

# Postpartum Support International PMHC Desktop Practice Exam Questions Software

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## Perinatal Mental Health Disorders

Perinatal: Anytime during pregnancy and postpartum

Depression (PPD) Anxiety (PPA) Panic Disorder Obsessive Compulsive Disorder (OCD) Postpartum PTSD Bipolar Disorders Perinatal Psychosis

### Symptoms

- Feelings of guilt, shame or hopelessness
- Feelings of anger, rage, or irritability, or scary and unwanted thoughts
- Lack of interest in the baby or difficulty bonding with the baby
- Loss of interest, joy or pleasure in things you used to enjoy
- Disturbances of sleep and appetite
- Crying and sadness, constant worry or racing thoughts
- Physical symptoms like dizziness, hot flashes, and nausea
- Possible thoughts of harming the baby or yourself

### Risk Factors

- History of depression, anxiety, or OCD
- Thyroid imbalance, diabetes, endocrine disorders
- Lack of support from family and friends
- Pregnancy or delivery complications, infertility, miscarriage or infant loss
- Premenstrual Syndrome (PMS)
- Financial stress or poverty
- Abrupt discontinuation of lactation
- History of abuse
- Unwanted or unplanned pregnancy

### Treatment Options

- Counseling
- Medication
- Support from others
- Exercise
- Adequate sleep
- Healthy diet
- Bright light therapy
- Yoga
- Relaxation techniques

Postpartum Support International | Postpartum.net  
Call the PSI HelpLine at 1-800-944-4773 (English and Español) or  
Text/Texto "Help" to 800-944-4773 (English) or 971-203-7773 (Español).  
Download Connect by PSI in your app store for Mental Health support and resources.

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## Postpartum Support International Perinatal Mental Health Certification Sample Questions (Q94-Q99):

### NEW QUESTION # 94

13. Symptoms of postpartum depression include: (choose all that apply)

- A. None of these apply
- B. Issues with sleep
- C. Tiredness
- D. Euphoria
- E. Changes in Diet

**Answer: B,C,E**

### NEW QUESTION # 95

20. Removal of the child from the home is a common response to PPD diagnosis.

- A. False
- B. True

**Answer: A**

### NEW QUESTION # 96

8. When working with parents who have some form of sensory impairment, nurses should consider which information when writing a plan of care?

- A. Childbirth education and other materials are available in Braille.
- B. Visually impaired mothers cannot overcome the infant's need for eye-to-eye contact
- C. Technologic advances, including the Internet, can provide deaf parents with a full range of parenting activities and information
- D. The best approach for the nurse is to assess the parents' capabilities rather than focusing on their disabilities
- E. One of the major difficulties visually impaired parents experience is the skepticism of health care professionals

**Answer: A,C,D,E**

### NEW QUESTION # 97

4. A primiparous woman is in the taking-in stage of psychosocial recovery and adjustment following birth.

Recognizing the needs of women during this stage, the nurse should:

- A. recognize the woman's limited attention span by giving her written materials to read when she gets home rather than doing a teaching session now.
- B. provide time for the mother to reflect on the events of and her behavior during childbirth.
- C. foster an active role in the baby's care.
- D. promote maternal independence by encouraging her to meet her own hygiene and comfort needs.

**Answer: B**

### NEW QUESTION # 98

105. Which of the following MUST be included in peer support?

- A. An accessible format
- B. A certified health provider
- C. A manual-based treatment
- D. A licensed psychologist

**Answer: C**

## NEW QUESTION # 99

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