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Nursing ANCC Psychiatric–Mental Health Nursing Certification (PMHN-BC) Sample Questions (Q82-Q87):

NEW QUESTION # 82

You have a client who suffers from chronic alcohol abuse. You understand that this may result in a complication of chronic alcohol abuse in which chronic thiamine deficiency damages the brain permanently. This is known as which of the following?

- A. schizophrenia
- B. delirium tremens
- C. Korsakoff's syndrome
- D. alcoholic anemia

Answer: C

Explanation:

The correct answer to the question regarding a complication of chronic alcohol abuse characterized by chronic thiamine deficiency and potential permanent brain damage is Korsakoff's syndrome.

Korsakoff's syndrome, also known as Wernicke-Korsakoff syndrome, is primarily associated with chronic alcoholism and is a manifestation of thiamine (vitamin B1) deficiency. Thiamine is vital for brain function, and its deficit can result in serious neurological issues. This syndrome is not merely a single condition but a spectrum that also includes Wernicke's encephalopathy, which, if left untreated, can lead to Korsakoff's psychosis.

The syndrome is characterized by a range of symptoms, the most notable being memory problems, although these are not typical memory losses seen in other conditions like Alzheimer's disease. Individuals with Korsakoff's syndrome may have issues with acquiring new information or may create fabricated memories (confabulation) to fill gaps in their memory. Other symptoms include changes in vision, ataxia (loss of control of body movements), and general confusion.

The progression to Korsakoff's syndrome often follows an episode of Wernicke's encephalopathy, which includes symptoms like eye movement disturbances, ataxia, and a confused state. If identified early, Wernicke's encephalopathy can be treated with high doses of thiamine, potentially preventing the progression to Korsakoff's syndrome. However, once Korsakoff's syndrome is fully developed, some of the damage may be irreversible, leading to permanent cognitive impairment.

While Korsakoff's syndrome is most commonly linked with alcohol abuse due to the malnutrition that often accompanies it, it can also arise from other conditions that affect the body's ability to absorb nutrients, such as gastrointestinal diseases or prolonged periods of fasting or starvation.

Management of Korsakoff's syndrome involves both addressing the immediate thiamine deficiency and long-term strategies to abstain from alcohol, improve diet, and possibly cognitive rehabilitation. Early intervention is crucial to improve outcomes, highlighting the importance of recognizing the signs of potential thiamine deficiency and Wernicke's encephalopathy in people who chronically abuse alcohol.

NEW QUESTION # 83

If a client is anxious, tired, or in pain, each of the following could be done before continuing the full assessment EXCEPT:

- A. rest
- B. be calmed
- C. exercise
- D. receive medication to alleviate pain

Answer: C

Explanation:

The psychosocial assessment of a client can be significantly influenced by their current health status, especially if they are experiencing anxiety, fatigue, or pain. These conditions can hinder the client's ability to engage fully in the assessment process, potentially leading to incomplete or inaccurate information being gathered. The nurse performing the assessment must be attuned to these issues and take appropriate steps to address them before proceeding.

When a client is anxious, it is crucial to help them achieve a state of calmness. This can be done through various interventions such as providing a quiet environment, using soothing communication techniques, or practicing relaxation exercises with the client. For a client who is experiencing pain, it is appropriate to administer pain-relieving medications as prescribed. This not only helps in alleviating the pain but also enables the client to participate more effectively in the assessment.

Rest is another vital consideration. If the client is tired, allowing them some time to rest before continuing with the assessment can

make a significant difference in their ability to focus and provide relevant information.

However, one intervention that is generally not suitable in such situations is exercise. While physical activity can be beneficial under different circumstances, asking a client who is already anxious, tired, or in pain to engage in exercise might exacerbate their symptoms and could be counterproductive to the goal of achieving a thorough and accurate psychosocial assessment. Therefore, exercise is typically not recommended before continuing with a full assessment under these conditions. Instead, focusing on calming the client, managing pain, and ensuring they are rested are more appropriate strategies.

NEW QUESTION # 84

Which of the following serious adverse reactions could occur with the concurrent use MAOI's and beta blockers?

- A. Congestive heart failure
- **B. Bradycardia**
- C. Hives
- D. Liver failure

Answer: B

Explanation:

The concurrent use of MAOIs (monoamine oxidase inhibitors) and beta blockers can lead to several serious adverse reactions, one of which is bradycardia. Bradycardia refers to an abnormally slow heart rate, which can lead to fainting, dizziness, fatigue, and in severe cases, cardiac arrest. Both MAOIs and beta blockers influence neurotransmitter levels and heart rate, respectively, which can compound the effects of one another, leading to pronounced bradycardia.

MAOIs work by inhibiting the action of the enzyme monoamine oxidase, which is responsible for breaking down neurotransmitters such as serotonin, dopamine, and norepinephrine in the brain. By inhibiting this breakdown, MAOIs increase the levels of these neurotransmitters, which can have various effects on mood and blood pressure regulation. However, this inhibition can also interact with the effects of beta blockers, which primarily work by slowing down the heart rate and reducing blood pressure by blocking the beta-adrenergic receptors in the heart.

When MAOIs are used together with beta blockers, the risk of developing low blood pressure (hypotension) and a significantly reduced heart rate (bradycardia) increases. This is because both classes of drugs can decrease the body's sympathetic (adrenergic) tone, which normally helps to maintain alertness, heart rate, and blood pressure. The combined effects can lead to an excessive suppression of the cardiovascular system.

Other potential serious and even fatal adverse reactions from the use of MAOIs include hypertensive crisis, which can occur if foods containing tyramine (such as certain cheeses and wines) are consumed. This is because MAOIs inhibit the breakdown of tyramine, leading to increased levels of tyramine which can cause dangerous spikes in blood pressure.

In addition to monitoring for signs of bradycardia, healthcare providers need to educate patients on the importance of dietary restrictions with MAOIs and the signs of hypertensive crisis. Regular monitoring of blood pressure and heart rate is recommended for patients taking this combination of medications. Adjustments in medication dosage or switching to alternative therapies might be necessary if adverse reactions occur.

In summary, while bradycardia is a significant risk when combining MAOIs and beta blockers, other serious health issues can also arise, necessitating careful management and monitoring by healthcare professionals. Patients should be counseled on potential symptoms and the importance of adherence to dietary restrictions while on MAOIs.

NEW QUESTION # 85

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

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

Answer: C

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 # 86

What is NOT an element of judgment?

- A. Critical thinking
- B. Positive self-regard
- C. Ethical reasoning
- D. Decision making

Answer: B

Explanation:

Judgment is a cognitive process where one makes considered decisions or comes to sensible conclusions. It is an essential skill in problem-solving, decision-making, and ethical reasoning. These components require the ability to analyze information, weigh alternatives, and foresee consequences. Judgment is often associated with the application of critical thinking skills to assess and interpret situations effectively.

Critical thinking is a vital element of judgment. It involves analyzing facts to form a judgment. The thinker uses logic and reasoning to identify the strengths and weaknesses of alternate solutions, conclusions, or approaches to problems. Therefore, critical thinking directly supports the process of judgment by providing a structured way to process and evaluate information.

Ethical reasoning is another component of judgment. It refers to the process by which individuals apply moral principles and values to make decisions. In making judgments, especially in complex or conflict-ridden situations, ethical reasoning guides individuals to make choices that are morally acceptable and justifiable.

Decision making, closely related to problem-solving, is also a key aspect of judgment. It involves choosing between different courses of action. Effective decision making requires a clear understanding of the implications of each option and the likely outcomes. It uses a combination of critical thinking and ethical reasoning to arrive at decisions that achieve objectives while maintaining integrity and respect for others.

Positive self-regard, however, is not an element of judgment. While it is an important aspect of personal development and self-confidence, it relates more to how individuals perceive and value themselves. Positive self-regard is about maintaining a healthy self-image and a positive attitude towards oneself. Although having confidence can influence one's decisions, positive self-regard itself does not directly contribute to the cognitive processes involved in judgment. Positive self-regard is more about one's emotional and psychological state rather than their ability to think critically, reason ethically, or make decisions. As such, it is not considered a component of judgment but rather a personal attribute that can affect how judgment is applied or expressed.

NEW QUESTION # 87

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