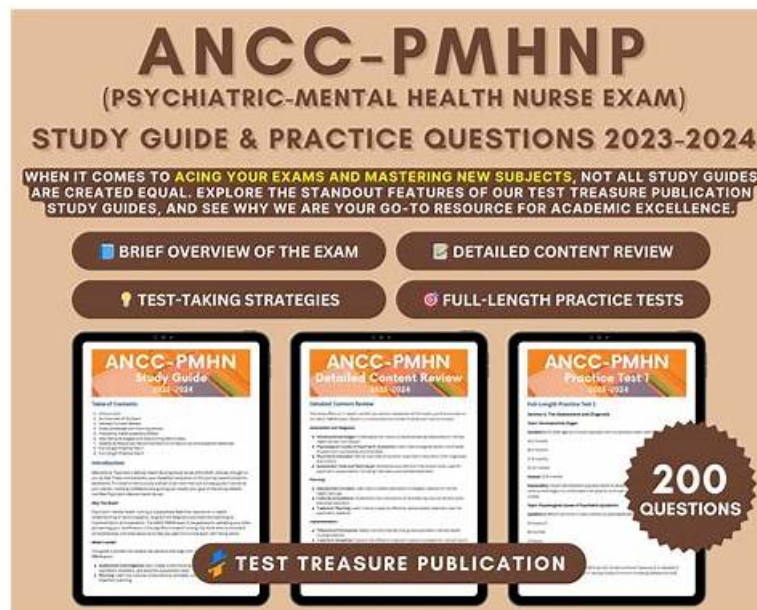


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Nursing ANCC Psychiatric–Mental Health Nursing Certification (PMHN-BC) Sample Questions (Q19-Q24):

NEW QUESTION # 19

When talking with a psychiatric mental health patient, the nurse repeats back to the patient what they have just said. This would be considered which of the following techniques?

- A. Restating
- B. None of the above
- C. Paraphrasing

- D. Reflecting

Answer: A

Explanation:

The correct answer to the question of which communication technique the nurse is using when they repeat back to the patient what they have just said is "Restating." This technique is often used in therapeutic communication, especially within the realm of psychiatric mental health care, to ensure clarity and understanding between the healthcare provider and the patient.

Restating involves the nurse repeating or mirroring the patient's words exactly or nearly exactly as they were spoken. This technique is intended to show the patient that the nurse is actively listening and understanding what the patient is expressing. It can also help patients hear their own thoughts and possibly reflect on them, providing a different perspective or reaffirming their feelings and experiences.

In the example provided: Patient: "I have nothing left in my life, it is empty." Nurse: "Your life is empty, you have nothing left?" This is a clear demonstration of restating. The nurse uses the patient's exact words to reflect the statement back to the patient. This can encourage further conversation and allows the patient to explore their feelings more deeply or clarify what they mean if the nurse's repetition is not accurate.

It's important to note that while restating is a valuable tool in therapeutic communication, it should be used judiciously. Overuse of restating can make the conversation feel insincere or mechanical, potentially frustrating the patient or making them feel like they are not being engaged in a meaningful dialogue. Therefore, nurses and other healthcare providers should balance restating with other communication techniques such as paraphrasing, reflecting, and open-ended questioning to maintain a natural and supportive interaction with the patient.

In summary, the nurse's action of repeating back to the patient what they have just said is an example of the communication technique known as restating. This technique helps ensure that the nurse has correctly understood the patient's message and provides an opportunity for patients to hear their own words reflected back to them, which can be a powerful tool for emotional processing and therapeutic engagement.

NEW QUESTION # 20

The term opioid refers to a group of compounds that includes opium, opium derivatives, and synthetic substitutes. Which of the following drugs is an opioid derivative?

- A. morphine
- B. codeine
- C. fentanyl
- **D. oxycodone**

Answer: D

Explanation:

The term "opioid" encompasses a broad spectrum of compounds that are related to opium, a substance derived from the opium poppy. These compounds can be natural, semi-synthetic, or synthetic. Natural opioids are directly derived from opium and include morphine and codeine. Semi-synthetic opioids, such as oxycodone, are chemically modified derivatives of the natural opioids. Synthetic opioids, like fentanyl, are entirely man-made and mimic the effects of natural opioids but do not structurally derive from opium.

Oxycodone, specifically, is a semi-synthetic opioid. It is synthesized from thebaine, an opioid alkaloid found in the opium poppy. Oxycodone is widely used for pain management and is known for its potent analgesic effects. Due to its effectiveness, it is a common prescription drug but also has a high potential for abuse, which can lead to severe physical and psychological dependence.

In contrast to oxycodone, other opioids mentioned such as morphine and codeine are natural opioids, directly extracted and refined from opium. Fentanyl, on the other hand, is a synthetic opioid, significantly more potent than many other opioids and is used primarily in severe pain management, often in medically supervised settings such as hospitals.

Thus, among the options given - oxycodone, morphine, codeine, and fentanyl - oxycodone is correctly identified as an opioid derivative, specifically a semi-synthetic one derived from elements found in natural opioid sources. This classification is crucial for understanding both the medical utility and the regulatory and health frameworks surrounding its use.

NEW QUESTION # 21

The etiology of which disorder shows defects in Purkinje cells of the brain?

- **A. autism spectrum disorder**
- B. post traumatic stress disorder
- C. eating disorders

- D. Rett syndrome

Answer: A

Explanation:

The etiology of which disorder shows defects in Purkinje cells of the brain?

tism spectrum disorder. Autism spectrum disorder (ASD) is characterized by significant challenges in social interaction and communication, along with restricted and repetitive behaviors. The neurological underpinnings of ASD involve various brain abnormalities, influencing its complex behavioral manifestations.

Among the affected structures in the brain, Purkinje cells in the cerebellum are notably implicated in ASD. These cells are crucial for motor coordination and also play a role in cognitive functions. In individuals with autism spectrum disorder, studies have consistently observed a reduction in the number of Purkinje cells. These cells, with their extensive dendritic arbors and a single long axon, are vital for transmitting information from the cerebellum to other parts of the brain. The defects in Purkinje cells can disrupt this connectivity and contribute to the cognitive and motor symptoms observed in ASD.

This disruption is significant because the cerebellum is not only involved in motor control but is also implicated in language and attention processes. Therefore, abnormalities in Purkinje cells can lead to broader neurological implications affecting various functional domains that are characteristic of autism spectrum disorder.

NEW QUESTION # 22

What type of therapy uses interaction that is focused on the present to create empathy?

- A. Psychoanalytical therapy
- B. Psychotherapy
- C. Supportive psychotherapy
- D. Psychodynamic therapy

Answer: C

Explanation:

The correct answer to the question of what type of therapy uses interaction that is focused on the present to create empathy is Supportive Psychotherapy.

Supportive psychotherapy is a therapeutic approach designed to improve, reinforce, or sustain a patient's psychological defenses, primarily in the face of stress, psychological distress, or dysfunction. This therapy is heavily influenced by psychodynamic and psychoanalytical traditions but differs significantly in its application and goals.

Unlike traditional psychoanalysis, which often delves into past experiences and the subconscious to uncover root causes of psychological issues, supportive psychotherapy concentrates on the present. The primary focus is on creating a supportive environment where the therapist actively helps the patient deal with their current feelings and problems. This approach is deemed particularly effective in helping individuals cope with immediate life challenges and mental health issues by fostering a sense of safety and understanding.

One of the critical elements of supportive psychotherapy is the development of empathy within the therapeutic relationship. Empathy in this context refers to the therapist's ability to understand and share the feelings of the patient, which is vital for providing emotional support and validation. By focusing on the present, the therapist can more directly address the immediate emotions and situations the patient is experiencing, which facilitates a more empathetic connection.

This therapy is often utilized in clinical settings where patients might not have the capacity or stability to engage in more intensive psychoanalytic treatment, such as those with severe mental health disorders, acute crises, or those in need of stabilization. The supportive nature of this therapy helps to strengthen the patient's existing coping mechanisms while preventing further psychological deterioration.

In summary, supportive psychotherapy is distinguished by its present-focused interaction aimed at bolstering the patient's current psychological defenses. It is characterized by the active role of the therapist in providing support, the emphasis on empathy within the therapeutic relationship, and its application in managing present symptoms and stressors rather than exploring historical causative factors.

NEW QUESTION # 23

When your client is inducing an illness in order to receive attention this is called:

- A. factitious disorder
- B. anxiety disorder
- C. masochistic disorder
- D. malingering

Answer: A

Explanation:

Factitious disorder is a mental disorder in which a person acts as if they have an illness by deliberately producing, feigning, or exaggerating symptoms, purely to attain (often medical) attention or sympathy. This disorder is distinct from hypochondriasis as these individuals are aware that they are exaggerating, but do it for psychological reasons rather than for personal gain.

In contrast to malingering, where the individual pretends to be ill for material gain (such as financial compensation, avoidance of work, or access to drugs), those with factitious disorder are driven by a deep-seated need for attention and sympathy. The primary motivation is to assume the "sick role" to receive care and concern, not external incentives.

The behaviors in factitious disorder may involve falsifying medical history, tampering with medical tests (for example, contaminating a urine sample), harming oneself to produce symptoms, or by exacerbating existing medical problems. These actions are often very harmful to the person's health, yet driven by an uncontrollable psychological need.

Diagnosis and treatment of factitious disorder are challenging. Healthcare providers must carefully gather a patient's medical and psychological history for inconsistencies without damaging the trust in the therapeutic relationship. Treatment typically involves managing any underlying psychiatric conditions, such as depression or personality disorders, and addressing the relationship between the patient and healthcare providers to avoid unnecessary procedures.

Understanding factitious disorder and distinguishing it from other similar conditions, like malingering or somatic symptom disorder, is crucial for providing appropriate care and avoiding unnecessary medical interventions.

NEW QUESTION # 24

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