

New PMHC Dumps Sheet | PMHC Prep Guide

PMH Exam 1 Study Guide

Summer 2024

Chapter 1 review

1. Know details regarding start of regulations of psych nursing
 - ANA develops standards of care; Nurse Practice Act
 - Milieu Therapy: Therapeutic environment and promoting growth; role modeling
 - Phenomena of concern: 12 areas
 - DSM-5-TR: Diagnose psychiatric disorders
2. Understand federal legislation and how it effects involuntary commitment to a mental institution.
 - More difficult to commit people against their will
4. Know the effects of moving from hospital-based treatment to community-based treatment: 1963 **Community Mental Health Act**
 - Less restrictive, easier to seek help, closer to individual homes
 - Decrease admissions in hospitals
 - Income for disabled persons; SSI & SSDI
5. Understand revolving door effect.
 - Admission on public hospital beds increased by 90% from deinstitutionalization
 - Shorter hospital days but there more frequently
 - Client boarded up in ED until an inpatient bed can be located
6. Understand treatment of the mentally ill throughout history
 - Ancient Times-19th century (80): Any sickness was punishment
 - Treatments: **restoring balance** through bloodletting, starving, and purging
 - Christian times (80): Mental ill = Possessed, used exorcisms, floggings, starving
 - 1547-1775: Hospital of Bethlehem for insane -> human animals
 - 1790: William Tuke: Asylum, safe refuge of **protection** instead of whipped, beaten or starved
 - 1802-1887: Dorothea Dix: State hospitals of asylum; offering shelter, food, clothing
 - 1873-1888: Linda Richards first American psychiatric **nurse**. First training of nurses at Hospital in **Massachusetts**

Chapter 2 review

1. Lithium levels
 - Mood Stabilizing Drug; no parental forms
 - **0.5-1.2** acute treatment, **0.6-1.2** chronic treatment
 - Take with food
 - Toxicity: Diarrhea, vomiting, muscle weakness, coordination loss, drowsy -> renal failure

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Postpartum Support International Perinatal Mental Health Certification

Sample Questions (Q12-Q17):

NEW QUESTION # 12

67. Which evidence based brief screening tool has been proven valid in identifying perinatal depression in adolescent mothers?

- A. Edinburgh Postnatal Depression Scale-2 (EPDS-2)
- B. Postpartum Depression Screening Scale (PDSS)
- C. Mood Disorder Questionnaire (MDQ)
- **D. Patient Health Questionnaire-2 (PHQ-2)**

Answer: D

NEW QUESTION # 13

10. When helping a woman cope with postpartum blues, the nurse should offer what appropriate suggestions?

(Select all that apply.)

- **A. Use La Leche League or community mental health centers.**
- **B. Plan to get out of the house occasionally.**
- C. The father should take over care of the baby, because postpartum blues are exclusively a female problem.
- **D. Get plenty of rest.**
- E. Asking for help will not foster independence.

Answer: A,B,D

NEW QUESTION # 14

34. A primiparous woman is in the taking-in stage of psychosocial recovery and adjustment following birth.

Recognizing the needs of women during this stage, the nurse should:

- A. promote maternal independence by encouraging her to meet her own hygiene and comfort needs.
- **B. provide time for the mother to reflect on the events of and her behavior during childbirth.**
- C. foster an active role in the baby's care.
- D. recognize the woman's limited attention span by giving her written materials to read when she gets home rather than doing a teaching session now.

Answer: B

NEW QUESTION # 15

28. What is an appropriate indicator for performing a contraction stress test?

- A. Adolescent pregnancy and poor prenatal care
- B. Increased fetal movement and small for gestational age
- **C. Maternal diabetes mellitus and postmaturity**
- D. History of preterm labor and intrauterine growth restriction

Answer: C

NEW QUESTION # 16

85. Which of the following examples shows how a peer support specialist provides assistance?

- **A. Suggesting appropriate referrals**
- B. Facilitating therapy groups
- C. Giving advice to a new mother
- D. Being available for 24-hour emergency support

Answer: A

NEW QUESTION # 17

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