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Nursing ANCC Psychiatric–Mental Health Nursing Certification (PMHN-BC) Sample Questions (Q70-Q75):

NEW QUESTION # 70
What model would be best for a patient with comorbid conditions?

- A. Biologic
- B. Containment
- C. Acute
- D. Whole person

Answer: D

Explanation:
In the medical field, comorbid conditions refer to the presence of one or more additional diseases or disorders co-occurring with a primary disease or disorder. Managing a patient with comorbid conditions can be quite complex due to the different treatments and medications required for each condition. The best medical model to handle such situations is the whole person model.
The whole person model of care focuses on treating the person as a whole, rather than just focusing on the individual diseases or conditions. This approach takes into account the interactions between different diseases and conditions and how they can impact the overall health of the patient. It emphasizes the need to consider all aspects of a patient's health, including their physical, mental, and social well-being.
In the whole person model, the case manager plays a crucial role. They are responsible for coordinating the different treatments and services required by the patient. They ensure that all healthcare professionals involved in the patient's care are updated on the patient's condition and treatment progress. The case manager also works closely with the patient and their family to understand their needs and preferences, and to make sure the care provided aligns with these.
By using the whole person model, healthcare providers can provide more coordinated and comprehensive care to patients with comorbid conditions. This can lead to better health outcomes and improved patient satisfaction. Therefore, the whole person model is the best choice for a patient with comorbid conditions.

NEW QUESTION # 71
Thought content is best assessed by:

- A. recognition of person, place, and time
- B. how the client thinks
- C. memory of recent and remote events
- D. what the client actually says

Answer: D

Explanation:
what the client actually says. The verbal expressions of the client provide direct insights into their thought content, revealing the presence of any distortions, delusions, obsessions, or preoccupations. By listening carefully to the client's words, healthcare providers can gauge the rationality and coherence of thoughts, and identify any pathological thinking patterns or content that may indicate mental health issues.
During assessment, the healthcare provider listens to determine if the client's ideas are logically connected and follow a coherent train of thought. This involves evaluating whether the thoughts are organized, and if the client can maintain a theme without wandering off-topic. It is also important to notice if the client's speech includes unusual beliefs or perceptions that could signify delusions or hallucinations.
Moreover, the provider should be attentive to any signs that the client is distracted or seems to be responding to internal stimuli-this could indicate hallucinations or other disturbances in thought processes. In situations where the client exhibits significant difficulties in maintaining a logical flow of thoughts, the provider may employ focused questions that require simple, direct answers. This technique can help in clarifying the client's thought processes and content, especially in assessing the severity and nature of any thought disorders.
In contrast, while recognition of person, place, and time, as well as memory of recent and remote events, are important in the overall cognitive assessment, they do not directly provide detailed information about the client's current thought content. These elements are

more related to the cognitive functions such as orientation and memory, rather than the specific content and quality of thoughts.

In summary, the most direct and effective way to assess a client's thought content is through careful and attentive listening to what the client actually says. This approach allows healthcare providers to evaluate the presence of any abnormalities or disorders in thought content, which are crucial for diagnosing and treating psychiatric conditions.

NEW QUESTION # 72

What type of therapy uses interaction that is focused on the present to create empathy?

- A. Psychotherapy
- B. Psychoanalytical therapy
- C. Supportive psychotherapy
- D. Psychodynamic therapy

Answer: C

Explanation:
The correct answer to the question of what type of therapy uses interaction that is focused on the present to create empathy is Supportive Psychotherapy.

Supportive psychotherapy is a therapeutic approach designed to improve, reinforce, or sustain a patient's psychological defenses, primarily in the face of stress, psychological distress, or dysfunction. This therapy is heavily influenced by psychodynamic and psychoanalytical traditions but differs significantly in its application and goals.

Unlike traditional psychoanalysis, which often delves into past experiences and the subconscious to uncover root causes of psychological issues, supportive psychotherapy concentrates on the present. The primary focus is on creating a supportive environment where the therapist actively helps the patient deal with their current feelings and problems. This approach is deemed particularly effective in helping individuals cope with immediate life challenges and mental health issues by fostering a sense of safety and understanding.

One of the critical elements of supportive psychotherapy is the development of empathy within the therapeutic relationship. Empathy in this context refers to the therapist's ability to understand and share the feelings of the patient, which is vital for providing emotional support and validation. By focusing on the present, the therapist can more directly address the immediate emotions and situations the patient is experiencing, which facilitates a more empathetic connection.

This therapy is often utilized in clinical settings where patients might not have the capacity or stability to engage in more intensive psychoanalytic treatment, such as those with severe mental health disorders, acute crises, or those in need of stabilization. The supportive nature of this therapy helps to strengthen the patient's existing coping mechanisms while preventing further psychological deterioration.

In summary, supportive psychotherapy is distinguished by its present-focused interaction aimed at bolstering the patient's current psychological defenses. It is characterized by the active role of the therapist in providing support, the emphasis on empathy within the therapeutic relationship, and its application in managing present symptoms and stressors rather than exploring historical causative factors.

NEW QUESTION # 73

Certain actions are recommended when a negative outcome is identified. Which of the following is NOT one of them?

- A. Do not abandon the goal even if safe processes cannot be determined.
- B. Correct negative outcomes quickly.
- C. Acknowledge that the outcome is less than expected.
- D. Apologize quickly to those affected.

Answer: A

Explanation:
When managing negative outcomes in any process or goal-oriented activity, certain recommended actions help in mitigating the situation and preventing recurrence. Here, we will analyze the options presented to determine which one is NOT typically recommended when a negative outcome is identified.

The first option, "Do not abandon the goal even if safe processes cannot be determined," suggests persisting with the goal regardless of the identification of safe and effective processes. This approach is generally not advisable because continuing without establishing safety can lead to further risks and negative outcomes. Effective management often requires reassessing and possibly altering or abandoning goals if they cannot be achieved safely.

The second option, "Correct negative outcomes quickly," is indeed a recommended action. Addressing and rectifying issues as soon as they are identified helps prevent the escalation of problems and minimizes potential damage. Quick correction aligns with the

principles of effective risk management and quality control, ensuring that the impact of negative outcomes is contained and resolved efficiently.

The third option, "Apologize quickly to those affected," is also a recommended action. Apologies can be crucial in managing stakeholder relationships, maintaining trust, and demonstrating accountability. When negative outcomes occur, a swift apology acknowledges the impact on those affected and is an essential part of transparent and ethical management practices.

The fourth option, "Acknowledge that the outcome is less than expected," is a recommended step as it involves recognizing and admitting that the results did not meet the anticipated standards. This acknowledgment is the first step in critically analyzing what went wrong and why, which is essential for learning from mistakes and preventing similar issues in the future.

Considering these explanations, the option "Do not abandon the goal even if safe processes cannot be determined" is NOT a recommended action when a negative outcome is identified. It contradicts the fundamental principles of safety and risk management, which prioritize the well-being of all involved and the sustainability of the project or process. Therefore, this option should be avoided in favor of strategies that ensure safety and effectiveness are not compromised.

NEW QUESTION # 74

Generally, psychiatric symptoms are:

- A. evident
- B. specific
- C. discrete
- D. nonspecific

Answer: D

Explanation:

Psychiatric symptoms are generally nonspecific, meaning they are not unique to one specific disorder and can be seen across a range of different psychiatric conditions. This lack of specificity can make diagnosis and treatment more challenging. For example, symptoms such as anxiety, depression, or mood swings can be present in multiple disorders including major depressive disorder, bipolar disorder, and anxiety disorders. As a result, clinicians need to conduct a comprehensive and holistic assessment to accurately identify the underlying condition.

The assessment process in psychiatry is designed to be broad to capture all possible influences and contributing factors to a patient's mental health. This includes exploring psychological, biological, and social aspects of an individual's life. By taking into account the entirety of a person's situation and experiences, clinicians can better understand the complex interplay of elements affecting their mental health.

Furthermore, it is crucial for mental health professionals to look for patterns or clusters of symptoms rather than isolated signs. Isolated symptoms can be misleading and may result in a misdiagnosis if considered outside of the broader context of the individual's mental and emotional state. Recognizing patterns helps in identifying the root causes and the most effective treatment approaches. This method enhances the accuracy of diagnoses and can lead to more tailored and effective treatment plans.

In summary, because psychiatric symptoms are often nonspecific, mental health assessments must be thorough and consider a wide range of potential factors. Understanding that these symptoms can appear in various combinations and are influenced by multiple aspects of an individual's life is key to providing effective psychiatric care.

NEW QUESTION # 75

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