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Quiz 2026 College Admission PMHNP: American Nurses Credentialing Center: Adult Psychiatric-Mental Health Nurse Practitioner-Board Certified – Reliable Valid Test Objectives

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College Admission American Nurses Credentialing Center: Adult Psychiatric-Mental Health Nurse Practitioner-Board Certified Sample Questions (Q695-Q700):

NEW QUESTION # 695

A patient with severe bipolar disorder is experiencing a manic episode with psychotic features and is brought to the emergency department. The patient is agitated and unable to participate in a discussion about treatment options. Which of the following actions is most appropriate?

- A. Administer medication immediately without consent, as consent is implied.
- B. Obtain consent from a legally authorized representative for immediate treatment if the patient is deemed incapable of consenting.
- C. Wait until the patient is calm and can give verbal consent.
- D. Administer medication to calm the patient down enough to discuss treatment options.

Answer: B

Explanation:

When a patient cannot consent due to incapacity, seeking consent from a legally authorized representative, such as their next of kin or healthcare POA, is the best course to ensure the patient's safety while respecting legal and ethical standards.

Administering medication without consent should be a last resort, even in emergencies, unless all other options are unavailable and the patient is in immediate danger. Administering medication to calm the patient is not advisable if there is a good alternative. Waiting for the patient to calm down may delay treatment and pose significant risks to their safety and well-being.

NEW QUESTION # 696

All the following are known risk factors for fatal suicide, except:

- A. Military veterans
- B. Individuals who are not married
- C. Individuals with a history of psychiatric illness
- D. Female gender

Answer: D

Explanation:

Mortality from suicide is higher in males than in females.

Psychiatric illness is a strong predictor of suicide. More than 90 percent of patients who attempt suicide have a psychiatric disorder, and 95 percent of patients who successfully commit suicide have a psychiatric diagnosis.

Suicide occurs more often in people who are not married than in those who are married. In the United States, the rate of suicide among military veterans exceeds that of the general population.

NEW QUESTION # 697

What term is used to define the number of new cases of psychiatric disorders occurring over a specified time period?

- A. Prevalence rate
- B. Distribution rate
- C. Duration rate
- D. Incidence rate

Answer: D

Explanation:

The term "incidence rate" is crucial in the field of epidemiology, particularly when discussing psychiatric disorders. It specifically refers to the number of new cases of a disorder that appear in a population during a defined time frame. This measurement is vital for understanding how a disease is spreading within a community and can help in planning public health strategies and interventions to address the disorder.

To further clarify, the incidence rate is different from the "prevalence rate," which measures all cases (both new and existing) of a disorder present in a population at a specific point in time. While incidence provides insights into the risk of contracting the disorder, prevalence offers data on how widespread the disorder is.

Epidemiology, the science that underpins these terms, focuses on the study of how often diseases occur in different groups of people and why. It provides essential information that helps health professionals prevent and control health problems. Incidence and prevalence rates are fundamental concepts in this field, aiding epidemiologists in understanding the dynamics of disease transmission and burden within populations.

In summary, the incidence rate is a measure of new occurrences of a disease or disorder in a specified period, crucial for evaluating the emerging risks and the effectiveness of interventions aimed at reducing these risks. It is a dynamic indicator that can signal changes in both the environment and public health practices.

NEW QUESTION # 698

Aromatherapy is a complementary and alternative therapy that is used to improve the mind-body connection. Why is aromatherapy in psychiatry used for olfactory stimulation?

- A. To alter brain chemistry by changing the release of neurohormones and neurotransmitters
- B. To produce physiological effects

- C. To regulate autonomic physiologic functions
- D. To elicit feelings or memories during psychotherapy

Answer: D

Explanation:

Aromatherapy is a form of olfactory stimulation used to elicit feelings or memories during psychotherapy.

Biofeedback regulates autonomic physiologic body functions. Acupressure and acupuncture alter brain chemistry through neurohormones and neurotransmitters. Herbal medicine is plant medicine that produces physiological effects.

NEW QUESTION # 699

If a psychiatric mental health nurse practitioner prescribes a medication for her patient knowing that she did not check for any contraindications to the medication, she has shown a willful and reckless disregard for the consequences to a patient. This disregard constitutes

- A. gross negligence
- B. strict liability
- C. sentinel event
- D. general liability

Answer: A

Explanation:

The correct answer to the question is "gross negligence." This term refers to a significant degree of carelessness that denotes a blatant disregard for the safety, well-being, or life of others, significantly more severe than ordinary negligence.

Gross negligence is characterized by a mental attitude of indifference to the consequences of one's actions. In the scenario described, the psychiatric mental health nurse practitioner's failure to check for contraindications before prescribing a medication could lead to severe adverse effects or harm to the patient. By neglecting to perform this essential duty, the nurse practitioner demonstrates a disregard for the duties incumbent upon her in her professional role.

The difference between gross negligence and ordinary negligence lies in the extent of disregard for the safety of others. Ordinary negligence might involve a lapse in the usual care a reasonable person would exercise, such as forgetting a minor, yet necessary, procedural step that does not typically result in severe harm. Gross negligence, however, involves actions or failures to act that are so reckless that they appear to stem from a conscious disregard for the safety and well-being of others.

In legal and medical contexts, establishing gross negligence can lead to more severe consequences than ordinary negligence due to the egregious nature of the oversight. Health professionals are held to high standards due to the potential impact of their actions on the health and safety of their patients. Therefore, a finding of gross negligence can result in significant legal and professional repercussions for the practitioner involved.

Thus, in the given situation, the nurse practitioner's actions would likely be classified as gross negligence, highlighting the importance of adherence to professional standards and the serious legal and ethical responsibilities of healthcare providers to avoid such breaches in care.

NEW QUESTION # 700

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