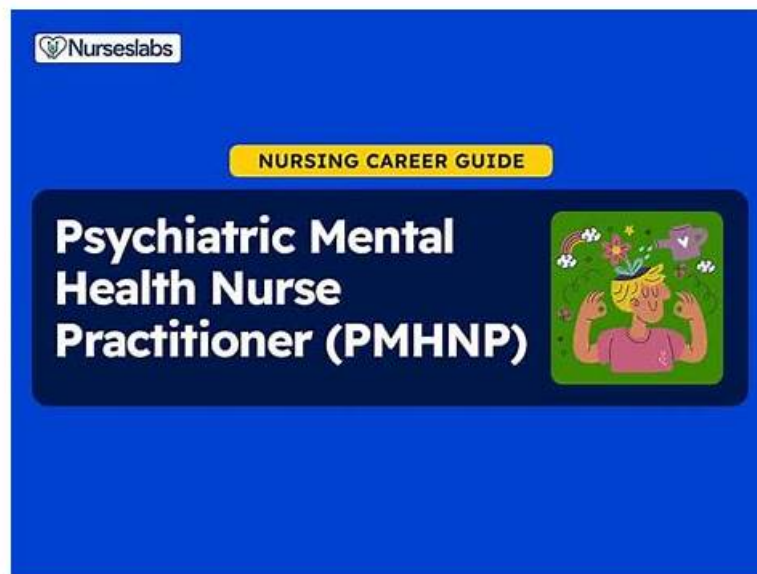


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College Admission American Nurses Credentialing Center: Adult Psychiatric-Mental Health Nurse Practitioner-Board Certified Sample Questions (Q722-Q727):

NEW QUESTION # 722

Group therapy builds on CBT and the constructs of psychoanalysis and contains 10 therapeutic or curative factors. Which of the following is not a curative factor in group therapy?

- A. Altruism
- B. Interpersonal learning

- C. Individuality
- D. Group cohesiveness

Answer: C

Explanation:

Universality, as opposed to individuality, is a curative factor in group therapy in which participants discover others with similar challenges and circumstances.

Altruism, interpersonal learning, and group cohesiveness are curative factors in group psychotherapy.

NEW QUESTION # 723

Some states use the umbrella term advanced practice nurse to refer to multiple types of clinicians. Which type of advanced practice nurse evaluates, diagnoses, and treats a wide range of medical conditions and can prescribe medication in all 50 states?

- A. Clinical nurse specialist
- B. Certified nurse-midwife
- C. Nurse practitioner
- D. Nurse anesthetist

Answer: C

Explanation:

Some states use the umbrella term advanced practice nurse to refer to nurse practitioners, clinical nurse specialists, nurse-midwives, and nurse anesthetists. Each type of advanced practice nurse provides the following services:

* Nurse practitioner: Evaluate, diagnose, and treat a wide range of medical conditions

* Clinical nurse specialist: Consult, research, educate, and coordinate care

* Nurse anesthetist: Preoperative assessment, administration of anesthesia, and postanesthesia recovery

* Certified nurse-midwife: Well-woman gynecological care, management of pregnancy and childbirth, antepartum and postpartum care

NEW QUESTION # 724

A PMHNP is reviewing a client's medical history and notes that the client has been prescribed an antipsychotic medication. What type of adverse effect is the PMHNP most concerned about regarding antipsychotics?

- A. Nausea and vomiting
- B. Orthostatic hypotension
- C. Sedation
- D. Tardive dyskinesia

Answer: D

Explanation:

Tardive dyskinesia is a serious adverse effect associated with the use of antipsychotic medications. This type of movement disorder can result from long-term use of these medications and is characterized by involuntary movements of the mouth, face, and tongue.

PMHNPs must be vigilant for this adverse effect and monitor for its development in clients taking antipsychotics.

NEW QUESTION # 725

Which circadian rhythm sleep-wake disorder subtype is characterized by falling asleep and waking earlier than desired?

- A. Advanced sleep phase type
- B. Shift work type
- C. Irregular sleep-wake type
- D. Delayed sleep phase type

Answer: A

Explanation:

Circadian rhythm sleep-wake disorders are characterized by a mismatch between a person's biological clock and the environment.

There are five subtypes:

1. Delayed sleep phase type: falling asleep and waking later than desired
2. Advanced sleep phase type: falling asleep and waking earlier than desired
3. Irregular sleep-wake type: falling asleep and waking at random times
4. Non-24-hour sleep-wake type: falling asleep and usually waking progressively later than desired
5. Shift work type: sleepiness associated with changes in work schedule Jet lag refers to feeling sleepy or "hungover" after crossing time zones. It is no longer considered a sleep disorder.

NEW QUESTION # 726

Nonpharmacological management of major depressive disorders is most likely to include which of the following?

- A. Ketamine therapy
- B. EEG
- C. Electroconvulsive therapy (ECT)
- D. Acupuncture

Answer: C

Explanation:

Electroconvulsive therapy increases dopamine, serotonin, and norepinephrine. An ECT course typically consists of 6 to 12 treatments and involves sedating the patient and using shock treatments to stimulate the release of dopamine, norepinephrine, and serotonin.

Ketamine therapy is a medication option which is effective in treating major depressive disorders but is chemically based.

EEGs are not used in the treatment of major depressive disorders but rather for measuring brain function.

Acupuncture is an alternative form of treatment but is not approved for treatment of major depressive disorders.

NEW QUESTION # 727

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