

New PMHNP Exam Vce | PMHNP Test Question

Sample Test Questions ANCC – PMHNP | updated 2024 | with complete solution | Graded A+

A patient with borderline personality disorder experiences intense anxiety when an adult psychiatric and mental health nurse practitioner goes on vacation. The best explanation for this reaction is that the patient:

- A. has failed to develop clear ego boundaries.
- B. has failed to master object constancy.
- C. is employing primitive idealization.
- D. is employing projective identification.

2. A patient has been taking escitalopram (Lexapro) 10 mg daily for four weeks. Initially, the patient reported depression and suicidal thoughts. The patient's sleep, appetite, energy, and appearance have now begun to improve. Which statement applies to this patient?

- A. The medication should be discontinued.
- B. The medication should be increased.
- C. The patient's risk for suicide is not a concern.
- D. The patient's suicide potential is increased.

3. Which behavior reflects existentially oriented therapy?

- A. Attempting to understand a patient's subjective world
- B. Challenging a patient's irrational beliefs
- C. Developing specific plans for change
- D. Establishing general group goals

4. Serving as a member on a crisis team, an adult psychiatric and mental health nurse practitioner provides crisis intervention to the survivors of a plane crash. Forty-eight hours after the accident, the survivors describe vivid flashbacks, startle reactions, and disrupted sleep patterns. The nurse practitioner responds by:

- A. advising the survivors to consider using a hypnotic medication for a brief period.
- B. educating the survivors about prodromal symptoms of posttraumatic stress disorder.
- C. encouraging the survivors to rest during the day.
- D. suggesting that the survivors join a posttrauma support group.

5. An adult psychiatric and mental health nurse practitioner uses the interpersonal therapy model with a patient to establish a therapeutic alliance based upon empathy and trust. The nurse practitioner recognizes the patient's readiness to terminate therapy when the patient demonstrates:

- A. an understanding that leaving a significant other may be painful, but also presents an opportunity for growth.
- B. breathing and muscle relaxation exercises that decrease muscle tension and anxiety.

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College Admission American Nurses Credentialing Center: Adult Psychiatric-Mental Health Nurse Practitioner-Board Certified Sample Questions (Q230-Q235):

NEW QUESTION # 230

A patient presents to the emergency room after being involved in a car accident. What is the most appropriate nursing intervention to provide trauma-informed care for this patient as a PMHNP?

- A. Ask the patient about the details of the accident
- **B. Assess the patient for signs of psychological distress**
- C. Administer pain medication
- D. Obtain a complete physical examination of the patient

Answer: B

Explanation:

Providing trauma-informed care involves recognizing and responding to the effects of traumatic events on a patient's mental health. This includes assessing the patient for signs of psychological distress, such as anxiety, depression, or post-traumatic stress disorder (PTSD). By identifying these symptoms early, the PMHNP can take appropriate steps to address them and support the patient's mental and emotional well-being.

While it is important to address physical pain and obtain a physical examination, assessing for psychological distress is more important in the context of trauma-informed care following a traumatic event. Obtaining a complete physical examination of the patient may be a higher priority that needs to be performed first, but it is not a higher priority in the area of trauma-informed care specifically.

NEW QUESTION # 231

What should be consulted when determining the legal duties of a nurse practitioner?

- A. Standards of Practice
- B. Code of Ethics
- **C. State Nurse Practice Act**
- D. Scope of Practice

Answer: C

Explanation:

Nursing practice is regulated by state laws and mandates. The State Nurse Practice Act explains the legal duties outlined by the state. The other answer choices are national standards that are used to judge nursing behavior.

NEW QUESTION # 232

A 47-year-old man with a history of alcohol use disorder presents to the emergency room. His family tells you that he has been "living off whiskey and nothing else for weeks." The nurse is about to draw his blood and offer him a snack. What is your next immediate action?

- A. Order lorazepam (Ativan) to be given as needed for agitation
- **B. Administer thiamine**
- C. Listen for a murmur
- D. Obtain a vitamin B12 level

Answer: B

Explanation:

Individuals with chronic alcohol misuse often consume most of their calories from alcohol and are at high risk for thiamine deficiency. A thiamine-deficient person can develop Wernicke encephalopathy if they attempt to metabolize food. You must administer thiamine

immediately for this patient.

The other choices are also important but do not require immediate action.

NEW QUESTION # 233

A 76-year-old male is admitted to the hospital due to community-acquired pneumonia and dehydration. On day three of his hospitalization, he becomes withdrawn, stops eating, and exhibits a fluctuating level of consciousness. He has no previous psychiatric history. During your examination, he is drowsy and oriented to person only. His vital signs are normal.

What is the most likely diagnosis?

- A. Major depressive disorder
- B. Dementia
- C. Delirium
- D. Generalized anxiety disorder

Answer: C

Explanation:

This man is exhibiting the usual signs of delirium, including impaired consciousness, difficulty with cognition, and disorientation. Some patients with delirium appear depressed and withdrawn, and others appear agitated and hyperactive.

The patient's acute onset and fluctuating level of consciousness rule out major depressive disorder, generalized anxiety disorder, and dementia.

NEW QUESTION # 234

The psychiatric mental health nurse practitioner is meeting an adult male patient for the first time. She tries to get to know the patient first, but the patient seems to be extremely concerned about all of the questions she is asking and how she is going to use the information she elicits. The best way to diffuse this situation is to:

- A. address the patient's concerns directly
- B. move on to another phase of the interview
- C. ask the patient what he would like you to do
- D. tell the patient that these questions are part of every patient's interview

Answer: A

Explanation:

In a clinical setting, especially in mental health care, building a trusting relationship between the practitioner and the patient is crucial for effective treatment. When a patient expresses concern about the nature of the questions being asked during an initial interview, it's important for the practitioner to address these concerns directly rather than simply moving forward with the interview or dismissing the patient's worries.

In the given scenario, the psychiatric mental health nurse practitioner is faced with a patient who is visibly anxious about the questioning process. The patient's discomfort could stem from various reasons: fear of judgment, lack of understanding of the therapeutic process, concerns about confidentiality, or previous negative experiences with healthcare professionals. If these concerns are not acknowledged and addressed, the patient may become resistant or less open, which can hinder the diagnostic and therapeutic processes.

The most effective approach in this situation is to engage in a direct conversation about the patient's concerns. This involves openly asking the patient if he is uncomfortable with the questions and why. For example, the practitioner might say, "I notice that you seem a bit uneasy with these questions. It's completely okay to feel this way. Can you share with me what's on your mind?" This approach shows empathy and validates the patient's feelings, which are fundamental steps in building trust.

Explaining the purpose of the questions can also help alleviate concerns. The practitioner might explain, "The reason I ask these questions is to better understand your experiences and how I can best support you." This not only clarifies the intent but also reassures the patient that the information gathered is for his benefit, aiming to tailor the treatment plan to his specific needs. Moreover, reassuring the patient about confidentiality is vital. The practitioner should remind the patient that all shared information is confidential and is used solely for the purpose of his treatment. This reassurance can significantly reduce anxiety about sharing personal information.

In conclusion, directly addressing the patient's concerns about the questioning process is crucial in establishing a therapeutic alliance. It demonstrates the practitioner's respect for the patient's feelings and autonomy, and lays a foundation for effective communication and trust, which are essential for successful psychiatric treatment. By adopting this approach, the practitioner not only addresses the immediate concern but also fosters a positive environment for future interactions.

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