

PMHNP問題集、受験者たちの認可を得ている College Admission PMHNP模擬試験

PMHNP Certification: A Pathway to Excellence in Mental Health Care



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In the ever-evolving landscape of healthcare, the role of psychiatric-mental health nurse practitioners (PMHNPs) is becoming increasingly indispensable. As mental health issues continue to garner attention and recognition worldwide, the demand for qualified professionals to address these concerns is on the rise. Within this realm, PMHNP certification stands as a pivotal milestone, signifying a practitioner's commitment to excellence in mental health care. This article delves into the significance of PMHNP certification, exploring its benefits, requirements, and the impact it has on patient care and the healthcare system as a whole.

Understanding PMHNP Certification:

PMHNP certification is a credential awarded to registered nurses who have completed advanced education and training in psychiatric-mental health nursing. It signifies that a nurse practitioner has acquired the specialized knowledge, skills, and clinical experience necessary to provide comprehensive mental health care to individuals across the lifespan.

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>> PMHNP復習解答例 <<

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College Admission American Nurses Credentialing Center: Adult Psychiatric-Mental Health Nurse Practitioner-Board Certified 認定 PMHNP 試験問題 (Q1290-Q1295):

質問 # 1290

An older female patient with long-term use of neuroleptic medication is seen at the clinic for abnormal muscle twitching. Which of the following rating scales would be an appropriate assessment tool for abnormal movements associated with neuroleptic medications?

- **A. AIMS**
- B. HAM-A
- C. Y-BOCS
- D. Conners Scale

正解: A

解説:

Older people and females are risk factors for abnormal movements associated with neuroleptic medication. The Abnormal Involuntary Movement Scale (AIMS) would be the appropriate choice.

The Yale-Brown Obsessive-Compulsives Scale (Y-BOCS) and Hamilton Anxiety Scale (HAM-A) assess symptoms of particular diagnoses, and the Conners Scale rates ADHD symptoms in children.

質問 # 1291

A person who is proficient in the use of software, hardware selection, and computer maintenance possesses which skill?

- **A. Computer competency**
- B. Information competency
- C. Information literacy
- D. Biomedical engineering

正解: A

解説:

Computer competency is the ability to demonstrate proficiency with software applications, such as Microsoft Word, Excel, and PowerPoint, and knowledge of computer terminology, hardware selection, and simple maintenance functions.

Biomedical engineering is developing new devices and technologies to improve human health. While those skilled in biomedical engineering often have computer competency, these terms are not related.

Information literacy involves recognizing when information is needed and being able to efficiently locate and use it. Information competency is often used as a synonym for information literacy.

質問 # 1292

You are a nurse practitioner treating a 15-year-old male with a diagnosis of oppositional defiant disorder. He has been stable on Adderall for his ADHD for the past year. However, his mother is concerned because his aggression has been getting worse over the past three months, and she does not understand the sudden change in her son's behavior.

Which of the following actions is the most appropriate for you to take?

- A. Ask the patient if he is angry about something
- **B. Ask the mother if the patient is being seen concurrently by his primary care provider for his ADHD**
- C. Refer the patient to a psychotherapist for behavior modification
- D. Ask the patient if he was sexually abused three months ago

正解: B

解説:

In this scenario, we are not addressing the ODD but rather the potential for either abuse of Adderall or overmedication of stimulants. One of the side effects of being overmedicated with Adderall is aggression. Furthermore, stimulants are a Schedule II drug, and this class carries a high risk for potential abuse. Often, primary care providers treat their patients for ADHD and prescribe a stimulant. It is important to assess whether the patient is being prescribed too much medication or if he is secretly taking more than he is prescribed.

The other options may apply here, but the most important intervention is to ensure the patient has not been prescribed too much Adderall by another provider.

質問 # 1293

Which of the following words describes a Cluster C personality disorder?

- A. Theatrical
- B. Attention-seeking
- C. Emotional
- D. Overcontrolled

正解: D

解説:

Personality disorders are chronically maladaptive patterns of behavior that result in functional impairment in work, school, or relationships. The American Psychiatric Association's Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition defines 10 specific personality disorders divided into three clusters: Cluster A, Cluster B, and Cluster C.

Cluster A patients are characterized as withdrawn, cold, suspicious, and irrational. Cluster A includes paranoid, schizoid, and schizotypal personality disorders.

Cluster B patients are characterized as theatrical, emotional, and attention-seeking. They often experience intense interpersonal conflicts and exhibit an extremely labile mood. Cluster B includes antisocial, borderline, histrionic, and narcissistic personality disorders.

Cluster C patients tend to be anxious, fearful, tense, and overcontrolled. Cluster C includes avoidant, dependent, and obsessive-compulsive personality disorders.

質問 # 1294

A client diagnosed with an anxiety disorder is experiencing severe anxiety symptoms that interfere with their daily life. The PMHNP suggests using a technique called systemic desensitization to manage the symptoms. Which of the following statements about systemic desensitization is true?

- A. Systemic desensitization involves exposing a client to their fear all at once in a single session to desensitize them to it
- B. Systemic desensitization involves teaching a client relaxation techniques such as deep breathing and progressive muscle relaxation
- C. Systemic desensitization involves distracting a client from their anxiety symptoms by engaging them in physical activities such as running or exercising
- D. Systemic desensitization involves confronting a client with their fear in a safe and controlled environment while gradually increasing the intensity of the exposure over time

正解: D

解説:

Systemic desensitization is a type of behavioral therapy that is commonly used to treat anxiety disorders. The technique involves exposing the client to their fear or phobia in a safe and controlled environment while gradually increasing the intensity of the exposure over time. This process reportedly helps the client to become desensitized to the fear or phobia and reduces the associated anxiety symptoms.

質問 # 1295

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