

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

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

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

Pearson's r correlation

3. 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?

Autonomy

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

t-test

5. The process of integrating the best research evidence with clinical expertise and client needs and values is known as:

Evidence-based practice

Use the following scenario to answer question regarding the Health Belief Model (HBM).

6. 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?

Perceived severity and perceived barriers

7. 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?

Female

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

Culture

- 9. 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?**

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.

- 10. 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?**

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

- 11. 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?**

10

- 12. 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:**

Watch and wait

- 13. 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?**

EKG

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

Review of systems

- 15. 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?**

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

- 16. A 35-year-old man diagnosed with bipolar disorder mentions to his PMHNP that he had felt a lump on his left testicle. He is concerned he has not had a physical exam in 10 years. What is the best action by the PMHNP?**

Explore the reason for not having had a physical in so long

- 17. 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?**

Hemoglobin A1C, lipid profile, EKG

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?

HIV testing

- 18. Which of the following is true regarding the influenza vaccination?**

All of the statements are true about the influenza vaccine (CDC).

- 19. 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?**

Examine the patient's ear canals

- 20. A 38-year-old investment banker reveals that on weekends he visits the Delightful Dungeon and pays a dominatrix to tie him up, humiliate him, and whip him. He finds these sessions painful but very sexually arousing. He is able to become aroused and climax without this experience but finds this activity novel and has no desire to stop. Which of the following diagnosis is most likely?**

No diagnosis

- 21. A 44 year old female presents with a heart rate of 101, nervousness, insomnia and weight loss, brittle hair. Which test would be most helpful given the findings?**

TSH-Hyperthyroidism can present with nervousness, irritability, increased heart rate, palpitations, sweating, tremors, weight loss, exophthalmos and insomnia.

- Pam is 22 yr old female who lives alone and has Bipolar disorder documented as F31.2 (Manic, Severe with psychotic features). Pam stopped taking her Quetiapine and Lithium medications. Pam's delusions are worsening and she has been awake for 36 hours. Does the PMHNP have the right to share this information with Pam's mother who lives in a neighboring state?**

Yes, Pam does not currently have the capacity to make decisions given her chief complaint, presentation and history of a serious mental illness.-If the PMHNP believes that the client does not have the capacity to agree or object to the sharing information at that critical time and the sharing of the information would be in the clients best interest, the provider may discuss the pertinent information only to the family member who can possibly help with the clients immediate care concerns. 45 CFR 164.510(b)

- 22. When conducting a community outreach educational session regarding domestic violence, which of the following points should the PMHNP emphasize?**

The most dangerous time for victims is when they try to leave the abuser.

- 23. After a motor vehicle accident, Nancy was unresponsive and required surgery for multiple leg fractures. In an emergency situation where one cannot weigh the risks and benefits of a procedure, what is assumed?**

Informed consent-In a life saving situation with a patient who lacks decision making capacity and no patient surrogate is available, the healthcare team may initiate treatment. This is known as assuming informed consent.