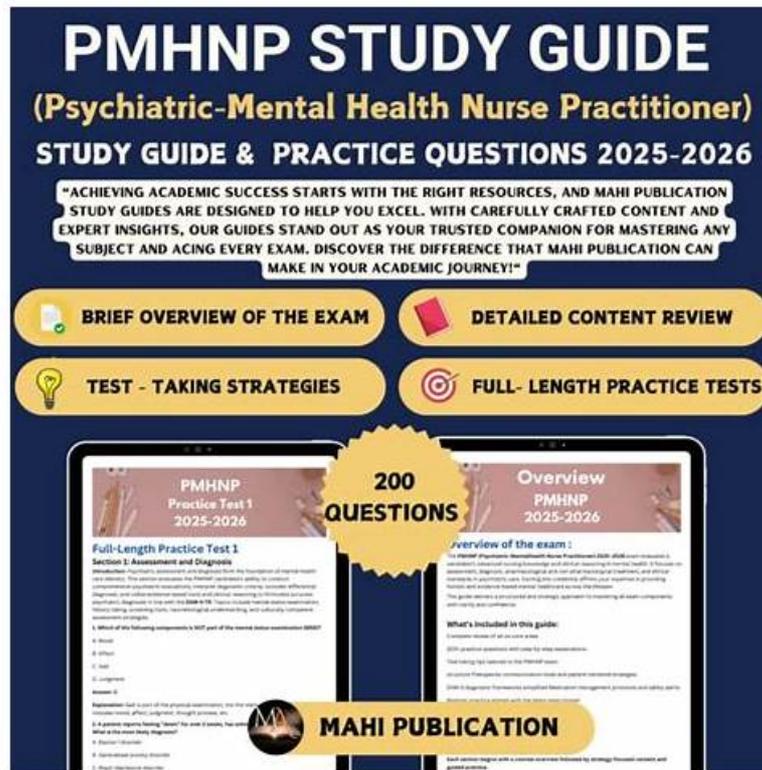


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## College Admission American Nurses Credentialing Center: Adult Psychiatric-Mental Health Nurse Practitioner-Board Certified Sample Questions (Q218-Q223):

### NEW QUESTION # 218

In 2001, the Institute of Medicine published *Crossing the Quality Chasm: A New Health System for the 21st Century*. This report identified six goals for quality improvement in health care: safe, effective, patient-centered, timely, efficient, and equitable. Which goal can be described as providing services based on scientific knowledge to all who could benefit while refraining from providing services to those not likely to benefit?

- A. Effective
- B. Timely
- C. Equitable
- D. Efficient

**Answer: A**

Explanation:

*Crossing the Quality Chasm: A New Health System for the 21st Century* identified six goals for quality improvement in health care:

\* Safe: Avoiding injuries to patients from the care intended to help them

\* Effective: Providing services based on scientific knowledge to all who could benefit and refraining from providing services to those not likely to benefit

\* Patient-centered: Providing care that is respectful of and responsive to individual patient preferences, needs, and values, and ensuring that patient values guide all clinical decisions

\* Timely: Reducing waits and sometimes harmful delays for both those who receive and those who provide care

\* Efficient: Avoiding the waste of equipment, supplies, ideas, and energy

\* Equitable: Providing care that does not vary in quality because of personal characteristics such as gender, ethnicity, geographic location, and socioeconomic status

### NEW QUESTION # 219

Which of the following is a core component of dialectical behavioral therapy (DBT) for the treatment of individuals with borderline personality disorder?

- A. Exposure therapy
- B. Aversion therapy
- C. Cognitive restructuring
- D. Mindfulness

**Answer: D**

Explanation:

DBT is a type of therapy that was originally developed to treat individuals with borderline personality disorder, but it has since been used to treat a range of mental health conditions. DBT is a form of cognitive-behavioral therapy that emphasizes the development of skills for emotional regulation, distress tolerance, and interpersonal effectiveness. One of the core components of DBT is mindfulness, which involves learning to be present in the moment and nonjudgmentally aware of one's thoughts, feelings, and surroundings.

Exposure therapy involves gradual exposure to feared stimuli or situations. It is not a core component of DBT. Cognitive restructuring involves identifying and challenging negative or distorted thought patterns. It is not a core component of DBT but may be used in a more peripheral role. Aversion therapy involves pairing a negative stimulus with a behavior to decrease the likelihood of that behavior occurring in the future. It is not used in the treatment of borderline personality disorder with DBT.

### NEW QUESTION # 220

What is a person's culture?

- A. The self-identified race, tribe, or nation to which a person or group belongs
- B. A group of adults and children who are usually related and participate in and carry out the essential functions of life
- C. The learned beliefs and behaviors that are common among all members of the person's social group
- D. A group of families often sharing the same race or tribe

**Answer: C**

Explanation:

Culture is the learned beliefs and behaviors or the socially inherited characteristics that are common among all members of a group.

A family is a group of adults and children who are usually related and participate in and carry out the essential functions of life. Ethnicity is the self-identified race, tribe, or nation with which a person or group identifies. A community is a group of families often sharing the same race, tribe, or culture and who have beliefs or behaviors not shared by others.

#### NEW QUESTION # 221

Which moral duty does a nurse practitioner leader most uphold by treating everyone with equal dignity?

- A. Fidelity
- B. Veracity
- C. Respect
- D. Justice

**Answer: C**

Explanation:

An important aspect of the nurse practitioner role encompasses the moral duties, obligations, and responsibility of being a leader in health care. Ethical principles that provide the foundation and direction for true leadership include the following:

- \* Justice: Doing what is fair
- \* Veracity: Telling the truth
- \* Respect: Treating everyone with equal dignity
- \* Fidelity: Being true and loyal

#### NEW QUESTION # 222

What federal statute protects a patient's right to confidentiality?

- A. Health Information Technology for Economic and Clinical Health Act (HITECH)
- B. Health Resources and Services Act
- C. Health Insurance Portability and Accountability Act (HIPAA)
- D. Affordable Care Act

**Answer: C**

Explanation:

HIPAA was the first national comprehensive privacy protection act. HIPAA guarantees patients four fundamental rights:

1. To be educated about HIPAA privacy protection
2. To have access to their medical records
3. To request amendment of their health information to which they object
4. To require their permission for disclosure of their personal information

#### NEW QUESTION # 223

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