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**What is the function of the brain stem?**

The brain stem is the lower part of the brain that's connected to the spinal cord (part of the central nervous system in the spinal column). The brain stem is responsible for regulating most of the body's automatic functions that are essential for life. These include: breathing.

**What is the reticular activating system?**

a diffuse network of nerve pathways in the brainstem connecting the spinal cord, cerebrum, and cerebellum, and mediating the overall level of consciousness.

**What is the function of the hypothalamus?**

regulates function of body, balance, thermoregulation, maintains homeostasis, releases hormones

**What is the function of the cerebellum?**

Balance and coordination

**The role of neurotransmitters in the central nervous system is to function as**

A communication medium

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The PMHC exam is the right way to learn new in-demand skills and upgrade knowledge. After passing the Perinatal Mental Health Certification (PMHC) exam the successful candidates can gain multiple personal and professional benefits with the real Postpartum Support International PMHC Exam Questions. Validation of skills, more career opportunities, increases in salary, and increases in the chances of promotion are some prominent benefits of the Postpartum Support International PMHC certification exam.

## Postpartum Support International Perinatal Mental Health Certification Sample Questions (Q87-Q92):

### NEW QUESTION # 87

#### 62. 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: After assessing Aliya, you move to treatment planning You seek Aliya's participation in the process, help her explore the treatment options, and assess her values and preferences before reaching a decision together This process is called:

- A. patient-centered, collaborative treatment planning.
- B. strengths-based, stepped-care treatment planning.
- C. active listening.
- D. therapeutic communication.

Answer: A

### NEW QUESTION # 88

30. A nurse is providing instruction for an obstetrical patient to perform a daily fetal movement count (DFMC). Which instructions could be included in the plan of care? Select all that apply. Which one do you like?

- A. Count all fetal movements in a 12-hour period daily until 10 fetal movements are noted.
- B. The fetal alarm signal is reached when there are no fetal movements noted for 5 hours.
- C. The patient can monitor fetal activity once daily for a 60-minute period and note activity.
- D. Monitor fetal activity two times a day either after meals or before bed for a period of 2 hours or until 10 fetal movements are noted.

Answer: A,C,D

### NEW QUESTION # 89

9. The maternity nurse promoting parental-infant attachment should incorporate which appropriate cultural beliefs into the plan of care? (Select all that apply.)

- A. Japanese mothers rest for the first 2 months after childbirth.
- B. Jordanian mothers have a 40-day lying-in after birth.
- C. Asian mothers are encouraged to return to work as soon as possible.
- D. Encourage Hispanics to eat plenty of fish and pork to increase vitamin intake.
- E. Encourage Vietnamese mothers to cuddle with the newborn.

Answer: A,B

### NEW QUESTION # 90

73. Lesbian and gay couples transitioning to parenthood after adoption are at increased risk for depression. Which of the following is NOT a protective measure?

- A. Relationship quality
- B. Living in a gay-friendly neighborhood
- C. Perceived workplace support
- D. High socio-economic status

Answer: D

### NEW QUESTION # 91

34. 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. promote maternal independence by encouraging her to meet her own hygiene and comfort needs.
- **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. 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.

**Answer: B**

## NEW QUESTION # 92

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