


# Postpartum Support International PMHC Desktop Practice Exam Questions Software



The image shows a desktop application interface for Postpartum Support International (PSI) Perinatal Mental Health Disorders. The interface is divided into several sections: a header with the PSI logo and a photo of a woman holding a baby, a navigation bar with seven categories (Depression (PPD), Anxiety (PPA), Panic Disorder, Obsessive Compulsive Disorder (OCD), Postpartum PTSD, Bipolar Disorders, and Perinatal Psychosis), and three main content areas: Symptoms, Risk Factors, and Treatment Options. Each content area contains a list of bullet points. At the bottom, there is a dark blue footer with contact information for PSI, including a phone number, text service, and website, along with a download link for the 'Connect by PSI' app.

**PSI POSTPARTUM SUPPORT INTERNATIONAL**

**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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BTW, DOWNLOAD part of PracticeDump PMHC dumps from Cloud Storage: <https://drive.google.com/open?id=1QM480WiYxeC6sLMKxaLThqH0CrZE2Df>

The PracticeDump PMHC exam questions are being offered in three different formats. These formats are PMHC PDF dumps files, desktop practice test software, and web-based practice test software. All these three PMHC exam dumps formats contain the Real PMHC Exam Questions that assist you in your Perinatal Mental Health Certification practice exam preparation and finally, you will be confident to pass the final Perinatal Mental Health Certification (PMHC) exam easily.

PracticeDump is the leader in the latest Postpartum Support International PMHC Exam Certification and exam preparation provider. Our resources are constantly being revised and updated, with a close correlation. If you prepare Postpartum Support International PMHC certification, you will want to begin your training, so as to guarantee to pass your exam. As most of our exam questions are updated monthly, you will get the best resources with market-fresh quality and reliability assurance.

>> Latest PMHC Demo <<

## 100% Pass Quiz Postpartum Support International - PMHC - Reliable Latest Perinatal Mental Health Certification Demo

Moreover, it is portable enabling you to prepare for the Postpartum Support International PMHC exam from everywhere and at any time. You will find another convenience to make notes on Postpartum Support International PMHC files combined with the facility to print them out. The PMHC Dumps PDF format can turn your preparation systematic and hassle-free. It will function smoothly on all smart devices.

## 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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