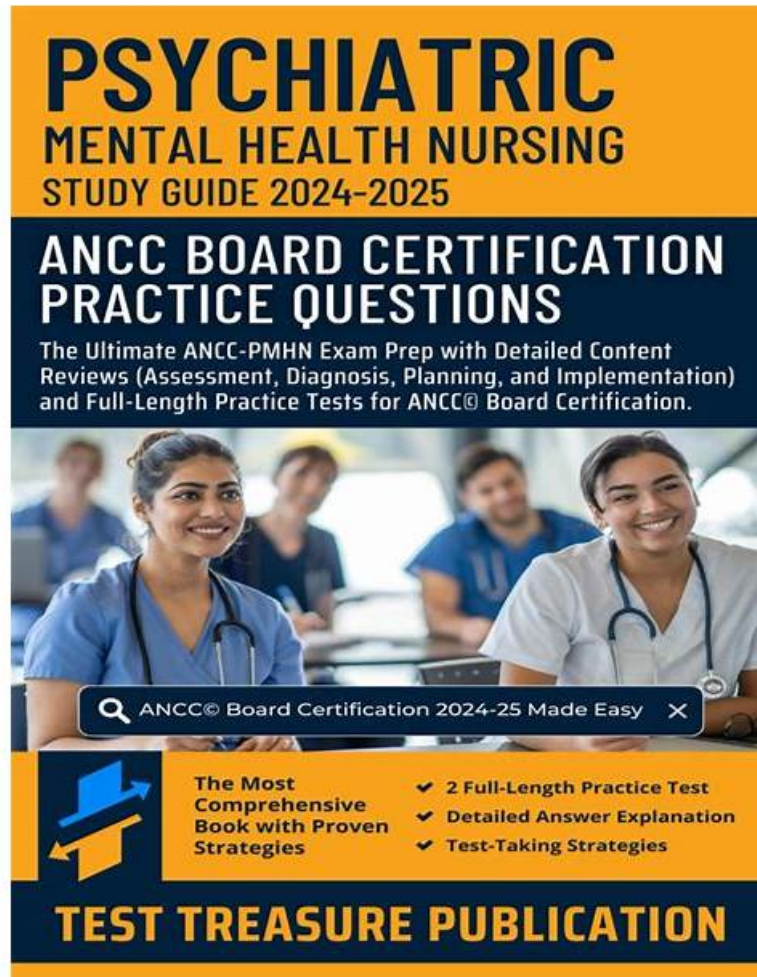


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Nursing ANCC Psychiatric–Mental Health Nursing Certification (PMHN-BC) Sample Questions (Q19-Q24):

NEW QUESTION # 19

When a client uses excessive reasoning to isolate a painful feeling she is using which of the following defense mechanisms?

- A. compensation
- B. rationalization
- C. dissociation
- D. intellectualization

Answer: D

Explanation:

The question refers to a psychological defense mechanism, specifically asking which one is employed when a client uses excessive reasoning to isolate a painful feeling. The correct answer to this question is intellectualization.

Intellectualization is a defense mechanism where the person deals with emotional distress and conflict by focusing on abstract and intellectual thoughts, thereby distancing themselves from the stressful emotional aspect of the situation. This mechanism allows the individual to acknowledge the facts but not the emotional impact of those facts, effectively separating their cognitive understanding from their emotional processing.

For example, someone who has just been diagnosed with a serious illness might focus solely on the statistics and treatment options of the disease, rather than addressing the fear and sadness that might come with such a diagnosis. By doing so, the person avoids experiencing the full emotional impact of the situation.

Other defense mechanisms, such as rationalization, dissociation, and compensation, serve different functions. Rationalization involves justifying one's behavior with logical but false reasons, dissociation involves a mental detachment from reality, and compensation involves excelling in one area to make up for deficiencies in another. None of these directly involve the use of excessive reasoning to isolate feelings, which is why they do not fit the description given in the question.

It is important to understand that while defense mechanisms can be adaptive and help reduce immediate stress, over-reliance on mechanisms like intellectualization can prevent the person from processing their emotions adequately, potentially leading to longer-term psychological issues. Therapeutic interventions often aim at helping individuals recognize and modify their use of such defenses to face their feelings more directly and healthily.

NEW QUESTION # 20

What is the correct term for a standard, or point of reference, in measuring or judging factors such as quality, values, and costs?

- A. Master control plan
- B. Benchmark
- C. Master evaluation plan
- D. Milestone

Answer: B

Explanation:

The correct term for a standard or point of reference in measuring or judging factors such as quality, values, and costs is "benchmark." A benchmark serves as a baseline or a set standard by which other things can be compared or assessed. It is widely used across various fields including business, technology, education, and more, to maintain quality and efficiency by comparing practices and performances.

Benchmarking, as a formal practice, originated in the business sector. It is a process where organizations compare specific aspects of their processes to the best practices in the industry. This comparison often extends to quality, time management, cost effectiveness, and other critical performance metrics. The goal of benchmarking is to identify areas where the organization can improve its performance by understanding and adopting the industry best practices.

In practical terms, a benchmark might refer to the performance standards of leading companies within a sector, the average industry costs for particular services, or the quality ratings of products as determined by consumer feedback. For example, companies might benchmark their IT services against those recognized as best in the IT industry to determine how well their services perform against top performers.

Furthermore, benchmarks are not confined to comparisons with external entities. Organizations can also conduct internal

benchmarks to compare different departments, teams, or processes within their own operations. This helps in recognizing internal best practices and ensuring that they are adopted across the organization to enhance overall efficiency and quality. In conclusion, benchmarking is a valuable tool for organizational management, as it provides a clear point of reference against which performance can be measured and evaluated. It encourages continuous improvement by helping organizations understand their competitive position in the market and identify strategies for enhancement. Thus, the term "benchmark" is indeed the correct answer when referring to a standard for measuring or judging various factors within an organization.

NEW QUESTION # 21

If a client is anxious, tired, or in pain, each of the following could be done before continuing the full assessment EXCEPT:

- A. rest
- B. be calmed
- C. receive medication to alleviate pain
- D. exercise

Answer: D

Explanation:

The psychosocial assessment of a client can be significantly influenced by their current health status, especially if they are experiencing anxiety, fatigue, or pain. These conditions can hinder the client's ability to engage fully in the assessment process, potentially leading to incomplete or inaccurate information being gathered. The nurse performing the assessment must be attuned to these issues and take appropriate steps to address them before proceeding.

When a client is anxious, it is crucial to help them achieve a state of calmness. This can be done through various interventions such as providing a quiet environment, using soothing communication techniques, or practicing relaxation exercises with the client. For a client who is experiencing pain, it is appropriate to administer pain-relieving medications as prescribed. This not only helps in alleviating the pain but also enables the client to participate more effectively in the assessment.

Rest is another vital consideration. If the client is tired, allowing them some time to rest before continuing with the assessment can make a significant difference in their ability to focus and provide relevant information.

However, one intervention that is generally not suitable in such situations is exercise. While physical activity can be beneficial under different circumstances, asking a client who is already anxious, tired, or in pain to engage in exercise might exacerbate their symptoms and could be counterproductive to the goal of achieving a thorough and accurate psychosocial assessment. Therefore, exercise is typically not recommended before continuing with a full assessment under these conditions. Instead, focusing on calming the client, managing pain, and ensuring they are rested are more appropriate strategies.

NEW QUESTION # 22

The right to fair treatment and the right to privacy are included in which of the following ethical principles?

- A. justice
- B. nonmaleficence
- C. beneficence
- D. autonomy

Answer: A

Explanation:

To answer the question regarding which ethical principles include the right to fair treatment and the right to privacy, we need to delve into the definitions and implications of the primary ethical principles in question: autonomy, justice, beneficence, and nonmaleficence. **Autonomy** refers to the principle that individuals have the right to make decisions about their own lives and bodies without coercion. This principle emphasizes the importance of respecting an individual's choices and preferences. While autonomy supports the idea of respecting individuals' privacy (as it pertains to their ability to control their personal information), it does not explicitly include the right to fair treatment under its typical definition. Autonomy is more about self-governance and the ability to decide freely.

Justice, in an ethical context, refers to fairness and equity in the distribution of benefits, risks, and costs among individuals or groups. It specifically advocates for treating equals equally and unequals unequally but in proportion to their relevant differences. The principle of justice directly encompasses the right to fair treatment, ensuring that no individual or group is discriminated against. Privacy falls under justice in the sense that protecting an individual's private information ensures equitable treatment, thus preventing potential biases or harm based on that information. Additionally, aspects like confidentiality (keeping an individual's information private) and anonymity (protecting an individual's identity) are mechanisms to uphold justice.

Beneficence involves actions that contribute to the welfare of others. This principle is about doing good and preventing harm.

Benevolence might indirectly involve fair treatment and privacy insofar as these elements can benefit a person's well-being. However, benevolence primarily focuses on positive actions to help others rather than merely ensuring fairness or privacy.

Nonmaleficence means "do no harm." This principle is closely related to benevolence but focuses more on avoiding harm than on promoting good. Nonmaleficence includes preventing harm that might come from breaches of privacy or unfair treatment, thus it indirectly supports these rights. However, like benevolence, nonmaleficence does not primarily or explicitly encompass the right to fair treatment or privacy.

In conclusion, while all these principles can be interpreted to support aspects of fair treatment and privacy, **justice** is the principle most explicitly aligned with these rights. Justice directly addresses the need for fairness and the protection of individuals' rights, including their right to privacy as a fundamental aspect of fair and equitable treatment. Hence, the right to fair treatment and the right to privacy are included most directly under the ethical principle of justice.

NEW QUESTION # 23

The qualitative research method for the purpose of investigating cultures is which of the following?

- A. cultural awareness
- B. ethnic inquiry
- C. cultural sensitivity
- **D. ethnography**

Answer: D

Explanation:

Ethnography is the qualitative research method specifically designed for the in-depth exploration and understanding of cultures. It involves the comprehensive study of people and their cultures, focusing on understanding the patterns of behavior, customs, and ways of life from the perspective of the subjects themselves. By immersing themselves in the community, often living among the people for extended periods, ethnographers are able to gather insights and data that are not readily accessible through other research methods.

The purpose of ethnography extends beyond mere observation; it is a method committed to capturing the nuances and complexities of human cultures. Ethnographers pay close attention to the social structure, language, religious practices, and technology use within the culture, among other aspects. This method allows researchers to see the world as their subjects see it, providing a detailed depiction of the community's daily life and interactions.

Ethnography is particularly useful in cultural anthropology, where understanding the intricacies of human cultures is essential.

Anthropologists use this method to analyze and compare different cultures, adding depth to the body of knowledge about human diversity. The findings from ethnographic research can also inform policies and practices in areas such as education, healthcare, and urban planning, ensuring they are culturally sensitive and appropriate.

Despite the depth and richness of data it can provide, ethnography requires significant time commitment and cultural sensitivity. Ethnographers must be diligent about noting their biases and ensuring they do not influence the data collection and interpretation process. The ethical considerations, including respect for the privacy and autonomy of community members, are paramount in ethnographic work.

In conclusion, ethnography stands out as a crucial method in qualitative research for investigating cultures. It delivers a comprehensive and empathetic understanding of how different communities operate and interact within their cultural frameworks. This method's unique ability to provide an insider's view through the lens of the local population makes it indispensable for cultural anthropology and beyond.

NEW QUESTION # 24

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