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College Admission American Nurses Credentialing Center: Adult Psychiatric-Mental Health Nurse Practitioner-Board Certified Sample Questions (Q15-Q20):

NEW QUESTION # 15

You are treating a 19-year-old female, who lives at home with her father and brother, for major depressive disorder. Her father calls asking for information about the patient's new prescription for fluoxetine. How do you respond?

- A. You can disclose the patient's diagnosis and prognosis, but you cannot speak about medication
- B. You can speak openly with the father because he is a first-degree relative
- C. You can speak openly with the father but only because the patient lives with him
- **D. You cannot disclose any information about the patient to third parties without her consent**

Answer: D

Explanation:

The Health Insurance Portability and Accountability Act (HIPAA) was the first national comprehensive privacy protection act.

HIPAA guarantees patients four fundamental rights:

- * To be educated about HIPAA privacy protection
- * To have access to their medical records
- * To request an amendment of their health information to which they object
- * To require their permission for disclosure of their personal information

NEW QUESTION # 16

An alternative living arrangement for underage persons who legally cannot or choose not to live with their biological families or guardian is which of the following?

- A. after-care
- **B. foster care**
- C. group home treatment
- D. adoption

Answer: B

Explanation:

Foster care is a system in which a minor has been placed into a ward, group home, or private home of a state-certified caregiver, referred to as a "foster parent" or with a family member approved by the state. The placement of the child is normally arranged through the government or a social service agency. This system provides an alternative living arrangement for underage persons who legally cannot or choose not to live with their biological families or guardians.

The duration of foster care can vary, ranging from days to years. It may be temporary, providing a safe environment for the child while efforts are made to reunite them with their biological family, or it could be a more permanent solution if reuniting with the biological family is not possible or not in the best interest of the child. In some cases, long-term foster care can lead to adoption. In cases of abuse or neglect, family and child protective services intervene and assume guardianship of vulnerable children and adolescents. They make decisions regarding the best possible environment for the child, which often leads to placement in approved foster care environments.

While there are other alternative living arrangements such as group home treatments, adoption, and after-care, foster care is often the preferred choice for underage individuals who cannot live with their biological families or guardians. It provides them with a family setting, stability, and a chance for a better future.

NEW QUESTION # 17

Rett syndrome is known as the development of specific deficits following a period of normal functioning after birth. You are a nurse practitioner assessing a new six-year-old female patient. You pay close attention to her mental status and perform a mental status exam. Which of the following findings is least expected with Rett syndrome?

- A. Hyperactivity
- B. Stereotypic hand movements
- C. Impairment of expressive and receptive language
- D. Blunted affect

Answer: A

Explanation:

Children with Rett syndrome present with the following:

- * Flat or blunted affect
- * Impairment of expressive and receptive language
- * Stereotypic hand movements

Hyperactivity is a characteristic of children presenting with ADHD, not Rett syndrome.

NEW QUESTION # 18

A child diagnosed with autism spectrum disorder (ASD) is exhibiting symptoms of catatonia, including immobility, mutism, and staring. The nurse should assess for which of the following?

- A. Repetitive behavior
- B. Unusual responses to sensory input
- C. Impaired social interaction
- D. Co-occurring medical conditions

Answer: D

Explanation:

Catatonia is a state of motor and verbal immobility and excessive motor activity that is seen in a variety of psychiatric and medical conditions. Children with ASD may have co-occurring medical conditions that can present with catatonic-like symptoms, such as neurological conditions or metabolic disorders. It is important to assess for these conditions to provide appropriate treatment.

NEW QUESTION # 19

ECT and psychopharmacology are examples of what type of therapy?

- A. Aversion therapy
- B. Biological therapy
- C. Behavior therapy
- D. Cognitive therapy

Answer: B

Explanation:

Biological therapy, also known as biomedicine or somatic therapy, encompasses treatments that address the biological underpinnings of mental disorders. This type of therapy is primarily concerned with the brain's chemistry and structure, and the nervous system's overall function. It aims to relieve psychological distress through the modification of the body's biological systems.

ECT (Electroconvulsive Therapy) and psychopharmacology are two prominent examples of biological therapy.

Psychopharmacology involves the use of medications to manage symptoms of mental disorders. These medications, which include antidepressants, antipsychotics, and mood stabilizers, work by altering the levels of neurotransmitters in the brain, thereby influencing mood and behavior.

ECT, on the other hand, is a procedure in which electric currents are passed through the brain, intentionally triggering a brief seizure. ECT seems to cause changes in brain chemistry that can quickly reverse symptoms of certain mental health conditions. Despite its somewhat controversial nature, it is often used when other treatments have failed, particularly in severe cases of depression.

Both ECT and psychopharmacology are grounded in the scientific understanding of neurological and biochemical mechanisms. They represent direct interventions aimed at the physical aspects of mental disorders, distinguishing them from psychological therapies that focus on thought and behavior patterns. This focus on biological processes validates their categorization under biological therapies.

It is important to highlight that the choice between biological therapy and other forms of treatment like cognitive or behavior therapy depends on the specific needs and conditions of the patient, as well as the nature of the disorder being treated. Often, a combination of biological and psychological therapies can provide the most effective approach to managing mental health issues.

NEW QUESTION # 20

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