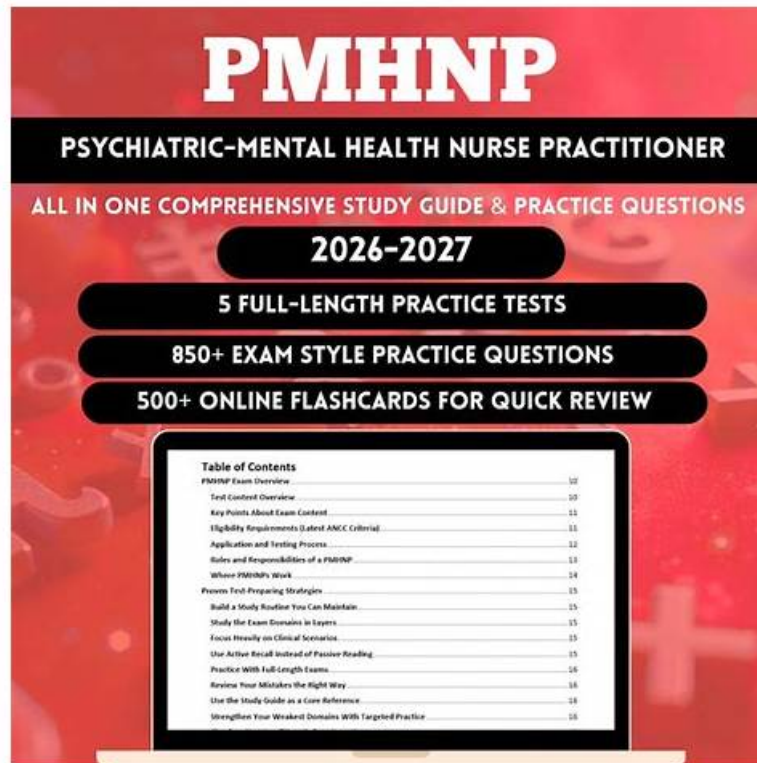


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## College Admission American Nurses Credentialing Center: Adult Psychiatric-Mental Health Nurse Practitioner-Board Certified Sample Questions (Q829-Q834):

### NEW QUESTION # 829

As a nurse practitioner, you will assess and diagnose various disease processes. One of the modalities you will use in supporting your diagnosis is the ordering of laboratory tests and interpreting the results. Which of the following is a reason for assessing diagnostic and laboratory tests in psychiatry?

- A. To assist the primary care provider in determining what vaccines are necessary for the client
- **B. To assist in the establishment and formulation of a potential psychiatric illness diagnosis**
- C. To alert the primary care provider of a potential cardiac diagnosis
- D. To assist the client's therapist in determining the best mode of therapy to use

**Answer: B**

Explanation:

Reasons to assess diagnostic and laboratory tests in psychiatry include the following:

- \* To assist in the establishment of a diagnosis; as knowledge of underlying pathophysiology grows, diagnostic and laboratory testing use will grow as well
- \* To rule out other disorders such as medical causes of psychiatric symptoms; helpful in differential diagnostic assessment
- \* To determine whether a client's symptoms are better explained by a nonpsychiatric disorder or by factors such as drug use or abuse
- \* For routine ongoing monitoring such as general health screening, monitoring drug levels of certain psychiatric meds, and assessment and monitoring for complications of psychiatric disorders due to adverse effects of drugs Alerting the primary care provider, assisting the therapist in determining therapy modalities, and determining vaccinations are not core components related to why the PMHNP will assess lab values. They are unrelated to the diagnosis and use of lab results with regard to determining a diagnosis of a psychiatric illness.

### NEW QUESTION # 830

Generalized anxiety disorder (GAD) is sometimes associated with other health states. Which of the following is a state of health commonly found in individuals with GAD?

- **A. Headache disorders**
- B. Eczema
- C. Gastric ulcers
- D. Tinnitus

**Answer: A**

Explanation:

Irritable bowel syndrome (IBS), migraine, and other headache disorders are common physical exam findings with GAD. Gastric ulcers, tinnitus, and eczema are not typical physical findings with GAD.

### NEW QUESTION # 831

What statement accurately describes schizoaffective disorder?

- A. A disorder characterized by at least one psychotic symptom present for less than one month
- B. A disorder characterized by the presence of delusions but no other symptoms of schizophrenia
- **C. A disorder characterized by patients experiencing symptoms of schizophrenia along with either depression or mania**
- D. A disorder characterized by symptoms of schizophrenia for only one to six months

**Answer: C**

Explanation:

Schizoaffective disorder is characterized by patients experiencing symptoms of schizophrenia along with either depression or mania. Delusional disorder is a psychotic disorder characterized by the presence of delusions but no other symptoms of schizophrenia. Brief psychotic disorder is characterized by at least one psychotic symptom present for less than one month. Schizophreniform disorder is

characterized by symptoms of schizophrenia for only one to six months.

### NEW QUESTION # 832

Which of the following is a contraindication for the use of seclusion and restraint?

- A. Preventing clear, imminent harm to the patient or others
- B. Patient's voluntary and reasonable request
- C. Delirious or demented patients unable to tolerate decreased stimulation
- D. Assisting in treatment as part of ongoing behavior therapy

**Answer: C**

Explanation:

Indications for seclusion and restraint are to:

- \* Prevent clear, imminent harm to the patient or others
- \* Prevent significant disruption to the treatment program or physical surroundings
- \* Assist in treatment as part of ongoing behavior therapy
- \* Decrease sensory overstimulation
- \* Patient's voluntary reasonable request

Contraindications for seclusion and restraint are:

- \* Extremely unstable medical or psychiatric condition
- \* Delirious or demented patients unable to tolerate decreased stimulation
- \* Overtly suicidal patients
- \* Patients with severe drug reactions or overdoses who require close monitoring of their drug levels
- \* For punishment or convenience of staff

### NEW QUESTION # 833

Insight-oriented or process-oriented therapy groups would be most appropriate for which of the following persons?

- A. 45-year-old paranoid schizophrenic
- B. 23-year-old woman executive who is afraid to travel by airplane
- C. 80-year-old woman suffering from Alzheimer's disease
- D. none of the above

**Answer: B**

Explanation:

Insight-oriented or process-oriented therapy groups are types of psychotherapy that emphasize understanding the psychological motivations and unconscious processes that underlie a person's behavior, thoughts, and feelings. This form of therapy can be particularly beneficial for individuals who are dealing with emotional conflicts, stress, anxiety, depression, and other psychological issues that can interfere with their quality of life.

In the case of the 23-year-old woman executive who is afraid to travel by airplane, insight-oriented or process-oriented therapy groups could be a suitable therapeutic approach. This woman's fear of flying is a type of phobia, a common anxiety disorder. Phobias involve excessive and irrational fear responses to certain situations or objects. In her case, her fear of flying may be causing her significant stress and negatively impacting her work or personal life.

In an insight-oriented or process-oriented therapy group, she could explore and gain a deeper understanding of the roots of her fear, and work towards resolving the emotional conflicts that contribute to her phobia. This form of therapy promotes self-awareness and self-understanding, which can empower the individual to gain control over their symptoms and improve their coping skills.

On the other hand, an 80-year-old woman suffering from Alzheimer's disease would not be a suitable candidate for insight-oriented or process-oriented therapy groups. Alzheimer's disease is a progressive neurological disorder that causes problems with memory, thinking, and behavior. As Alzheimer's disease progresses, it often leads to severe cognitive impairment, making it difficult for the individual to participate in or benefit from therapies that require a high level of cognitive functioning.

Similarly, a 45-year-old person with paranoid schizophrenia may struggle with insight-oriented or process-oriented therapy groups. Schizophrenia is a serious mental disorder that affects how a person thinks, feels, and behaves. Paranoid schizophrenia, a subtype of schizophrenia, is characterized by delusions and auditory hallucinations. These symptoms can significantly impair a person's cognitive functioning and ability to understand and interpret reality, making it challenging for them to benefit from insight-oriented or process-oriented therapy.

In conclusion, the 23-year-old woman who is afraid to travel by airplane would be the most appropriate candidate for insight-oriented or process-oriented therapy groups among the individuals mentioned. This form of therapy could provide her with valuable



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