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>> PMHN-BC적중율 높은 덤프 <<

PMHN-BC인증문제, PMHN-BC인증시험 덤프자료

Nursing PMHN-BC인증시험에 응시하고 싶으시다면 좋은 학습자료와 학습 가이드가 필요합니다.Nursing PMHN-BC시험은 it업계에서도 아주 중요한 인증입니다. 시험패스를 원하신다면 충분한 시험준비는 필수입니다.

최신 Nursing ANCC PMHN-BC 무료샘플문제 (Q80-Q85):

질문 # 80
A group of unconnected words that can be chaotic and incoherent is often referred to as which of the following?

- A. Memory salad
- B. Word salad
- C. Social conversation
- D. Tropical salad

정답：**C**

설명：

The term "word salad" refers to a confusing or incoherent jumble of words or phrases. This phenomenon is often observed in individuals experiencing certain types of mental illnesses, where their ability to construct coherent and logical sentences deteriorates. The speech produced in such cases consists of words or phrases that are thrown together without any logical or grammatical linkage, making it difficult for others to understand or extract meaningful information.

The origin of the term "word salad" is linked to psychiatric conditions, particularly schizophrenia. Schizophrenia is a mental disorder characterized by disturbances in thought processes, perceptions, emotional responsiveness, and social interactions. One of the symptomatic manifestations in speech patterns of individuals with schizophrenia can be this disorganized way of speaking, where the sentences lack meaningful connections, hence the metaphorical comparison to a "salad" where ingredients are mixed randomly.

In contrast to other types of "salads" mentioned, such as "social conversation," "memory salad," and "tropical salad," which are either non-existent or irrelevant terms in this context, "word salad" specifically captures the essence of disorganized and incoherent speech. While "social conversation" typically implies an exchange of ideas in a coherent and organized manner, "memory salad" and "tropical salad" do not relate to speech patterns or mental health conditions.

Understanding "word salad" is crucial for professionals in the field of psychology and psychiatry as it helps in diagnosing and providing appropriate treatment for individuals affected by conditions that disrupt their thought processes. It also aids in differentiating between various types of speech disturbances that can occur in mental health disorders. Recognizing "word salad" can also help caregivers and family members better understand and communicate with individuals experiencing such speech patterns, thereby facilitating more supportive interactions.

질문 # 81

When talking with a psychiatric mental health patient, the nurse repeats back to the patient what they have just said. This would be considered which of the following techniques?

- A. Restating
- B. None of the above
- C. Paraphrasing
- D. Reflecting

정답：**A**

설명：

The correct answer to the question of which communication technique the nurse is using when they repeat back to the patient what they have just said is "Restating." This technique is often used in therapeutic communication, especially within the realm of psychiatric mental health care, to ensure clarity and understanding between the healthcare provider and the patient.

Restating involves the nurse repeating or mirroring the patient's words exactly or nearly exactly as they were spoken. This technique is intended to show the patient that the nurse is actively listening and understanding what the patient is expressing. It can also help patients hear their own thoughts and possibly reflect on them, providing a different perspective or reaffirming their feelings and experiences.

In the example provided: Patient: "I have nothing left in my life, it is empty." Nurse: "Your life is empty, you have nothing left?" This is a clear demonstration of restating. The nurse uses the patient's exact words to reflect the statement back to the patient. This can encourage further conversation and allows the patient to explore their feelings more deeply or clarify what they mean if the nurse's repetition is not accurate.

It's important to note that while restating is a valuable tool in therapeutic communication, it should be used judiciously. Overuse of restating can make the conversation feel insincere or mechanical, potentially frustrating the patient or making them feel like they are not being engaged in a meaningful dialogue. Therefore, nurses and other healthcare providers should balance restating with other communication techniques such as paraphrasing, reflecting, and open-ended questioning to maintain a natural and supportive interaction with the patient.

In summary, the nurse's action of repeating back to the patient what they have just said is an example of the communication technique known as restating. This technique helps ensure that the nurse has correctly understood the patient's message and provides an opportunity for patients to hear their own words reflected back to them, which can be a powerful tool for emotional processing and therapeutic engagement.

질문 # 82

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. Both A and C
- C. Elevated cardiac enzymes
- D. Ataxia

정답：B

설명：

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.

질문 # 83

Pender's Health Promotion Model includes three general areas of concern to health-promoting behavior. Which of the following is NOT one of them?

- A. individual characteristics and experiences
- B. perceived susceptibility to a condition
- C. behavior-specific cognitions and affect
- D. behavioral outcomes

정답：B

설명：

Pender's Health Promotion Model (HPM) is a theoretical framework designed to be a "complementary counterpart to models of health protection." It defines health as a positive dynamic state rather than simply the absence of disease. The model focuses on three key areas: individual characteristics and experiences, behavior-specific cognitions and affect, and behavioral outcomes. These elements are used to understand and predict how individuals engage in health-promoting behaviors.

The correct answer to the question, "Which of the following is NOT one of the three general areas of concern to health-promoting behavior in Pender's Health Promotion Model?" is "perceived susceptibility to a condition." This concept is actually a part of another well-known health model called the Health Belief Model (HBM). The HBM is centered around concepts including perceived susceptibility, perceived severity, perceived benefits, perceived barriers, cue to action, and self-efficacy. It is primarily focused on disease prevention and how beliefs about health problems, perceived benefits of action, and barriers to action can affect health-related behavior.

In contrast, Pender's Health Promotion Model includes: 1. **Individual characteristics and experiences** - This area recognizes the impact of previous experiences and inherited and acquired characteristics on personal behavior. Factors like biological, psychological, and sociocultural characteristics are considered to shape how individuals think about health. 2. **Behavior-specific cognitions and affect** - This aspect of Pender's model includes perceptions of benefits of and barriers to engaging in specific health behavior, perceived self-efficacy, activity-related affect, interpersonal influences (such as norms, social support, and modeling), and situational influences. These factors contribute to the motivation of the individual in making health-promoting behavior choices. 3. **Behavioral outcomes** - This is the end result of the model where the action of engaging in a health-promoting behavior is the

outcome. The desired behavioral outcomes are directed by goals set by the individual, and actions are taken to achieve these goals which are influenced by the individual's commitments, perceived barriers, and competing demands and preferences.

Understanding the distinction between these models is crucial for health professionals in designing interventions and educational programs. Pender's HPM emphasizes the positive approach to wellness, expanded focus on the individual's motivation and readiness to act, and the dynamic nature of the individual-environment interaction necessary for promoting health. In contrast, the HBM is more focused on preventing disease through addressing negative health behaviors and evaluating personal risks and outcomes.

질문 # 84

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

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

정답：A

설명：

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.

질문 # 85

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