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## 100% Pass 2026 High Pass-Rate Nursing PMHN-BC: ANCC Psychiatric–Mental Health Nursing Certification (PMHN-BC) Test Guide

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## Nursing ANCC Psychiatric–Mental Health Nursing Certification (PMHN-BC) Sample Questions (Q55-Q60):

### NEW QUESTION # 55

Flight of ideas is best defined as

- A. stopping abruptly in the middle of a sentence or train of thought
- B. inaccurate interpretation that general events are personally directed to him or her
- C. excessive amount and rate of speech composed of fragmented or unrelated ideas
- D. flow of unconnected words that convey no meaning to the listener

**Answer: C**

Explanation:

Flight of ideas is a psychological phenomenon often observed in individuals experiencing manic episodes, particularly those associated with bipolar disorder. This symptom is characterized by an excessive amount and rate of speech, where the ideas expressed are fragmented or unrelated. The individual typically jumps rapidly from one topic to another with only superficial connections between them, if any. This can make it difficult for listeners to follow the conversation, as the speaker's thoughts seem scattered or disconnected.

Unlike coherent and logical dialogues, a flight of ideas lacks a clear progression or logical sequence. The connections between thoughts are often based on coincidental or superficial associations, such as rhyming words or similar sounds, rather than meaningful content. This can result in speech that appears rambling or incoherent to others.

The presence of flight of ideas is particularly indicative of the manic phase of bipolar disorder, where individuals exhibit an elevated mood, increased energy, and decreased need for sleep. During this phase, the rapid thought processes and heightened creativity may contribute to the disjointed and rapid speech patterns. It is important for clinicians to distinguish flight of ideas from other speech disturbances, such as pressured speech, where the rate is increased but connections between thoughts may still be logical, or from thought blocking, where the person unexpectedly stops speaking, unable to continue their train of thought.

Understanding and identifying flight of ideas is crucial for proper diagnosis and treatment of bipolar disorder and other conditions where this symptom may appear. Treatment typically involves the use of mood stabilizers and psychotherapy to help manage symptoms and provide strategies for coping with the challenges posed by such rapid and disorganized thought patterns. Additionally, educating patients and their families about these symptoms can help them recognize early signs of manic episodes and seek appropriate intervention.

### NEW QUESTION # 56

Involving family members in teaching clients is essential for which of the following reasons?

- A. The chances that instruction for the patient will be utilized increases.
- B. The family can let you know how the patient is complying with instructions.
- C. They may feel isolated if not included.
- D. The family may have cultural needs to be met.

**Answer: A**

Explanation:

Involving family members in teaching clients is essential for several reasons. First, including family members can prevent them from feeling isolated from the care process. When family members are not involved, they may feel disconnected and unsure about how to support the patient effectively. Including them in educational sessions ensures they understand the patient's condition, the required care, and the reasons behind specific treatments or procedures. This inclusion can help build a supportive environment around the patient.

Secondly, involving family members significantly increases the likelihood that the instructions given to the patient will be utilized effectively. Family often plays a crucial role in the patient's day-to-day care, especially in cases where patients are dealing with long-term illnesses or disabilities. By educating the family, healthcare providers can ensure that there is a consistent and informed approach to the patient's care regimen, which can improve health outcomes. Family members who understand the care plan are better equipped to assist and encourage the patient, reinforcing the instructions given by healthcare professionals.

Additionally, involving family members in patient education addresses cultural needs. Families may have specific cultural practices or beliefs that influence how they perceive illness and medical care. Acknowledging and incorporating these cultural needs into the care plan can make the medical advice more acceptable and easier to integrate into their daily lives. This cultural competence by healthcare providers can enhance the effectiveness of the treatment and increase patient and family satisfaction with the care received.

Lastly, family involvement is crucial for monitoring patient compliance with medical instructions. Family members who understand the

care instructions are more likely to notice if the patient is not following the treatment plan correctly and can notify healthcare providers about non-compliance. They can also provide valuable feedback to healthcare providers about what parts of the care plan are working or not, which can be essential for adjusting the treatment to better suit the patient's needs.

In conclusion, involving family members in teaching clients is fundamental not only for ensuring that they do not feel isolated but also for increasing the likelihood that the patient will follow through with treatments. It helps meet cultural needs and provides a system of monitoring and feedback that is crucial for the patient's health management. These factors collectively contribute to more effective healthcare delivery and better patient outcomes.

#### NEW QUESTION # 57

All of the following are contraindications for lithium use EXCEPT:

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

**Answer: B**

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 # 58

I won the Science Fair in the eighth grade biology category. I must have been the only who entered in that category. What example of common distortion is this?

- A. Magnification or minimization
- B. Disqualifying the positive
- C. Emotional reasoning
- D. Jumping to conclusions

**Answer: B**

Explanation:

In the provided question, the individual won the Science Fair in the eighth grade biology category, which is a positive achievement. However, the individual then disqualifies this positive achievement by stating, "I must have been the only one who entered in that category." This is a clear example of the cognitive distortion known as "Disqualifying the Positive."

"Disqualifying the Positive" is a cognitive distortion where an individual invalidates or dismisses positive experiences, achievements or qualities, often by stating they are unimportant, irrelevant, or due to external factors. This distortion tends to reinforce negative beliefs or feelings by explaining away anything that could challenge these negative views. It is a form of all-or-nothing thinking, where any evidence that could contradict the negative self-view is filtered out.

In this case, the individual disqualifies their achievement of winning the Science Fair by suggesting that they were the only participant

in the category, thereby discrediting the effort and skill that was involved in winning. They are dismissing the positive evidence of their achievement and focusing instead on potential negative aspects, reinforcing their negative feelings and beliefs.

"Jumping to Conclusions," "Magnification or Minimization," and "Emotional Reasoning" are other types of cognitive distortions, but they do not apply in this scenario. "Jumping to Conclusions" involves making negative assumptions without evidence, "Magnification or Minimization" involves exaggerating or downplaying the importance of events or qualities, and "Emotional Reasoning" involves basing your view of situations or yourself on the way you feel. Here, the individual is not making assumptions without evidence, exaggerating or downplaying anything, or basing their thoughts on their emotions. Instead, they are disqualifying a positive achievement, making "Disqualifying the Positive" the correct answer.

#### NEW QUESTION # 59

Marcia and her husband are unable to have children. As a result, Marcia works with mentally challenged children to help them develop good exercise and nutrition habits. She is using which of the following defense mechanisms to deal with her childlessness?

- A. Repression
- B. Suppression
- C. Sublimation
- D. Intellectualization

**Answer: C**

Explanation:

The correct answer to this question is Sublimation. Sublimation is a defense mechanism proposed by Sigmund Freud, which involves channeling unacceptable impulses, thoughts, or emotions into more acceptable activities. This mechanism is considered a mature type of defense because it can turn potentially disruptive or harmful energies into behaviors that are socially acceptable and even beneficial.

In the scenario described, Marcia and her husband are unable to have children, which might cause feelings of sadness, loss, or frustration. Instead of succumbing to these potentially negative emotions, Marcia redirects her energies and desires to care for children into working with mentally challenged children. By doing so, she not only manages her own emotional state in a positive and constructive way but also contributes positively to society. This act of channeling her unfulfilled desire for parenthood into helping children in need exemplifies sublimation.

Sublimation differs from other defense mechanisms like repression, suppression, and intellectualization in that it is not about denying or hiding the undesirable feelings. Repression involves unconsciously blocking the unwanted thoughts or desires from entering consciousness, while suppression is a conscious effort to do the same. Intellectualization involves distancing oneself from the emotional aspects of a situation by focusing on abstract or logical thoughts. In contrast, sublimation allows the feelings to be expressed, but in a way that is socially constructive and acceptable.

Therefore, Marcia's involvement with mentally challenged children as a way to cope with her inability to have her own children is a classic example of sublimation. She uses her nurturing instincts and perhaps her grief to fuel a positive activity that benefits both herself and others in her community. This not only helps her to manage her emotions healthily but also gives her a sense of purpose and fulfillment.

#### NEW QUESTION # 60

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