

Free PDF Quiz PMHNP - American Nurses Credentialing Center: Adult Psychiatric-Mental Health Nurse Practitioner-Board Certified Authoritative Dump Collection

The Path to Certification:

The journey towards PMHNP certification typically begins with earning a graduate degree in psychiatric-mental health nursing from an accredited institution. This advanced education equips aspiring PMHNPs with a strong foundation in pharmacology, psychotherapy, assessment and diagnosis, and evidence-based practice specific to mental health care.

Following the completion of their graduate studies, aspiring PMHNPs must fulfill additional requirements to become eligible for certification. These requirements often include obtaining a specified number of clinical practice hours under the supervision of experienced psychiatric-mental health professionals and passing a rigorous certification examination administered by a recognized certifying body, such as the American Nurses Credentialing Center (ANCC) or the American Association of Nurse Practitioners (AANP).

Benefits of PMHNP Certification:



1. Expertise and Competence

PMHNP certification demonstrates a practitioner's expertise and competence in diagnosing, treating, and managing a wide range of mental health conditions, including depression, anxiety, schizophrenia, bipolar disorder, and substance use disorders.

2. Enhanced Career Opportunities

Certified PMHNPs often have access to a broader range of career opportunities, including positions in hospitals, community mental health centers, private practices, correctional facilities, and academic institutions. Certification may also open doors to leadership roles and opportunities for professional advancement.

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College Admission American Nurses Credentialing Center: Adult Psychiatric-Mental Health Nurse Practitioner-Board Certified Sample Questions (Q581-Q586):

NEW QUESTION # 581

Which federal agency regulates the introduction of new drugs in the United States?

- A. Food and Drug Administration
- B. National Institutes of Health
- C. World Health Organization
- D. Department of Health and Human Services

Answer: A

Explanation:

The Food and Drug Administration (FDA) is the federal agency that regulates the introduction of new drugs in the United States. The FDA protects consumers from the risks associated with drug purchases. They approve new drugs before they can be sold, and they determine which drugs should be assigned over-the-counter or prescription status.

NEW QUESTION # 582

Which specifier would be used to characterize a patient diagnosed with a mood disorder who also exhibits motor inactivity?

- A. With catatonic features
- B. With rapid cycling
- C. With mixed features
- D. With atypical features

Answer: A

Explanation:

Specifiers are special descriptions added to a patient's diagnosis to provide more information. Specifiers help characterize the condition and describe its overall course. Specifiers used to describe mood disorders include the following:

- * With atypical features: These patients eat a lot and gain weight, sleep excessively, and have a feeling of being sluggish or paralyzed. They are also sensitive to rejection.
- * With melancholic features: These patients feel worse in the morning than in the afternoon, and they experience decreased appetite, weight loss, and agitation. They also tend to feel excessively guilty and have trouble making decisions.
- * With anxious distress: These patients have high levels of tension, restlessness, worry, and fear.
- * With catatonic features: These patients exhibit either motor hyperactivity or inactivity.
- * With mixed features: These patients are experiencing a mixture of both manic and depressive symptoms.
- * With peripartum onset: These patients develop a mood episode during pregnancy or within a month of having their baby.
- * With psychotic features: These patients develop delusions or hallucinations along with their mood symptoms.
- * With rapid cycling: These patients have experienced at least four mood episodes in the past year.
- * With seasonal pattern: These patients regularly become ill at a certain time of the year.

NEW QUESTION # 583

For patients with psychosis associated with acute mania, anti-manic agents have a slower onset of action. The best way to reduce target symptoms of psychosis in acute mania is to add what type of medication for increased efficacy?

- A. Anxiolytic
- B. Sedative
- C. Serotonin-dopamine antagonist (SDA) or dopamine receptor antagonist (DRA)
- D. Magnesium

Answer: C

Explanation:

Anti-manic agents such as lithium have a slower onset of action. If the mania is acute and the patient is in distress, it is standard practice to add a DRA or an SDA to reduce the psychotic symptoms of acute mania. Anxiolytics, magnesium, and sedatives are not standard practices for acute mania.

NEW QUESTION # 584

Which of the following speech findings would be least expected during the mental status exam of an anxious patient?

- A. Distractible
- B. Overproductive
- C. Monotone
- D. Rapid

Answer: C

Explanation:

Anxiety typically pairs with restlessness and overstimulation, which results in rapid and distractible speech. Monotonal speech is more likely associated with depression in a mental status exam.

NEW QUESTION # 585

Which of the following is a major characteristic of Freud's anal stage of psychosexual development?

- A. Coming to terms with Oedipal conflict
- B. Interest in oral gratification through eating and biting
- C. Viewing sexual concerns as largely unimportant
- D. Coming to terms with society's controls related to toilet training

Answer: D

Explanation:

Freud's stages of psychosexual development are:

1. Oral: birth to 12-18 months
2. Anal: 12-18 months to 3 years
3. Phallic: 3 to 5-6 years
4. Latency: 5-6 years to adolescence
5. Genital: adolescence to adulthood

The major characteristics of the oral stage include seeking oral gratification through sucking, eating, mouthing, and biting. The major characteristics of the anal stage include gratification from expelling and withholding feces and coming to terms with society's controls related to toilet training.

The major characteristics of the phallic stage include seeking gratification through the genitals, coming to terms with the Oedipal conflict, and identifying with the same-sex parent. The latency stage is characterized by a time in which sexual concerns are largely unimportant. During the genital phase, sexual interests reemerge, and individuals begin to establish mature sexual relationships.

NEW QUESTION # 586

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