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The College Admission PMHNP certification examination is an essential component of professional development, and passing this College Admission PMHNP test can increase career options and a rise in salary. Nonetheless, getting ready for the American Nurses Credentialing Center: Adult Psychiatric-Mental Health Nurse Practitioner-Board Certified (PMHNP) exam may be difficult, and many working professionals have trouble locating the College Admission PMHNP practice questions they need to succeed in this endeavor.

College Admission American Nurses Credentialing Center: Adult Psychiatric-Mental Health Nurse Practitioner-Board Certified Sample Questions (Q891-Q896):

NEW QUESTION # 891

Which statement about bipolar I disorder accurately differentiates it from bipolar II disorder and cyclothymic disorder?

- A. These patients experience mood swings, but they are not severe enough to be called major depressive episodes or manic episodes
- B. These patients experience at least one hypomanic episode and at least one major depressive episode
- C. These patients experience symptoms of schizophrenia along with either depression or mania
- **D. These patients experience at least one manic episode and may or may not experience a major depressive episode**

Answer: D

Explanation:

Around 25% of those diagnosed with a mood disorder experience manic or hypomanic episodes. Almost all patients who experience a manic or hypomanic episode also experience periods of depression. The severity and duration of the highs and lows differentiate the types of bipolar disorder:

* Bipolar I disorder: These patients experience at least one manic episode and may or may not experience a major depressive episode.

* Bipolar II disorder: These patients experience at least one hypomanic episode and at least one major depressive episode.

* Cyclothymic disorder: These patients experience mood swings, but they are not severe enough to be called major depressive episodes or manic episodes.

Schizoaffective disorder is a psychotic disorder characterized by patients experiencing symptoms of schizophrenia along with either depression or mania.

NEW QUESTION # 892

What are the most common potentially law-breaking sexual behaviors?

- A. Exhibitionism
- B. Fetishes
- **C. Voyeuristic acts**
- D. Frotteuristic acts

Answer: C

Explanation:

Voyeuristic acts are the most common potentially law-breaking sexual behaviors. Up to 65% of adult men in the general population have engaged in these acts. Voyeuristic disorder is recurrent and intense sexual arousal from observing an unsuspecting person who

is naked, disrobing, or engaging in sexual activity. The lifetime prevalence of voyeuristic disorder is 12% in males and 4% in females. Exhibitionistic disorder is recurrent and intense sexual arousal from the exposure of one's genitals to an unsuspecting person. The lifetime prevalence of this disorder is about 2% to 4% in males and unknown in females. Frotteuristic acts occur in 30% of adult males in the general population. Frotteuristic disorder is defined as recurrent and intense sexual arousal from touching or rubbing against a nonconsenting person. The prevalence of this disorder is unknown. Fetishistic disorder is defined as recurrent and intense sexual arousal from either nonliving objects or a highly specific focus on nongenital body parts. The prevalence of this disorder is unknown.

NEW QUESTION # 893

Which personality disorder is most likely to involve excessively scrupulous actions?

- A. Obsessive-compulsive
- B. Dependent
- C. Narcissistic
- D. Paranoid

Answer: A

Explanation:

Patients with obsessive-compulsive personality disorder are perfectionistic and rigid. They are often workaholics who are indecisive, excessively scrupulous, and preoccupied with detail.

Patients with paranoid personality disorder are suspicious, have few friends, and read hidden meanings into innocent remarks.

Patients with narcissistic personality disorder act self-important. They are preoccupied with envy, fantasies of success, and ruminations about the uniqueness of their problems. They reject criticism and need constant admiration from others.

Patients with dependent personality disorder fear abandonment, feel helpless when they are alone, and are miserable when relationships end. They desperately desire the approval of others, and they often volunteer for unpleasant tasks to gain the favor of others.

NEW QUESTION # 894

Which FDA recommended medication would be prescribed for a 23 year old schizophrenic patient who is at chronic risk for suicidal behavior?

- A. Loxapine
- B. Thorazine
- C. Prolixin
- D. Clozapine

Answer: D

Explanation:

The correct medication prescribed for a 23-year-old schizophrenic patient who is at chronic risk for suicidal behavior is Clozapine. Clozapine is not only a potent antipsychotic used to treat schizophrenia but also has a distinct profile that makes it especially valuable for patients with a high risk of suicide.

Clozapine stands out among other antipsychotics due to its FDA approval specifically for reducing suicidal behavior in patients with schizophrenia or schizoaffective disorder. This approval is based on substantial clinical evidence demonstrating its efficacy in reducing the risk of recurrent suicidal behavior in patients who are judged to be at chronic risk.

Unlike typical antipsychotics such as Prolixin (fluphenazine), Loxapine, and Thorazine (chlorpromazine), which mainly focus on treating the symptoms of schizophrenia, Clozapine offers a broader range of benefits. Typical antipsychotics primarily target the positive symptoms of schizophrenia such as delusions and hallucinations. However, Clozapine is effective in addressing both the positive symptoms and the negative symptoms of schizophrenia, such as apathy and social withdrawal, which can be linked to suicidal thoughts and behaviors.

Furthermore, Clozapine's mechanism of action includes modulation of dopamine and serotonin receptors, which may contribute to its effectiveness in reducing depressive symptoms and suicidal ideation in schizophrenic patients. This dual action makes it a preferred choice in cases where patients exhibit both psychotic symptoms and severe depressive symptoms.

It's important to note that while Clozapine is highly effective, it requires careful monitoring due to potential side effects, including agranulocytosis (a potentially life-threatening decrease in the number of white blood cells), myocarditis (inflammation of the heart muscle), and seizures. Consequently, regular blood tests are mandatory to monitor the patient's white blood cell count to ensure their safety while on this medication.

In conclusion, Clozapine is recommended by the FDA specifically for schizophrenia patients who are at a chronic risk of suicide,

distinguishing it from other typical antipsychotics. Its unique effectiveness in reducing suicidal behavior, along with its ability to treat both positive and negative symptoms of schizophrenia, makes it a gold standard medication in such clinical scenarios.

NEW QUESTION # 895

What term describes the understanding of structures that undergird complex systems and the use of this understanding to effect significant and enduring change?

- A. Systems thinking
- B. Organizational behavior
- C. Nursing science
- D. Complexity practice

Answer: A

Explanation:

Systems thinking is the understanding of structures that undergird complex systems and the use of this understanding to effect significant and enduring change. Systems thinking is an important skill for nurse practitioners who wish to enact effective quality-improvement initiatives.

NEW QUESTION # 896

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