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## PMHNP Board Review Questions and Answers 100% Pass

1. Title protection as an NP
2. Determines Scope of Practice
3. Sets credentialing requirements
4. Determines grounds for discipline ✓✓Nurse Practice Act

(specific to that state)

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1. Right to be \_\_\_ n/t HIPAA privacy protection
2. Right to access \_\_\_
3. Right to request \_\_\_ of personal health information
4. Right to require permission for the \_\_\_ of patient health information ✓✓1. Right to be

EDUCATED

2. Right to access MEDICAL RECORDS

3. Right to request AMENDMENT of personal health information

4. Right to require permission for the DISCLOSURE of patient health information

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## College Admission American Nurses Credentialing Center: Adult Psychiatric-Mental Health Nurse Practitioner-Board Certified Sample Questions (Q1211-Q1216):

### NEW QUESTION # 1211

Complementary and alternative therapies (CATS) are becoming more and more acceptable and embraced in the United States. Which of the following is an example of a mind-body intervention in the category of CATS?

- A. Acupuncture
- **B. Guided imagery**
- C. Aromatherapy
- D. Reflexology

**Answer: B**

Explanation:

Mind-body interventions under the umbrella of complementary and alternative therapies (CATS) include the following:

- \* Guided imagery
- \* Meditation
- \* Yoga
- \* Biofeedback

Aromatherapy is a biological-based therapy. Acupuncture and reflexology are manipulative body-based therapies.

### NEW QUESTION # 1212

What focused method of therapy is being used when a provider seeks to view symptoms as metaphors in the hierarchal structure of the family unit?

- A. Solution-focused therapy
- B. Structural family therapy
- C. Family systems therapy
- **D. Strategic therapy**

**Answer: D**

Explanation:

Strategic therapy, originated by Jay Haley, is a method in which interventions are both symptom- and problem-focused. Symptoms are viewed as metaphors and reflect problems in the hierarchal structure. Symptoms are a way to communicate metaphorically within the family.

Solution-focused therapy, originated by Steve DeShazer, Bill O'Hanlon, and Insoo Berg, is a method where the provider focuses on the effective resolution of problems through cognitive problem-solving and the use of personal resources as strengths.

Structural family therapy, originated by Salvador Minuchin, is a model that places emphasis on how, when, and to whom family members relate in order to understand and then change the family's structure.

Family systems therapy, originated by Murray Bowen, is used to increase the family's awareness of each member's function within the family and to increase levels of self-differentiation.

### NEW QUESTION # 1213

For which of the following is it most important for a PMHNP to always maintain a patient's right to confidentiality?

- A. When meeting state requirements for mandatory reporting of diseases or conditions
- B. For attorneys involved in litigation
- C. When answering court orders, subpoenas, or summons
- **D. For a first-degree relative or spouse of the patient**

**Answer: D**

Explanation:

There are exceptions to patient confidentiality. Exceptions include:

- \* If a patient reveals an intent to harm self or others

- \* For attorneys involved in litigation
- \* When records are released to insurance companies
- \* When answering court orders, subpoenas, or summons
- \* When meeting state requirements for mandatory reporting of diseases or conditions
- \* In cases of child or elder abuse

#### NEW QUESTION # 1214

For a community health clinic, which of the following depression screenings would be best to implement during wellness visits?

- A. HAM-D
- **B. PHQ-2/9**
- C. GDS
- D. QIDS

**Answer: B**

Explanation:

The Patient Health Questionnaire (PHQ-2/9) is a self-administered screening tool commonly used in primary care settings for reliable measurement of symptoms of depression.

The Hamilton Rating Scale for Depression (HAM-D) is more commonly used to establish a baseline and then measure the progression of treatment. The Geriatric Depression Scale (GDS) is age-specific. The Quick Inventory of Depressive Symptomatology (QIDS) is primarily used with individuals who already have a diagnosis of depression.

#### NEW QUESTION # 1215

A 36-year-old Caucasian male arrives for his usual monthly medication appointment. He is diagnosed with schizophrenia and has been stabilized on haloperidol for the past nine years. Today, he complains of an inner feeling of restlessness and the inability to remain still. He states, "I've been pacing around my apartment nonstop, just walking up and down the stairs." This suggests what type of extrapyramidal side effect?

- **A. Akathisia**
- B. Dystonia
- C. Tardive dyskinesia
- D. Akinesia

**Answer: A**

Explanation:

Extrapyramidal symptoms are drug-induced side effects that affect motor functioning and muscle movement. Typical antipsychotics like haloperidol, perphenazine, and chlorpromazine are more likely to cause these side effects than atypical antipsychotics like olanzapine, lurasidone, and risperidone. The common types of extrapyramidal symptoms are listed below:

\* Akathisia: motor restlessness, inability to remain still, rocking, pacing, or constant motion of a unilateral limb, subjective sense of restlessness, often mistaken for increasing anxiety

\* Akinesia: absence of movement, difficulty initiating motion, subjective feeling of lack of motivation to move, often mistaken for laziness or lack of interest

\* Dystonia: muscle spasticity usually in the back or neck, subjectively painful, often mistaken for agitation

\* Pseudo-Parkinson's: shuffling gait, motor slowing, mask-like facial expression, pill-rolling, tremors, muscle rigidity

\* Tardive dyskinesia: involuntary abnormal muscle movement of the mouth, tongue, face, and jaw that may progress to limbs; can be irreversible or occur as an acute process at the initiation of medications or as a chronic condition at any point during treatment

#### NEW QUESTION # 1216

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