

# Nursing

## AANPCB-PMHNP-C

American Academy of Nurse Practitioners Certification  
Board: Psychiatric-Mental Health Nurse  
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# Latest Version: 6.1

## Question: 1

What is the most commonly used therapy modality for clients suffering from post-traumatic stress disorder?

- A. Dialectical behavior therapy (DBT)
- B. Eye movement desensitization and reprocessing (EMDR)
- C. Interpersonal therapy
- D. Cognitive behavioral therapy (CBT)

**Answer: B**

Explanation:

EMDR, proposed by Francine Shapiro, is a form of exposure therapy meant to help the patient address past trauma and work through it for long-term stabilization.

CBT, DBT, and interpersonal therapy are all less likely to be used as a therapy modality for those suffering from posttraumatic stress disorder.

## Question: 2

Which of the following considerations is important when comparing manic episodes and behaviors of adolescent clients to adults?

- A. There are no lifespan differences between adolescent and adult presentations
- B. Adolescent manic episodes have a prodromal period of behavioral control
- C. Adolescent manic episodes have fewer psychotic features
- D. Adolescent manic episodes are often associated with antisocial behaviors

**Answer: D**

Explanation:

Manic episodes in adolescents manifest differently than in adults. There are more psychotic features and antisocial behaviors. There is often a prodromal period of significant behavioral problems.

## Question: 3

Which of the five phases of group dynamics is marked by participants frequently exhibiting resistance and sabotaging behaviors?

- A. Storming
- B. Norming

- C. Forming
- D. Performing

**Answer: A**

Explanation:

The stages of group dynamics are similar to the three phases of individual therapy in that the early phases are characterized by hesitancy and resistance until a therapeutic alliance is established. The second phase of the formation of groups is called "storming," as clique formation and loss of control behaviors may surface. These behaviors include hesitancy and sabotage.

### Question: 4

Which of the following neurological soft signs presents as an inability to perform rapid alternating movements?

- A. Choreiform movements
- B. Dysdiadocchokinesia
- C. Asteriognosis
- D. Tics

**Answer: B**

Explanation:

Dysdiadocchokinesia results from a lesion to the posterior lobe of the cerebellum and manifests as an inability to perform rapid alternating movements.

Asteriognosis is caused by a lesion in the parietal lobe and is manifested by the inability to recognize what it touched. Choreiform movements are unpredictable, involuntary, and irregular movements; tics are involuntary as well.

### Question: 5

Which of the following would be least likely to be a potential barrier to interprofessional collaboration?

- A. Turf protection
- B. Lack of a payment structure that rewards collaboration
- C. No support for interprofessional collaboration by any national organizations
- D. Gender, power, and socialization

**Answer: C**

Explanation:

The Institute of Medicine, the Robert Wood Johnson Foundation, the American Nurses Association, and The Joint Commission all support interprofessional collaboration.

Barriers preventing interprofessional collaboration include the following:

- Gender, power, socialization, education, status, cultural differences
- Lack of a payment system and structure that rewards collaboration
- Misunderstanding of the scope and contribution of each profession
- Turf protection

### Question: 6

Lithium is considered the gold standard treatment for treating manic episodes. Lithium therapy requires which baseline labs prior to the initiation of therapy?

- A. Thyroid panel, BUN/creatinine, pregnancy test
- B. FBS, LFTs, CBC with diff
- C. Thyroid panel, CBC with diff, LFTs
- D. CBC with diff, HA1C, LFTs

**Answer: A**

Explanation:

Baseline lithium tests include a thyroid panel, BUN/creatinine, and a pregnancy test. It also includes EKG testing for patients over 50 years of age.

### Question: 7

Which of the following medications for the treatment of a patient with major depressive disorder is a PMHNP allowed to prescribe?

- A. Insulin
- B. Antidepressants
- C. Narcotics
- D. Antihypertensives

**Answer: B**

Explanation:

According to the American Nurses Association (ANA), psychiatric nurse practitioners are licensed and certified to diagnose and treat mental health conditions, including prescribing medication. PMHNPs can prescribe a wide range of psychopharmacological agents, including antidepressants, mood stabilizers, and antipsychotics.

### Question: 8

Melatonin is known to interact with which substance?

- A. Warfarin
- B. Turmeric

- C. Aspirin
- D. Tylenol

**Answer: C**

Explanation:

Melatonin is known to interact with aspirin, NSAIDs, beta-blockers, corticosteroids, valerian, kava kava, and alcohol.

### Question: 9

Which statement accurately defines universal coverage?

- A. When the entire employed population has health insurance coverage
- B. When the entire population has health insurance coverage
- C. When all employers offer health insurance benefits to their employees
- D. When all persons younger than 18 years old have health insurance coverage

**Answer: B**

Explanation:

Universal coverage is achieved when the entire population has health insurance coverage. Universal coverage does not describe coverage that is limited or offered to a specific subgroup.

### Question: 10

A PMHNP is working with a patient who has been diagnosed with bipolar disorder and is considering prescribing new medication to the patient. According to the principles of ethical clinical decision-making, what should the PMHNP do next?

- A. Assume that the patient understands the medication if the patient has previously used it
- B. Consider the patient's autonomy, beneficence, and non-maleficence when making the decision
- C. Instruct the patient to read the pharmacy handout about the medication
- D. Prescribe the medication without discussing the potential risks and benefits with the patient

**Answer: B**

Explanation:

Ethical clinical decision-making involves considering the patient's autonomy, beneficence, and non-maleficence.

- Patient autonomy refers to the patient's right to make decisions about their health care.
- Beneficence refers to the obligation to do good and promote the patient's well-being.
- Non-maleficence refers to the obligation to do no harm.

In this scenario, the PMHNP should consider all of these principles when deciding to prescribe the new medication.

### Question: 11

A PMHNP is prescribing a monoamine oxidase inhibitor (MAOI) for a patient with depression. What important information should the PMHNP communicate to the patient about this medication?

- A. The patient should avoid drinking alcohol while taking the medication
- B. The patient should avoid all forms of tyramine-containing foods while taking the medication
- C. The patient should avoid all forms of caffeine while taking the medication
- D. The patient should avoid consuming high-protein foods while taking the medication

**Answer: B**

Explanation:

MAOIs are a class of antidepressant medications that work by inhibiting the activity of monoamine oxidase, an enzyme responsible for breaking down certain neurotransmitters in the brain. One of the important considerations with MAOIs is the potential for dangerous drug interactions with foods and drinks that contain tyramine. Tyramine is an amino acid found in certain fermented or aged foods (e.g., cheese, wine, and cured meats) and can interact with MAOIs to cause a dangerous increase in blood pressure known as a "tyramine crisis."

The PMHNP should advise patients to avoid tyramine-containing foods and drinks while taking the medication and monitor for any adverse reactions.

### Question: 12

Which initiative developed a 10-year plan for nursing's path toward computer and information literacy?

- A. Health Information Technology for Economic and Clinical Health (HITECH) Act
- B. Affordable Care Act
- C. Meaningful Use
- D. Technology Informatics Guiding Education Reform (TIGER)

**Answer: D**

Explanation:

The Technology Informatics Guiding Education Reform (TIGER) initiative developed a 10-year plan for nursing's path toward computer and information literacy. It involved more than 1,100 nursing content experts, and it took three years to complete. This initiative successfully defined the basic technology competencies and required curriculum for nurse practitioner education.

The TIGER initiative declared that it is a nurse practitioner's responsibility to understand and shape the landscape of healthcare technology to improve access, quality, and patient experience. HITECH addressed the implementation and adoption of EHRs more than it did computer and information literacy.

### Question: 13

A PMHNP working in a psychiatric hospital is considering using seclusion and restraint for a patient exhibiting violent, aggressive behavior. Which of the following best describes an appropriate indication of the use of seclusion and restraint in this situation?

- A. To encourage the patient to comply with treatment and follow hospital rules
- B. To punish the patient for their behavior and discourage future acts of violence
- C. To protect staff and other patients from harm by limiting the patient's ability to act out violently
- D. To protect the patient from harm by limiting their mobility and access to dangerous objects

**Answer: C**

Explanation:

The use of seclusion and restraint is a controversial practice in mental health care and should only be used when necessary. An appropriate indication for using seclusion and restraint is when the patient poses an immediate danger of harm to themselves or others and alternative interventions have failed or are not feasible.

The use of seclusion and restraint is not intended as a punishment or a means of encouraging compliance with treatment or hospital rules). While seclusion and restraint may limit the patient's mobility and access to dangerous objects, the primary goal is to protect staff and other patients from harm.

### Question: 14

Monoamine oxidase inhibitors can potentiate a hypertensive crisis when they are taken with foods containing tyramine, which is a dietary precursor to norepinephrine. Which of the following foods or medications can be given in conjunction with MAOIs?

- A. Insulin
- B. Aged cheese
- C. Asthma medication
- D. Sauerkraut

**Answer: A**

Explanation:

Insulin can be administered in conjunction with MAOIs.

Aged cheeses and sauerkraut both contain tyramine. Some asthma medications cannot be given in conjunction with MAOIs.

### Question: 15

Which of the following is not a pre-trauma risk factor for a child developing PTSD?

- A. Gender
- B. Race

- C. Widowed parent
- D. Education level

**Answer: A**

Explanation:

Common pre-trauma risk factors include instability at home (through divorce, separation, or parental death), race, and education level. All genders are equally susceptible to experiencing trauma.



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