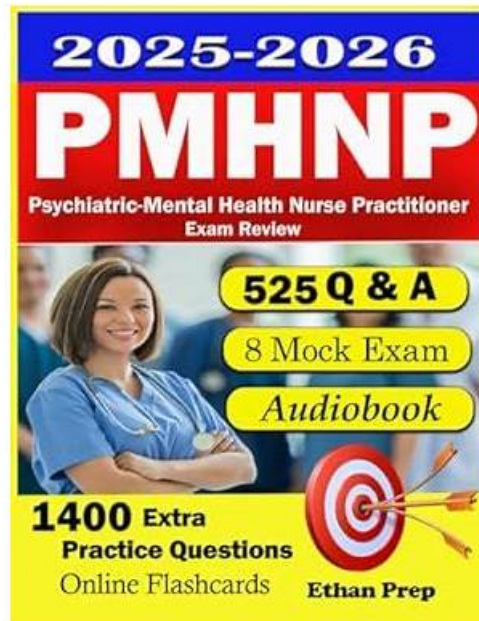


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## **Nursing ANCC Psychiatric–Mental Health Nursing Certification (PMHN-BC) Sample Questions (Q64-Q69):**

### **NEW QUESTION # 64**

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. Elevated cardiac enzymes
- B. Ataxia
- C. Sedation
- **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 # 65**

What would cause a person with psychosis to be at a greater risk for violence?

- A. There is a change in appetite.
- B. The person is not getting the proper amount of sleep.
- C. There is a change in the person's level of activity.
- **D. The person comes from a history of domestic violence.**

**Answer: D**

Explanation:

A person with psychosis, a severe mental disorder characterized by a disconnection from reality, may be at a greater risk for violence due to several factors. One significant factor is a history of domestic violence. This is an internal factor that increases the likelihood of violent behavior in individuals with psychosis. This is because a history of domestic violence often results in learned aggressive behavior and the normalization of violence as a way to resolve conflicts.

In addition to a history of domestic violence, other factors can also contribute to the risk of violence in individuals with psychosis. For example, not getting the proper amount of sleep can lead to increased irritability, lower impulse control, and a higher likelihood of violent behavior.

Changes in appetite may also contribute to an increased risk of violence. Changes in appetite can be a sign of a worsening mental

state or increased stress, which can contribute to an increased risk of violent behavior.

Similarly, changes in the person's level of activity can also be indicative of a worsening mental state. If a person with psychosis becomes more sedentary or more hyperactive than usual, this could be a sign of an impending psychotic episode, which may increase the risk of violent behavior. Therefore, monitoring and addressing these changes in appetite and activity level can help to manage the risk of violence in individuals with psychosis.

In conclusion, a person with psychosis may be at a greater risk for violence due to a combination of internal and external factors. These can include a history of domestic violence, lack of proper sleep, changes in appetite, and changes in activity level. By recognizing and addressing these risk factors, it may be possible to reduce the risk of violence in individuals with psychosis.

#### NEW QUESTION # 66

You have a client who suffers from chronic alcohol abuse. You understand that this may result in a complication of chronic alcohol abuse in which chronic thiamine deficiency damages the brain permanently. This is known as which of the following?

- A. alcoholic anemia
- **B. Korsakoff's syndrome**
- C. schizophrenia
- D. delirium tremens

**Answer: B**

Explanation:

The correct answer to the question regarding a complication of chronic alcohol abuse characterized by chronic thiamine deficiency and potential permanent brain damage is Korsakoff's syndrome.

Korsakoff's syndrome, also known as Wernicke-Korsakoff syndrome, is primarily associated with chronic alcoholism and is a manifestation of thiamine (vitamin B1) deficiency. Thiamine is vital for brain function, and its deficit can result in serious neurological issues. This syndrome is not merely a single condition but a spectrum that also includes Wernicke's encephalopathy, which, if left untreated, can lead to Korsakoff's psychosis.

The syndrome is characterized by a range of symptoms, the most notable being memory problems, although these are not typical memory losses seen in other conditions like Alzheimer's disease. Individuals with Korsakoff's syndrome may have issues with acquiring new information or may create fabricated memories (confabulation) to fill gaps in their memory. Other symptoms include changes in vision, ataxia (loss of control of body movements), and general confusion.

The progression to Korsakoff's syndrome often follows an episode of Wernicke's encephalopathy, which includes symptoms like eye movement disturbances, ataxia, and a confused state. If identified early, Wernicke's encephalopathy can be treated with high doses of thiamine, potentially preventing the progression to Korsakoff's syndrome. However, once Korsakoff's syndrome is fully developed, some of the damage may be irreversible, leading to permanent cognitive impairment.

While Korsakoff's syndrome is most commonly linked with alcohol abuse due to the malnutrition that often accompanies it, it can also arise from other conditions that affect the body's ability to absorb nutrients, such as gastrointestinal diseases or prolonged periods of fasting or starvation.

Management of Korsakoff's syndrome involves both addressing the immediate thiamine deficiency and long-term strategies to abstain from alcohol, improve diet, and possibly cognitive rehabilitation. Early intervention is crucial to improve outcomes, highlighting the importance of recognizing the signs of potential thiamine deficiency and Wernicke's encephalopathy in people who chronically abuse alcohol.

#### NEW QUESTION # 67

What type of statistics describes basic facts about the sample size, the average of scores, or the median age of research participants?

- A. Nominal statistics
- B. Inferential statistics
- **C. Descriptive statistics**
- D. Statistical describers

**Answer: C**

Explanation:

Descriptive statistics are a fundamental aspect of statistical analysis used to describe and summarize the basic features of data in a study. They are essential for providing a simple summary of sample and measures. Elements such as the sample size, mean (or average) scores, and median age or values are all examples of descriptive statistics. These statistics are crucial because they offer a quick insight into the data set, helping researchers and readers to understand the distribution and central tendencies of the data without making any conclusions about the data that might generalize to a larger population.

The primary function of descriptive statistics is to present data in a manageable form. For instance, if a researcher is dealing with data from a large number of participants, it's impractical to present all the scores or ages individually. Instead, using the mean or median gives a single value that represents the entire dataset effectively. The sample size, another critical piece of information, tells us how many observations or data points are in the sample, providing an idea of the scale and scope of the study.

Descriptive statistics are divided into measures of central tendency and measures of variability. Measures of central tendency include the mean, median, and mode, which describe the center position of a data set. Measures of variability, such as the range, interquartile range, variance, and standard deviation, describe the spread and distribution of the data. Together, these statistics provide a comprehensive picture of the data, helping to lay the groundwork for any further analysis that may be necessary, such as inferential statistics, which are used to make predictions or test hypotheses.

Being adept at interpreting descriptive statistics is a crucial skill in research utilization. This capability allows readers not only to understand the data presented but also to evaluate the robustness of the research methodology and the reliability of the conclusions drawn. Descriptive statistics do not provide conclusions beyond the data analyzed or suggest cause-and-effect relationships, but they are invaluable for initially exploring and presenting the data succinctly and effectively.

Overall, descriptive statistics are a critical tool in the researcher's toolkit. They are the first step in data analysis, providing a clear, concise view of the data that can inform further analysis and decision-making processes. Understanding these statistics is essential for anyone involved in research or those who need to interpret data effectively.

### NEW QUESTION # 68

What action is necessary when working to obtain informed consent from a patient or a patient's family who do not speak English?

- A. A family member who speaks English may interpret the information.
- **B. A medical interpreter must be provided to obtain informed consent.**
- C. There must be an attempt to communicate with the patient or family to obtain informed consent.
- D. A coworker who speaks the patient's or family's native language may interpret the information.

**Answer: B**

Explanation:

When obtaining informed consent from a patient or a patient's family who do not speak English, it's imperative to ensure that communication is clear, accurate, and understandable. Informed consent is a fundamental patient right and a critical legal requirement in healthcare settings. It involves giving the patient or their legal representative adequate information regarding the medical procedures, their benefits, risks, and alternatives, enabling them to make a well-informed decision about their healthcare.

The correct and most ethical approach requires the use of a qualified medical interpreter. This necessity is rooted in several important considerations: 1. **Accuracy of Medical Information**: Medical discussions often involve complex terminology and concepts that can be challenging to translate accurately. A professional medical interpreter is trained not only in the language but also in the specific vocabulary used in medical settings. This reduces the risk of miscommunication and ensures that the patient or family understands the information as intended. 2. **Confidentiality and Professionalism**: Medical interpreters are bound by a code of ethics and confidentiality agreements that protect the patient's privacy. This is crucial in maintaining trust and integrity in the doctor-patient relationship. 3. **Legal Compliance**: Many regions have laws and regulations that require the use of certified interpreters in healthcare settings to ensure that non-English speaking patients receive equitable care. Relying on unqualified staff or family members can lead to legal repercussions if the interpretation fails to meet the necessary standards of care. 4. **Cultural Sensitivity**:

Professional interpreters are often trained in cultural competency which is vital in addressing the beliefs and values of patients from diverse backgrounds. This sensitivity can influence how healthcare information is received and processed by the patient.

While it might seem convenient or expedient to use bilingual staff or family members, this approach can lead to errors. Staff members who are not trained as medical interpreters might lack knowledge of appropriate medical terminology or be unaware of how to handle specific ethical dilemmas that can arise during medical discussions. Similarly, using family members can place an undue burden on them, potentially influence their objectivity, or put their emotional well-being at risk. In some cases, family members might also withhold information to protect the patient from distress, thereby compromising the essence of informed consent.

Therefore, to uphold the quality of patient care, respect patient autonomy, and comply with legal standards, providing a qualified medical interpreter is not just a recommendation-it is a necessity. This ensures that all patients, regardless of language proficiency, have access to safe, effective, and compassionate healthcare services.

### NEW QUESTION # 69

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