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## PMHNP Exam Questions and Answers



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## College Admission American Nurses Credentialing Center: Adult Psychiatric-Mental Health Nurse Practitioner-Board Certified Sample Questions (Q577-Q582):

### NEW QUESTION # 577

A psychiatric nurse practitioner is working with a patient who has been diagnosed with major depressive disorder. Which of the following health promotion and maintenance strategies would be most appropriate for this patient?

- A. Advising the patient to increase their intake of omega-3 fatty acids
- B. Encouraging the patient to start a regular exercise program
- C. Referring the patient to a therapist for cognitive-behavioral therapy
- D. Prescribing a new medication for the patient

**Answer: C**

Explanation:

Cognitive-behavioral therapy (CBT) is a form of talk therapy that is effective in treating major depressive disorder. It helps patients identify and change negative thought patterns and behaviors contributing to their depression. A referral to a therapist for CBT would be the most appropriate health promotion and maintenance strategy for this patient, as it addresses the underlying cause of their depression and can help improve their overall mental health.

### NEW QUESTION # 578

While working in the emergency room, the nurse admits a 4 year old male patient with multiple bruises. The nurse/physician suspects that there may be child abuse. Which of the following actions should the nurse/physician take?

- A. Send the patient/family home with literature on child abuse.
- B. Report the incident immediately to the agency for that particular state.
- C. None of the above
- D. Talk with the parent, informing them that cannot be abusing the child.

**Answer: B**

Explanation:

When a nurse or physician in an emergency room encounters a child with signs of potential abuse, such as multiple bruises that are unexplained or suspicious, they are faced with several possible actions. However, the most appropriate and legally mandated action is to report the incident immediately to the appropriate state agency responsible for child welfare.

The reason this action is critical is due to mandatory reporting laws that exist in all states in the U.S., which require healthcare professionals to report any suspicions of child abuse or neglect to state authorities. This legal requirement is designed to protect children, who are among the most vulnerable members of society, from harm. Failing to report can not only potentially result in continued harm to the child but can also lead to legal consequences for the healthcare professional.

Other options might seem rational or compassionate at first glance but do not fulfill the legal or ethical obligations of healthcare providers. For instance, discussing the issue directly with the parent and warning them against abusing the child does not ensure the child's safety and might even escalate the risk to the child if the parent is indeed abusive. Moreover, it could interfere with official investigations by alerting the suspected abuser.

Similarly, sending the family home with literature on child abuse, while potentially educational, does not address the immediate risk to the child or fulfill the healthcare provider's duty to report the abuse. This action could result in crucial delays in intervention, during which the child remains in a potentially dangerous environment.

Choosing "None of the above" fails to acknowledge the necessity of reporting and the urgency of the situation, disregarding the professional responsibility and the welfare of the child.

Therefore, the correct and most responsible action is to report the incident immediately to the appropriate agency as specified by state law. This ensures that the case is evaluated by professionals specialized in child welfare, who can take the necessary steps to protect the child and investigate the situation thoroughly. The welfare and safety of the child must always be the primary concern, and confidentiality concerns are secondary in cases where a child's safety is at risk.

### NEW QUESTION # 579

Which of the following is a social risk factor for developing a psychiatric disorder?

- A. Immature ego defenses
- B. Family history of mental illness
- **C. Poor community integration**
- D. External locus of control

**Answer: C**

Explanation:

Poor community integration is an example of a social risk factor for developing a psychiatric condition.

Risk factors are predisposing characteristics that make it more likely that a person will develop a condition. Psychiatric risk factors fall into three categories: biological, psychological, and social.

Biological risk factors:

- \* History of mental illness in the family
- \* Poor nutritional status
- \* Poor general health

Psychological risk factors:

- \* Poor self-concept
- \* External locus of control
- \* Poor ego defenses

Social risk factors:

- \* Stressful occupation
- \* Low socioeconomic status
- \* Poor level of social integration

#### **NEW QUESTION # 580**

Which of the following would be least likely to be a goal of dialectical behavioral therapy?

- A. Enhancing communication of emotions
- B. Decreasing emotional reactivity
- C. Increasing realistic decision-making
- **D. Assessment of past developmental and psychodynamic factors**

**Answer: D**

Explanation:

Dialectical behavioral therapy was originated by Marsha Linehan. It is most commonly used to treat borderline personality disorder. It focuses on emotional regulation, tolerance for distress, self-management skills, interpersonal effectiveness, and mindfulness. The treatment goals include the following:

- \* Decrease suicidal behaviors
- \* Decrease therapy-interfering behaviors
- \* Decrease emotional reactivity
- \* Decrease self-invalidation
- \* Decrease crisis-generating behaviors
- \* Decrease active passivity
- \* Increase realistic decision-making
- \* Increase accurate communication of emotions and competencies

Assessing past developmental and psychodynamic factors is usually a goal of psychoanalytical therapy.

#### **NEW QUESTION # 581**

The precise mechanism of action of selective serotonin reuptake inhibitors (SSRIs) remains unknown. Considering the delayed therapeutic response, one theory involves which of the following?

- A. Down-regulation of dopamine receptors
- **B. Down-regulation of postsynaptic 5-HT<sub>2</sub> receptor sites**
- C. Up-regulation of postsynaptic 5-HT<sub>2</sub> receptor sites
- D. Increased mitochondrial serotonin

**Answer: B**

Explanation:

The exact mechanism of action of selective serotonin reuptake inhibitors (SSRIs) remains unclear. Acutely, they inhibit serotonin reuptake pumps, thus increasing the amount of available serotonin in the synapse. However, patients typically do not experience symptomatic relief for several weeks. Some research demonstrates that the delayed therapeutic effects are due to a down-regulation of postsynaptic 5-HT<sub>2</sub> receptor sites.

Increased mitochondrial serotonin and up-regulation of postsynaptic 5-HT<sub>2</sub> receptor sites are not supported by current evidence. SSRIs do inhibit the dopamine system, but this is most likely unrelated to their antidepressant effect.

## NEW QUESTION # 582

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