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## Nursing ANCC Psychiatric–Mental Health Nursing Certification (PMHN-BC) Sample Questions (Q60-Q65):

### NEW QUESTION # 60

How many concepts make up the nursing process?

- A. Nine.
- **B. Five.**
- C. Four.
- D. Seven.

**Answer: B**

Explanation:

The nursing process is a fundamental framework that guides nurses in delivering effective, patient-centered care. It encompasses five critical steps, each essential for ensuring comprehensive care and optimal patient outcomes. These steps are: Assessment, Diagnosis, Planning, Implementation, and Evaluation. This structured approach allows for consistent, evidence-based professional practice in the nursing field.

The first step, Assessment, involves gathering comprehensive data about the patient's health status. This includes taking a complete health history and performing a physical examination. The data collected during the assessment phase forms the basis for all subsequent steps.

The second step, Diagnosis, involves analyzing the assessment data to determine the patient's actual or potential health problems. These problems are then articulated as nursing diagnoses. Each diagnosis provides a precise definition of issues that nurses are qualified and licensed to treat.

In the Planning phase, the third step, nurses prioritize the diagnosed problems and set measurable and achievable short- and long-term goals for the patient. They also develop a care plan that outlines strategies to address the nursing diagnoses.

Implementation, the fourth step, involves putting the care plan into action. This step can include administering medication, providing education, and conducting other necessary interventions to address the patient's health needs.

The final step, Evaluation, focuses on assessing the outcomes of the nursing interventions. Nurses determine whether the health goals for the patient are being met or if adjustments to the care plan are necessary. This step is crucial as it ensures that the care provided is effective and responsive to the patient's needs.

Thus, the nursing process is a dynamic and iterative method that enables nurses to provide holistic and patient-focused care. Each of the five steps plays a critical role in fostering better health outcomes and enhancing the quality of care delivered to patients.

### NEW QUESTION # 61

Which of the following age groups has the highest percentage of suicides?

- A. Adults over the age of 50
- B. Adolescents
- **C. Both A and C**
- D. Young adults

**Answer: C**

Explanation:

The question asks which age group has the highest percentage of suicides. The options provided are Adolescents, Young adults, Adults over the age of 50, and Both A and C (referring to Adolescents and Adults over the age of 50). The correct answer is "Both A and C," which indicates that both adolescents and adults over the age of 50 have the highest percentages of suicides compared to other age groups. This is a critical observation that highlights specific vulnerabilities at two quite distinct stages of life.

To elaborate, various studies and statistical reports often illustrate that the suicide rates are notably high among adolescents due to factors such as mental health issues, peer pressure, bullying, and academic stress, among others. Adolescents are at a delicate stage of emotional and psychological development, which can make them particularly vulnerable to suicidal thoughts and behaviors when faced with overwhelming stress.

On the other end of the age spectrum, adults over the age of 50 also show a high incidence of suicide. Factors contributing to higher suicide rates in this age group can include loneliness, chronic health problems, a sense of purposelessness after retirement, bereavement, and sometimes financial issues. Mental health can decline if not carefully managed, and the lack of a robust support system can further exacerbate feelings of despair and isolation.

While young adults also experience significant challenges that could lead to suicidal behaviors, the statistical evidence suggests that their rates are not as high as those observed in adolescents and older adults. This might be due to better resilience-building resources, early career development opportunities, and perhaps more robust social networks typical of this age group.

Thus, understanding that both adolescents and adults over the age of 50 are particularly susceptible to suicide can help in tailoring prevention programs and support systems more effectively to address the unique needs of these groups. Public health strategies, awareness programs, and community support mechanisms must be designed to target these demographics distinctively and diligently.

### NEW QUESTION # 62

All of the following are contraindications for lithium use EXCEPT:

- A. renal disorder
- B. hypothyroidism
- C. diabetes
- D. hypertension

**Answer: D**

Explanation:

The question asks to identify which condition among the listed is not a contraindication for the use of lithium, a mood-stabilizing drug primarily used to treat bipolar disorder. Contraindications are conditions or factors that serve as reasons to withhold a certain medical treatment due to the harm that it would cause the patient.

The options given are: 1. Renal disorder 2. Diabetes 3. Hypertension 4. Hypothyroidism Renal disorder is a known contraindication for lithium use. Lithium is primarily excreted by the kidneys, and impaired renal function can lead to lithium toxicity. This is because the drug's clearance decreases with reduced kidney function, increasing the risk of side effects and poisoning.

Diabetes is also considered a contraindication. Lithium can influence glucose control and might exacerbate existing diabetes or even precipitate the onset of new cases. Monitoring and careful management are required if lithium is considered necessary for a patient with diabetes.

Hypothyroidism, though often closely monitored in patients on lithium due to the drug's potential to impair thyroid function, is not necessarily a contraindication but rather a condition requiring careful management and monitoring during lithium therapy. Lithium can cause hypothyroidism or exacerbate an existing condition, but with appropriate thyroid function monitoring and treatment, patients with this condition can often still safely use lithium.

Hypertension, unlike the other conditions listed, is not a direct contraindication for lithium use. While lithium might have some impact on the cardiovascular system, such as affecting the renin-angiotensin system which can influence blood pressure, it does not generally preclude the use of lithium in patients with hypertension. Of course, all patients on lithium should have comprehensive monitoring, including assessments of cardiovascular health, but hypertension alone does not normally prohibit the use of lithium.

Therefore, the correct answer to the question is "hypertension," as it is not a contraindication for lithium use, unlike renal disorder, diabetes, and (to a lesser extent needing careful management) hypothyroidism.

### NEW QUESTION # 63

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. Elevated cardiac enzymes
- C. Ataxia
- 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 # 64

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

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

**Answer: D**

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 # 65

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