

# PMHN-BC資料 -通過ANCC Psychiatric–Mental Health Nursing Certification (PMHN-BC)立刻馬上



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>> PMHN-BC資料 <<

## 最有效的PMHN-BC資料 & 實用的Nursing PMHN-BC權威考題: ANCC Psychiatric–Mental Health Nursing Certification (PMHN-BC)

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### 最新的 Nursing ANCC PMHN-BC 免費考試真題 (Q14-Q19):

#### 問題 #14

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

答案: D

#### 解題說明:

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.

#### 問題 #15

Identify the approach to patient care that can include therapies such as acupuncture or aromatherapy.

- A. Natural care
- **B. Complementary and alternative medicine**
- C. Whole person care
- D. Wellness care

答案： B

解題說明：

Complementary and alternative medicine (CAM) is a term used to describe a wide range of medical practices and products that are not typically part of conventional medical treatment. This approach to healthcare is distinct from standard Western medicine primarily in its holistic philosophy and its use of therapies and techniques that are not usually taught in traditional medical schools or widely available in conventional hospitals.

The CAM approach encompasses a variety of therapies that aim to treat the whole person rather than focusing solely on the symptoms of disease. This holistic approach considers physical, mental, emotional, and spiritual aspects of health, emphasizing the body's intrinsic ability to heal and maintain itself. Some popular CAM therapies include acupuncture, which involves inserting thin needles into specific points on the body; aromatherapy, which uses essential oils to improve physical and emotional well-being; herbal medicine, which utilizes plants or plant extracts; and chiropractic care, which focuses on diagnosing and treating mechanical disorders of the musculoskeletal system, particularly the spine.

CAM therapies can be used in conjunction with conventional medical treatments, in which case they are referred to as "complementary" therapies. When used instead of conventional medicine, they are often called "alternative" therapies. The integration of CAM and conventional medicine has given rise to the term "integrative medicine," which combines treatments from both realms to best suit the individual patient's needs and preferences, aiming to achieve optimal health outcomes and enhance well-being. Patients who seek out CAM therapies often do so for various reasons, including chronic pain management, mental health management, overall wellness, and disease prevention. The choice to use CAM can also stem from a desire for more natural or less invasive treatments, dissatisfaction with the results of conventional treatments, or cultural beliefs and practices.

It is important for patients choosing to explore CAM therapies to communicate openly with their healthcare providers about all treatments they are considering or currently using. This ensures safe and coordinated care, particularly to avoid potential interactions between conventional pharmaceuticals and herbal or nutritional supplements. Additionally, while many CAM practices are based on centuries-old knowledge, it is beneficial for patients to seek information on the scientific evidence supporting the efficacy and safety of the CAM therapies they wish to pursue.

#### 問題 #16

A consciously tolerable memory serving to conceal another memory that might be disturbing or emotionally painful if recalled is known by which of the following terms?

- A. lethologica
- B. eidetic image
- C. trailing phenomenon
- **D. screen memory**

答案： D

解題說明：

The term "screen memory" is used in psychology to describe a memory that is less significant and emotionally neutral but serves as a cover for another memory that is more significant and distressing. This concept originates from Sigmund Freud's psychoanalytical

theory, where he proposed that screen memories are a form of defense mechanism employed by the mind.

Screen memories function by masking or distracting from a disturbing memory that, if recalled directly, could cause considerable emotional pain. For example, an individual might remember a trivial event from childhood vividly, such as a random playtime, while this memory might be obscuring a more traumatic event that occurred around the same time. The trivial memory is easier to handle and thus comes to the forefront, while the painful memory remains hidden.

In psychoanalysis, understanding and interpreting screen memories can be crucial for therapy. By examining these memories, a therapist can work with the individual to uncover and address the concealed, more significant emotional experiences. This process can help resolve hidden conflicts and promote psychological healing.

The other terms listed—eidetic image, lethologica, and trailing phenomenon—refer to different psychological phenomena. An eidetic image is an unusually vivid and detailed memory, almost picture-like, not necessarily linked to emotional concealment. Lethologica refers to the temporary inability to recall a particular word or name. The trailing phenomenon involves the perception of visual trails following moving objects, often experienced under the influence of hallucinogens or in specific neurological conditions. None of these terms describe the function of concealing emotionally painful memories like a screen memory does.

#### 問題 #17

The term opioid refers to a group of compounds that includes opium, opium derivatives, and synthetic substitutes. Which of the following drugs is an opioid derivative?

- A. morphine
- B. fentanyl
- C. codeine
- D. oxycodone

答案： D

解題說明：

The term "opioid" encompasses a broad spectrum of compounds that are related to opium, a substance derived from the opium poppy. These compounds can be natural, semi-synthetic, or synthetic. Natural opioids are directly derived from opium and include morphine and codeine. Semi-synthetic opioids, such as oxycodone, are chemically modified derivatives of the natural opioids. Synthetic opioids, like fentanyl, are entirely man-made and mimic the effects of natural opioids but do not structurally derive from opium.

Oxycodone, specifically, is a semi-synthetic opioid. It is synthesized from thebaine, an opioid alkaloid found in the opium poppy. Oxycodone is widely used for pain management and is known for its potent analgesic effects. Due to its effectiveness, it is a common prescription drug but also has a high potential for abuse, which can lead to severe physical and psychological dependence.

In contrast to oxycodone, other opioids mentioned such as morphine and codeine are natural opioids, directly extracted and refined from opium. Fentanyl, on the other hand, is a synthetic opioid, significantly more potent than many other opioids and is used primarily in severe pain management, often in medically supervised settings such as hospitals.

Thus, among the options given - oxycodone, morphine, codeine, and fentanyl - oxycodone is correctly identified as an opioid derivative, specifically a semi-synthetic one derived from elements found in natural opioid sources. This classification is crucial for understanding both the medical utility and the regulatory and health frameworks surrounding its use.

#### 問題 #18

The type of aphasia that is characterized by impairment in all three areas of fluency, comprehension, and repetition is:

- A. Wernicke's aphasia
- B. global aphasia
- C. conduction aphasia
- D. Broca's aphasia

答案： B

解題說明：

Global aphasia is the most severe form of aphasia and is characterized by significant impairments in all major areas of language function: fluency, comprehension, and repetition. This type of aphasia generally results from extensive damage to the perisylvian region of the left hemisphere, which often involves both the language production region of Broca's area and the language comprehension region of Wernicke's area, along with the connections between them, notably the arcuate fasciculus.

In individuals with global aphasia, fluency is severely impacted. Their speech output is often limited to a few words or even no words at all, resulting in very non-fluent communication. They might rely heavily on facial expressions or gestures to aid in communication. This lack of fluency is similar to that observed in Broca's aphasia, but it is more severe in global aphasia.

Comprehension is also profoundly affected in global aphasia. Individuals may show little understanding of spoken language and also struggle with comprehension of written words. This is akin to the comprehension deficits seen in Wernicke's aphasia but, again, the deficits are more extreme in global aphasia.

Repetition abilities are equally impaired in global aphasia. Patients typically cannot repeat words or phrases, a dysfunction that aligns with the breakdown in both expressive and receptive language areas. This symptom is distinct from conduction aphasia, where repetition is primarily the core deficit but fluency and comprehension might remain relatively intact.

Global aphasia results from widespread damage typically due to a large stroke affecting the left middle cerebral artery, which supplies blood to the areas critical for language processing. This widespread damage is what distinguishes global aphasia from other types of aphasia, which may result from smaller or more localized brain injuries.

In summary, global aphasia is a profound communication disorder that affects all aspects of language processing-speaking, understanding, repeating, and often reading and writing. Rehabilitation involves intensive speech and language therapy, focusing on rebuilding any residual language abilities and teaching alternative communication strategies to improve quality of life.

## 問題 #19

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