

## PMHNP Boards Exam| Rated A Questions and Verified Answers | 2023/ 2024 Update

1. A 32-year-old female patient informs the psychiatric-mental health nurse practitioner that she is three months pregnant. She has been stable on fluoxetine (Prozac) for the last two years. The patient asks whether she may safely continue this medication during her pregnancy. The nurse practitioner responds:

~ **Answer:** "Let's review the risks and benefits of continuing or discontinuing Prozac for you and your baby."

2. Established clinical guidelines suggest that suicidality is decreased by treating patients who have borderline personality disorder with:

~ **Answer:** dialectical behavioral therapy.

3. A six-year-old patient with autistic spectrum disorder has not responded to six months of psychosocial interventions and continues to demonstrate aggressive tendencies toward a younger sibling. The psychiatric-mental health nurse practitioner prescribes:

~ **Answer:** risperidone (Risperdal) 0.25 mg once a day.

4. The psychiatric-mental health nurse practitioner working in a crisis stabilization unit evaluates a patient

verbalizing suicidal thoughts after being sexually assaulted. Before processing through the traumatic event, the nurse practitioner first attempts to

~ **Answer:** provide an environment of safety.

5. The psychiatric-mental health nurse practitioner uses a cognitive-behavioral approach to help a patient address self-defeating behaviors. After identifying the stressor that causes the inappropriate behavior, the initial strategy is to explore:

~ **Answer:** rational and irrational beliefs about the stressor.

6. A patient who has borderline personality disorder experiences intense anxiety when the psychiatric-mental health nurse practitioner goes on vacation. The most appropriate explanation for this reaction is that the patient:

~ **Answer:** has not developed object constancy.

7. An initial psychiatric evaluation of a patient reveals a normal mental status and appropriate behavior, despite a parent's reports of "disobedience, poor grades, and laziness." To further assess the patient's functioning, the psychiatric-mental health nurse practitioner:

~ **Answer:** meets with the parent and patient together to explore the discrepant report.

8. The psychiatric-mental health nurse practitioner is employed in a newly created attending role on a psych