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College Admission American Nurses Credentialing Center: Adult Psychiatric-Mental Health Nurse Practitioner-Board Certified Sample Questions (Q464-Q469):

NEW QUESTION # 464

You are a nurse practitioner treating a seven-year-old male. His mother brings him in for his initial appointment, stating, "My son's teacher is concerned because he is not able to finish his in-class schoolwork. I just don't know what to do." You suspect the client may have attention deficit hyperactivity disorder (ADHD), but you need more information. Per the mother, the patient often fidgets in his seat, gets distracted easily, is extremely disorganized, and has a difficult time remembering to turn in his classwork. Which of the following symptoms is most indicative of hyperactivity?

- A. Gets distracted easily
- B. Is extremely disorganized
- C. Has a difficult time remembering to turn in his class work
- **D. Fidgets in his seat**

Answer: D

Explanation:

Hyperactive and impulsive traits of ADHD are as follows:

- * Fidgets
- * Leaves seat
- * Runs or climbs
- * Is unable to engage in quiet activities
- * Is always on the go
- * Talks excessively
- * Blurts out information
- * Has a difficult time waiting their turn
- * Interrupts others

Inattentive traits of ADHD include all of the following:

- * Fails to give attention to details
- * Has difficulty sustaining attention
- * Does not listen when spoken to
- * Does not follow through on instructions
- * Is disorganized
- * Avoids or dislikes tasks that require sustained mental effort
- * Loses things
- * Is distracted
- * Is forgetful

NEW QUESTION # 465

A woman started 25 mg of Luvox yesterday for symptoms of OCD. She also takes Tegretol daily for migraine headaches but no other medication. Today, she is complaining of restlessness, a headache, chills, diaphoresis, and diarrhea.

What should be the PMHNP's first consideration when addressing the etiology of this patient's symptoms?

- **A. Serotonin syndrome**
- B. Normal initial side effects of initiating antidepressant therapy
- C. Worsening migraine headaches
- D. Flu-like syndrome

Answer: A

Explanation:

All clients starting antidepressant therapy should be monitored for serotonin syndrome, which can start within hours or days of the initial dose. Tegretol and Luvox are known to cause drug-drug interactions, which can contribute to serotonin syndrome. Symptoms of restlessness, headaches, chills, diaphoresis, and diarrhea suggest serotonin syndrome.

NEW QUESTION # 466

A patient with suspected dementia comes to the clinic, and the PMHNP decides to perform the clock drawing assessment. Which of the following findings on the clock drawing assessment indicates possible severe dementia?

- A. A small clock face drawn with all 12 numbers present and in the correct positions
- **B. A large clock face drawn with all 12 numbers present but in the wrong position**
- C. A small clock face with only a few numbers present and in the correct positions
- D. A small clock face drawn with all 12 numbers present, but the hands are missing

Answer: B

Explanation:

The clock drawing assessment is a widely used screening tool to assess cognitive impairment and is particularly useful for assessing dementia. In this assessment, the patient is asked to draw a clock's face, including all 12 numbers and the hands pointing to a specific time. A large clock face drawn with all 12 numbers present but in the wrong positions is often indicative of dementia, particularly in the early stages. PMHNPs should monitor the patient closely, assess other cognitive functions, and consider referring the patient for further assessment and treatment.

The clock with only a few numbers in the right position suggests the beginning of cognitive decline, as does the clock face with the missing hands.

NEW QUESTION # 467

Which of the following statements about dementia is least accurate?

- A. Persons with dementia always suffer from aphasia.
- B. As dementia progresses, apraxia may develop.
- C. Those dementias caused by or related to another disease or condition are secondary dementias.
- D. The reversibility of a dementia is a function of the underlying pathology and of the availability and timely application of effective treatment.

Answer: A

Explanation:

The statement that is least accurate about dementia from the given options is "Persons with dementia always suffer from aphasia." This statement is inaccurate because not all individuals with dementia suffer from aphasia, which is a condition that impairs one's ability to process language.

Although it is true that language can be affected in persons with dementia, it is not a guaranteed symptom for all individuals. The severity and progression of dementia varies greatly between individuals. In more severe forms of dementia, an individual may indeed suffer from aphasia and may not speak at all.

The progression and manifestation of symptoms in dementia is influenced by a variety of factors, including the underlying cause of the dementia, the individual's overall health, and the timeliness and effectiveness of treatment.

Furthermore, other conditions may also develop as dementia progresses, such as apraxia - a disorder of motor planning which can affect an individual's ability to perform learned movements. Therefore, while aphasia can be a symptom of dementia, it is not accurate to state that all persons with dementia always suffer from it.

Understanding the varied symptoms and experiences of individuals with dementia is vital for providing effective care and treatment. It is important to remember that each individual's experience with dementia is unique, and not all will exhibit the same symptoms or progress at the same rate.

NEW QUESTION # 468

Which psychotropic medication requires monitoring for the emergence of diabetes?

- A. Metformin
- B. Serotonin-dopamine antagonists
- C. Depakote
- D. Haldol

Answer: B

Explanation:

Serotonin-dopamine antagonists are atypical antipsychotics that can cause blood sugar issues. The FDA recommends that individuals treated with SDAs should be monitored for diabetes.

Depakote, Haldol, and Metformin do not carry a significant risk of causing diabetes.

NEW QUESTION # 469

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