

PMHN-BC Exam Vce, PMHN-BC Valid Test Vce

PMHN Exam Outline

Content Categories	Scored Questions	Percentage of Examination
I. Assessment and Diagnosis	27	22%
II. Planning	27	22%
III. Implementation	49	39%
IV. Evaluation	22	18%

Time limit: 3 hours

Total questions: 150

Question format: Multiple-choice

Delivery format: Computer-delivered

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100% Pass 2026 PMHN-BC: ANCC Psychiatric–Mental Health Nursing Certification (PMHN-BC) –Valid Exam Vce

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Nursing ANCC Psychiatric–Mental Health Nursing Certification (PMHN-BC) Sample Questions (Q34-Q39):

NEW QUESTION # 34

In terms of group therapy, when members learn to accept painful aspects of life that affect everyone, this is known as which of the

following?

- A. instillation of hope
- B. catharsis
- C. universality
- **D. existential resolution**

Answer: D

Explanation:

Existential resolution is a concept in group therapy where members come to accept the universal, often painful aspects of human existence, such as death, freedom, isolation, and meaninglessness. This form of resolution is crucial as it helps individuals confront and integrate these existential realities into their lives, thereby reducing anxiety and fostering a more authentic existence.

In contrast, other terms mentioned relate to different therapeutic dynamics: - **Catharsis** involves the process of releasing, and thereby providing relief from, strong or repressed emotions. It's common in therapy when individuals share their emotional struggles and experiences, leading to a sense of relief. - **Universality** is the realization among group members that they are not alone in their experiences and struggles. This recognition can provide comfort and support, as members understand that their problems are also faced by others. - **Instillation of hope** involves fostering optimism within the therapy group. This often happens when the therapist or group leader shares success stories and when members observe positive changes in others within the group, fostering a belief in the possibility of improvement.

Thus, while all these elements are important in the context of group therapy, it is existential resolution that specifically refers to the acceptance of life's inherent challenges and existential truths by group members. This acceptance is pivotal in helping individuals live more fulfilling lives despite these unavoidable aspects.

NEW QUESTION # 35

How many concepts make up the nursing process?

- A. Nine.
- B. Seven.
- C. Four.
- **D. Five.**

Answer: D

Explanation:

The nursing process is a fundamental framework that guides nurses in delivering effective, patient-centered care. It encompasses five critical steps, each essential for ensuring comprehensive care and optimal patient outcomes. These steps are: Assessment, Diagnosis, Planning, Implementation, and Evaluation. This structured approach allows for consistent, evidence-based professional practice in the nursing field.

The first step, Assessment, involves gathering comprehensive data about the patient's health status. This includes taking a complete health history and performing a physical examination. The data collected during the assessment phase forms the basis for all subsequent steps.

The second step, Diagnosis, involves analyzing the assessment data to determine the patient's actual or potential health problems. These problems are then articulated as nursing diagnoses. Each diagnosis provides a precise definition of issues that nurses are qualified and licensed to treat.

In the Planning phase, the third step, nurses prioritize the diagnosed problems and set measurable and achievable short- and long-term goals for the patient. They also develop a care plan that outlines strategies to address the nursing diagnoses.

Implementation, the fourth step, involves putting the care plan into action. This step can include administering medication, providing education, and conducting other necessary interventions to address the patient's health needs.

The final step, Evaluation, focuses on assessing the outcomes of the nursing interventions. Nurses determine whether the health goals for the patient are being met or if adjustments to the care plan are necessary. This step is crucial as it ensures that the care provided is effective and responsive to the patient's needs.

Thus, the nursing process is a dynamic and iterative method that enables nurses to provide holistic and patient-focused care. Each of the five steps plays a critical role in fostering better health outcomes and enhancing the quality of care delivered to patients.

NEW QUESTION # 36

If a patient consumes large amounts of alcohol, the body can experience a severe central nervous system depression which shuts down the individuals body systems. Which of

the following would be the correct term for this?

- A. Rushing
- **B. Alcohol poisoning**
- C. None of the above
- D. Withdrawal

Answer: B

Explanation:

Alcohol poisoning is the appropriate diagnosis when an individual consumes an excessive amount of alcohol leading to severe impairment or shutdown of central nervous system functions. This condition can be life-threatening and requires immediate medical attention.

When a person ingests a large volume of alcohol, the body's metabolic capacity is overwhelmed, and the alcohol begins to affect the central nervous system (CNS) profoundly. Alcohol is a depressant, which means it slows down the brain's functions and can inhibit the nerves that control the body's automatic responses such as breathing, heart rate, and gag reflex.

As the blood alcohol concentration increases, the risk of severe CNS depression escalates. This can lead to symptoms such as confusion, vomiting (which increases the risk of choking or aspiration pneumonia), seizures, slow or irregular breathing, hypothermia, unconsciousness, and potentially death if not treated promptly.

The incorrect answer choices listed-withdrawal, rushing, and none of the above-do not accurately describe the acute condition caused by excessive alcohol consumption in a short period. Withdrawal refers to symptoms that occur upon the sudden discontinuation of alcohol after prolonged heavy use, not the immediate effects of overconsumption. "Rushing" is not a recognized medical term associated with alcohol-related conditions, and "none of the above" would be incorrect as "alcohol poisoning" clearly is the correct term.

In summary, alcohol poisoning is the critical and potentially fatal condition resulting from drinking excessive amounts of alcohol in a short time frame, leading to severe central nervous system depression and shutdown of vital bodily functions. Immediate medical intervention is crucial to manage and treat alcohol poisoning effectively.

NEW QUESTION # 37

What would be the appropriate response to a patient who was prescribed Ambien two days prior and is now having increased difficulty sleeping?

- A. Tell the patient to seek emergency medical attention as this is a sign of a potentially fatal adverse effect.
- **B. Tell the patient that this is a common side effect and should resolve itself within a few days.**
- C. Tell the patient to stop taking the drug immediately.
- D. Increase the patient's dosage of the medication.

Answer: B

Explanation:

When a patient begins treatment with Ambien (zolpidem), a medication commonly prescribed for insomnia, they might experience an initial increase in their sleeping difficulties. This phenomenon is referred to as "rebound insomnia." Rebound insomnia occurs because the body is adjusting to the effects of the medication, which is intended to alter sleep patterns and promote relaxation and sleepiness. It's important for patients to understand that this is a relatively common initial response and not necessarily indicative of the medication's ineffectiveness or a worsening of their underlying condition.

In this situation, the appropriate response would be to reassure the patient that experiencing increased difficulty sleeping after starting Ambien can be a normal side effect, and it typically resolves within a few days as the body adjusts to the medication. It is crucial, however, to set a clear expectation with the patient. They should monitor their sleep patterns, and if the insomnia does not improve or worsens after a week of consistent use of the medication, they should contact their healthcare provider. The healthcare provider might need to reassess the treatment plan, which could include adjusting the dosage or trying an alternative therapy depending on the patient's specific health needs and response to the medication.

It is not advisable to immediately stop taking Ambien without first consulting with a healthcare provider. Abrupt discontinuation might lead to withdrawal symptoms or exacerbate insomnia. Similarly, increasing the dosage without professional guidance is not recommended as it could lead to potential overdose or increased side effects. The focus should be on proper adherence to the prescribed dosage and clear communication with the healthcare provider about any concerns or persistent symptoms.

Overall, patient education and reassurance are key components in managing initial side effects when starting a new medication like Ambien. Ensuring that the patient understands what to expect and when to seek further medical advice is essential for effective management of insomnia and the safe use of sleep-inducing medications.

NEW QUESTION # 38

Unexplained physical manifestations or deficits affecting voluntary motor or sensory function that suggest a neurological or other underlying medical condition indicate which of the following?

- A. body dysmorphic disorder
- B. chronic fatigue syndrome
- C. general anxiety disorder
- **D. conversion disorder**

Answer: D

Explanation:

The correct answer to the question is "conversion disorder." Conversion disorder, which falls under the umbrella of somatic symptom and related disorders, involves symptoms of altered voluntary motor or sensory function that cannot be explained by neurological or medical conditions. The symptoms appear neurological, such as paralysis, difficulty speaking (aphonia), seizures, or sensory loss, but upon medical examination and testing, these symptoms cannot be linked to any organic cause.

In conversion disorder, there is often a temporal relationship between psychological factors and the development of symptoms. For instance, the symptoms may occur soon after a stressful life event, unresolved psychological conflict, or mental health disorder.

However, it is not always mandatory to identify a stressor for a diagnosis of conversion disorder. The key feature is that the symptom or deficit is not intentionally produced or feigned, distinguishing it from factitious disorders or malingering.

The concept of "secondary gain" is also significant in understanding conversion disorder. Secondary gain refers to the external benefits that individuals might derive from their symptoms, such as sympathy, attention, or avoidance of unpleasant activities. These gains are not the reason for the symptoms but can contribute to the persistence of the disorder.

Unlike body dysmorphic disorder, which involves an obsessive focus on perceived flaws in one's physical appearance, or general anxiety disorder, characterized by pervasive and excessive worry about various aspects of life, conversion disorder specifically targets sensory and motor functions. It is also distinct from chronic fatigue syndrome, which is primarily characterized by extreme, persistent tiredness that is not solely explained by an underlying medical condition and does not improve significantly with rest.

In diagnosing conversion disorder, it is crucial for healthcare providers to conduct thorough assessments to rule out neurological diseases or other medical conditions. Psychological evaluations may also help identify stressors or conflicts contributing to the disorder. Treatment typically involves a combination of psychotherapy, stress management techniques, and sometimes physical therapy, depending on the symptoms.

NEW QUESTION # 39

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