

PMHNP CERTIFICATION EXAM KM QUESTIONS AND ANSWERS (ALL CORRECT) 2022/2023

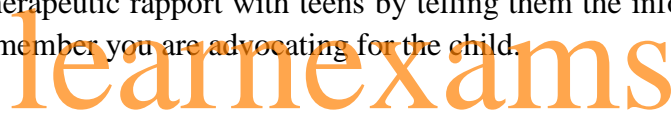
Which patient is at highest risk for SI

- A. 30y/o married AA female with previous SI attempt *1 risk factor
- B. 35 y/o single Asian male with previous SI attempt *3 risk factors
- C. 38 y/o single AA male who is a manager of a bank *2 risk factors
- D. 68 y/o single white male with depression *5 risk factors (age, male, white, depression)
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Count the risk factors

When interview teenagers (16 y/o) that arrive with their parents what should you do?

interview them separately from parents.
-This helps Build therapeutic rapport with teens by telling them the info is confidential. Parents may be upset but remember you are advocating for the child.



Which Ethnic group has the highest rate of suicide?

Native Americans

Example A patient is being treated for schizophrenia with olanzapine. Which of the following is the most common side effect of olanzapine?

- A. Increased waist circumference
- B. EPS (not as common in atypical antipsychotics d/t 5HT2A)-receptor antagonism
- C. Increased Lipids
- D. Metabolic Syndrome

D. Metabolic Syndrome (UMBRELLA ANSWER)

Which antipsychotics have the least weight gain?

Latuda, Abilify, (also least sedating), Geodon-if patient has metabolic syndrome consider switching to one of the medications above. Or if the patient is overly sedated try switching to ABILIFY

Which mood stabilizer have the least weight gain?

Lamictal

-But remember all mood stabilizers cause some weight gain

When presented with a question about typical vs atypical antipsychotic the answer is usually to start of a

Atypical

A client presents with complains of changes in appetite, feeling fatigued, problems with sleep-rest cycle, and changes in libido. What is the neuroanatomical area of the brain that is responsible for the normal regulation of these functions?

A. Thalamus

B. Hypothalamus

C. Limbic System

D. Hippocampus

Hypothalamus

A, B, & D are all part of the limbic system so you can rule that out

learnexams

When a patient is hesitant to participate in treatment you should encourage?

Bring a support person like a husband

Thyroid-Stimulating hormone normal level

0.5-5.0 Mu/L

When T4 and T3 are high and TSH is low what is the diagnosis

HYPERTHYROIDISM, TSH secretion decreases: TSH LOW à key symptoms HEAT INTOLERANCE

Key symptoms of Heat Intolerance

Hyperthyroidism

When T4 and T3 are Low and TSH is high what is the diagnosis

(HYPOTHYROIDISM) TSH secretion increased: TSH HIGH à COLD INTOLERANCE

Key symptoms of Cold Intolerance

Hypothyroidism

Hyperthyroid can mimic

Mania

Hypothyroid can mimic

Depression

A patient on depakote complains of RUQ pain and has reddish/brown urine

Hepatotoxicity

-Check LFTs

Signs of Depakote toxicity

Disorientation, confusion, lethargy

You suspect depakote toxicity what do you do?

Check

-LFT

-Ammonia

-Depakote Level

What herbal supplement can cause hepatotoxicity?

Kava Kava

When taking Kava Kava in combinations with other medications you should caution about

Risk of Hepatotoxicity and Sedation

TCAs carry a risk of

Hepatotoxicity

Signs of Stevens-Johnson Syndrome

-fever, mouth pain, swelling, burning eyes, blisters, skin pain