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## PMHN Practice Questions & ANSWERS ALL SOLUTION 2023/24 LATEST EDITION GUARANTEED GRADE A+

A rape victim with multiple injuries has been brought to the emergency department for evaluation and treatment. The first thing that the psychiatric and mental health nurse should communicate is:

- A. I'm so sorry this happened to you
- B. You are safe here. No one can hurt you
- C. This was not your fault
- D. I'm thankful you survived this attack

Answer: B. You are safe here. No one can hurt you.

Rationale: Patients who have been raped are often severely traumatized emotionally as well as physically and are commonly very fearful and panicked, so the first thing that the mental health nurse should communicate is "You are safe here No one can hurt you." The psychiatric and mental health nurse may need to repeat this a number of times because traumatized patients may block out what people are saying. The nurse should also reassure the patient that the attack was not the patient's fault and the nurse is sorry for what the patient has gone through.

A patient has signed the consent form for electroconvulsive therapy under pressure from her spouse but confides in the psychiatric and mental health nurse that she does not want the treatment and is terrified but afraid to stand up to her spouse. The psychiatric and mental health nurse should:

- A. ask the patient if she wants to rescind the consent form.
- B. tell the patient that she must tell her spouse she does not want the treatment.
- C. Tell the patient she must go through the treatment since she signed the consent.
- D. notify the physician of the patient's feelings about the treatment.

Answer: D. notify the physician of the patient's feelings about the treatment.

Rationale: Because the patient is intimidated by her spouse and has stated she is afraid to stand up to him, as an advocate for the patient, the nurse should notify the physician of the patient's feelings about the treatment. Being coerced into signing a consent form is not the same as giving informed consent, which is required by law. Because patients are vulnerable to manipulation, the nurse must ensure that the actual wishes of the patient are respected.

A patient was able to slowly read aloud an information sheet but when asked to state what she had read in her own words was unable to do so. The most likely reason is:

- A. low self-esteem

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## **Nursing ANCC Psychiatric–Mental Health Nursing Certification (PMHN-BC) Sample Questions (Q33-Q38):**

### **NEW QUESTION # 33**

A patient is released after being treated for cocaine intoxication. Which of the following would a nurse recommend to increase community support?

- A. Alanon.
- **B. NA.**
- C. Rehab.
- D. A

**Answer: B**

Explanation:

When a patient has been treated for cocaine intoxication and is being released from a medical facility, it is crucial to provide recommendations that will support their ongoing recovery. Community support groups play a vital role in the rehabilitation process by offering a network of individuals facing similar challenges, which can significantly enhance the patient's ability to maintain sobriety and manage addiction issues effectively.

One of the most appropriate recommendations for a patient recovering from cocaine addiction is to connect with Narcotics Anonymous (NA). NA is a community-based organization that is part of a larger global network aimed at helping individuals to overcome drug addiction and maintain long-term recovery. NA provides a supportive environment where individuals are encouraged to share their experiences and struggles with addiction in a confidential setting, following a structured 12-step program similar to that of Alcoholics Anonymous (AA).

The 12-step program includes steps that involve admitting powerlessness over addiction, recognizing a higher power that can offer strength, examining past errors with the help of a sponsor (experienced member), making amends for these errors, learning to live a new life with a new code of behavior, and helping others who suffer from the same addictions. This program is designed to promote personal growth and healing, which are essential components of recovery from drug addiction.

It is important to clarify that while AA also uses a 12-step model, it is specifically geared towards individuals recovering from alcoholism, not drug addiction. Therefore, while AA provides tremendous support for alcohol-related issues, it is not the most suitable option for someone recovering from cocaine addiction. Similarly, Al-Anon is another support group, but it is designed to help family members of individuals struggling with addiction, not the addicts themselves. Its focus is on providing support and coping strategies for those who are indirectly affected by the substance abuse of a loved one.

A recommendation to join NA rather than AA or Al-Anon is based on the specific focus of NA on drug addiction, providing the most relevant and specialized support for a patient recovering from cocaine use. This ensures that the patient will receive the appropriate guidance and community support tailored to their particular recovery needs. Engaging with NA can help the patient build a network of supportive peers, which is crucial for long-term recovery and preventing relapse.

In summary, NA stands out as the recommended choice for someone recovering from cocaine intoxication due to its direct relevance to drug addiction, structured recovery program, and supportive community environment, all of which are essential for effective recovery and sustained sobriety.

### **NEW QUESTION # 34**

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

**Answer: D**

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 # 35

The right to fair treatment and the right to privacy are included in which of the following ethical principles?

- A. autonomy
- B. nonmaleficence
- C. justice
- D. beneficence

**Answer: C**

Explanation:

To answer the question regarding which ethical principles include the right to fair treatment and the right to privacy, we need to delve into the definitions and implications of the primary ethical principles in question: autonomy, justice, beneficence, and nonmaleficence. **Autonomy** refers to the principle that individuals have the right to make decisions about their own lives and bodies without coercion. This principle emphasizes the importance of respecting an individual's choices and preferences. While autonomy supports the idea of respecting individuals' privacy (as it pertains to their ability to control their personal information), it does not explicitly include the right to fair treatment under its typical definition. Autonomy is more about self-governance and the ability to decide freely.

**Justice**, in an ethical context, refers to fairness and equity in the distribution of benefits, risks, and costs among individuals or groups. It specifically advocates for treating equals equally and unequals unequally but in proportion to their relevant differences. The principle of justice directly encompasses the right to fair treatment, ensuring that no individual or group is discriminated against. Privacy falls under justice in the sense that protecting an individual's private information ensures equitable treatment, thus preventing potential biases or harm based on that information. Additionally, aspects like confidentiality (keeping an individual's information private) and anonymity (protecting an individual's identity) are mechanisms to uphold justice.

**Beneficence** involves actions that contribute to the welfare of others. This principle is about doing good and preventing harm. Beneficence might indirectly involve fair treatment and privacy insofar as these elements can benefit a person's well-being. However, beneficence primarily focuses on positive actions to help others rather than merely ensuring fairness or privacy.

**Nonmaleficence** means "do no harm." This principle is closely related to beneficence but focuses more on avoiding harm than on promoting good. Nonmaleficence includes preventing harm that might come from breaches of privacy or unfair treatment, thus it indirectly supports these rights. However, like beneficence, nonmaleficence does not primarily or explicitly encompass the right to fair treatment or privacy.

In conclusion, while all these principles can be interpreted to support aspects of fair treatment and privacy, **justice** is the principle most explicitly aligned with these rights. Justice directly addresses the need for fairness and the protection of individuals' rights, including their right to privacy as a fundamental aspect of fair and equitable treatment. Hence, the right to fair treatment and the right to privacy are included most directly under the ethical principle of justice.

### NEW QUESTION # 36

I won the Science Fair in the eighth grade biology category. I must have been the only one who entered in that category. What example of common distortion is this?

- A. Magnification or minimization
- **B. Disqualifying the positive**
- C. Jumping to conclusions
- D. Emotional reasoning

**Answer: B**

#### NEW QUESTION # 37

Your client sees a nurse on the unit and thinks that it is her dead mother. This is known as which of the following abnormalities of thought?

- **A. illusion**
- B. hallucination
- C. ideation
- D. dementia

**Answer: A**

Explanation:

illusion

An illusion is a misperception or misinterpretation of a real external stimulus. In this scenario, the client is experiencing an illusion because she perceives a real person, the nurse, as someone else—specifically, her deceased mother. This false perception arises from an actual sensory stimulus (seeing the nurse) but is distorted by the client's mind. Illusions are different from hallucinations, which involve perceiving things that are not present at all. Illusions are also distinct from delusions, which are fixed false beliefs not based on sensory input.

hallucination

Hallucination involves sensing things that are not actually present. For example, hearing voices or seeing objects or people that are not there would be considered hallucinations. In the case described, the client is not hallucinating because she is indeed seeing a real person—the nurse. The error lies in her perception and recognition, not in the creation of a sensory experience that has no basis in reality.

ideation

Ideation typically refers to the formation of ideas or concepts. In psychiatric terms, it might involve harmful or suicidal thoughts, obsessive patterns, or other mental fixations. It does not directly relate to the sensory misinterpretations seen in the client's scenario. Here, the client does not merely have an idea or thought about her mother; she misinterprets an actual visual stimulus as being her mother.

dementia

Dementia is a broad category of brain diseases that cause long term and often gradual decrease in the ability to think and remember, affecting a person's daily functioning. Symptoms may include emotional problems, problems with language, and a decrease in motivation, not necessarily illusions. Although people with dementia might experience illusions, the scenario described does not specifically indicate that the client has dementia, only that she is experiencing an illusion. The illusion could be part of a broader cognitive issue, but without more information, it cannot be definitively linked to dementia.

#### NEW QUESTION # 38

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