abilities are equally impaired in global aphasia. Patients typically cannot repeat words or phrases, a dysfunction that aligns with the breakdown in both expressive and receptive language areas. This symptom is distinct from conduction aphasia, where repetition is primarily the core deficit but fluency and comprehension might remain relatively intact.

Global aphasia results from widespread damage typically due to a large stroke affecting the left middle cerebral artery, which supplies blood to the areas critical for language processing. This widespread damage is what distinguishes global aphasia from other types of aphasia, which may result from smaller or more localized brain injuries.

In summary, global aphasia is a profound communication disorder that affects all aspects of language processing-speaking, understanding, repeating, and often reading and writing. Rehabilitation involves intensive speech and language therapy, focusing on rebuilding any residual language abilities and teaching alternative communication strategies to improve quality of life.

#### NEW QUESTION # 16

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

**Answer: B**

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 # 17**

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

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

**Answer: D**

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 # 18

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

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

**Answer: A**

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 # 19

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