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There is no doubt that advanced technologies are playing an important role in boosting the growth of Postpartum Support International companies. This is the reason why the employees have now started upgrading their skillset with the Perinatal Mental Health Certification (PMHC) certification exam because they want to work with those latest applications and save their jobs. They attempt the PMHC exam to validate their skills and try to get their dream job.

Postpartum Support International certification will be a qualification assess standard for experienced workers, it is also a breakthrough for some workers who are in bottleneck. PMHC new test camp materials are a good helper. For most IT workers it also increases career chances. For companies one certification increases strong competitive power. PMHC New Test Camp materials will make you stand out from peers in this field applicable in all over the world.

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Postpartum Support International Perinatal Mental Health Certification Sample Questions (Q58-Q63):

NEW QUESTION # 58

40. When helping a woman cope with postpartum blues, the nurse should offer what appropriate suggestions? (Select all that apply.)

- A. The father should take over care of the baby, because postpartum blues are exclusively a female problem.
- B. Plan to get out of the house occasionally.
- C. Get plenty of rest.
- D. Asking for help will not foster independence.
- E. Use La Leche League or community mental health centers.

Answer: B,C,E

NEW QUESTION # 59

42. Which of the following collaborative care models focuses on adjusting the treatment intensity to the severity and presentation of postpartum depression?

- A. Stepped care
- B. Motivational interviewing
- C. Integrative care
- D. Screen and refer

Answer: A

NEW QUESTION # 60

19. Risk factors for postpartum depression include: (CHOOSE ALL THAT APPLY)

- A. Giving birth to a male child
- B. Concurrent life events
- C. History of mental illness
- D. Marriage
- E. Red hair
- F. History of abuse

Answer: B,C,F

NEW QUESTION # 61

63. Case Study

Aliya is currently pregnant with her second child at 25 weeks gestation. Her first child is 20 months old. She is coming to you to help her decide if what she is experiencing is normal for pregnancy or if she is having symptoms of a perinatal mood disorder. During her interview, she describes poor sleep, increased tearfulness, low energy, and irritability. She states that her first child sleeps well and is not interrupting her sleep, and that she is not waking up due to increased urination or physical discomforts of pregnancy. She reports that she has not ever been as tearful as she is now, including during her previous postpartum period. She states that she has been tested by her obstetrician (OB) care provider for anemia and thyroid dysfunction and her lab results were normal. She is noticing that her irritability is affecting her relationship with her partner. She worries that she is "pushing him away" even though he is trying to be supportive.

Question: Which of the following common problems during pregnancy would NOT significantly affect Aliya's sleep?

- A. Vivid dreams
- B. Restless Legs Syndrome (RLS)
- C. Increased blood pressure
- D. Increased thirst during the night

Answer: C

NEW QUESTION # 62

103. Electroconvulsive Therapy (ECT) during pregnancy:

- A. should not be considered as a treatment option.
- B. is considered to be relatively safe.
- C. has no associated risks.
- D. is less risky than taking medication.

Answer: D

NEW QUESTION # 63

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