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## PMHN-BC Latest Practice Materials & PMHN-BC Guide

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## Nursing ANCC Psychiatric–Mental Health Nursing Certification (PMHN-BC) Sample Questions (Q55-Q60):

### NEW QUESTION # 55

What would be the primary goal for a patient 's care who is in great emotional distress resulting in not being able to eat or sleep, and feeling hopeless, yet it has been determined that she is not at risk for self-harm?

- A. Get her into a self-help group.
- B. See that she is provided with the proper medication.
- C. Encourage her to exercise more.
- **D. Get the patient back to a pre-crisis level of functioning.**

**Answer: D**

Explanation:

In addressing the needs of a patient experiencing significant emotional distress, including inability to eat or sleep and feelings of hopelessness, the primary goal is to restore the patient to their pre-crisis level of functioning. This objective is central because it aims

to return the individual to a state where they can manage day-to-day activities and emotional challenges without the acute distress currently being experienced. Achieving this state implies that the patient has regained stability and can function effectively in their personal and professional life.

While other interventions such as medication, exercise, or joining self-help groups might be useful, they are considered supportive or secondary strategies rather than the primary goal. Medication might help in managing symptoms such as anxiety or insomnia, thereby providing some relief. Exercise can improve mood and physical health, which is beneficial but not sufficient on its own to ensure complete functional recovery. Similarly, self-help groups provide support and a sense of community, which can be incredibly beneficial for emotional support but might not directly address all the functional impairments caused by the crisis.

The focus on returning the patient to a pre-crisis level of functioning is guided by a holistic view of recovery, which encompasses both the alleviation of the current distressing symptoms and the restoration of the individual's ability to cope with everyday stresses and responsibilities. This approach ensures that treatment and support are directed not just at symptom relief but at enabling the patient to reclaim their independence and quality of life.

Therefore, while all suggested interventions may play a role in the patient's recovery process, the primary goal remains to help the patient regain a level of functionality similar to that before the crisis. This involves a comprehensive assessment and tailored interventions focusing on both psychological and physical health, ensuring a balanced and effective approach to recovery.

### NEW QUESTION # 56

What leaders do or how they conduct themselves is the basis of what theory of leadership?

- A. contingency theory
- B. contemporary theory
- C. behavioral theory
- D. trait theory

**Answer: C**

Explanation:

The correct answer to the question, "What leaders do or how they conduct themselves is the basis of what theory of leadership?" is behavioral theory. This theory primarily focuses on the actions and behaviors of leaders rather than their mental qualities, traits, or the contextual factors of their environment.

Behavioral theory examines specific behaviors and actions of leaders and categorizes them into styles that are effective in various situations. It moves away from the trait theory, which posits that leaders are born with certain intrinsic qualities that make them effective. Instead, behavioral theory suggests that effective leadership is a result of learned behaviors that can be taught and developed.

One key aspect of behavioral theory is its emphasis on how leaders handle their relationships with team members and how they approach the completion of tasks. For example, behavioral theorists have identified leadership styles such as autocratic, democratic, and laissez-faire, each characterized by specific behaviors and approaches to managing people and tasks.

Moreover, studies in behavioral theory have led to models such as the Managerial Grid Model developed by Blake and Mouton. This model classifies leaders based on their concern for people and their concern for production, resulting in leadership styles such as "impoverished leadership" (low concern for both people and production) and "team leadership" (high concern for both people and production).

Overall, behavioral theory provides a framework for understanding leadership through observable actions, helping organizations and individuals tailor leadership development and training programs that focus on effective behaviors rather than innate traits or adapting to situational variables (as discussed in contingency theory). This pragmatic approach allows for a diverse range of individuals to develop leadership capabilities through the acquisition and refinement of specific behaviors.

### NEW QUESTION # 57

Avoidant personality disorder exhibits the characteristic of:

- A. reluctance to delegate tasks or work with others
- B. all of the above
- C. difficulty making everyday decisions
- D. unwillingness to be involved with people unless sure of being liked

**Answer: B**

Explanation:

Avoidant personality disorder (APD) is a mental health condition characterized by a pervasive pattern of social inhibition, feelings of inadequacy, and hypersensitivity to negative evaluation. Individuals with this disorder exhibit several distinct features which reflect

their intense fear of rejection and criticism. Below, each characteristic is expanded upon in detail.

**\*\*Difficulty making everyday decisions\*\*** - People with avoidant personality disorder often struggle with making everyday decisions without an excessive amount of advice and reassurance from others. This stems from a fear of making mistakes or being criticized for their choices. The anxiety around potential disapproval can be debilitating, leading to significant delays or avoidance in decision-making. This characteristic highlights the pervasive doubt and insecurity felt by individuals with APD, even in minor issues that typically would not warrant such worry.

**\*\*Unwillingness to be involved with people unless sure of being liked\*\*** - One of the most prominent characteristics of avoidant personality disorder is the individual's reluctance to engage in social interactions unless they are certain they will be liked and accepted. This is not simply shyness; rather, it is a deep-rooted fear of rejection and ridicule. Individuals with APD often perceive themselves as socially inept or personally unappealing, which exacerbates their reluctance to form new relationships unless they perceive unequivocal acceptance from others.

**\*\*Reluctance to delegate tasks or work with others\*\*** - People with APD may also hesitate to delegate tasks or collaborate closely with colleagues due to their fear of disapproval or criticism. They often worry that their inadequacies will be exposed or that they will be blamed for any errors, leading to avoidance of teamwork or leadership roles where closer scrutiny and interpersonal interactions are inevitable. This can limit their professional growth and contribute to underachievement.

In summary, avoidant personality disorder is marked by intense anxiety surrounding social acceptance, fear of criticism, and a deep-seated feeling of inadequacy. These characteristics manifest in various aspects of personal and professional life, severely impacting the individual's ability to function and form healthy relationships. Understanding and addressing these traits through professional mental health support is crucial for managing APD.

### NEW QUESTION # 58

A group of unconnected words that can be chaotic and incoherent is often referred to as which of the following?

- A. Social conversation
- B. Word salad
- C. Memory salad
- D. Tropical salad

**Answer: A**

Explanation:

The term "word salad" refers to a confusing or incoherent jumble of words or phrases. This phenomenon is often observed in individuals experiencing certain types of mental illnesses, where their ability to construct coherent and logical sentences deteriorates. The speech produced in such cases consists of words or phrases that are thrown together without any logical or grammatical linkage, making it difficult for others to understand or extract meaningful information.

The origin of the term "word salad" is linked to psychiatric conditions, particularly schizophrenia. Schizophrenia is a mental disorder characterized by disturbances in thought processes, perceptions, emotional responsiveness, and social interactions. One of the symptomatic manifestations in speech patterns of individuals with schizophrenia can be this disorganized way of speaking, where the sentences lack meaningful connections, hence the metaphorical comparison to a "salad" where ingredients are mixed randomly.

In contrast to other types of "salads" mentioned, such as "social conversation," "memory salad," and "tropical salad," which are either non-existent or irrelevant terms in this context, "word salad" specifically captures the essence of disorganized and incoherent speech. While "social conversation" typically implies an exchange of ideas in a coherent and organized manner, "memory salad" and "tropical salad" do not relate to speech patterns or mental health conditions.

Understanding "word salad" is crucial for professionals in the field of psychology and psychiatry as it helps in diagnosing and providing appropriate treatment for individuals affected by conditions that disrupt their thought processes. It also aids in differentiating between various types of speech disturbances that can occur in mental health disorders. Recognizing "word salad" can also help caregivers and family members better understand and communicate with individuals experiencing such speech patterns, thereby facilitating more supportive interactions.

### NEW QUESTION # 59

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

**Answer: A**

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 # 60

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