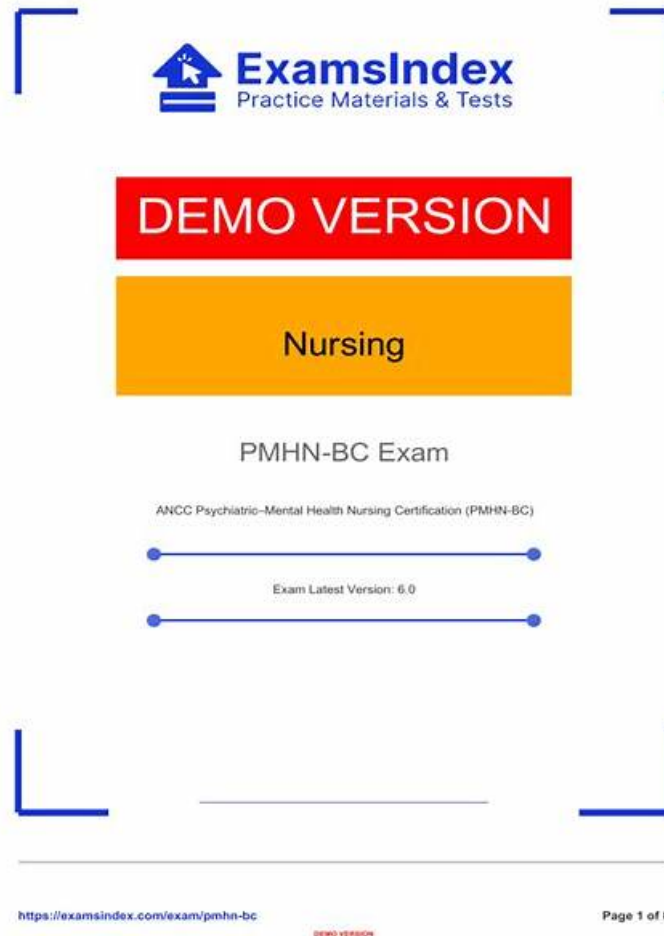


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Nursing ANCC Psychiatric–Mental Health Nursing Certification (PMHN-BC) Sample Questions (Q22-Q27):

NEW QUESTION # 22

What would cause a person with psychosis to be at a greater risk for violence?

- A. There is a change in the person's level of activity.
- B. The person is not getting the proper amount of sleep.
- C. The person comes from a history of domestic violence.
- D. There is a change in appetite.

Answer: C

Explanation:

A person with psychosis, a severe mental disorder characterized by a disconnection from reality, may be at a greater risk for violence due to several factors. One significant factor is a history of domestic violence. This is an internal factor that increases the likelihood of violent behavior in individuals with psychosis. This is because a history of domestic violence often results in learned aggressive behavior and the normalization of violence as a way to resolve conflicts.

In addition to a history of domestic violence, other factors can also contribute to the risk of violence in individuals with psychosis. For example, not getting the proper amount of sleep can lead to increased irritability, lower impulse control, and a higher likelihood of violent behavior.

Changes in appetite may also contribute to an increased risk of violence. Changes in appetite can be a sign of a worsening mental state or increased stress, which can contribute to an increased risk of violent behavior.

Similarly, changes in the person's level of activity can also be indicative of a worsening mental state. If a person with psychosis becomes more sedentary or more hyperactive than usual, this could be a sign of an impending psychotic episode, which may increase the risk of violent behavior. Therefore, monitoring and addressing these changes in appetite and activity level can help to manage the risk of violence in individuals with psychosis.

In conclusion, a person with psychosis may be at a greater risk for violence due to a combination of internal and external factors. These can include a history of domestic violence, lack of proper sleep, changes in appetite, and changes in activity level. By recognizing and addressing these risk factors, it may be possible to reduce the risk of violence in individuals with psychosis.

NEW QUESTION # 23

Generally, psychiatric symptoms are:

- A. specific
- B. discrete
- C. nonspecific
- D. evident

Answer: C

Explanation:

Psychiatric symptoms are generally nonspecific, meaning they are not unique to one specific disorder and can be seen across a range of different psychiatric conditions. This lack of specificity can make diagnosis and treatment more challenging. For example, symptoms such as anxiety, depression, or mood swings can be present in multiple disorders including major depressive disorder, bipolar disorder, and anxiety disorders. As a result, clinicians need to conduct a comprehensive and holistic assessment to accurately identify the underlying condition.

The assessment process in psychiatry is designed to be broad to capture all possible influences and contributing factors to a patient's mental health. This includes exploring psychological, biological, and social aspects of an individual's life. By taking into account the entirety of a person's situation and experiences, clinicians can better understand the complex interplay of elements affecting their mental health.

Furthermore, it is crucial for mental health professionals to look for patterns or clusters of symptoms rather than isolated signs.

Isolated symptoms can be misleading and may result in a misdiagnosis if considered outside of the broader context of the individual's mental and emotional state. Recognizing patterns helps in identifying the root causes and the most effective treatment approaches. This method enhances the accuracy of diagnoses and can lead to more tailored and effective treatment plans. In summary, because psychiatric symptoms are often nonspecific, mental health assessments must be thorough and consider a wide range of potential factors. Understanding that these symptoms can appear in various combinations and are influenced by multiple aspects of an individual's life is key to providing effective psychiatric care.

NEW QUESTION # 24

Which of the following community mental health practice sites is most likely to be associated with tertiary prevention?

- A. psychosocial rehabilitation programs
- B. nursing homes
- C. crisis centers
- D. schools

Answer: A

Explanation:

The concept of prevention in mental health can be divided into three levels: primary, secondary, and tertiary. Primary prevention aims at reducing the incidence of mental health disorders in the general population. Secondary prevention focuses on the early detection and intervention of mental health problems to halt their progression. Tertiary prevention, the focus of this discussion, involves strategies designed to manage and improve the quality of life for individuals who already have significant or chronic mental health issues.

In the context of community mental health practice sites, various facilities can serve functions aligning with these prevention levels. For instance, schools might primarily engage in primary prevention through education and early identification of mental health concerns. Crisis centers often partake in secondary prevention by providing immediate intervention during mental health emergencies to prevent worsening of the situation. Nursing homes may implement secondary or tertiary prevention measures depending on the mental health status of their residents.

Psychosocial rehabilitation programs, however, are particularly aligned with tertiary prevention. These programs are designed specifically to support individuals who have persistent and serious mental health issues. The primary goal of psychosocial rehabilitation is not just to prevent further psychological deterioration but also to enhance the capabilities of individuals so they can lead more fulfilling and autonomous lives despite their mental health challenges.

Such programs utilize a comprehensive approach that includes skill building, social support networks, education on managing illness, vocational training, and sometimes therapy. These interventions are critical in helping individuals achieve the highest possible level of functioning and improving their quality of life, which are the cornerstone objectives of tertiary prevention.

Therefore, among the given options, psychosocial rehabilitation programs most directly and effectively address the goals of tertiary prevention by helping individuals manage complex, long-term mental health issues, preventing further deterioration and facilitating better integration into the community with enhanced personal skills and support systems.

NEW QUESTION # 25

In terms of a psychosocial assessment, a client's urge to harm himself is part of which component of the assessment?

- A. thought process and content
- B. motor behavior
- C. history
- D. mood and affect

Answer: A

Explanation:

In terms of a psychosocial assessment, a client's urge to harm himself is categorized under the component of "thought process and content." This specific component of the assessment focuses on evaluating the nature and quality of the client's thoughts. It includes examining the clarity and coherence of ideas, the thematic content of thoughts (what the client is actively thinking about), and the process or manner in which these thoughts are structured and organized.

The inclusion of self-harm or suicide urges within the "thought process and content" component is crucial because these urges often reflect underlying thought patterns that can be indicative of serious mental health issues, such as depression, anxiety, or psychotic disorders. By categorizing and examining these urges under this component, clinicians can better understand the severity and nature of the thoughts driving these behaviors. This understanding is essential for devising appropriate interventions and treatment plans aimed at mitigating these harmful urges.

Beyond just identifying the presence of self-harm or suicidal thoughts, this component of the assessment also explores other critical aspects such as hallucinations, delusions, obsessions, and preoccupations. Assessing the content of thoughts helps clinicians determine whether there are any specific themes or recurrent patterns that need to be addressed, such as feelings of hopelessness or worthlessness, which are common in depressive disorders.

The "thought process" aspect, on the other hand, looks at how the client's thoughts are organized and their flow. For instance, a disorganized thought process might be evident in clients with schizophrenia, where there might be a derailment of thoughts or loose associations. Understanding these patterns aids in diagnosing specific psychiatric conditions and tailoring therapy to help clients manage or reorganize their thought processes in healthier ways.

Overall, including self-harm or suicide urges in the "thought process and content" component of a psychosocial assessment allows mental health professionals to gain a comprehensive understanding of a client's psychological state. This holistic view facilitates more effective and targeted mental health interventions, ultimately aiming to improve the client's overall wellbeing and safety.

NEW QUESTION # 26

The average degree of skill, care, and diligence exercised by members of the same profession under the same or similar circumstances is termed which of the following?

- A. standard of care
- B. scope of practice
- C. comprehensive accreditation
- D. code of ethics

Answer: A

Explanation:

The term "standard of care" refers to the level of proficiency and attention that a healthcare professional, such as a doctor, nurse, or therapist, is expected to provide under similar circumstances. This concept is crucial in the healthcare industry as it establishes the benchmark against which the services provided by medical professionals are measured. The standard of care is a dynamic measure that can change with advancements in technology, new research findings, and updates in clinical practice guidelines.

Standards of care are essential because they help ensure that patients receive a universally accepted level of medical attention and treatment, regardless of where they are treated. These standards are developed through consensus among professionals and are often guided by findings in medical research, opinions of experts, and professional organizations' guidelines. In legal terms, the standard of care is used to evaluate the quality of care for the purposes of determining medical negligence or malpractice. If the care provided falls below the accepted standard, the practitioner may be held legally liable.

It is important to differentiate the standard of care from other related concepts such as scope of practice, code of ethics, and comprehensive accreditation. Scope of practice defines the procedures, actions, and processes that a healthcare practitioner is permitted to undertake in keeping with the terms of their professional license. A code of ethics, on the other hand, refers to the moral principles that govern the behavior of individuals within the profession. Comprehensive accreditation involves a formal review process by which an organization evaluates and recognizes a program of study or an institution as meeting certain predetermined criteria.

In summary, the standard of care is a fundamental concept in the healthcare field that dictates the minimum level of care one should expect from medical professionals. It serves as a critical measure for ensuring quality and safety in healthcare delivery, and it forms the basis for legal assessment in cases of professional negligence or malpractice.

NEW QUESTION # 27

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