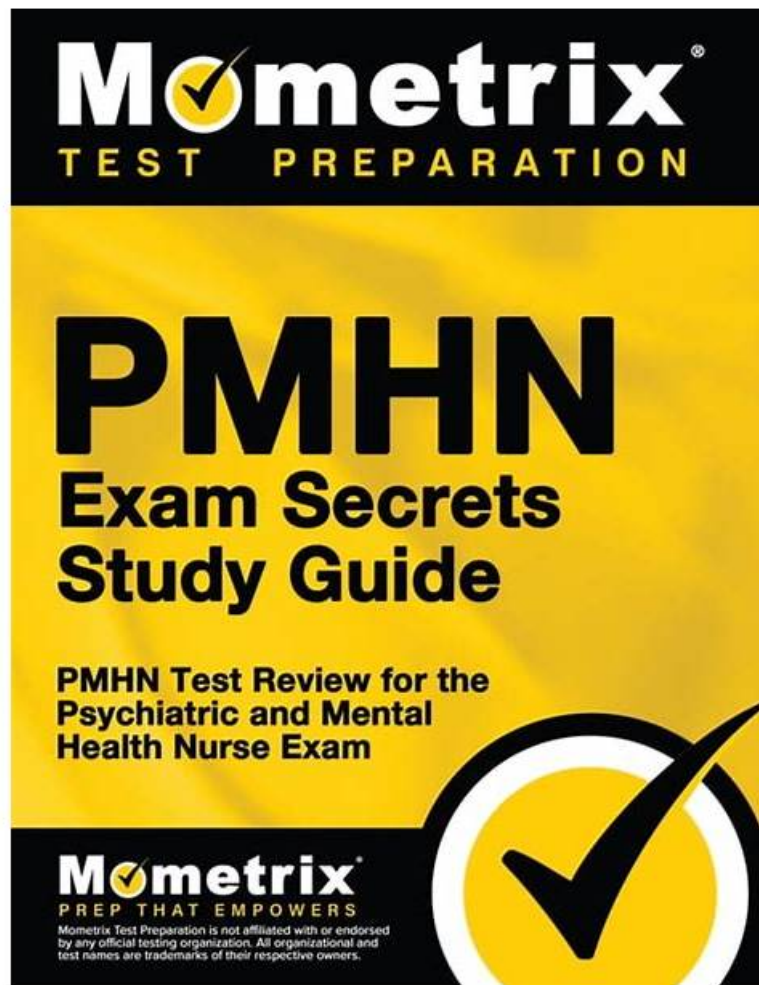


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## Nursing ANCC Psychiatric–Mental Health Nursing Certification (PMHN-

## BC) Sample Questions (Q94-Q99):

### NEW QUESTION # 94

The average degree of skill, care, and diligence exercised by members of the same profession under the same or similar circumstances is termed which of the following?

- A. standard of care
- B. comprehensive accreditation
- C. scope of practice
- D. code of ethics

**Answer: A**

Explanation:

The term "standard of care" refers to the level of proficiency and attention that a healthcare professional, such as a doctor, nurse, or therapist, is expected to provide under similar circumstances. This concept is crucial in the healthcare industry as it establishes the benchmark against which the services provided by medical professionals are measured. The standard of care is a dynamic measure that can change with advancements in technology, new research findings, and updates in clinical practice guidelines.

Standards of care are essential because they help ensure that patients receive a universally accepted level of medical attention and treatment, regardless of where they are treated. These standards are developed through consensus among professionals and are often guided by findings in medical research, opinions of experts, and professional organizations' guidelines. In legal terms, the standard of care is used to evaluate the quality of care for the purposes of determining medical negligence or malpractice. If the care provided falls below the accepted standard, the practitioner may be held legally liable.

It is important to differentiate the standard of care from other related concepts such as scope of practice, code of ethics, and comprehensive accreditation. Scope of practice defines the procedures, actions, and processes that a healthcare practitioner is permitted to undertake in keeping with the terms of their professional license. A code of ethics, on the other hand, refers to the moral principles that govern the behavior of individuals within the profession. Comprehensive accreditation involves a formal review process by which an organization evaluates and recognizes a program of study or an institution as meeting certain predetermined criteria.

In summary, the standard of care is a fundamental concept in the healthcare field that dictates the minimum level of care one should expect from medical professionals. It serves as a critical measure for ensuring quality and safety in healthcare delivery, and it forms the basis for legal assessment in cases of professional negligence or malpractice.

### NEW QUESTION # 95

What drug with concomitant use of an SSRI would cause a patient to be at risk of developing arrhythmia?

- A. Calcium
- B. Norepinephrin
- C. Antibiotics
- D. Pimozide

**Answer: D**

Explanation:

Pimozide is an antipsychotic medication primarily used to treat chronic psychosis, including schizophrenia. It works by blocking the dopamine receptors in the brain, which helps to reduce symptoms such as hallucinations and delusions. However, Pimozide can also disrupt the heart's normal rhythm, which is why it is contraindicated for patients with known cardiovascular disease.

When combined with certain other medications, the risk of developing arrhythmia can increase. One such class of medications is Selective Serotonin Reuptake Inhibitors (SSRIs), a common type of antidepressant. SSRIs work by increasing the amount of serotonin, a neurotransmitter associated with feelings of well-being and happiness, in the brain.

The concomitant use of an SSRI with Pimozide can lead to a potentially dangerous interaction. This is because SSRIs can inhibit the metabolism of Pimozide, leading to an increased concentration of Pimozide in the body. This can further disrupt the heart's normal rhythm, increasing the risk of developing an arrhythmia.

Therefore, patients who are taking an SSRI should not be prescribed Pimozide due to the increased risk of arrhythmia. If a patient is already taking Pimozide and needs treatment for depression, alternative antidepressant medications that do not interact with Pimozide should be considered. Conversely, if a patient is already taking an SSRI and needs treatment for psychosis, alternative antipsychotic medications that do not interact with SSRIs should be considered.

Other medications that were considered in this question, such as Calcium, Norepinephrine and Antibiotics, do not have the same level of interaction with SSRIs as Pimozide does. While they can have their own potential drug interactions, none of them specifically increase the risk of arrhythmia when taken with an SSRI. Therefore, the correct answer to the question is Pimozide.

### NEW QUESTION # 96

Standards of care that impact nursing can be internal or external. Which of the following would NOT be considered an external standard?

- A. nurse practice acts
- B. federal organizations and guidelines
- C. nursing specialty practice organizations
- D. nursing care services

**Answer: D**

Explanation:

In the realm of nursing, standards of care are essential guidelines that ensure quality and consistency in patient care. These standards can be categorized into internal and external standards. Understanding the difference between these two types of standards is crucial for proper compliance and implementation in nursing practice.

Internal standards are those that originate within the healthcare organization itself. These include policies and procedures that are developed by the organization's leadership, often in collaboration with nursing staff. Internal standards are tailored to fit the specific needs and circumstances of the organization and are designed to ensure that the quality of care provided meets the organization's own benchmarks for excellence. Examples of internal standards include nursing care services, the evaluation of the management process, and the practical application of nursing within the organization. These standards are directly influenced by the organization's goals, resources, and limitations.

External standards, on the other hand, are set by bodies outside of the individual healthcare organization. These standards are typically broader and are meant to create a uniform baseline of quality and safety that can be applied across multiple organizations. External standards are often mandatory and must be adhered to by healthcare providers to maintain licensure and accreditation. Examples of external standards include nurse practice acts, which are state laws regulating the practice of nursing; guidelines from federal organizations such as the Centers for Medicare & Medicaid Services (CMS); and standards from professional nursing organizations and nursing specialty practice organizations, which guide nursing practice in specific fields.

Given the definitions and examples provided, nursing care services would NOT be considered an external standard. Nursing care services are specific to an organization and involve the internal processes and methods by which nursing care is delivered within that particular institution. They are part of the internal standards that are developed, monitored, and revised by the healthcare organization itself to ensure that care is efficient, safe, and of high quality, tailored to the needs of their specific patient population. In summary, while internal standards like nursing care services focus on the internal operations and quality within a healthcare organization, external standards provide a regulatory framework imposed by external entities to ensure a minimum level of safety and quality across all healthcare organizations. Understanding the distinction between these standards helps nursing professionals navigate their responsibilities and ensure compliance with all applicable guidelines.

### NEW QUESTION # 97

Marcia and her husband are unable to have children. As a result, Marcia works with mentally challenged children to help them develop good exercise and nutrition habits. She is using which of the following defense mechanisms to deal with her childlessness?

- A. Sublimation
- B. Repression
- C. Intellectualization
- D. Suppression

**Answer: A**

Explanation:

The correct answer to this question is Sublimation. Sublimation is a defense mechanism proposed by Sigmund Freud, which involves channeling unacceptable impulses, thoughts, or emotions into more acceptable activities. This mechanism is considered a mature type of defense because it can turn potentially disruptive or harmful energies into behaviors that are socially acceptable and even beneficial.

In the scenario described, Marcia and her husband are unable to have children, which might cause feelings of sadness, loss, or frustration. Instead of succumbing to these potentially negative emotions, Marcia redirects her energies and desires to care for children into working with mentally challenged children. By doing so, she not only manages her own emotional state in a positive and constructive way but also contributes positively to society. This act of channeling her unfulfilled desire for parenthood into helping children in need exemplifies sublimation.

Sublimation differs from other defense mechanisms like repression, suppression, and intellectualization in that it is not about denying or hiding the undesirable feelings. Repression involves unconsciously blocking the unwanted thoughts or desires from entering

consciousness, while suppression is a conscious effort to do the same. Intellectualization involves distancing oneself from the emotional aspects of a situation by focusing on abstract or logical thoughts. In contrast, sublimation allows the feelings to be expressed, but in a way that is socially constructive and acceptable.

Therefore, Marcia's involvement with mentally challenged children as a way to cope with her inability to have her own children is a classic example of sublimation. She uses her nurturing instincts and perhaps her grief to fuel a positive activity that benefits both herself and others in her community. This not only helps her to manage her emotions healthily but also gives her a sense of purpose and fulfillment.

#### NEW QUESTION # 98

What would cause a person with psychosis to be at a greater risk for violence?

- A. The person comes from a history of domestic violence.
- B. There is a change in appetite.
- C. The person is not getting the proper amount of sleep.
- D. There is a change in the person's level of activity.

**Answer: A**

Explanation:

A person with psychosis, a severe mental disorder characterized by a disconnection from reality, may be at a greater risk for violence due to several factors. One significant factor is a history of domestic violence. This is an internal factor that increases the likelihood of violent behavior in individuals with psychosis. This is because a history of domestic violence often results in learned aggressive behavior and the normalization of violence as a way to resolve conflicts.

In addition to a history of domestic violence, other factors can also contribute to the risk of violence in individuals with psychosis. For example, not getting the proper amount of sleep can lead to increased irritability, lower impulse control, and a higher likelihood of violent behavior.

Changes in appetite may also contribute to an increased risk of violence. Changes in appetite can be a sign of a worsening mental state or increased stress, which can contribute to an increased risk of violent behavior.

Similarly, changes in the person's level of activity can also be indicative of a worsening mental state. If a person with psychosis becomes more sedentary or more hyperactive than usual, this could be a sign of an impending psychotic episode, which may increase the risk of violent behavior. Therefore, monitoring and addressing these changes in appetite and activity level can help to manage the risk of violence in individuals with psychosis.

In conclusion, a person with psychosis may be at a greater risk for violence due to a combination of internal and external factors. These can include a history of domestic violence, lack of proper sleep, changes in appetite, and changes in activity level. By recognizing and addressing these risk factors, it may be possible to reduce the risk of violence in individuals with psychosis.

#### NEW QUESTION # 99

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