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College Admission American Nurses Credentialing Center: Adult Psychiatric-Mental Health Nurse Practitioner-Board Certified Sample Questions (Q1345-Q1350):

NEW QUESTION # 1345

A nurse is assessing a patient for akathisia and uses the Barnes Akathisia Rating Scale. Which of the following scores on the Barnes Akathisia Rating Scale indicates the presence of severe akathisia?

- A. 5-7
- B. 15 and over
- C. 3-4
- D. 10 and over

Answer: A

Explanation:

The Barnes Akathisia Rating Scale is a commonly used tool for evaluating the presence and severity of Akathisia, a condition characterized by inner restlessness and an urge to move. A score of 5-7 on the Barnes Akathisia Rating Scale indicates the presence

of moderate to severe Akathisia.

A score of 0 on the Barnes Akathisia Rating Scale indicates the absence of Akathisia, while scores of 1-2 indicate mild Akathisia. Scores of 3-4 indicate moderate Akathisia. The nurse should consider the patient's symptoms and the results of the Barnes Akathisia Rating Scale when making a diagnosis of Akathisia and determining the appropriate treatment plan.

NEW QUESTION # 1346

Which of the following is least likely to be a comorbidity of ADHD?

- A. Tic disorders
- B. Major depression
- C. Bipolar I disorder
- **D. Borderline personality disorder**

Answer: D

Explanation:

Common comorbidities of ADHD include:

- * Major depression
- * Bipolar I and/or II disorder
- * Tic disorders
- * Anxiety disorders
- * Oppositional defiant disorder
- * Substance abuse disorders
- * Learning disorders

NEW QUESTION # 1347

A client states, "Nothing good ever happens to me. I am a failure and should just accept who I am." What would be the best behavioral technique for this individual?

- A. Existential therapy
- B. EMDR
- **C. CBT**
- D. DBT

Answer: C

Explanation:

Cognitive behavior therapy (CBT) is most appropriate, as this patient has an all-or-nothing mindset. Their thinking and reasoning can best be mitigated using CBT techniques.

Dialectical behavior therapy (DBT), existential therapy, and eye movement desensitization and reprocessing (EMDR) are not as effective for treating an all-or-nothing mindset when compared to CBT.

NEW QUESTION # 1348

Which of the following laboratory tests are typically done prior to the starting of Valproate (Depakote) and at routine intervals while the patient is on this medication?

- A. Cardiac enzymes
- B. Liver functions test
- C. CBC
- **D. Both A and B**

Answer: D

Explanation:

Valproate, commonly known by its brand name Depakote, is a medication primarily used to treat epilepsy, bipolar disorder, and to prevent migraine headaches. Due to its potential side effects, particularly on the liver and blood cells, it is essential to conduct specific laboratory tests before starting the medication and periodically during treatment.

The two key tests required are the Complete Blood Count (CBC) and Liver Function Tests (LFTs). The CBC is crucial because

Valproate can cause changes in blood cell counts, including a decrease in platelet count (thrombocytopenia), which can lead to bleeding complications. Regular monitoring helps in early detection and management of such side effects. Liver Function Tests are equally important since Valproate can lead to liver damage, sometimes severe. These tests assess the health of the liver by measuring levels of liver enzymes, which increase in the blood in response to liver injury. Monitoring these enzymes helps in detecting liver damage early and adjusting the medication dosage or discontinuing it as necessary to prevent further harm. Cardiac enzymes, on the other hand, are not routinely tested before starting Valproate as this medication does not commonly impact heart muscle enzymes. Therefore, tests for cardiac enzymes are not relevant for patients beginning or continuing treatment with Valproate unless there is a specific clinical indication unrelated to the use of this medication. In conclusion, the correct answer to the question regarding necessary laboratory tests for patients starting on Valproate would be "Both A and B," meaning both CBC and Liver Function Tests. These tests are critical for safely managing the treatment with Valproate, ensuring that it remains an effective option without causing undue harm to the patient. Regular monitoring is essential to adjust the treatment according to the individual's response and tolerance to the medication.

NEW QUESTION # 1349

Which coalition lobbies against the American Medical Association's Scope of Practice Partnership (SOPP) initiative?

- **A. Patients' Access to Responsible Care Alliance (PARCA)**
- B. The Affordable Care Act
- C. Health Security Coalition
- D. Affordable and Diverse Care Initiative

Answer: A

Explanation:

The American Medical Association's SOPP initiative lobbies the federal government to limit patients' choice of which healthcare provider they can see for treatment. In response, a group of 35 non-physician organizations created the Patients' Access to Responsible Care Alliance (PARCA). This alliance aims to provide federal policymakers with more accurate information from all healthcare disciplines. PARCA is committed to ensuring patients have a choice of providers. PARCA includes nurses, nurse practitioners, audiologists, optometrists, chiropractors, social workers, and others.

The Health Security Coalition and Affordable and Diverse Care Initiative do not lobby against the American Medical Association's Scope of Practice Partnership initiative as one of their core actions. The Affordable Care Act is not a lobbying coalition.

NEW QUESTION # 1350

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