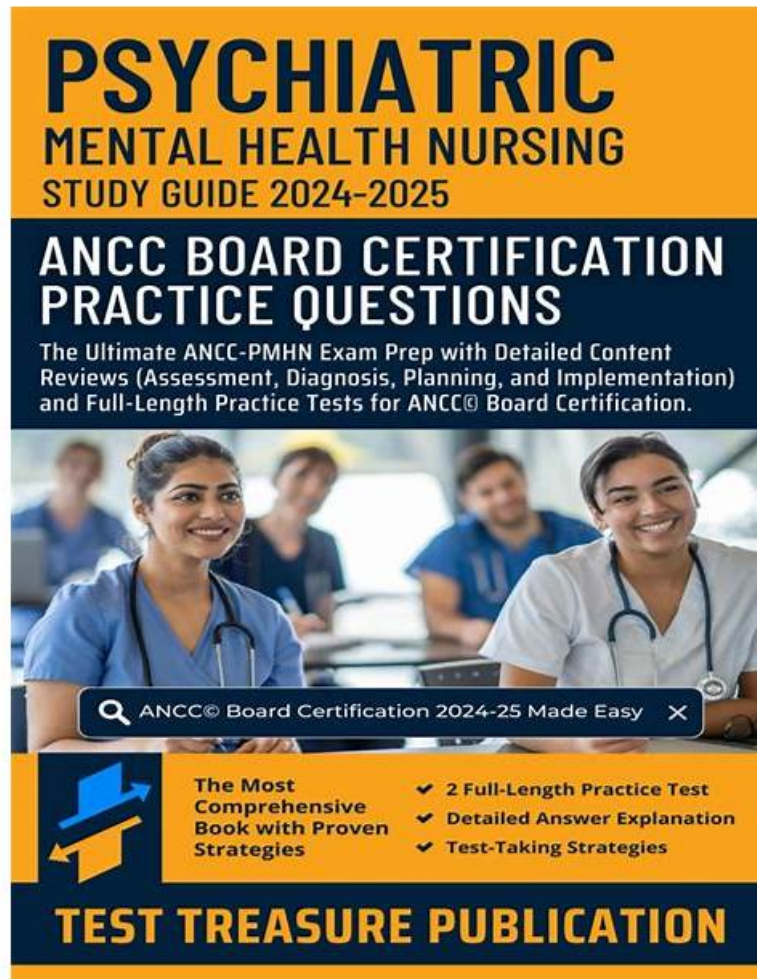


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>> PMHN-BC Fragen Und Antworten <<

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## Nursing ANCC Psychiatric–Mental Health Nursing Certification (PMHN-BC) PMHN-BC Prüfungsfragen mit Lösungen (Q65-Q70):

### 65. Frage

You have a client who suffers from chronic alcohol abuse. You understand that this may result in a complication of chronic alcohol abuse in which chronic thiamine deficiency damages the brain permanently. This is known as which of the following?

- A. delirium tremens
- B. schizophrenia
- C. alcoholic anemia
- **D. Korsakoff's syndrome**

**Antwort: D**

Begründung:

The correct answer to the question regarding a complication of chronic alcohol abuse characterized by chronic thiamine deficiency and potential permanent brain damage is Korsakoff's syndrome.

Korsakoff's syndrome, also known as Wernicke-Korsakoff syndrome, is primarily associated with chronic alcoholism and is a manifestation of thiamine (vitamin B1) deficiency. Thiamine is vital for brain function, and its deficit can result in serious neurological issues. This syndrome is not merely a single condition but a spectrum that also includes Wernicke's encephalopathy, which, if left untreated, can lead to Korsakoff's psychosis.

The syndrome is characterized by a range of symptoms, the most notable being memory problems, although these are not typical memory losses seen in other conditions like Alzheimer's disease. Individuals with Korsakoff's syndrome may have issues with acquiring new information or may create fabricated memories (confabulation) to fill gaps in their memory. Other symptoms include changes in vision, ataxia (loss of control of body movements), and general confusion.

The progression to Korsakoff's syndrome often follows an episode of Wernicke's encephalopathy, which includes symptoms like eye movement disturbances, ataxia, and a confused state. If identified early, Wernicke's encephalopathy can be treated with high doses of thiamine, potentially preventing the progression to Korsakoff's syndrome. However, once Korsakoff's syndrome is fully developed, some of the damage may be irreversible, leading to permanent cognitive impairment.

While Korsakoff's syndrome is most commonly linked with alcohol abuse due to the malnutrition that often accompanies it, it can also arise from other conditions that affect the body's ability to absorb nutrients, such as gastrointestinal diseases or prolonged periods of fasting or starvation.

Management of Korsakoff's syndrome involves both addressing the immediate thiamine deficiency and long-term strategies to abstain from alcohol, improve diet, and possibly cognitive rehabilitation. Early intervention is crucial to improve outcomes, highlighting the importance of recognizing the signs of potential thiamine deficiency and Wernicke's encephalopathy in people who chronically abuse alcohol.

### 66. Frage

Generally, psychiatric symptoms are:

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

**Antwort: A**

Begründung:

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.

### 67. Frage

Which of the following might paralinguistics consist of?

- A. Loudness
- B. Tone
- C. All of the above
- D. Pitch

**Antwort: C**

Begründung:

Paralinguistics refers to the non-verbal elements of communication used to modify meaning and convey emotion. It is distinct from the actual language or words used in communication. Paralinguistics may include various vocal elements such as tone, pitch, rhythm, timbre, loudness, and inflection. Here, let's explore each of these elements to understand how they contribute to paralinguistics:

**Tone:** Tone of voice can convey emotions and attitudes. A cheerful tone might indicate happiness or confidence, while a flat tone might suggest sadness or disinterest. The tone can also influence how a message is perceived by others, often as much as or more than the actual words spoken.

**Loudness:** The volume at which a person speaks can communicate different meanings. Speaking loudly can express excitement or urgency, whereas speaking softly might be used to convey secrecy or seriousness. The loudness of speech can also impact the listener's perception of the speaker's emotions and intentions.

**Pitch:** Pitch involves the frequency of the voice. High pitch can sometimes be perceived as anxious or excited, while a low pitch might be seen as calm or authoritative. Variations in pitch can help to emphasize important points or express particular emotions.

**Rate of Speaking:** The speed at which someone talks can also be a part of paralinguistics. A fast speech rate might suggest enthusiasm or nervousness, whereas a slow rate might be used to emphasize a point or when the speaker is trying to be deliberate and clear.

**Expressively Placed Pauses:** Strategic pauses in speech can enhance understanding, create suspense, or provide a moment for emphasis. Pauses can also allow the speaker to gather thoughts or allow the listener to absorb information.

**Emphasis:** Stressing certain words within a sentence can alter the message's meaning, making it possible to highlight specific parts of a message or to indicate the speaker's feelings and attitudes. All these elements of paralinguistics play crucial roles in how communication is interpreted. They help convey subtleties and nuances that pure text or words cannot fully express by themselves.

Understanding and controlling paralinguistics can greatly enhance the effectiveness of communication, making it a critical aspect of interpersonal interactions and public speaking. Thus, when considering what paralinguistics consists of, "All of the above" is indeed the correct answer, as it includes tone, loudness, pitch, rate of speaking, pauses, and emphasis, among other vocal cues.

### 68. Frage

What is NOT one of the three factors that contribute to the insomnia complaint according to Spielman's 3P model of insomnia?

- A. Prompting factors
- B. Perpetuating factors
- C. Precipitating factors
- D. Predisposing factors

**Antwort: A**

Begründung:

In Spielman's 3P model of insomnia, the three key factors that contribute to the development and maintenance of insomnia are predisposing, precipitating, and perpetuating factors. This model helps in understanding how insomnia can start and why it continues over time.

**\*\*Predisposing Factors:\*\*** These are the inherent characteristics or traits that an individual might possess, which make them more

susceptible to developing insomnia. For example, genetic factors, personality traits, or pre-existing psychological conditions such as anxiety or depression can predispose a person to insomnia. These factors do not directly cause insomnia but contribute to a person's overall vulnerability to sleep disturbances.

**\*\*Precipitating Factors:\*\*** These are external events or situations that trigger the onset of insomnia. They are often acute or significant events that create a disruption in a person's life. This can include stressors such as job loss, death of a loved one, illness, or any major change that impacts one's normal routine or emotional equilibrium. Unlike predisposing factors, which are inherent, precipitating factors are usually identifiable events or changes in a person's environment or life circumstances.

**\*\*Perpetuating Factors:\*\*** After insomnia has been triggered, certain behaviors or patterns can develop that continue to maintain the sleep disturbance, even after the original precipitating factors might have been resolved. These include poor sleep hygiene practices such as irregular sleep schedules, napping during the day, excessive use of caffeine or alcohol, and engaging in stimulating activities close to bedtime. Additionally, psychological responses such as worry about sleep can also become perpetuating factors, creating a cycle of sleep anxiety and disturbed sleep.

The term **\*\*"Prompting Factors"\*\*, mentioned in the question, is not part of Spielman's 3P model. This term might be confused with precipitating factors but officially, it does not exist within the framework of this model. Understanding the correct terminology and components of the 3P model is crucial for accurately addressing and treating insomnia based on this well-regarded theoretical framework.**

### 69. Frage

What drug with concomitant use of an SSRI would cause a patient to be at risk of developing arrhythmia?

- A. Pimozide
- B. Norepinephrin
- C. Calcium
- D. Antibiotics

**Antwort: A**

Begründung:

Pimozide is an antipsychotic medication primarily used to treat chronic psychosis, including schizophrenia. It works by blocking the dopamine receptors in the brain, which helps to reduce symptoms such as hallucinations and delusions. However, Pimozide can also disrupt the heart's normal rhythm, which is why it is contraindicated for patients with known cardiovascular disease.

When combined with certain other medications, the risk of developing arrhythmia can increase. One such class of medications is Selective Serotonin Reuptake Inhibitors (SSRIs), a common type of antidepressant. SSRIs work by increasing the amount of serotonin, a neurotransmitter associated with feelings of well-being and happiness, in the brain.

The concomitant use of an SSRI with Pimozide can lead to a potentially dangerous interaction. This is because SSRIs can inhibit the metabolism of Pimozide, leading to an increased concentration of Pimozide in the body. This can further disrupt the heart's normal rhythm, increasing the risk of developing an arrhythmia.

Therefore, patients who are taking an SSRI should not be prescribed Pimozide due to the increased risk of arrhythmia. If a patient is already taking Pimozide and needs treatment for depression, alternative antidepressant medications that do not interact with Pimozide should be considered. Conversely, if a patient is already taking an SSRI and needs treatment for psychosis, alternative antipsychotic medications that do not interact with SSRIs should be considered.

Other medications that were considered in this question, such as Calcium, Norepinephrine and Antibiotics, do not have the same level of interaction with SSRIs as Pimozide does. While they can have their own potential drug interactions, none of them specifically increase the risk of arrhythmia when taken with an SSRI. Therefore, the correct answer to the question is Pimozide.

### 70. Frage

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