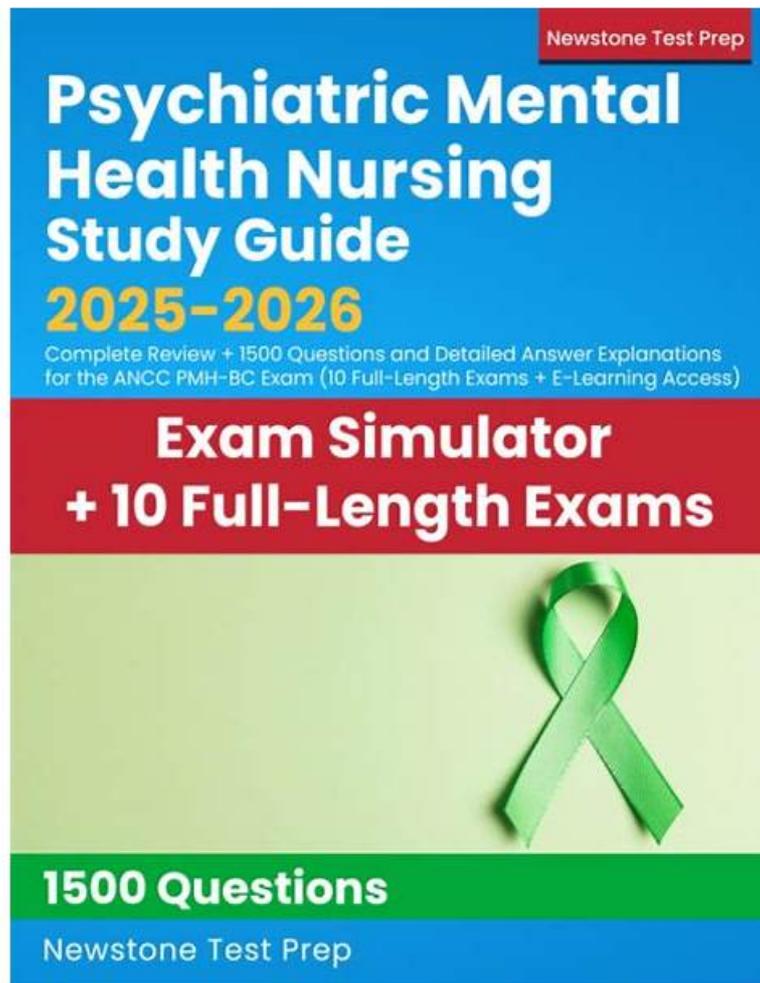


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## Nursing ANCC Psychiatric–Mental Health Nursing Certification (PMHN-BC) Sample Questions (Q84-Q89):

NEW QUESTION # 84

Which of the following is an example of a medication commonly classified as a chemical restraint?

- A. Nitrous oxide
- **B. Antipsychotic**
- C. Ketamine
- D. Chloroform

**Answer: B**

Explanation:

Chemical restraints are substances administered to control or restrict the freedom of a patient or to manage a patient's behavior or movement, and not as a standard treatment or dosage for the patient's medical or psychiatric condition. They are often used as a last resort when a patient poses a threat to themselves or others.

Antipsychotic medications are a type of chemical restraint that can be administered when the necessity arises. These medications have a fast-acting effect that can help to subdue a patient who is posing a threat to themselves or others. Some examples of these medications include Haldol, Droleptan, or Thorazine.

These antipsychotic medications are used to treat serious mental illnesses such as schizophrenia, bipolar disorder or delusional disorder. They can help to calm a patient down and prevent them from causing harm to themselves or others. However, they should only be used as a last resort when other methods of managing the patient's behavior have failed.

The use of these chemical restraints should be carefully monitored by healthcare professionals to ensure that they are not causing further harm to the patient. Misuse of chemical restraints can lead to serious health consequences and ethical concerns.

It is important to note that the use of chemical restraints is not a long-term solution, and should always be accompanied by a comprehensive treatment plan that addresses the root cause of the patient's behavior.

#### **NEW QUESTION # 85**

Generally, psychiatric symptoms are:

- **A. nonspecific**
- B. specific
- C. evident
- D. discrete

**Answer: A**

Explanation:

Psychiatric symptoms are generally nonspecific, meaning they are not unique to one specific disorder and can be seen across a range of different psychiatric conditions. This lack of specificity can make diagnosis and treatment more challenging. For example, symptoms such as anxiety, depression, or mood swings can be present in multiple disorders including major depressive disorder, bipolar disorder, and anxiety disorders. As a result, clinicians need to conduct a comprehensive and holistic assessment to accurately identify the underlying condition.

The assessment process in psychiatry is designed to be broad to capture all possible influences and contributing factors to a patient's mental health. This includes exploring psychological, biological, and social aspects of an individual's life. By taking into account the entirety of a person's situation and experiences, clinicians can better understand the complex interplay of elements affecting their mental health.

Furthermore, it is crucial for mental health professionals to look for patterns or clusters of symptoms rather than isolated signs.

Isolated symptoms can be misleading and may result in a misdiagnosis if considered outside of the broader context of the individual's mental and emotional state. Recognizing patterns helps in identifying the root causes and the most effective treatment approaches.

This method enhances the accuracy of diagnoses and can lead to more tailored and effective treatment plans.

In summary, because psychiatric symptoms are often nonspecific, mental health assessments must be thorough and consider a wide range of potential factors. Understanding that these symptoms can appear in various combinations and are influenced by multiple aspects of an individual's life is key to providing effective psychiatric care.

#### **NEW QUESTION # 86**

he possible signs and symptoms of anorexia nervosa would not include which of the following?

- A. Yellow skin
- B. Dry or brittle nails
- **C. Weight gain**
- D. Peripheral edema

**Answer: C**

Explanation:

The question asks which of the listed symptoms would not be associated with anorexia nervosa. The possible symptoms listed are peripheral edema, weight gain, yellow skin, and dry or brittle nails.

Anorexia nervosa is an eating disorder characterized by an abnormally low body weight, intense fear of gaining weight, and a distorted perception of weight or shape. Individuals with anorexia nervosa often go to extreme lengths to control their weight and shape, which can significantly interfere with their health and daily activities.

Peripheral edema might occur in severe cases of anorexia, usually due to protein deficiency caused by extreme malnutrition, affecting the body's ability to maintain fluid balance. Yellow skin (jaundice) is not a typical symptom of anorexia but may occur in severe cases due to liver damage or dysfunction, which would be more likely from complications related to severe malnutrition or associated behaviors such as excessive use of alcohol or drugs. Dry or brittle nails are a common sign, indicative of malnutrition, particularly deficiencies in vitamins and minerals essential for nail health.

Weight gain, however, is not a symptom of anorexia nervosa. In fact, weight loss-often severe-is a hallmark of the disorder.

Individuals with anorexia nervosa typically exhibit a significant fear of gaining weight, even when they are underweight. This fear drives behaviors aimed at further weight loss, even in the face of health risks.

Therefore, out of the options given, "Weight gain" is the one that would not be included as a possible sign or symptom of anorexia nervosa. The other symptoms-peripheral edema, yellow skin, and dry or brittle nails-can indeed manifest in individuals suffering from this eating disorder, particularly in advanced stages or as part of complex medical complications related to the condition.

#### NEW QUESTION # 87

What is NOT one of the three factors that contribute to the insomnia complaint according to Spielman's 3P model of insomnia?

- **A. Prompting factors**
- B. Precipitating factors
- C. Predisposing factors
- D. Perpetuating factors

**Answer: A**

Explanation:

In Spielman's 3P model of insomnia, the three key factors that contribute to the development and maintenance of insomnia are predisposing, precipitating, and perpetuating factors. This model helps in understanding how insomnia can start and why it continues over time.

**\*\*Predisposing Factors:\*\*** These are the inherent characteristics or traits that an individual might possess, which make them more susceptible to developing insomnia. For example, genetic factors, personality traits, or pre-existing psychological conditions such as anxiety or depression can predispose a person to insomnia. These factors do not directly cause insomnia but contribute to a person's overall vulnerability to sleep disturbances.

**\*\*Precipitating Factors:\*\*** These are external events or situations that trigger the onset of insomnia. They are often acute or significant events that create a disruption in a person's life. This can include stressors such as job loss, death of a loved one, illness, or any major change that impacts one's normal routine or emotional equilibrium. Unlike predisposing factors, which are inherent, precipitating factors are usually identifiable events or changes in a person's environment or life circumstances.

**\*\*Perpetuating Factors:\*\*** After insomnia has been triggered, certain behaviors or patterns can develop that continue to maintain the sleep disturbance, even after the original precipitating factors might have been resolved. These include poor sleep hygiene practices such as irregular sleep schedules, napping during the day, excessive use of caffeine or alcohol, and engaging in stimulating activities close to bedtime. Additionally, psychological responses such as worry about sleep can also become perpetuating factors, creating a cycle of sleep anxiety and disturbed sleep.

The term **\*\*"Prompting Factors"\*\*, mentioned in the question, is not part of Spielman's 3P model. This term might be confused with precipitating factors but officially, it does not exist within the framework of this model. Understanding the correct terminology and components of the 3P model is crucial for accurately addressing and treating insomnia based on this well-regarded theoretical framework.**

#### NEW QUESTION # 88

Which of the following is the purpose of performing a full medical examination as part of a psychological assessment?

- **A. To rule out the possibility of a medical problem causing the individual's symptoms.**
- B. Just something for the staff to do.
- C. None of the above
- D. To increase the facility's income.

**Answer: A**

Explanation:

The primary purpose of conducting a full medical examination as part of a psychological assessment is to rule out the possibility of a medical problem causing the individual's symptoms. Often, physical illnesses can present symptoms that mimic or contribute to psychological disturbances, making it critical to differentiate between psychiatric and medical etiologies.

For instance, conditions such as thyroid dysfunction can manifest symptoms that resemble depression or anxiety. Similarly, neurological disorders like brain tumors or multiple sclerosis can present with changes in mood, cognitive function, or behavior that might initially be interpreted as psychiatric in nature. A full medical examination ensures that such underlying physical health issues are identified and addressed appropriately.

In the context of a psychiatric assessment, particularly when a patient first enters a psychiatric facility or begins treatment, a comprehensive health evaluation is standard procedure. This evaluation includes, but is not limited to, physical exams, lab tests, and sometimes imaging studies. The objective is to provide a holistic view of the patient's health and to ensure that the treatment plan is tailored to address all aspects of the individual's well-being.

Conducting a medical examination prior to finalizing a psychiatric diagnosis is not only a matter of thoroughness but also a best practice in medical and psychological health care. It helps in forming a more accurate diagnosis and in crafting a treatment plan that comprehensively addresses the patient's needs. This approach minimizes the risk of overlooking treatable physical illnesses and ensures that the psychiatric treatment administered is both safe and effective.

Thus, the purpose of a full medical examination in the context of psychological assessment is crucial for accurate diagnosis and effective treatment, rather than being merely procedural or for the benefit of the medical facility's income. It is a fundamental step in ensuring that the patient receives appropriate and holistic care.

## **NEW QUESTION # 89**

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