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College Admission American Nurses Credentialing Center: Adult Psychiatric-Mental Health Nurse Practitioner-Board Certified Sample Questions (Q188-Q193):

NEW QUESTION # 188

Delirium and dementia are often confused and misdiagnosed. Which of the following is most associated with dementia?

- A. Acute onset of confusion
- **B. Altered level of consciousness that worsens over a long period and does not improve with treatment**
- C. Picking and random actions that are purposeless
- D. Acute reversal of the sleep-wake cycle

Answer: B

Explanation:

Patients with delirium can return to baseline with appropriate diagnosis and treatment of the delirium. Other findings of delirium are as follows:

- * Acute onset of confusion
- * Picking and random actions that are purposeless
- * Acute reversal of sleep-wake cycle
- * Disturbance that fluctuates, usually during the day
- * Impaired recent and intermediate memory
- * Psychomotor agitation
- * Course of illness that may resolve within hours to days

Dementia is a group of disorders characterized by the gradual development of multiple cognitive deficits. Patients with dementia present with the following findings:

- * Impaired executive functioning
- * Impaired global intellect with preservation of level of consciousness
- * Impaired problem-solving
- * Impaired organizational skills
- * Altered memory

NEW QUESTION # 189

Which of the following would more than likely be included in treatment of the patient with depression?

- A. Cognitive therapy
- **B. All of the above**
- C. Psychopharmacology
- D. Individual therapy

Answer: B

Explanation:

The treatment of depression is multifaceted and typically involves a combination of therapeutic approaches tailored to meet the individual needs of the patient. The correct answer to the question, "Which of the following would more than likely be included in the treatment of the patient with depression?" is "All of the above," because effective management of depression often requires an integrated approach. Below, each of these treatments is briefly explained:

Cognitive Therapy: Cognitive therapy, often a part of Cognitive Behavioral Therapy (CBT), focuses on identifying and changing negative thought patterns that can contribute to feelings of depression. By addressing the way individuals perceive their environments and themselves, cognitive therapy can help reduce the symptoms of depression and improve emotional regulation.

Psychopharmacology: This involves the use of medications to manage symptoms of depression. Antidepressants, such as selective serotonin reuptake inhibitors (SSRIs) and tricyclic antidepressants (TCAs), are commonly prescribed to alter brain chemistry and help alleviate depressive symptoms. The choice of medication depends on the individual's specific symptoms, side effects, and other personal factors.

Individual Therapy: This is a one-on-one therapy session with a mental health professional. It provides a safe environment for the patient to explore feelings, thoughts, and behaviors. Individual therapy can also help patients develop new coping strategies and work through personal issues contributing to their depression.

Group/Family Therapy: Sometimes, the support of a group or family involvement in therapy can be beneficial. Group therapy allows individuals to share experiences and learn from others facing similar challenges, which can offer support and reduce feelings of

isolation. Family therapy helps family members understand the patient's depression and teaches ways they can offer support.

Electroconvulsive Therapy (ECT): ECT is a medical treatment most commonly reserved for patients with severe depression who have not responded to other treatments. It involves a brief electrical stimulation of the brain while the patient is under anesthesia. It has been shown to provide rapid, significant improvements in severe symptoms.

Light Therapy: This therapy is primarily used to treat seasonal affective disorder (SAD), a type of depression that occurs at the same time each year, usually in the winter. Light therapy involves exposure to bright light that mimics natural sunlight, which can influence brain chemicals linked to mood and sleep.

Transcranial Magnetic Stimulation (TMS): This is a newer treatment that uses magnetic fields to stimulate nerve cells in the brain to improve symptoms of depression. TMS is typically used when other treatments have not been effective.

In summary, the treatment of depression is tailored to the individual's specific symptoms and may include one or a combination of these therapies. "All of the above" is the correct answer because a comprehensive treatment plan, incorporating various therapeutic approaches, increases the likelihood of effectively managing and treating depression.

NEW QUESTION # 190

Which school was the site of the first nurse practitioner program?

- A. University of Colorado
- B. University of Washington
- C. University of Pennsylvania
- D. Vanderbilt University

Answer: A

Explanation:

In 1965, Dr. Loretta Ford (a public health nurse) and Dr. Henry Silver (a pediatrician) established the first nurse practitioner program at the University of Colorado. This program educated pediatric nurse practitioners with a focus on disease prevention and health promotion. Over the next decade, nurse practitioner schools proliferated across the country. Today, there are over 205,000 nurse practitioners.

NEW QUESTION # 191

Which of the following functions is more likely to be associated with the amygdala than the basal ganglia?

- A. Stabilizing somatic motor activity
- B. Connecting sensory smell information with emotions
- C. Initiating complex motor functions
- D. Maintaining muscle tone, posture, and common reflexes

Answer: B

Explanation:

The limbic system's amygdala, not the basal ganglia, is responsible for connecting sensory smell information with emotions.

The basal ganglia stabilize somatic motor activity, initiate complex motor functions, and maintain muscle tone, posture, and common reflexes.

NEW QUESTION # 192

Which of the following would be considered a mind-body interaction instead of a biological-based therapy?

- A. Herbal products
- B. Vitamins and supplements
- C. Biofeedback
- D. Aromatherapy

Answer: C

Explanation:

Biofeedback is an example of a mind-body interaction. Herbal products, vitamins, supplements, and aromatherapy are all examples of biological-based therapies.

The National Institutes of Health (NIH) created the National Center for Complementary and Alternative Medicine (NCCAM) in

1998. The mission of NCCAM is to study therapies outside of traditional medicine. Complementary therapies are defined as treatments used in addition to traditional medical practices. Alternative therapies are used in place of traditional medical practice. Often, complementary and alternative are combined to form the term "complementary and alternative medicine" (CAM).

Types of CAM are:

- * Biological-based therapies: herbal products, vitamins, supplements, and aromatherapy
- * Mind-body interactions: guided imagery, meditation, yoga, biofeedback
- * Manipulative and body-based therapies: acupressure, acupuncture, massage, reflexology

NEW QUESTION # 193

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