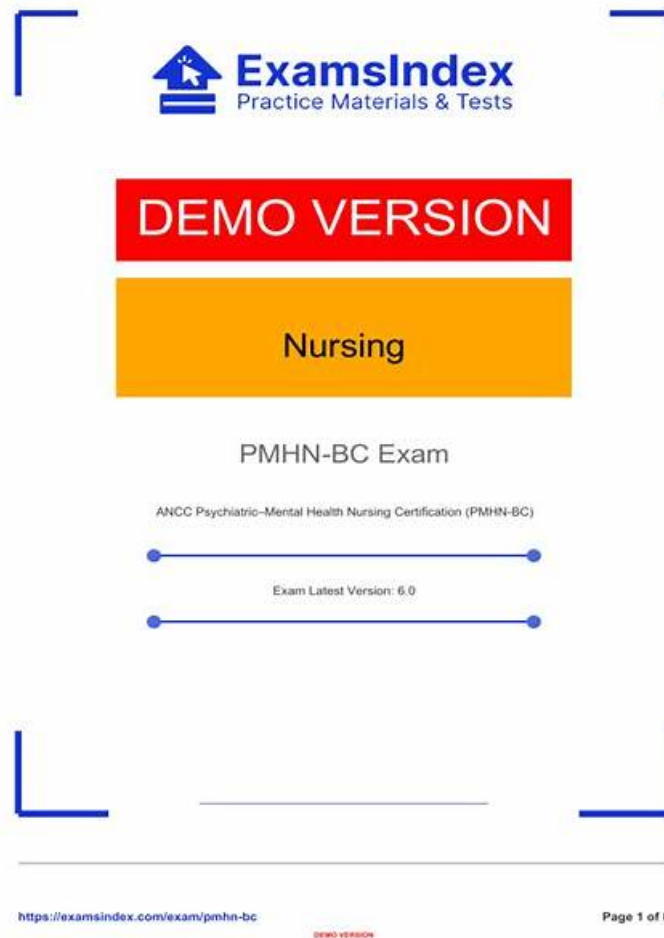


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Nursing ANCC Psychiatric–Mental Health Nursing Certification (PMHN-BC) Sample Questions (Q18-Q23):

NEW QUESTION # 18

A nurse can provide emotional support for clients with dementia by allowing the client to think about personally significant past experiences. This is known as

- A. distraction
- B. going along
- C. reminiscence therapy
- D. time away

Answer: C

Explanation:

The correct answer to the question is reminiscence therapy. Reminiscence therapy is a non-pharmacological intervention widely used in dementia care. It involves engaging the client in conversations about past experiences, often with the help of photographs, familiar objects, or music. This type of therapy taps into long-term memory, which generally remains intact longer than short-term memory in individuals with dementia.

Utilizing reminiscence therapy can be particularly effective because it draws on the preserved memories that the person with dementia can still recall, which might include details from their early life, young adulthood, or even mid-life periods. These memories can be a source of comfort, and discussing them can enhance the emotional well-being of clients. It can help individuals with dementia maintain their sense of identity and continuity despite their cognitive impairments.

Another aspect of reminiscence therapy is that it provides a platform for social interaction and emotional connection, which are crucial for dementia patients who often experience feelings of isolation or disconnection from others. By sharing their stories, clients not only preserve their self-esteem but also form meaningful connections with caregivers, family members, and peers. This therapy can be done one-on-one or in group settings, making it a versatile approach to care.

Furthermore, reminiscence therapy can aid caregivers and family members by giving them insights into the patient's past, which can be useful for improving communication strategies and personalized care approaches. Understanding the patient's background, interests, and previous life roles can help caregivers provide more empathetic and tailored support.

In conclusion, reminiscence therapy is a valuable tool in dementia care that supports emotional and psychological well-being. It leverages the strengths of the patient's remaining cognitive abilities to enhance quality of life and promote a sense of personal identity and continuity in their life story.

NEW QUESTION # 19

What model would be best for a patient with comorbid conditions?

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

Answer: C

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 # 20

A consciously tolerable memory serving to conceal another memory that might be disturbing or emotionally painful if recalled is known by which of the following terms?

- A. eidetic image
- B. trailing phenomenon
- C. screen memory
- D. lethologica

Answer: C

Explanation:

The term "screen memory" is used in psychology to describe a memory that is less significant and emotionally neutral but serves as a cover for another memory that is more significant and distressing. This concept originates from Sigmund Freud's psychoanalytical theory, where he proposed that screen memories are a form of defense mechanism employed by the mind.

Screen memories function by masking or distracting from a disturbing memory that, if recalled directly, could cause considerable emotional pain. For example, an individual might remember a trivial event from childhood vividly, such as a random playtime, while this memory might be obscuring a more traumatic event that occurred around the same time. The trivial memory is easier to handle and thus comes to the forefront, while the painful memory remains hidden.

In psychoanalysis, understanding and interpreting screen memories can be crucial for therapy. By examining these memories, a therapist can work with the individual to uncover and address the concealed, more significant emotional experiences. This process can help resolve hidden conflicts and promote psychological healing.

The other terms listed—eidetic image, lethologica, and trailing phenomenon—refer to different psychological phenomena. An eidetic image is an unusually vivid and detailed memory, almost picture-like, not necessarily linked to emotional concealment. Lethologica refers to the temporary inability to recall a particular word or name. The trailing phenomenon involves the perception of visual trails following moving objects, often experienced under the influence of hallucinogens or in specific neurological conditions. None of these terms describe the function of concealing emotionally painful memories like a screen memory does.

NEW QUESTION # 21

What is NOT an element of judgment?

- A. Critical thinking
- B. Decision making
- C. Positive self-regard
- D. Ethical reasoning

Answer: C

Explanation:

Judgment is a cognitive process where one makes considered decisions or comes to sensible conclusions. It is an essential skill in problem-solving, decision-making, and ethical reasoning. These components require the ability to analyze information, weigh alternatives, and foresee consequences. Judgment is often associated with the application of critical thinking skills to assess and interpret situations effectively.

Critical thinking is a vital element of judgment. It involves analyzing facts to form a judgment. The thinker uses logic and reasoning to identify the strengths and weaknesses of alternate solutions, conclusions, or approaches to problems. Therefore, critical thinking directly supports the process of judgment by providing a structured way to process and evaluate information.

Ethical reasoning is another component of judgment. It refers to the process by which individuals apply moral principles and values to make decisions. In making judgments, especially in complex or conflict-ridden situations, ethical reasoning guides individuals to make choices that are morally acceptable and justifiable.

Decision making, closely related to problem-solving, is also a key aspect of judgment. It involves choosing between different courses of action. Effective decision making requires a clear understanding of the implications of each option and the likely outcomes. It uses a combination of critical thinking and ethical reasoning to arrive at decisions that achieve objectives while maintaining integrity and respect for others.

Positive self-regard, however, is not an element of judgment. While it is an important aspect of personal development and self-confidence, it relates more to how individuals perceive and value themselves. Positive self-regard is about maintaining a healthy self-image and a positive attitude towards oneself. Although having confidence can influence one's decisions, positive self-regard itself

does not directly contribute to the cognitive processes involved in judgment. Positive self-regard is more about one's emotional and psychological state rather than their ability to think critically, reason ethically, or make decisions. As such, it is not considered a component of judgment but rather a personal attribute that can affect how judgment is applied or expressed.

NEW QUESTION # 22

When the client attempts to keep anxiety-provoking thoughts and feelings out of awareness by disrupting the interactional process with avoidance, acting out, forgetting, etc., this is which of the following?

- A. testing behaviors
- B. transference
- C. resistance
- D. countertransference

Answer: C

Explanation:

The correct answer is resistance. Resistance in psychotherapy and counseling refers to the phenomenon where clients subconsciously defend themselves against the awareness of some distressing facets of their thoughts, emotions, or experiences. This defensive mechanism can manifest through various behaviors that disrupt the therapeutic process.

Common forms of resistance include avoiding topics, acting out, forgetting appointments or significant details, remaining silent, or even arriving late to sessions. These behaviors are not usually conscious decisions; rather, they are ways in which the client's psyche attempts to protect itself from facing painful truths or emotional discomfort that might arise from fully engaging in the therapeutic process.

In the context of therapy, resistance is a crucial concept because it signals areas where the client is struggling with difficult issues. It is the therapist's role to recognize these resistance patterns and gently help the client to address them. By making observations about the resistance and supporting the client in understanding and confronting these behaviors, the therapist can aid the client in moving past their defenses. This supportive confrontation helps to reduce anxiety and fosters deeper personal growth and insight into their behaviors and underlying issues.

It is important to differentiate resistance from other therapeutic interactions like transference, where clients project feelings about others onto the therapist, or countertransference, where therapists project their own feelings onto the client. Testing behaviors, another concept, refers to the ways clients might test the boundaries or consistency of the therapist. In contrast, resistance specifically deals with the client's internal defense mechanisms against psychological insight and emotional exposure.

NEW QUESTION # 23

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