

CEA NR668 – Practice Questions

1. Which of the following is characteristic of the leadership competency for APRNs?
 - a. Participating in a community-focused program that promotes mental health and reduces the risk of mental health problems
 - b. Modifying the treatment plan based on the patient's needs
 - c. Developing an age-appropriate treatment plan
 - d. Evaluating the appropriate use of seclusion

a. Participating in a community-focused program that promotes mental health and reduces the risk of mental health problems
2. Which of the following allows the PMHNP to practice in a state?
 - a. Graduation
 - b. Licensure
 - c. Credentialing
 - d. Certification

b. Licensure
3. A new graduate PMHNP is considering a job at a psychiatric ED. The medical director informs the prospective hire that they are expected to evaluate and treat children, adolescents, adults, and geriatric patients. What document should be consulted to determine if the PMHNP can legally treat psychiatric patients across the life span?
 - a. The hospital bylaws
 - b. The PMHNP can treat any patient because there is a collaborating physician
 - c. The PMHNP scope of practice
 - d. The state Nurse Practice Act

d. The state Nurse Practice Act
4. The process of integrating the best research evidence with clinical expertise and client needs and values is known as:
 - a. Evidence-based practice
 - b. Quality improvement
 - c. Research
 - d. Research utilization

a. Evidence-based practice
5. Morgan is an RN on a busy cerebrovascular accident unit at the local hospital. She forgot to turn her patient every 2 hours in bed and now he has a stage I decubitus ulcer. What could this be best described as?
 - a. Lack of consent
 - b. Violations order
 - c. Negligence
 - d. Battery

c. Negligence

6. All of the following are governed by the institutional review board except:

- a. Ensuring equitable selection
- b. Regulating funding for the study
- c. Evaluating risks and benefits, ensuring reporting of adverse events
- d. Ensuring risks to participants are minimized

b. Regulating funding for the study

7. Atith is a 21 year old male from Cambodia. His chest reveals long raised red marks from dragging a coin across his skin. Recognizing this cultural concept would prompt the PMHNP to consider what potential diagnosis within the DSM-5?

- a. Agoraphobia
- b. Panic disorder
- c. PTSD
- d. All of these diagnoses are possible.

d. All of these diagnoses are possible.

- Khyal cap or Khyal attacks is a syndrome found amongst Cambodians. Symptoms include panic attacks, agoraphobias, anxiety, PTSD and somatic symptoms which come out of the blue or are triggered by worrisome thoughts. Recognizing cultural concepts of distress is necessary during case formulation.

8. A cultural explanation of distress including fatigue, weakness, weight loss, somatic complaints, depressed mood and impotence thought to be related to semen loss is otherwise known as dhat in this region of the world. Where is a client most likely from given the specific complaint of dhat?

- a. Australia and Fiji
- b. China and Southeast Asia
- c. India and Pakistan
- d. Russia and Ukraine

c. India and Pakistan

- Dhat syndrome is a syndrome of distress thought related to a loss of semen. Related symptoms thought caused from dhat include depressed mood, fatigue, weight loss, anxiety, somatic complaints and impotence.

9. A 34-year-old Korean male pediatric dentist is referred to psychiatry for persistent anxiety. Upon further assessment, he reveals that his penis is shrinking into his abdomen. Despite the reassurance he has received from numerous health care providers in the past he remains convinced of this belief. This culture-bound delusion is known as:

- a. Zar
- b. Taijin kyofusho
- c. Koro
- d. Kuru

c. Koro

10. All of the following are attributes of cultural care that may influence the therapeutic alliance except?

- a. Urban setting
- b. Beliefs
- c. Religion
- d. Gender roles
- a. Urban setting

11. Which statistical test differentiates among three or more groups?

- a. T-test
- b. Pearson's r correlation
- c. Probability
- d. Analysis of variance (ANOVA)
- d. Analysis of variance (ANOVA)

12. The level of significance describing the probability of a particular result occurring by chance alone is represented by which of the following?

- a. Odds ratio
- b. p-value
- c. Confidence interval
- d. z-score
- b. p-value

13. The PMHNP is working with an insurance organization to provide oversight and authorization of services and benefits to patients. Which role of the PMHNP best describes this activity?

- a. Advocacy
- b. Mentoring
- c. Case management
- d. Policy making
- c. Case management

14. What method of analysis describes the basic features of the data and summarizes and organizes observations?

- a. Inferential statistics
- b. Descriptive statistics
- c. Regression analysis
- d. Analysis of variance (ANOVA)
- b. Descriptive statistics

15. Which statistical test identifies a relationship between two variables?

- a. Pearson's r correlation
- b. Probability
- c. Analysis of variance (ANOVA)

d. t-test

a. Pearson's r correlation

16. The process of synthesizing, disseminating, and using research-generated knowledge to make a change in practice is known as:

a. Research utilization

b. Research

c. Evidence-based practice

d. Quality improvement

a. Research utilization

17. The learned beliefs and behaviors common among all members of a group defines:

a. Folie a familie

b. Complex delusions

c. Culture

d. Folie a deux

c. Culture

18. During a psychiatric evaluation, the client reveals to the PMHNP a transgender identity. The client indicates a preference for personal pronouns like he and him. What is the biological sex of the client?

a. Female

b. Asexual

c. Male

d. Lesbian

a. Female

19. Andika, a 26 year old male from Indonesia swung a sword at a doctor shortly after the sudden death of his father. He lost consciousness, collapsing to the floor after the violent attempt to hurt the doctor. Which culture bound syndrome best describes Andika's behavior?

a. Latah

b. Amok

c. Ataque de nervios

d. Koro

b. Amok

Amok is mostly found amongst males in Malaysia and Indonesia. Sudden violent behavior that is often followed by amnesia best describes this dissociative episode.

20. Use the following scenario to answer question regarding the Health Belief Model (HBM): A PMHNP is leading a recovery group for at-risk teens who have been mandated to attend meetings as part of their addiction treatment. A member of the group expresses how difficult it has been to maintain her sobriety and as a result does not feel she will be successful this time. Which concept of the Health Belief Model would be the most significant risk factor for relapse?

a. Perceived severity and perceived barriers

- b. Cues to action and perceived severity
- c. Self-efficacy and perceived susceptibility
- d. Self-efficacy and perceived benefits

b. Cues to action and perceived severity

21. The Office Inspector General or OIG has initiated an investigation regarding your assigned collaborating psychiatrist. Which of the following is the OIG most likely concerned with?

- a. Moral character of the physician
- b. Medicare fraud
- c. FidelityPharmaceutical sponsored dinners for CME
- d. Physical assault charges against a patient

b. Medicare fraud

The OIG is responsible for investigating situations which involve fraud, waste and abuse of federal and other HHS programs.

22. All of the following statements are true regarding scope of practice except:

- a. The scope of practice varies broadly from state to state
- b. The scope of practice provides a way to judge the nature of the care provided
- c. The scope of practice defines the nurse practitioner role and actions
- d. The scope of practice identifies competencies assumed to be held by all nurse practitioners in a specific role

b. The scope of practice provides a way to judge the nature of the care provided

23. The Nurse Practice Act and scope of practice are regulated by whom?

- a. Board of Nursing
- b. American Nurses Association
- c. Commission on Nursing education
- d. Joint Commission

a. Board of Nursing

The state Board of Nursing protects the public's health by overseeing the practice of nursing in regard to the state regulations, scope of practice, prescriptive authority and the Nurse Practice Act.

24. Use the following scenario to answer question regarding the Health Belief Model (HBM): A PMHNP is leading a recovery group for at-risk teens who have been mandated to attend meetings as part of their addiction treatment. A member of the group states that his problem is not that bad and he can stop anytime he chooses. Using on occasion is just a way to have fun with friends. Which concepts of the Health Belief Model best describes the group member's readiness to change?

- a. Self-efficacy and perceived benefits
- b. Perceived severity and perceived barriers
- c. Self-efficacy and perceived susceptibility
- d. Cues to action and perceived susceptibility

b. Perceived severity and perceived barriers

25. A 16-year-old boy is being evaluated for emotional lability, hypervigilance, difficulty sleeping, and irritability. During the interview he reports that his first sexual encounter was with his teacher 1 year ago and he continues to have sex with her on occasion. He states that his relationship is consensual. What should the PMHNP do with this information?

- a. Screen for neurosyphilis
 - b. Instruct the boy in the proper use of condoms
 - c. Prescribe a selective serotonin reuptake inhibitor (SSRI) for posttraumatic stress disorder (PTSD)
 - d. Report the incident to child protective services
- d. Report the incident to child protective services

26. All of the following are true regarding living wills except:

- a. Prepared while the client is mentally competent to designate preferences for care if the client becomes incompetent
 - b. Legally binding in all 50 states
 - c. Designates in writing an agent to act on behalf of the person should they become unable to make decisions
 - d. Should be considered as an aspect of relapse planning for compliance with chronic psychiatric disorders
- b. Legally binding in all 50 states

27. All of the following are necessary criteria for commitment for involuntary evaluation and treatment except:

- a. The person has potential to harm self or others because of the disorder and is unaware or unwilling to accept the nature and severity of the disorder
 - b. The patient is unable to afford the cost of treatment
 - c. Treatment is likely to improve function
 - d. The person has a diagnosed psychiatric disorder
- b. The patient is unable to afford the cost of treatment

28. All of the following are characteristic of the independent practice competency except:

- a. Taking opportunities to influence health policy to reduce the stigma of mental health services
 - b. Implementing plans to minimize complications and to promote function
 - c. Considering differential diagnosis
 - d. Conducting individual and group psychotherapy
- a. Taking opportunities to influence health policy to reduce the stigma of mental health services

29. Which of the following is not a core competency of APRNs?

- a. Ethics
 - b. Delegated practice
 - c. Health delivery system
 - d. Technology and information literacy
- b. Delegated practice

30. All of the following are components of research utilization except:

- a. Synthesizing findings
- b. Randomizing the sample
- c. Applying the findings
- d. Critique of the literature

b. Randomizing the sample

31. Which statistical test identifies if the means of two groups are statistically different from each other?

- a. T-test
- b. Probability
- c. Analysis of variance (ANOVA)
- d. Pearson's r correlation

a. T-test

32. All of the following factors put households headed by a single female at risk for homelessness except:

- a. Education
- b. Inaccessible housing options
- c. Inadequate benefits
- d. Underemployment

a. Education

33. A PMHNP is working with a nonprofit organization to implement a public health campaign aimed at reducing the stigma of mental illness. Which role of the PMHNP best describes this activity?

- a. Case management
- b. Advocacy
- c. Mentoring
- d. Policy making

b. Advocacy

34. The process of synthesizing, disseminating, and using research-generated knowledge to make a change in practice is known as:

- a. Evidence-based practice
- b. Research
- c. Quality improvement
- d. Research utilization

d. Research utilization

35. Which of the following factors are facilitating the growth of the PMHNP?

- a. Overlapping scope of practice with other types of nurse practitioners
- b. Collaborative practice relationships with physicians

- c. Increased competition in the job market
- d. Decreasing stigmatization

d. Decreasing stigmatization

36. All of the following circumstances would allow the release of medical information without the patient's consent except:

- a. Next of kin wanting to help the patient make decisions
- b. If the client reveals intent to harm self or others
- c. Responding to court orders, subpoenas, or summons
- d. Records to the insurance company

a. Next of kin wanting to help the patient make decisions

37. A new client born and raised in Zimbabwe presents to your office. He mentions ruminating on worries or upsetting thoughts in his mental health history. Which of the following diagnoses is consistent with this?

- a. Kufungisia
- b. Catatonia following trauma
- c. Executive dysfunction
- d. Keratocanthoma

a. Kufungisia

Kufungisia is an idiom of distress and a cultural explanation among the Shona people of Zimbabwe. The definition surrounds thinking too much, ruminating on upsetting thoughts, and worry. It is considered to be the root cause of somatic complaints, depression and anxiety.

38. Which of the following ethical principles would conflict if the treatment team wanted to implement a therapeutic deception for the good of the patient?

- a. Veracity
- b. Nonmaleficence
- c. Justice
- d. Beneficence

a. Veracity

39. Why is it necessary for insurance companies to credential PMHNPs?

- a. To define the role of the nurse practitioner
- b. To ensure a professional organization certifies the person is licensed to practice
- c. To define the scope of practice and practice requirements
- d. To protect the public by ensuring a minimum level of professional competence

d. To protect the public by ensuring a minimum level of professional competence

40. What does force field analysis prepare the nursing leader for?

- a. Nursing leadership theory for preparing and delivering corrective action
- b. 360 degree feedback for nursing leadership growth and development
- c. Becoming aware of the pressures for and against a proposed change
- d. Policy development theory in nursing advocacy planning

c. Becoming aware of the pressures for and against a proposed change

Force field analysis recognizes that change occurs regularly. Becoming aware of the pressure for and against change can help an organization predict resistance to change. The force with a motive to change must outweigh the force maintaining the status quo.

41. A specific behavior related to a person's culture and not leading to a psychiatric disorder is classified as:

- a. Brief psychotic episode
- b. Adjustment disorder
- c. Temporary delusion
- d. Culture-bound syndrome

d. Culture-bound syndrome

42. Unless the patient provides consent for releasing information, the Health Information Portability and Accountability Act (HIPAA) prohibits the disclosure of personal health identifiers to all of the following except:

- a. The patient's clergy
- b. The patient's next of kin
- c. The patient's health insurance company
- d. The patient's memory

c. The patient's health insurance company

43. What method of analysis enables one to reach conclusions that extend beyond the immediate data and is generated by quantitative research designs?

- a. Standard deviations
- b. Inferential statistics
- c. Regression analysis
- d. Descriptive statistics

b. Inferential statistics

44. A PMHNP is asked to determine if the patient has the capacity for informed consent. All of the following elements are necessary for making this determination except:

- a. The patient understands alternatives to the intended procedure
- b. The patient understands the purpose of the proposed treatment for the procedure
- c. The patient understands the risks and discomforts and benefits of the treatment
- d. The patient has a therapeutic alliance with the surgeon

d. The patient has a therapeutic alliance with the surgeon

45. An elderly woman with dementia engages in a romantic relationship with an elderly man in her assisted living facility. She reports that their sex is consensual but she is sometimes sore afterward. Her daughter has discovered this relationship and insists something be done because she believes her mother is being sexually assaulted. What should the PMHNP do?

- a. Screen the patient for sexually transmitted infections
- b. Evaluate the patient for capacity to consent to sex

- c. Report the incident to adult protective services
- d. Refer the patient to the emergency department for a sexual assault forensic exam

b. Evaluate the patient for capacity to consent to sex

46. All of the following are considered personal health identifiers except:

- a. Patient's name
- b. Phone number
- c. Address
- d. Patient's diagnosis

d. Patient's diagnosis

47. Mrs. Kelly says her daughter-in-law has been very caring and attentive to her. She states that "she makes sure I don't eat and drink too much, and she does not make me go to all those doctor's appointments." Depriving someone of their basic needs, and preventing them from receiving healthcare is an example of:

- a. Emotional abuse
- b. Sexual abuse
- c. Physical abuse
- d. Neglect

d. Neglect

48. Being loyal and keeping promises is an example of what?

- a. Autonomy
- b. Beneficence
- c. Fidelity
- d. Veracity

c. Fidelity

Fidelity is faithfulness to one's duties, promise keeping or the commitment to obligations.

49. HIPAA Privacy rules related to Behavior Health apply to which of the following?

- a. Treatment modalities
- b. Medication prescriptions
- c. Psychotherapy notes
- d. Medication monitoring

c. Psychotherapy notes

Psychotherapy notes are treated differently because they contain sensitive information that are typically not required for payment, treatment or health care operations purposes.

50. The first step in implementing an evidence-based practice change is to:

- a. Identify the patient, population, and problem
- b. Obtain institutional review board approval
- c. Identify key shareholders
- d. Review the literature

a. Identify the patient, population, and problem

51. Which of the following psychotherapies is NOT consistent with advocating for the health, safety and rights of the patient (ANA, 2001)?

- a. Reparative therapy for a homosexual male
 - b. EMDR therapy for a client with PTSD
 - c. Gestalt therapy working reviewing dreams with the client
 - d. Dialectical behavior therapy for a person with Borderline personality disorder
- [a. Reparative therapy for a homosexual male](#)

Reparative therapy or conversion therapy is an attempt to change one's sexual orientation or gender identity which is not consistent with provision 1 of the Code of Ethics for Nurses with interpretive statements supporting the unique attributes of the individual.

52. Actions judged based on their inherent value regardless of their consequence is based on which ethical decision-making approach?

- a. Deontological theory
 - b. Teleological theory
 - c. Virtue ethics
 - d. Justice principles
- [a. Deontological theory](#)

53. Which of the following best represents the Patient Self - Determination act of 1990?

- a. The process for obtaining permission before conducting a healthcare intervention on a patient
 - b. The right for patients to be fully aware of billing charges incurred during the hospitalization
 - c. Informing a patient of their rights, documenting wishes and providing information on advanced directives at time of admission
 - d. The legal process of obtaining a court appointed guardian for medical decision making in patient who lacks capacity to do so
- [c. Informing a patient of their rights, documenting wishes and providing information on advanced directives at time of admission](#)

The patient self determination act involves informing patients of their health care decision rights and inquire about their advanced directives. Education about the advanced directive options. Never discriminating against patients who have a pre- existing advanced directive.

54. A patient who is refusing psychiatric treatment has their case adjudicated. The judge orders treatment over objection for the good of the patient. Which ethical principle is trumped?

- a. Justice
 - b. Beneficence
 - c. Nonmaleficence
 - d. Autonomy
- [d. Autonomy](#)

55. Childhood immunizations are examples of which type of prevention?

- a. Indicated prevention

- b. Statistical prevention
- c. Universal prevention
- d. Selective prevention

c. Universal prevention

Universal prevention. Examples of universal prevention include childhood immunization, helmets, access to health care and seatbelt laws.

56. An action that is judged good or bad based on the consequence demonstrates which ethical decision-making approach?

- a. Virtue ethics
- b. Deontological theory
- c. Teleological theory
- d. Justice principle

c. Teleological theory

57. Which of the following may govern the profession of the PMHNP?

- a. City ordinances
- b. Certification
- c. Statutory law
- d. The U.S. Constitution

c. Statutory law

58. What concept is defined by a sample that is representative of the population, and where the results can be generalized?

- a. Incidence
- b. Prevalence
- c. External validity
- d. Internal validity

c. External validity

59. Which of the following DOES NOT have to follow HIPAA privacy and security rules?

- a. Life insurers
- b. Employers
- c. Law enforcement agencies
- d. None of these have to follow these rules

d. None of these have to follow these rules

Those not required to follow HIPAA rules include Law enforcement, Employers, Schools, Child protective state agencies, workers compensation carriers and life insurers.

60. In regards to the Consensus Model, which of the following best describes the APRN role?

- a. Psychopharmacology guidelines according to CMS and state guidelines
- b. Vulnerable population with a focus on the biopsychosocial paradigm
- c. APRNs will be trained and licensed according to their role and population focus
- d. Policy, procedure and role development within NP role expansion

c. APRNs will be trained and licensed according to their role and population focus

61. A state's Nurse Practice Act specifies all of the following except:

- a. Provide oversight for service and benefits provided to patients
- b. Restriction of the nurse practitioner's practice
- c. What a nurse practitioner can do
- d. Who may use the title nurse practitioner

a. Provide oversight for service and benefits provided to patients

62. In the field of quality improvement, the key question "Why" leads to understanding and the prevention of the recurrence of an error or event. Which of the following utilizes the question of "Why" to help identify the underlying cause of error?

- a. Bottom up approach
- b. Kaizen
- c. Plan-Do-Study-Act
- d. Root cause analysis

d. Root cause analysis

Root cause analysis involves preventing future harm and asking the key question "why" did it happen? This leads to the root cause of the error or event.

63. What is the purpose of the "Just Culture" concept in nursing?

- a. Reduce discrimination in nursing
- b. Implement system wide practices to improve awareness of diverse cultures and backgrounds
- c. Improve empathy for persons with a mental health disorder
- d. Improve patient safety

d. Improve patient safety

64. Your client Jamie asks you about a mole of her forearm. You refer her to dermatology. As an APRN, you recognize that cancerous moles can be detected on exam. Which of the following would not be of concern?

- a. A mole that is not elevated
- b. A dark mole
- c. A mole that is 5 mm in size
- d. All of the above

d. All of the above

Recall the ABCDE acronym. Concerning moles are asymmetric, have irregular borders, have color variation, a diameter > 6mm and elevated moles.

65. A mother of a teenage boy is unable to acknowledge that her son's mental illness is perpetuated by his poly substance use disorder and is insisting that his father's genes are to blame. Which defense mechanism is employed?

- a. Reaction formation
- b. Regression
- c. Denial

d. Dissociation

c. Denial

66. A 21-year-old man had his first drink at his birthday party with friends last night. He presented the following morning to the emergency department with psychomotor agitation, cognitive impairment, depressed mood, flat affect, and anhedonia. His heart rate is 110, his blood pressure is 90/60, and he complains of abdominal pain. He received 2 L of normal saline IV and is referred to psychiatry for evaluation of mood disorder. Which of the following tests should the consulting PMHNP order given these symptoms?

- a. Urinary porphobilinogen
- b. Acetaminophen level
- c. Urinalysis
- d. Blood alcohol level

a. Urinary porphobilinogen

67. In patients with active Lupus, the erythrocyte sedimentation rate is likely?

- a. 0.5 - 1.1
- b. Between 11 and 20
- c. Elevated
- d. Markedly low

c. Elevated

The ESR or red blood cell sedimentation rate is elevated in conditions with inflammation. This is because of higher amounts of fibrinogen and antibodies found in conditions like Lupus, Temporal arteritis, etc.

68. A patient presents with atypical symptoms of psychosis that include inconsistent auditory hallucinations without disorganization. What is the best definition of an EEG and its utility?

- a. Radiologic test utilizing magnets and radio waves to provide a detailed image of the structures of the brain
- b. Electrophysiologic test that depicts electrical activity on the surface of the brain
- c. A neuropsychological test to distinguish psychosis from a psychosomatic illness
- d. A serum test to indicate nutritional deficiencies that inhibit the formation of neurotransmitters

b. Electrophysiologic test that depicts electrical activity on the surface of the brain

69. A 48-year-old obese woman experiences excessive daytime sleepiness, fatigue, anhedonia, and apathy. Her husband reports that she snores loudly when sleeping, and often will wake up drenched in sweat. The patient has no prior psychiatric history and denies substance abuse. Which of the following is the most likely cause of her symptoms?

- a. Airway obstruction
- b. Narcolepsy
- c. Perimenopause
- d. Major depression

a. Airway obstruction

70. A middle-school girl who is timid to take any risks, prefers solitary activities, and does not ask questions of her teachers for fear that she is bothering them likely did not master which developmental stage?

- a. Initiative versus Guilt
- b. Trust versus mistrust
- c. Industry versus inferiority
- d. Autonomy versus shame and doubt

a. Initiative versus Guilt

71. A woman who discovers her husband has committed suicide in the middle of the night decides to tell her 4- and 6-year-old children the next morning that the reason daddy is not here today is that he went to work. Based on their developmental stage, what might they assume when mommy says she is going to work?

- a. Mommy will come home, as has been the case in the past
- b. When someone cannot be seen, then they cease to exist
- c. Going to work means you are not coming home
- d. Daddy will come home when mommy goes to work

c. Going to work means you are not coming home

72. A 26-year-old female is diagnosed with psychosis not otherwise specified (NOS) and substance use disorder. Which of the following lab tests should be ordered prior to starting antipsychotic medications?

- a. Amylase, lipase, liver function test
- b. Urinalysis , urine pregnancy test
- c. Cardiac enzymes, brain natriuretic peptide
- d. Hemoglobin A1C, lipid profile, EKG

d. Hemoglobin A1C, lipid profile, EKG

73. When evaluating a 78-year-old man, the PMHNP notices the patient frequently leans in with the right side of his head and frequently asks for things to be repeated. His daughter is very worried that he has dementia or depression because he has also become increasingly isolated, as well as increasingly irritable as he believes people are yelling at him out of frustration of not being heard. The daughter is tearful, anxious, and frustrated. What should the PMHNP do first?

- a. Separate the patient from the daughter and interview him alone
- b. Provide anticipatory guidance regarding aging parents to the daughter
- c. Examine the patient's ear canals
- d. Order a CT scan of the head

c. Examine the patient's ear canals

74. A 52-year-old obese man with type 2 diabetes reports dozing off while driving, watching TV, or reading, with increased apathy and fatigue. The PMHNP ordered a sleep study, which revealed 10 episodes of apnea lasting 15 to 20 seconds each per hour of sleep. Based on these findings, what should the PMHNP prescribe for his condition?

- a. Continuous positive airway pressure
- b. Referral to otolaryngology for rhinoplasty
- c. Referral to otolaryngology for uvuloplasty
- d. Antidepressant medications
- a. Continuous positive airway pressure

75. When providing psychoeducation to a patient with treatment-resistant depression about electroconvulsive therapy (ECT), you tell the patient that the most common adverse effect of treatment is which of the following?

- a. Arrhythmia
- b. Respiratory depression
- c. Amnesia
- d. Psychosis
- c. Amnesia

76. A 42-year-old female recalls a brief episode of chest tightness with no radiation or chest wall injury during her new taekwondo martial arts class. This pain subsided during "the cool down period" of her class. Which of the following is most likely given her presentation?

- a. Pericarditis
- b. Angina pectoris
- c. Acute myocardial infarction
- d. Hiatal hernia
- b. Angina pectoris

Chest pain with activity and relieved at rest in a middle-aged adult should prompt concern for myocardial ischemia. Although acute myocardial infarction is a possibility, it is less likely given the scenario mentioned above.

77. Which of the following is true regarding the influenza vaccination?

- a. Anyone 6 months of age or older should obtain the influenza vaccine
- b. Those who currently have cold-like symptoms with a temperature of 101.6 should not receive the vaccine
- c. A history of Guillain Barre 4 weeks after a previous influenza injection would be a contraindication for future influenza vaccination
- d. All of the statements are true
- d. All of the statements are true

78. Which of the following would be considered a risk factor for melanoma?

- a. A mole with symmetrical borders
- b. A dark covered mole approximately 5mm in size
- c. Female gender
- d. A history of melanoma
- d. A history of melanoma

79. An 81-year-old female is found in acute respiratory distress after choking on a hotdog during lunch. On exam, which of the following lungs sounds are you most likely to hear?

- a. Crackles
- b. Egophony
- c. Bronchophony
- d. Stridor

d. Stridor

Stridor is the result of an upper airway obstruction, such as when there is a sudden acute aspiration of an object.

80. A 43-year-old man was involved in a motor vehicle collision in which he was found to have a blood alcohol concentration of 0.200. He was observed wandering around the crash site, slurring his words, and unable to provide a clear history. Emergency Medical Services brought him to the emergency department. The nurse triaged him to psychiatry for acute alcohol intoxication. What is the first priority for the PMHNP?

- a. Ask the patient when he had his last drink
- b. C-spine stabilization and head imaging
- c. Explore the client's willingness to enter rehab
- d. IV hydration

b. C-spine stabilization and head imaging

81. A patient who is considering electroconvulsive therapy (ECT) for resistant depression inquires as to the number of sessions she would likely require. Based on the best evidence currently available what is the best response?

- a. 4
- b. 40
- c. 20
- d. 10

d. 10

82. The S2 heart sound is a result of what?

- a. Opening of the atrioventricular valves
- b. Opening of the semilunar valves
- c. Closure of the semilunar valves
- d. Closure of the atrioventricular valves

c. Closure of the semilunar valves

The closure of the semilunar valves results in the second heart sound. The semilunar valves are the aortic and pulmonary valves.

83. In observing the appearance of the patient with depression and a history of systemic lupus erythematosus, the PMHNP notices a lesion on the neck of the patient about the size of a pencil eraser, flush with the skin, uniformly colored, with discrete borders, and consistent texture. The PMHNP should:

- a. Refer the patient to rheumatology

- b. Refer the patient to dermatology
- c. Refer the patient to oncology
- d. Watch and wait

d. Watch and wait

84. The PMHNP is consulted to see a 70-year-old female who was admitted to the skilled nursing facility 3 days ago from the hospital, where she was treated for urinary tract infection, pneumonia, and dehydration. The staff reports that the patient is restless and agitated, awake most of the night, intermittently sleeping during the day, and has poor PO intake. What should the PPMHNP do first?

- a. Call family members for collateral information on her baseline functioning
- b. Transfer the patient to the ED
- c. Prescribe quetiapine 12.5mg PO at bedtime and every 6 hours as needed for agitation
- d. Physical exam and diagnostic tests (complete blood count, basic metabolic profile, and urinalysis)

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85. The condition in which the patient is unable to discriminate between objects based on touching is known as:

- a. Dysdiadochokinesia
- b. Astereognosis
- c. Agraphesthesia
- d. Choreiform

b. Astereognosis

86. A 66-year-old registered nurse, who retired from psychiatry 3 years ago, spends much of her time watching television. She is easily irritated by those interrupting her shows and has no desire to engage in any activities or identify with a broader community. Which developmental stage did she fail to master?

- a. Generativity versus Stagnation
- b. Industry versus inferiority
- c. Initiative versus guilt
- d. Ego integrity versus despair

a. Generativity versus Stagnation

87. A 68-year-old man with no past psychiatric history but with a history of poly substance use disorder is admitted for psychosis (disorganized thoughts, rapid pressured speech, persistent rumination, paranoid delusions, and apathy). Which of the following tests would be most important in determining the etiology of his new onset symptoms?

- a. HIV testing
- b. Urine culture
- c. Mental state exam
- d. Urine toxicology screening

a. HIV testing

88. A 72-year-old female presents to the emergency department for altered mental status. Her urine analysis is negative, and her labs are normal. She has been referred to psychiatry for dementia. The patient's husband reports increasing forgetfulness over the last 6 months, walking as if her feet are stuck to the ground, and most recently episodes of urinary incontinence. Based on the signs and symptoms which of the following diagnostic tests should the PMHNP order to rule out an underlying condition?

- a. Arterial blood gas
- b. Electroencephalogram
- c. Lumbar puncture
- d. Noncontrast head CT scan

d. Noncontrast head CT scan

89. A patient with familial fatty liver disease and elevated liver enzymes secondary to alcohol use disorder is admitted for detox. Which of the following benzodiazepines should not be used?

- a. Lorazepam
- b. Temazepam
- c. Oxazepam
- d. Chlorodiazepoxide

d. Chlorodiazepoxide

90. A 26-year-old man has been on an antipsychotic. He requires further titration for control of symptoms. Which of the following tests should be repeated?

- a. Urinalysis
- b. Liver function test
- c. Head CT scan
- d. EKG

d. EKG

91. A systematic inquiry that elaborates on the chief complaint while eliciting pertinent positive and pertinent negative factors from the history is known as:

- a. The mental status exam
- b. Physical exam
- c. Diagnostic formulation
- d. Review of systems

d. Review of systems

92. Which of the following is an indication for monitoring of serum drug levels?

- a. New diagnosis of diabetes
- b. Smoking cessation
- c. Resolution of symptoms
- d. New diagnosis of hyperlipidemia

b. Smoking cessation

93. On physical exam, rebound tenderness most likely suggests what?

- a. Acute choledocholithiasis
- b. Acute pyelonephritis
- c. Acute appendicitis
- d. Acute cholecystitis

c. Acute appendicitis

Voluntary guarding, rebound tenderness, abdominal pain with coughing or localized right lower quadrant pain all suggest acute appendicitis.

94. Gloria is a 68-year-old female with a chronic history of severe anxiety disorder presents with mild shortness of breath, fine crackles in the right lower lobe with auscultation and a nonproductive cough. She recently "ran out of pills". Which medication omission most likely lead to her current presenting symptoms?

- a. Lorazepam
- b. Metformin
- c. Furosemide
- d. Metoprolol

c. Furosemide

Furosemide or Lasix is a diuretic utilized in the management of heart failure. Although anxiety can produce shortness of breath, one would not expect fine crackles on exam unless additional comorbidity exists.

95. A 62-year-old woman formerly employed as a receptionist reports progressive word-finding difficulty over the past 6 months that caused her so much anxiety she quit her job. Her daughter has become increasingly impatient waiting for her to finish her sentences but she has now become depressed due to the relational strain. She denies any other behavioral problems. Which of the following diagnostic tests would be most appropriate?

- a. Brain MRI with and without contrast
- b. EEG
- c. Transthoracic echocardiogram
- d. Bilateral carotid doppler study

a. Brain MRI with and without contrast

96. Which of the following best represent the physical exam maneuver known as Murphy's sign?

- a. While supine, ask the patient to grasp her knee while tucking 1 leg up to the chest. A positive test occurs when pain prohibits elevation of the ipsilateral leg
 - b. Press and palpate deeply into the abdomen and release quickly observing for pain
 - c. Ask the patient to bend at the knees while holding onto a rail, observe for a loss of balance
 - d. The examiner palpates in the right upper abdominal quadrant below the costal margin while the patient breathes in. The test is positive if the examiner observes pain during inhalation.
- d. The examiner palpates in the right upper abdominal quadrant below the costal margin while the patient breathes in. The test is positive if the examiner observes pain during inhalation.**