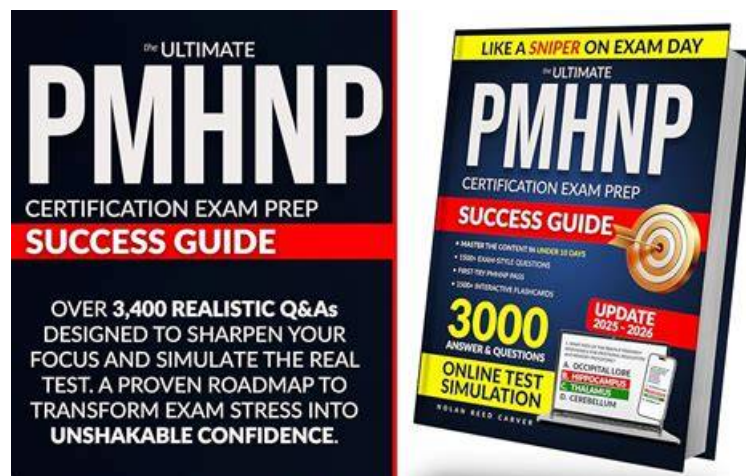


PMHNP Übungsmaterialien & PMHNP Quizfragen Und Antworten



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Section	Weight	Objectives
Diagnosis and Treatment	43%	- Special Populations • 1. Children and Adolescents • 2. Older Adults - Clinical Management • 1. Acute Psychiatric Conditions • 2. Chronic Mental Illness Management - Treatment Planning • 1. Crisis Intervention • 2. Individualized Care Plans
Scientific Foundation	19%	- Neuroscience and Neurobiology • 1. Neurodevelopmental Concepts • 2. Neurotransmitters and Brain Function - Psychopathology • 1. Differential Diagnosis • 2. Psychiatric Disorders Across Lifespan - Research and Evidence-Based Practice • 1. Clinical Guidelines • 2. Research Interpretation

Professional Role and Policy	14%	- Ethical and Legal Standards • 1. Confidentiality and Consent • 2. Professional Accountability - Collaboration and Consultation • 1. Interdisciplinary Practice • 2. Care Coordination - Healthcare Policy • 1. Advocacy and Leadership • 2. Healthcare Regulations
Advanced Practice Skills	24%	- Psychotherapy Modalities • 1. Supportive Therapy • 2. Cognitive Behavioral Therapy - Assessment and Diagnosis • 1. Mental Status Examination • 2. Psychiatric Interviews - Psychopharmacology • 1. Medication Management • 2. Drug Interactions and Side Effects

>> PMHNP Übungsmaterialien <<

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College Admission American Nurses Credentialing Center: Adult Psychiatric-Mental Health Nurse Practitioner-Board Certified PMHNP Prüfungsfragen mit Lösungen (Q1299-Q1304):

1299. Frage

Good self-esteem, a healthy self-concept, and an internal locus of control are all examples of which kind of preventative factor?

- A. Psychological prevention
- B. Tertiary prevention
- C. Secondary prevention
- D. Primary prevention

Antwort: A

Begründung:

These are all examples of psychological preventative factors. Primary, secondary, and tertiary prevention are public health principles.

1300. Frage

Mr. Thomas comes to the NP with a concern that since his father is an alcoholic that he will also become an alcoholic. Which of the following statements might the NP correctly make to Mr. Thomas?

- A. Biological offspring of alcoholic parents do not have a significantly greater incidence of alcoholism than offspring of nonalcoholic parents.
- **B. Children of alcoholics are three times more likely than other children to become alcoholics.**
- C. none of the above
- D. Biological offspring of alcoholic parents do not have a significantly greater incidence of alcoholism than offspring of nonalcoholic parents but only if they are reared by the biological parents.

Antwort: B

Begründung:

The question presented here involves a discussion with Mr. Thomas, a patient who is concerned about his potential for developing alcoholism due to his father's history with the condition. The nurse practitioner (NP) is expected to respond with an accurate statement regarding the genetic predisposition and risk factors of alcoholism.

The first statement suggests that children of alcoholics are three times more likely to become alcoholics themselves, which is supported by multiple studies that have found a significantly higher incidence of alcoholism among biological offspring of alcoholic parents. This correlation exists regardless of whether the child was raised by their biological parents or nonalcoholic surrogate parents.

The second statement contradicts the first, suggesting that biological offspring of alcoholic parents do not have a significantly higher incidence of alcoholism. This is incorrect based on the aforementioned studies and is not a correct statement the NP should make.

The third statement once again affirms the higher risk of alcoholism for children of alcoholics, but includes a caveat that this is only true if they were raised by their biological parents. This is also incorrect, as studies have shown the increased risk holds true even if the child was raised by nonalcoholic surrogate parents.

The fourth statement is "none of the above," which is not a correct answer in this case as the first statement accurately reflects the findings of relevant studies.

The fifth statement reiterates that children of alcoholics are indeed three times more likely to become alcoholics themselves. This statement is correct and is something the NP could accurately tell Mr. Thomas to address his concerns.

In conclusion, the NP should inform Mr. Thomas that while his risk may be higher due to his father's history with alcoholism, it does not guarantee that he will develop the condition. Other factors like environmental influences and personal choices also play crucial roles in the development of alcoholism.

1301. Frage

Which part of Medicare provides optional coverage for outpatient pharmaceuticals?

- A. Part A
- **B. Part D**
- C. Part C
- D. Part B

Antwort: B

Begründung:

The Medicare program has four parts: Part A, Part B, Part C, and Part D.

* Part A: Coverage for hospitalizations (up to 90 days), skilled nursing facility (up to 100 days), hospice (up to six months for terminally ill), and some home health care

* Part B: Coverage for ambulatory practitioner service; physical, occupational, and speech therapy; medical equipment; diagnostic tests; and some preventative care

* Part C: Optional coverage for beneficiaries who can choose to receive all of their health care services through one of the provider organizations covered under the Medicare Advantage plan

* Part D: Optional coverage for outpatient pharmaceuticals

1302. Frage

A patient presents to your clinic feeling as if she cannot leave the house unless she washes her hands 7 times for 5 minutes each time. The patient further explains that her anxiety keeps her from completing these tasks with enough time to get to work by her start time. You give this patient a diagnosis of obsessive-compulsive disorder (OCD) and prescribe fluoxetine (Prozac) to help with her illness. Four weeks later, the patient reports that the anxiety is better, and she is not performing these tasks as much but still finds herself needing to perform the handwashing at least 2 to 3 times a week. You talk to the patient about adjunct treatment and offer to prescribe a second medication.

What medication is best as adjunctive therapy with Prozac?

- A. Fluphenazine (Prolixin)
- B. Chlorpromazine (Thorazine)
- **C. Risperidone (Risperdal)**
- D. Clozapine (Clozaril)

Antwort: C

Begründung:

With many patients experiencing a partial response to a serotonergic antidepressant, there is considerable interest in strategies to augment these medications for OCD. One common approach to augmentation includes adding risperidone (Risperdal); this drug is a second-generation atypical antipsychotic and is recommended as adjunctive therapy in the treatment of OCD.

Other approaches to augmentation include cognitive-behavioral therapy (CBT) and/or a low dose of clomipramine ((to a selective serotonin reuptake inhibitor [SSRI] or serotonin-norepinephrine reuptake inhibitor).

Thorazine and Prolixin are both first-generation antipsychotics and are not recommended as adjunctive therapy for OCD. Clozaril is not recommended as adjunctive therapy for OCD.

1303. Frage

A patient with a diagnosis of Prader-Willi syndrome has been admitted to the children's inpatient psychiatric unit. For this neurodevelopmental disorder, which of the following dietary considerations are an important part of treatment?

- A. A high-fiber diet
- B. A high-protein diet due to low muscle tone
- **C. A restricted-calorie diet**
- D. A gluten-free diet

Antwort: C

Begründung:

Prader-Willi syndrome is a neurodevelopmental and genetic disease characterized by compulsive eating, intellectual disability, hypogonadism, small stature, low muscle, and low muscle tone. Due to their hypotonic and compulsive eating, these patients are prone to obesity and must maintain a low-calorie diet.

1304. Frage

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