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## Nursing ANCC Psychiatric–Mental Health Nursing Certification (PMHN-BC) Sample Questions (Q76-Q81):

### NEW QUESTION # 76

What would be the appropriate response to a patient who was prescribed Ambien two days prior and is now having increased difficulty sleeping?

- A. Increase the patient's dosage of the medication.
- B. Tell the patient to stop taking the drug immediately.
- C. Tell the patient that this is a common side effect and should resolve itself within a few days.
- D. Tell the patient to seek emergency medical attention as this is a sign of a potentially fatal adverse effect.

**Answer: C**

Explanation:

When a patient begins treatment with Ambien (zolpidem), a medication commonly prescribed for insomnia, they might experience an initial increase in their sleeping difficulties. This phenomenon is referred to as "rebound insomnia." Rebound insomnia occurs because the body is adjusting to the effects of the medication, which is intended to alter sleep patterns and promote relaxation and sleepiness. It's important for patients to understand that this is a relatively common initial response and not necessarily indicative of the medication's ineffectiveness or a worsening of their underlying condition.

In this situation, the appropriate response would be to reassure the patient that experiencing increased difficulty sleeping after starting Ambien can be a normal side effect, and it typically resolves within a few days as the body adjusts to the medication. It is crucial, however, to set a clear expectation with the patient. They should monitor their sleep patterns, and if the insomnia does not improve or worsens after a week of consistent use of the medication, they should contact their healthcare provider. The healthcare provider might need to reassess the treatment plan, which could include adjusting the dosage or trying an alternative therapy depending on the patient's specific health needs and response to the medication.

It is not advisable to immediately stop taking Ambien without first consulting with a healthcare provider. Abrupt discontinuation might lead to withdrawal symptoms or exacerbate insomnia. Similarly, increasing the dosage without professional guidance is not recommended as it could lead to potential overdose or increased side effects. The focus should be on proper adherence to the prescribed dosage and clear communication with the healthcare provider about any concerns or persistent symptoms.

Overall, patient education and reassurance are key components in managing initial side effects when starting a new medication like Ambien. Ensuring that the patient understands what to expect and when to seek further medical advice is essential for effective management of insomnia and the safe use of sleep-inducing medications.

### NEW QUESTION # 77

A nurse can provide emotional support for clients with dementia by allowing the client to think about personally significant past experiences. This is known as

- A. going along
- B. time away
- C. reminiscence therapy
- D. distraction

**Answer: C**

Explanation:

The correct answer to the question is reminiscence therapy. Reminiscence therapy is a non-pharmacological intervention widely used in dementia care. It involves engaging the client in conversations about past experiences, often with the help of photographs, familiar objects, or music. This type of therapy taps into long-term memory, which generally remains intact longer than short-term memory in individuals with dementia.

Utilizing reminiscence therapy can be particularly effective because it draws on the preserved memories that the person with dementia can still recall, which might include details from their early life, young adulthood, or even mid-life periods. These memories can be a source of comfort, and discussing them can enhance the emotional well-being of clients. It can help individuals with dementia maintain their sense of identity and continuity despite their cognitive impairments.

Another aspect of reminiscence therapy is that it provides a platform for social interaction and emotional connection, which are crucial for dementia patients who often experience feelings of isolation or disconnection from others. By sharing their stories, clients

not only preserve their self-esteem but also form meaningful connections with caregivers, family members, and peers. This therapy can be done one-on-one or in group settings, making it a versatile approach to care.

Furthermore, reminiscence therapy can aid caregivers and family members by giving them insights into the patient's past, which can be useful for improving communication strategies and personalized care approaches. Understanding the patient's background, interests, and previous life roles can help caregivers provide more empathetic and tailored support.

In conclusion, reminiscence therapy is a valuable tool in dementia care that supports emotional and psychological well-being. It leverages the strengths of the patient's remaining cognitive abilities to enhance quality of life and promote a sense of personal identity and continuity in their life story.

### NEW QUESTION # 78

What is the fourth step to be completed after an incident occurs?

- A. The nurse documents facts about the incident in the patient's medical record.
- B. The incident report is given to the department head.
- C. The nurse completes an incident report.
- **D. The incident report is sent to and reviewed by the appropriate administrator.**

**Answer: D**

Explanation:

An incident, in this context, typically refers to an unexpected event that did not go as planned in a healthcare setting. This could range from a patient fall, medication error, to a near miss. When an incident occurs, it is important for healthcare organizations to have a process in place to handle these situations in a systematic and structured way. This process is generally referred to as the "incident reporting process" or "incident management process".

The first step after an incident occurs is to ensure the immediate safety and well-being of the patient involved. Once this is taken care of, the nurse documents facts about the incident in the patient's medical record. This documentation should be factual, accurate, and complete. It should describe exactly what happened, the actions taken, and the patient's response, without any personal opinion or bias. This documentation not only provides a legal record of the event but also helps in identifying patterns and trends in the incident occurrence.

The second step involves the nurse completing an incident report. A well-written incident report provides a detailed, factual, and concise account of the circumstances leading to the incident. It should also include any interventions taken after the incident, along with the result of those interventions. The incident report is not a part of the patient's hospital or medical record. It is a confidential document that is used for internal review and quality improvement purposes.

In the third step, the incident report is given to the department head. The department head reviews the incident report to gain an understanding of what happened, to assess the situation, and to determine if further action or investigation is needed. They may also discuss the incident with the staff involved to gather more information or to clarify any information in the report.

The fourth step is where the incident report is sent to and reviewed by the appropriate administrator. This could be a nurse manager, director of nursing, risk management officer, or any other relevant authority. The administrator reviews the incident report to evaluate the incident, to determine the cause, to identify any system failures, and to develop strategies to prevent such incidents from happening in the future. They may also use the information from the incident report to improve patient safety and quality of care.

In the fifth and subsequent steps, actions are taken based on the findings from the review of the incident report. This could range from making changes in the process, providing additional training to the staff, implementing new safety measures, etc. This process of learning from incidents and making improvements is a key aspect of quality improvement and patient safety in healthcare organizations.

In conclusion, the fourth step after an incident occurs is the review of the incident report by the appropriate administrator. This step is crucial in understanding the incident, identifying the underlying causes, and making necessary improvements to prevent such incidents in the future.

### NEW QUESTION # 79

Creativity is the constant flow of new ideas to feed the change in every aspect of our lives. Motivators of creativity in nursing include all of the following EXCEPT:

- A. exhibiting confidence in workers
- B. promoting constructive intragroup and intergroup competition
- **C. discouraging interaction with others outside the group**
- D. providing assistance to develop new ideas

**Answer: C**

Explanation:

Creativity in nursing is vital as it fosters innovative solutions and improvements in patient care and healthcare processes.

Understanding the motivators of creativity can help develop an environment that nurtures and supports creative thinking among nurses. Here, we explore factors that encourage creativity and identify which among the given options does not serve as a motivator of creativity in nursing.

**\*\*Exhibiting Confidence in Workers\*\***: When nurse leaders exhibit confidence in their staff, it empowers the nurses. Confidence from leadership can enhance self-esteem among nurses, encouraging them to think independently and propose new ideas without the fear of criticism. This support not only motivates nurses to be creative but also fosters a sense of responsibility to innovate and improve their practices.

**\*\*Providing Assistance to Develop New Ideas\*\***: Assistance can come in various forms such as training, resources, or time. When nurses receive support to develop their ideas, it reduces barriers to innovation. This assistance ensures that creative ideas are not stifled by a lack of resources or guidance. Furthermore, it signals an organizational commitment to innovation, encouraging nurses to brainstorm and experiment with new approaches in their work.

**\*\*Promoting Constructive Intragroup and Intergroup Competition\*\***: Healthy competition within and between groups can stimulate creativity by challenging nurses to think differently and exceed standard practices. This type of competition can encourage team members to push their creative boundaries and come up with innovative solutions to win or be recognized. However, it's crucial that this competition remains constructive and does not foster negativity or cutthroat competition, which can be detrimental to teamwork and creativity.

**\*\*Discouraging Interaction with Others Outside the Group\*\***: Unlike the other options, discouraging interactions outside the group does not motivate creativity. In fact, it can be a significant barrier to innovation. Interaction with individuals outside one's immediate group can provide fresh perspectives and ideas that challenge existing norms and encourage creative thinking. Networking with others in different fields or specialties can spark new ideas, solutions to common problems, and inspire cross-disciplinary approaches. Therefore, discouraging such interactions restricts the flow of information and limits the opportunity for creative solutions.

In summary, while exhibiting confidence in workers, providing assistance to develop new ideas, and promoting constructive competition are all effective motivators of creativity in nursing, discouraging interaction with others outside the group is not. It is essential for nurse leaders to encourage openness and interaction beyond immediate working groups to foster a more innovative and creative environment in healthcare settings. This approach not only aids in personal and professional growth but also significantly improves patient care and health outcomes.

### NEW QUESTION # 80

If a patient consumes large amounts of alcohol, the body can experience a severe central nervous system depression which shuts down the individual's body systems. Which of the following would be the correct term for this?

- A. Withdrawal
- B. None of the above
- C. Rushing
- **D. Alcohol poisoning**

**Answer: D**

Explanation:

Alcohol poisoning is the appropriate diagnosis when an individual consumes an excessive amount of alcohol leading to severe impairment or shutdown of central nervous system functions. This condition can be life-threatening and requires immediate medical attention.

When a person ingests a large volume of alcohol, the body's metabolic capacity is overwhelmed, and the alcohol begins to affect the central nervous system (CNS) profoundly. Alcohol is a depressant, which means it slows down the brain's functions and can inhibit the nerves that control the body's automatic responses such as breathing, heart rate, and gag reflex.

As the blood alcohol concentration increases, the risk of severe CNS depression escalates. This can lead to symptoms such as confusion, vomiting (which increases the risk of choking or aspiration pneumonia), seizures, slow or irregular breathing, hypothermia, unconsciousness, and potentially death if not treated promptly.

The incorrect answer choices listed—withdrawal, rushing, and none of the above—do not accurately describe the acute condition caused by excessive alcohol consumption in a short period. Withdrawal refers to symptoms that occur upon the sudden discontinuation of alcohol after prolonged heavy use, not the immediate effects of overconsumption. "Rushing" is not a recognized medical term associated with alcohol-related conditions, and "none of the above" would be incorrect as "alcohol poisoning" clearly is the correct term.

In summary, alcohol poisoning is the critical and potentially fatal condition resulting from drinking excessive amounts of alcohol in a short time frame, leading to severe central nervous system depression and shutdown of vital bodily functions. Immediate medical

intervention is crucial to manage and treat alcohol poisoning effectively.

## NEW QUESTION # 81

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