

Nursing

AANPCB-PMHNP-C

Academy of Nurse Practitioners Certification Board: Psychiatric-Mental Health Nurse Practitioner-C



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Question: 1

According to Piaget, at what cognitive stage do children develop object permanence?

- A. Formal operational
- B. Concrete operational
- C. Preoperational
- D. Sensorimotor

Answer: D

Explanation:

Piaget's stages of cognitive development:

1. Infancy (birth to 2 years): Sensorimotor
2. Early Childhood (2 to 5 years): Preoperational
3. Middle Childhood (6 to 11 years): Concrete operational
4. Adolescence (11 to 19 years): Formal operational

During the sensorimotor stage, infants develop object permanence. Object permanence is the realization that people and objects exist even when they cannot be seen.

Question: 2

Which of the following abnormal labs would most likely be related to a patient's prescription for carbamazepine?

- A. Potassium
- B. Sodium
- C. Calcium
- D. Magnesium

Answer: B

Explanation:

Hyponatremia is the most common electrolyte abnormality associated with psychotropic medications. Medications that are frequently associated with the drug-induced syndrome of inappropriate antidiuretic hormone secretion (SIADH) are oxcarbazepine, carbamazepine, and serotonergic antidepressants.

Question: 3

A woman is brought to the emergency department by her husband. She has insulin-dependent diabetes with a history of medical noncompliance and missed medical appointments. The patient's husband is attentive and hovers by her side. She presents as possibly malnourished and dehydrated. She is crying and refusing to look at the provider, and her husband answers all the questions. When the provider asks him to leave the room so the patient can be assessed, the husband becomes angry and refuses. What must be considered as part of a differential diagnosis, in addition to diabetic management and noncompliance?

- A. Intimate partner violence (IPV)
- B. Homelessness
- C. Noninsured or underinsured
- D. Drug abuse

Answer: A

Explanation:

The PMH-BC should rule out IPV. Although the patient is a diabetic and some, if not all, of her symptoms can be explained by a lack of self-care, they are also signs of IPV.

The husband's refusal to leave the patient alone and insistence on answering her questions are suspicious. Victims of IPV often look unkempt and may present with signs of malnourishment and dehydration. Missed medical appointments and lack of self-care are also signature signs.

Question: 4

Which of the following actions takes place during the working phase of a therapeutic patient relationship?

- A. Developing a long-term plan of care that the patient can follow to maintain their well-being
- B. Creating a trusting environment
- C. Clarifying patient expectations and mutually identifying goals
- D. Establishing professional boundaries

Answer: C

Explanation:

There are three phases of a therapeutic relationship between a nurse practitioner and a patient:

1. Introduction
2. Working
3. Termination

During the working phase, the following actions usually take place:

- Clarifying patient expectations and mutually identifying goals
- Implementing the treatment plan
- Monitoring the patient's health
- Undertaking preventative health care
- Measuring outcomes of care
- Evaluating outcomes of care

- Reprioritizing plan and objectives as indicated

Establishing professional boundaries and creating a trusting environment typically take place in the introduction phase. Developing a long-term plan of care that the patient can follow to maintain their well-being occurs in the termination phase.

Question: 5

Problems with the frontal lobe are most likely to lead to which of the following?

- A. Visual field defects
- B. Sensory-perceptual disturbances
- C. Personality changes
- D. Aphasia and amnesia

Answer: C

Explanation:

Problems with the frontal lobe can lead to personality, emotional, and intellectual changes.

Problems with the temporal lobe can lead to aphasia and amnesia. Problems with the occipital lobe can lead to visual field defects. Problems with the parietal lobe can lead to sensory-perceptual disturbances and agnosia.

Question: 6

A PMHNP is scheduled to see a 28-year-old female who is struggling with relationship and commitment issues. This patient is in which of Erikson's stages of human development?

- A. Trust vs. mistrust
- B. Intimacy vs. isolation
- C. Initiative vs. guilt
- D. Autonomy vs. shame and doubt

Answer: B

Explanation:

This stage focuses on individuals from ages 20-35, in which the primary development task is to obtain and maintain relationships and partnerships. The developmental task is intimacy vs. isolation. An individual who has mastered this developmental task demonstrates a capacity to love through committed relationships. An individual who has not mastered this stage experiences emotional isolation and egocentrism.

Trust vs. mistrust is the initial stage of infancy in which the baby learns whether the world is a safe or unsafe place in terms of emotions and their environment. Initiative vs. guilt is middle childhood when the child learns that they have a purpose. Autonomy vs. shame and doubt occurs during early childhood when the child learns independence and self-esteem.

Question: 7

An 18-year-old female arrives at your office with a chief complaint of "nervousness." After your full evaluation, you diagnose her with unspecified anxiety disorder and prescribe sertraline. You administer the Hamilton Anxiety Scale to obtain a baseline score, and you plan to monitor her treatment progress by readministering the scale at every follow-up appointment. Her score today is 20. What does this score indicate?

- A. Moderate anxiety
- B. Severe anxiety
- C. Mild anxiety
- D. Minimal anxiety

Answer: A

Explanation:

The Hamilton Anxiety Scale (HAM-A) is the most commonly used clinician-administered anxiety rating scale. It is best used in the evaluation of anxiety severity and tracking the efficacy of anxiety treatments over time. The HAM-A is based on various domains of anxiety including anxious mood, fears, sleep disturbance, somatic complaints, tension, and observed behavior. The severity of each domain is ranked from 0 (not present) to 4 (severe). Scoring is as follows:

- Score of 14-17: Mild anxiety
- Score of 18-24: Moderate anxiety
- Score of 25-30: Severe anxiety

Question: 8

Of the following, which is an inappropriate breach of patient confidentiality?

- A. The nurse practitioner needs to vent about a patient to a coworker
- B. The patient demonstrates increased potential for self-harm or harm to others
- C. The patient requests that their information be shared with a third party
- D. The nurse suspects child or elder abuse

Answer: A

Explanation:

Patient confidentiality is protected by the Health Insurance Portability and Accountability Act (HIPAA). However, patient confidentiality can be broken in the following circumstances:

- The patient demonstrates increased potential for self-harm or harm to others
- There is suspected abuse of children, older adults, or people with disabilities
- The nurse practitioner determines that the patient needs to be hospitalized
- The patient requests that their information be shared with a third party

It is inappropriate for the nurse practitioner to vent or complain about a patient to anyone, even a coworker.

Question: 9

Which of the following least exemplifies Irvin Yalom's curative factors?

- A. Catharsis
- B. Altruism
- C. Adjourning
- D. Universality

Answer: C

Explanation:

Irvin Yalom was the first person to put a theoretical perspective on group work. He identified 10 curative factors that differentiate group therapy from individual therapy:

- Instillation of hope
- Universality
- Altruism
- Increased development of socialization skills
- Imitative behaviors
- Interpersonal learning
- Group cohesiveness
- Catharsis
- Existential factors
- Corrective refocusing

Irvin Yalom also believed that all groups go through specific phases:

1. Pre-group
2. Forming
3. Storming
4. Norming
5. Performing
6. Adjourning

Question: 10

A PMHNP evaluates a 67-year-old patient with new-onset stuttering and an inability to verbalize what they want to say. On assessment, the patient appears to have good receptive comprehension. The patient is accompanied by their daughter, who reports the patient has had long-standing hypertension and anxiety and frequently refuses to take medications.

The PMHNP suspects a possible stroke impacting which area of the brain?

- A. Broca's area
- B. Wernicke's area
- C. Broadman's areas
- D. Amygdala

Answer: A

Explanation:

Broca's area is associated with fluency of speech. Damage to this area can result in expressive aphasia. Wernicke's area is associated with comprehension. The brain is divided into 52 subdivisions called Brodman's areas. The amygdala is located in the temporal lobe and processes memory and emotional responses.

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