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PMHNP Comprehensive Exam 2023-2024 with complete solution (This test consists of frequently tested questions and answers)



AIMS Answer- Abnormal Involuntary Movement Scale for 8 and older
12 item tool to assess symptoms of tardive dyskinesia for patients taking antipsychotics
Rating 0-4, >2 to diagnose TD and reduce dose

BARS Answer- Barnes Akathisia Rating Scale for 8 and older
4 item tool to assess objective and subjective symptoms of akathisia with antipsychotics and/or SSRIs

CRS-R Answer- Connors Rating Scales - Revised for 3-17
ADHD Parent (80 items) and Teacher Scales (59 items)
Low T-score of 61 = mildly atypical; >70 = markedly atypical

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College Admission American Nurses Credentialing Center: Adult Psychiatric-Mental Health Nurse Practitioner-Board Certified Sample Questions (Q275-Q280):

NEW QUESTION # 275

A contract is an agreement consisting of one or more legally enforceable promises between two or more parties. There are four elements in a contractual relationship. Which of the following is NOT one of these?

- A. acceptance
- B. consideration
- C. **restitution**
- D. offer

Answer: C

Explanation:

In contract law, a valid agreement between parties must exhibit certain fundamental elements to be legally enforceable. These elements include offer, acceptance, consideration, and intention to create legal relations. Each of these elements plays a crucial role in forming a binding contract. However, restitution is not one of these essential elements. Instead, restitution is a separate legal concept that involves the return of benefits or compensation from one party to another, not necessarily within the framework of a contractual relationship.

Offer is the first element and involves one party (the offeror) presenting terms to another party (the offeree) with the intention that, once accepted, these terms will form a binding contract. Acceptance, the second element, occurs when the offeree agrees to the terms set out in the offer without modification, thereby completing the mutual agreement necessary for a contract.

Consideration, the third element, refers to something of value that each party agrees to exchange as part of the contract. This could be money, services, or an agreement to refrain from performing a particular action. Without consideration, a contract generally lacks the necessary substance to be enforceable.

Lastly, intention to create legal relations involves the determination that the parties involved intended the agreement to be legally binding. This is typically presumed in commercial agreements.

Restitution, on the other hand, is not a foundational element of contract formation but rather a remedy in both contractual and non-contractual situations. It involves returning the injured party to the position they were in before the loss or compensating them for the value of what was lost. This legal concept is often applied in cases where one party has unjustly benefited at the expense of another, outside of a mutual agreement like a contract.

Thus, when asked which of the listed options—offer, acceptance, consideration, or restitution—is not an element of a contractual relationship, the correct answer is restitution. It does not contribute to the formation of a contract but is instead relevant in the context of correcting situations where one party has unjustly gained or another has suffered a loss.

NEW QUESTION # 276

The primary goal in the clinical management of major depressive disorder (MDD) during the acute phase is which of the following?

- A. Starting psychotherapy
- B. Resolution of symptoms
- C. **Client safety**
- D. Starting medication

Answer: C

Explanation:

Client safety is the top management goal during the acute phase of MDD. It may happen concurrently with starting medication and psychotherapy to achieve a resolution of symptoms, but it is the primary goal.

NEW QUESTION # 277

The psychiatric mental health nurse practitioner is examining, assessing, and evaluating a 17-year-old female who was at a college party and was raped by a male student who has a history of aggressive behavior. The patient remembers being at the party but she can recall only part of the traumatic event. She is experiencing:

- A. generalized amnesia
- B. continuous amnesia
- C. systematized amnesia
- D. **selective amnesia**

Answer: D

Explanation:

In the scenario described, the 17-year-old female is experiencing selective amnesia. This is a specific type of memory loss where an individual is unable to recall certain details or parts of an event while retaining memory for other aspects of the same time period. Here, the patient remembers attending the party but can recall only fragments of the traumatic event involving the assault. Selective amnesia often occurs in cases of traumatic experiences, such as sexual assault. The memory loss can serve as a psychological defense mechanism where the mind suppresses memories that are too distressing or overwhelming to confront. In this instance, the patient's inability to remember the entire event may be her mind's way of protecting her from the full emotional impact of the trauma.

The concept of selective amnesia is different from other types of amnesia such as generalized amnesia, where an individual is unable to recall any events over an extended period; systematized amnesia, where a person loses memory for a specific category of information; and continuous amnesia, which involves an inability to recall successive events as they occur over a period. Understanding the type of amnesia is crucial for psychiatric treatment. For individuals with selective amnesia due to trauma, therapeutic approaches such as trauma-focused therapy and cognitive-behavioral therapy can be effective in helping them safely confront and process the traumatic memories, facilitating recovery and reducing the risk of long-term psychological effects.

NEW QUESTION # 278

A patient has been prescribed lithium for the treatment of bipolar disorder. The patient returns to the clinic three weeks later with symptoms of nausea, vomiting, and tremors. Which of the following are possible causes of these symptoms?

- A. **Lithium toxicity**
- B. Drug interactions
- C. Allergic reaction
- D. Lithium deficiency

Answer: A

Explanation:

Lithium toxicity can occur with excessive levels of lithium in the blood, which can cause symptoms such as nausea, vomiting, tremors, and confusion. The psychiatric nurse practitioner should suspect lithium toxicity in this scenario, as high lithium levels can be dangerous and even life-threatening.

Lithium deficiency, drug interactions, and allergic reactions are unlikely to fit this patient's presentation as well as lithium toxicity.

NEW QUESTION # 279

You are advising a new nurse practitioner opening a solo practice. You understand that they are expected to be competent in their role of treating and diagnosing patients. Which of the following, if identified as a core competency area by the new nurse practitioner, requires you to provide them with further information?

- A. **ICD-9 and ICD-10 code memorization**
- B. Practice inquiry
- C. Technology and information literacy
- D. Policy

Answer: A

Explanation:

Although nurse practitioners are expected to know these diagnostic codes, it is not expected that they memorize them but rather that they use up-to-date resources for accuracy in diagnosis coding.

Nurse practitioner core competencies include the following:

- * Scientific foundations
- * Leadership
- * Quality
- * Practice inquiry

- * Technology and information literacy
- * Policy
- * Health delivery systems
- * Ethics
- * Independent practice

NEW QUESTION # 280

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