

Georgette's LMR PMHNP Certification Exam Review, 2022

What drugs should be avoided with Kava Kava?

- Alprazolam
CNS depressants (e.g., phenobarbital, zolpidem)

Cultural Formulation Interview perform what 3 functions? - Clarify meaning of illness

Empower the patient
Validate symptoms within cultural context

What does a cultural formulation interview do? - cultural assessment

What is the normal range for TSH? - 0.5 - 5.0 mu/L

What are lab values in Hyperthyroidism - Decreased TSH
Increased T4 and T3

What are labs in Hypothyroidism? - Increased TSH
Decreased T4 and T3

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What are 5 primary symptoms of Hyperthyroidism? - Heat intolerance

Agitation, Anxiety, Irritability

Tachycardia

Mood swings

Weight loss

What are 4 primary symptoms of Hypothyroidism? - Cold intolerance

Lethargy

Weight gain

Decreased libido

Hypothyroidism mimics symptoms of what psychiatric disorder? - Depression

Hyperthyroidism mimics symptoms of what psychiatric disorder? - Mania

Valproic acid produces what teratogenic effect? - Spina bifida (neural tube defect)

What is the primary organ where valproic acid is toxic? - Liver (hepatotoxicity)

What are 4 signs of hepatotoxicity? - Abdominal pain in the URQ

Reddish-brown urine

Yellowing of the skin and sclera

Fatigue

Abdominal pain in the URQ, Reddish-brown urine, Yellowing of the skin and sclera, and Fatigue are signs of - Hepatotoxicity

What is the therapeutic range for valproic acid? - 50-125 mcg/ml

What is a toxic level of valproic acid? - >150 mcg/ml

What are 4 signs of valproic acid toxicity? - Disorientation

Lethargy

Respiratory depression

Nausea/vomiting

Disorientation, Lethargy, Respiratory depression, and Nausea/vomiting are symptoms of toxicity with what drug? - Valproic acid

With suspected toxicity with valproic acid, what labs should be drawn? - DC drug

Check drug level

Obtain LFTs

Obtain ammonia level

What is the major side effect with Kava Kava? - Liver damage

What herbal supplement is sued for anxiety, stress, and insomnia? - Kava Kava

What are 5 symptoms of Stephen's Johnson Syndrome? - Fever

Body aches

Severe red rash

Peeling skin

Facial and tongue swelling

Severe red rash, Fever, Body aches, Peeling skin, and Facial and tongue swelling are symptoms of - Stephen's Johnson Syndrome

Which mood stabilizer causes the least weight gain? - Lamotrigine (Lamictal)

Which 3 SGAs cause the least weight gain? - Lurasidone (Latuda)
Aripiprazole (Abilify)
Ziprasidone (Geodon)

Which SGA is the least sedating? - Aripiprazole (Abilify)

What are 3 hallmark symptoms of delirium? - Acute disturbance of LOC
impaired cognition
inattention

Acute disturbance of LOC, cognition, and inattention are hallmark symptoms of - Delirium

How are agitation and psychotic symptoms treated in delirium? - Low dose Haldol

What 4 drugs can cause mania? - Steroids
Disulfiram (Antabuse)
Isoniazid (INH)
Antidepressants (in BPD)

Steroids, Disulfiram (Antabuse), and Isoniazid (INH) can induce - Mania

What 6 drugs can induce depression? - Steroids
Beta blockers
Interferon, Isotretinoin (Accutane)
Retroviral drugs, Antineoplastic drugs
Benzodiazepines
Progesterone

Steroids can induce what 3 psychiatric states? - Mania
Depression
Psychosis

What medication to treat acne cause cause birth defects? - Isotretinoin (Accutane)

What is the therapeutic range for lithium? - 0.6-1.2 mEq/L

What medication has a neuroprotective effect for bipolar disorder? - Lithium

What is the gold standard for treating manic episodes - Lithium

What mood stabilizer has anti-suicidal effects? - Lithium

What 5 labs should be drawn with lithium? - Thyroid panel (TSH)

Serum creatinine

BUN

Urinalysis

HCG

What is a normal SCr range? - 0.6-1.2 mg/dL

What is the normal range for BUN? - 10-20 mg/dL

When should you suspect kidney disease with a urinalysis? - 4+ protein

4+ protein in the kidney suggests - Kidney disease

What are 7 side effects of lithium? - Hypothyroidism

Fine hand tremors

Maculopapular rash

GI upset (N/V/D, cramps, anorexia)

Polyuria, polydipsia, diabetes insipidus

T-wave inversions

Leucocytosis

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What are 7 signs of lithium toxicity? - Severe nausea, vomiting, diarrhea

Confusion

Drowsiness

Muscle weakness

Heart palpitations

Coarse hand tremor

Unsteadiness while standing or walking

Which 3 drugs can increase lithium levels by decreasing renal clearance? - NSAIDs

(ibuprofen, indomethacin)

Thiazides

ACEI

What is a toxic level of lithium? - 1.5 mEq/L or higher

At what level do you monitor lithium closely
(but not discontinue)? - 1.3 mEq/L or higher

With suspected lithium toxicity, what do you do first? - Lithium level (not VS)

What is the appropriate action if lithium level is 1.5 mEq/L? - DC lithium
Check lithium level

What 2 conditions can increase lithium levels? - Dehydration
Hyponatremia

What birth defect can lithium cause? - Ebstein anomaly (congenital heart defect)

What 3 neurotransmitters are associated with ADHD? - DNS

What 3 parts of the brain are affected with ADHD? - Frontal cortex
Basal ganglia
Reticular Activating System

The Frontal cortex, Basal ganglia, Reticular Activating System are associated with which psychiatric disorder? - ADHD

Inattentive Type ADHD demonstrates abnormalities in which part of the brain? -
Prefrontal cortex

What should be done before placing a patient on stimulants for ADHD (priority)? -
Cardiac history

Excessive worry, apprehension, or anxiety about events or activities that occurs more days than not for a period of at least 6 months is - GAD

If a patient is receiving Haldol 5 mg PO bid, how much Haldol Decanoate should they receive? - $20 \times 10 \text{ mg} = 200 \text{ mg (q month)}$

What is the formula for converting oral Haldol to depot form? - $20 \times \text{daily dose}$

What does thought process assess? - thoughts and ideas

The way a patient organizes his thoughts and ideas is called - Thought process

A normal thought process is described as - Logical
Linear
Coherent

Goal-oriented

Moving from thought to thought and never getting to the point is called -
Tangentiality ("goes on tangent")

Providing unnecessary detail but eventually getting to the point is called -
Circumstantiality ("goes in circles")

Themes that occupy a patient's thoughts and perceptual disturbances is called -
Thought content

Thought content includes 3 items - Suicidal ideation
Homicidal ideation
Hallucinations/Delusions

Asking a patient to count backward from 100 by seven (serial 7s) measures 3
processes - Concentration
Attention
Calculation

Asking the year, season, date, month, and location measures - Orientation

Asking a patient to repeat "bed, bad, ball" measures - Registration (ability to learn
new material)

Asking a patient to repeat objects 5 minutes later measures - Recall (memory)

Asking the patient who is the president of the US or governor of state is measuring -
Fund of Knowledge

What is a simple test that can be administered in a minute or two to measure possible
dementia? - Clock Drawing Test

Impairments in the clock drawing test (CDT) can be associated with damage to -
Right parietal lobe (right hemisphere)

Hyperactivity of dopamine in the mesolimbic pathway modulates - positive psychotic
symptoms

Decreased dopamine in the mesocortical pathway (dorsolateral prefrontal cortex)
leads to what 2 symptoms? - Negative symptoms

Depressive symptoms

The nigrostriatal pathway modulates - motor movements

Dopamine has what type of relationship with acetylcholine - Inverse

Dopamine blockage in the nigrostriatal pathway leads to what 4 side effects? - Acute dystonia

Parkinsonism syndromes

Akathisia

Tardive dyskinesia

Blocking the tuberoinfundibular pathway leads to - Increased prolactin

What are 5 symptoms of hyperprolactinemia? - Amenorrhea

Galactorrhea

Sexual dysfunction

Gynecomastia

Osteoporosis (Long-term)

What antipsychotic has the greatest effect on prolactin? - Risperidone

What is the black box warning for carbamazepine? - Agranulocytosis

What are 8 symptoms of aplastic anemia? - Pallor

Fatigue

Headache

Fever

Nosebleeds

Bleeding gums

Skin rash

SOB

Pallor, Fatigue, Headache, Fever, Nosebleeds, Bleeding gums, Skin rash, and SOB are symptoms of - Aplastic anemia

What ethnic group is most susceptible to SJS with carbamazepine? - Asians

Having the HLA-B*1502 allele increases the risk for - SJS

Which ethnic group is at most likely to have the HLA-B*1502 allele? - Asians

Asians are most likely to have what allele? - HLA-B*1502

In which ethnic group must you screen for the HLA-B*1502 allele before initiating therapy? - Asian

Which 2 drugs have the highest likelihood of causing agranulocytosis? - Clozaril
Carbamazepine

A sudden fever, chills, a sore throat, and weakness are symptoms of -
Agranulocytosis

What are 4 symptoms of agranulocytosis - A sudden fever
Chills
Sore throat
Weakness

At what ANC should clozapine be stopped (even if asymptomatic)? - <1000

What is neutropenia? - <2000 PMNs

What is agranulocytosis? - <500 ANC

What does DIGFAST stand for? - Distractibility
Indiscretion
Grandiosity
FOI
Activity increased
Sleep decreased
Talkativeness

What are 5 neurological symptoms in Conversion Disorder? - Blindness
Mutism
Paralysis
Paresthesia (glove stocking syndrome)
Seizures

When do symptoms typically begin with Conversion Disorder? - After a stressful experience (suddenly)

What are 5 stressful events in a child's life that can cause adjustment disorder? -

Family move

Parent divorce/separation

Loss of pet

Birth of sibling

Sudden or chronic illness

A child with an Adjustment Disorder with disturbances of conduct may have what symptoms? - Not going to school, destroying property, driving recklessly, or fighting

What is the required duration of behavior for a DSM-5 diagnosis of Oppositional Defiant Disorder (ODD)? - 6 months

How many symptoms must a child with Oppositional Defiant Disorder (ODD) display to meet DSM-5 criteria? - 4

An enduring pattern of angry or irritable mood and argumentative, defiant, or vindictive behavior is characteristic of - Oppositional Defiant Disorder (ODD)

What is the mainstay treatment of Oppositional Defiant Disorder (ODD)? - Therapy

What is the primary therapy used to treat Oppositional Defiant Disorder (ODD)? - Child and parent problem-solving skills training

A repetitive and persistent pattern of behavior in which the rights of others or societal norms or rules are violated is what disorder? - Conduct Disorder

What are 3 characteristics of Conduct Disorder? - Destruction of property

Deceit or theft

Lack of remorse

What 2 factors differentiate Conduct Disorder from ODD? - Severity

Aggression

What are 4 pharmacologic treatments for Conduct Disorder? - Antipsychotics

Mood stabilizers

SSRIs

Alpha agonists

What is the mainstay treatment for Conduct Disorder? - Therapy

What type of therapy is used in the treatment of Conduct Disorder? - Behavioral therapy

What is Multisystemic family therapy? - Home-based model for youth with serious antisocial and criminal offenses by empowering parents with resources and skills and reducing barriers to resources needed for effective management of youth

What is the goal of multisystemic family therapy (MFT)? - Reduce barriers to resources for youth with problematic behavior

What type of therapy target's youth who present with serious antisocial behavior? - Multisystemic family therapy

What is the moderate range for MMSE - 10-20

What is the moderate range for SLUM? - 10-20

What is the moderate range for HAM-D? - 14-18

What is the moderate range for PHQ-9 - 10-14

What is the moderate range for BDI? - 19-29

What is the moderate range for HAM-A? - 18-24

What is the moderate range for GAD-7 - 10-14

What is the moderate range for COWS? - 13-24

If a patient's COWS score is between 5 - 12, what do you do? - Administer clonidine

If a patient's COWS score is between 13 - 24, what do you do? - Administer buprenorphine (Suboxone)

When do you administer clonidine on the COWS? - mild symptoms (>7)

When do you administer buprenorphine (Suboxone) on the COWS? - moderate symptoms (13-24)

What is a moderate range on the CIWA? - 16-20

When do you administer prn benzodiazepine on the CIWA? - Mild symptoms (8 or greater)

When do you administer scheduled benzodiazepine on the CIWA? - moderate symptoms (15 or higher)

If a patient has severe depression (over 18 on HAM-D) (over 14 on PHQ-9) (over 29 on BDI), how do you treat it? - Medication and/or therapy
Assess for suicidal ideation

If a patient has moderate depression (14 - 18 on HAM-D) (10 - 14 on PHQ-9) (19 - 29 on BDI), how do you treat it? - Medication and/or therapy

If a patient has mild depression (<14 on HAM-D) (<10 on PHQ-9) (<19 on BDI), how do you treat it? - Therapy or nothing

If a patient has mild anxiety (<18 on HAM-A) (<10 on GAD-7), how do you treat? - Therapy or nothing

If a patient has severe anxiety (>24 on HAM-A) (>14 on GAD-7) how do you treat? - Medication and/or therapy

If a patient has moderate anxiety (18-24 on HAM-A) (10 - 14 on GAD-7) how do you treat it? - Medication and/or therapy

What are 4 areas in the brain that can cause aggression, impulsivity, and difficulty with abstract thinking? - Prefrontal cortex

Amygdala
Basal ganglia
Hippocampus

Abnormalities in the Prefrontal cortex, Amygdala, Basal ganglia, and Hippocampus can cause what 3 symptoms? - Aggression

Impulsivity
Difficulty with abstract thinking

What are 6 symptoms of NMS? - Extreme muscular rigidity

Mutism
Elevated CPK (creatine phosphokinase)
Myoglobinuria
Leukocytosis

Elevated LFTs

Extreme muscular rigidity, Mutism, Elevated CPK (creatine phosphokinase), Myoglobinuria, Leukocytosis, and Elevated LFTs are symptoms of - **NMS**

What are 2 symptoms of Serotonin Syndrome? - **Hyperreflexia**
Myoclonic jerks

Hyperreflexia and myoclonic jerks are symptoms of - **Serotonin Syndrome**

How do you treat NMS? - **DC antipsychotic**
Bromocriptine or
Dantrolene

What does Dantrolene treat in NMS? - **Muscle rigidity**

How do you treat Serotonin Syndrome? - **DC Antidepressant**
Cyproheptadine

What combination medications increases the risk of Serotonin Syndrome - **multiple antidepressants (SSRI/SNRI/TCA/MOAI)**

When switching from an MAOI to SSRI/SNRI, how long should you wait? - **2 weeks**

When switching from Prozac to an MAOI, how long should you wait? - **5-6 weeks**

When switching from Prozac to any antidepressant (TCA, SNRA, or MAOI), how long should you wait? - **5-6 weeks**

When switching from an SSRI/SNRI to a MAOI, how long should you wait? - **2 weeks**

What is the function of compulsions in OCD? - **Reduce subjective anxiety level**

What is PANDAS? - **Pediatric Autoimmune Neuropsychiatric Disorder associated with streptococcal infections in children**

If a child has both intrusive thoughts and tics, his most likely diagnosis is - **OCD**

If a child has multiple tics both no ruminating thoughts, his diagnosis is most likely - **Tourette's**

What 2 neurotransmitters are associated with OCD? - Serotonin
Norepinephrine

A childhood depressive disorder that is diagnosed in children older than 6 but younger than 18 is most likely - DMDD

A child with chronic dysregulated mood ("mood"), frequent intense temper outbursts, severe irritability, and anger is most likely to have what diagnosis? - DMDD

The age criteria for a DSM-5 diagnosis of Disruptive Mood Dysregulation Disorder (DMDD) is - >6 and <18 (7-17 yrs.)

A child who is chronically "moody" is most likely to have what diagnosis? - DMDD

What are 2 symptoms associated with lead poisoning? - Developmental delay
(learning difficulties)
Pica (paint chips)
also gastrointestinal

Which 2 demographic characteristics are associated with lead poisoning? - rural areas
1970's

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A child with developmental delay who eats things (such as paint chips) may have -
Lead poisoning

What 4 assessments should be done in a patient receiving an antipsychotic that causes weight gain? - BMI
Hip-to-waist ratio
Glucose
Lipid panel

Where is norepinephrine produced? - Locus coeruleus
Medullary reticular formation

The neurotransmitter produced in the locus coeruleus and medullary reticular formation is - Norepinephrine

What neurotransmitter is produced in the raphe nuclei in the brainstem? - Serotonin

Serotonin is produced in - raphe nuclei in the brainstem

What neurotransmitter is produced in the substantia nigra, the ventral tegmental area (VTA), and the nucleus accumbens? - Dopamine

What 3 areas of the brain is dopamine produced? - Substantia nigra
Ventral tegmental area (VTA)
Nucleus Accumbens

Where is acetylcholine synthesized? - Basal nucleus of Meynert

The Basal nucleus of Meynert is the area where what neurotransmitter is produced? - Acetylcholine

What is the function of the amygdala? - Emotions (aggression, fear, anxiety)

Emotions (aggression, fear, and anxiety) originate from what area of the brain? - Amygdala

What are 4 functions of the hippocampus? - Emotions

Stress

Learning

Memory

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Emotions, stress, learning, and memory are functions of what structure of the brain? - Hippocampus

What disorder is associated with persistent deficits in social communication and social interactions across multiple settings? - Autism Spectrum Disorder

What 3 neurotransmitters are associated with Autism Spectrum Disorder? -

Glutamate

GABA

Serotonin

A child who does not respond when called by name may have - Autism

A child that has little or no eye contact may have - Autism

A child who likes to line up, stack, or organize objects and toys in on tidy rows may have - Autism

What theory claims that dysfunction of a particular neuron system may be a cause of poor social interaction and cognition in autism? - Broken Mirror Theory

What is the DSM-5 criteria for number of tics in Tourette's Disorder? - Motor: 2 or more and
Vocal: 1 or more
(not necessarily at same time)

What are the DSM-5 criteria for the duration of symptoms in Tourette's Disorder? - >1 year

What is the age criteria for a DSM-5 diagnosis of Tourette's Disorder? - <18 yrs

What is the pharmacological treatment of Tourette's Disorder? - Antipsychotic (haloperidol, pimozide, aripiprazole*)

What are the 3 primary neurotransmitters involved in Tourette's Disorder? - DNS

What are 11 risk factors for suicide? - Previous suicide attempt

45 and older (55 for women)

Divorced, single, or separated

White (Caucasian)

Living alone

Psychiatric disorder

Physical illness

Substance abuse

Family history of suicide

Recent loss

Male gender

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What age is a risk factor for suicide? - 45 and older

What gender is a risk factor for suicide? - Male

What race is a risk factor for suicide? - White (Caucasian)

What 4 demographic characteristics are risk factors for suicide? - 45 and older

Single

White

Male

What are 5 physical characteristics of Anorexia Nervosa? - Low BMI

Amenorrhea

Emaciation (abnormally thin)

Bradycardia

Hypotension

Low BMI, Amenorrhea, Emaciation (abnormally thin), Bradycardia, and Hypotension are characteristics of what psychiatric disorder? - Anorexia Nervosa

What is the BMI in a patient with Bulimia Nervosa - Normal range

For a DSM-5 diagnosis of Acute Stress Disorder, what is the onset of symptoms? - Within 4 weeks of traumatic event

Intense anxiety and fear, helplessness, reexperiencing the event and avoidance behaviors within 4 weeks of a traumatic event is DSM-5 criteria for what disorder? - Acute Stress Disorder

What are the 3 hallmark symptoms of PTSD? - Intrusive re-experiencing

Increased arousal (hyperarousal)

Avoidance of stimuli associated with trauma

What are 3 pharmacological treatments for PTSD - SSRIs

TCAs

Prazosin for nightmares

What 2 nonpharmacologic treatments for PTSD? - EMDR

CBT

What are the 12 components/symptoms of the COWS? - Pulse

Sweating

Restlessness

Pupil size

Bone aches

Running nose or tearing

GI upset

Yawning

Tremors

Anxiety/irritability

Gooseflesh skin

Dilated pupils

Pulse, Sweating, Restlessness, Pupil size, Bone aches, Running nose or tearing, GI upset, Yawning, Tremors, Anxiety/irritability, Gooseflesh skin, and Dilated pupils are components of what scale? - COWS

What are the 9 components/symptoms of the CIWA Scale? - Nausea/vomiting

Tremor

Sweats

Anxiety

Agitation

Tactile disturbances

Auditory disturbances

Headaches

Orientation

Nausea/vomiting, Tremor, Sweats, Anxiety, Agitation, Tactile disturbances, Auditory disturbances, Headaches, and Orientation are components of which Scale - CIWA

What are 3 treatments for Alcohol Use Disorder? - Acamprosate (Campral)

Disulfiram (Antabuse)

Naltrexone (Vivitrol, ReVia)

Which agent for the treatment of Alcohol Use Disorder is not metabolized by the liver? - Acamprosate (Campral)

Installation of hope, universality, group cohesiveness, and altruism are therapeutic factors of what group therapy? - Yalom

What are 4 therapeutic factors in Yalom's Group Therapy? - Instillation of hope

Universality

Group cohesiveness

Altruism

What is an approach to organizational change which focuses on strengths rather than weaknesses? - Appreciative Inquiry

What is appreciative inquiry? - An approach to organizational change which focuses on strengths rather than weaknesses

What are the 3 goals of Quality Improvement? - Projects designed to improve systems, decrease cost, and improve productivity

Projects designed to improve systems, decrease cost, and improve productivity are called - Quality Improvement

The process/strategy of Quality Improvement is called - PDSA Cycle

Plan

Do

Study

Act

The PDSA Cycle is - The process/strategy of Quality Improvement

The 4 components of Health Policy are - Process

Policy reform

Policy environment

Policy makers

Process, Policy reform, Policy environment, and Policy makers are the 4 components of - Health Policy

What is 3-part "process" component of Health Policy? - Formulation, Implementation, and Evaluation (FIE)

Formulation, Implementation, and Evaluation (FIE) are - The "process" component of Health Policy

What is the "policy reform" component of Health Policy? - Changes in programs and practices

Changes in programs and practices in Health Policy is called - Policy Reform

What is the "policy environment" component of Health Policy? - The arena the process takes place in (government, media, public)

The arena the process takes place in (government, media, public) is what component of Health Policy? - Policy environment

What is the "policy makers" component of Health Policy? - Key players and stake holders

What component of Health Policy are Key players and stake holders? - Policy Makers

What is the first action when developing Health Policy? - Assess/address organizational barriers and facilitators

A treatment approach that does not focus on full symptom resolution but emphasizes resilience and control over problems and life is called - Recovery Model

What is the Recovery Model? - A treatment approach that does not focus on full symptom resolution but emphasizes resilience and control over problems and life is called

What is a nonlinear treatment approach? - Not a step-by-step process, but one based on continual growth and occasional setbacks

What are 3 characteristics of the Recovery Model? - Learning from experience (e.g. relapse)
Nonlinear
Self-directed, Individualized and Person-Centered

The treatment approach that emphasizes "learning from experience," nonlinear, and self-directed/individualized/person-centered? - Recovery Model

What is the SBIRT - Screens for Substance Use Disorders
Screening
Brief
Intervention
Referral
Treatment

What instrument screens for Substance Use Disorders - SBIRT
Screening
Brief
Intervention
Referral
Treatment

What is the Tarasoff Principle - Duty to warn victim of imminent danger of homicidal patients

What is the Duty to warn victim of imminent danger of homicidal patients? - Tarasoff Principle

An involuntarily committed patient who has not been found incompetent, absent an emergency, has a qualified right to refuse psychotropic medications (court case) - Rennie vs. Klein Court Case

What is the Rennie vs Klein Court Base? - Pts have the right to refuse treatment and use an appeal process

It is unconstitutional to commit a person involuntarily (for the longest time) who is not (imminently) dangerous to self or others. Which court case? - Donaldson vs. O'Connor Court Case

What is the Donaldson vs. O'Connor court case? - You cannot confine (commit a person involuntarily) who is not dangerous to self or others

What are 4 key components of Strategic Therapy? - Problem Focused, Symptoms focused

Paradoxical directive/intervention (reverse psychology)

Straight forward directive

Reframe belief system

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The paradoxical directive, a technique to be used with caution, is used in which therapy? - Strategic

Which 3 techniques are used in Solution-Focused Therapy? - Miracle Questions

Exception-finding questions

Scaling Questions

Miracle Questions, Exception-finding questions, and Scaling Questions are used in which therapy? - Solution-Focused

Which therapy uses triangles/triangulation, an self-differentiation? - Family Systems Therapy

What are 3 characteristics of Family Systems Therapy ? - Triangles/Triangulation

Self-differentiation

Genograms

What are 3 characteristics of Structural Family Therapy? - Hierarchies

Boundaries
Genograms

Hierarchies, Boundaries, and Genograms are characteristics of what therapy? -
Structural Family Therapy

Genograms are used in which 2 family therapies? - Family system therapy
Structural therapy

What type of therapy should be performed when a patient presents with a cultural
syndrome? - Brief supportive therapy

What type of therapy should be used in a patient who has just lost their job? - Brief
supportive therapy

What is the most important concept in working with patients from different cultures? -
Respect

What should you teach a patient interested in meditation? - muscle relaxation

How to Mexican American's view mental illness? - An imbalance between an
individuals' relationship with the world

Which ethnic group views mental illness as an imbalance between an individuals'
relationship with world? - Native American

Which ethnic group has the highest incidence of suicidal attempt and completion? -
Native American

Cultural syndrome is - A culturally expected response to a stressor

A culturally expected response to a stressor is called - Cultural Syndrome

How should multicultural teaching be conducted? - Ethnospecific

If a patient is regularly taking Kava, what lab should you get? - LFTs

What is the key symptom in suspecting Stephen's Johnson Syndrome? - Fever

Which antipsychotic has the least weight gain? - Ziprasidone (Geodon)

Which SGA is the least sedating? - Aripiprazole (Abilify)

Which 3 antipsychotic causes weight gain? - Quetiapine (Seroquel)

Olanzapine (Zyprexa)

Clozapine (Clozaril)

What is the first action to take with a patient who is gaining weight from an SGA? -

nonpharmacologic

nutritional counseling (diet)

exercise

CBT

When should clozapine be discontinued? - ANC < 1,000 (even if asymptomatic)

One of your patients receiving psychiatric medication develops an infection. What do you consider? - Agranulocytosis

What antipsychotic is antisuicidal in schizophrenia? - Clozapine

When a young woman is suspected of a toxic dose of lithium, what lab should you obtain initially? - HCG

If a patient has signs/symptoms of lithium toxicity but you have no labs available, what do you do? - DC lithium

What is one of the most important teaching points you should make in a patient taking lithium? - Stay hydrated

A patient with what medical condition is at risk for lithium toxicity? - Cardiac failure (hyponatremia)

What is the key indicator for NMS? - Extreme muscle rigidity - Increased CPK

Extreme muscle rigidity and increased CPK is the key indicator of - NMS

What is the key indicator of Serotonin Syndrome? - Muscle jerks (myoclonic)

Muscle jerks (myoclonic) are the key indicator of - Serotonin Syndrome

If a depressed patient is taking a triptan for migraines, what should you prescribe for depression? - Bupropion

What is first line treatment for MDD? - SSRIs

What are the 2 antidepressants of choice in a depressed patient with cancer? -

Citalopram (Celexa)

Escitalopram (Lexapro)

What is the antidepressant of choice in a depressed patient with sexual dysfunction? -

Bupropion

What is the antidepressant of choice in a depressed patient with decreased energy? -

Bupropion

What are 3 treatments for depressed patients with neuropathic pain? - SNRI (safety)

TCA

Gabapentin

Which SSRI is most likely to cause insomnia? - Fluoxetine (Prozac)

What question is important to ask in the social history with a depressed patient? -

Alcohol intake (self-medicating)

What BBW do all antidepressants have? - Suicidal ideation (<24 yrs.)

Suicidal ideation for children, adolescents, and young adults <24 years is a BBW with what medications? - Antidepressants

What question should ask all adolescent patients at each visit? - Self harm (frequency and severity)

Which 2 groups is it especially important to ask about SI at each visit? - Adolescence
Schizophrenics

Why do children have a decreased placebo response with antidepressants? - Few evidence-based studies

What is the onset of schizophrenia in males? - 18-25

What is the onset of schizophrenia in females? - 25-35

What question should ask schizophrenic patients at each visit? - SI

What is the most likely diagnosis in a patient with homicidal ideation? - Antisocial Personality Disorder

What would you expect to see on an MRI/Pet scan in a patient with schizophrenia? - All structures decreased except ventricles

Which class of agents should be avoided in patients with schizophrenia? - Stimulants (increased DA)

Which 3 structures in the brain are associated with aggressive and impulsive behavior? - Prefrontal cortex
Amygdala
Hippocampus

What is Assertive Community Treatment (ACT)? - Form of rehabilitation post hospitalization for SMI
Case management approach

Patients with SMI who are discharged from the hospital should be referred to - Assertive Community Treatment (ACT)

Can patients receive Assertive Community Treatment (ACT) while in the hospital? - No

Which services can be provided in the home for SMI patients? - Assertive Community Treatment (ACT)

What is the best treatment program for SMI patients with poor medication adherence? - Assertive Community Treatment (ACT)

Social skills training in a schizophrenic patient is what type of prevention? - Tertiary

What are 3 benefits of aerobic exercise in schizophrenic patients? - Increased cognition
Quality of Life
Long-term health

How do you convert oral Haldol to IM (depot form)? - 20 x daily dose

When converting oral Haldol to depo form, what the maximum dose should administer? - >100 mg (administer weekly if necessary)

What is a delusion? - A firm belief despite contrary evidence

A firm belief despite contrary evidence is - delusion

How often is Haldol Decanoate typically administered? - monthly

How do you conduct a MSE in a preschooler (3-5 yo) - Clinical observation (listen/observe)

What is thought content? - SI/HI, plan

What are the 5 components of the MMSE (Folstein's) -

Concentration/attention/calculation

Orientation

Registration/ability to learn new material

Recall/memory

Fund of Knowledge

What pharmacologic characteristic makes SGA's unique? - 5-HT_{2A} antagonism

What is responsible for the decreased incidence of EPS with SGAs? - 5HT₂-antagonism

What antipsychotic should you give to a patient with their first psychotic episode? - SGA (IM)

Which 4 SGAs are available in IM form? - Ziprasidone (Geodon)

Olanzapine (Zyprexa)

Aripiprazole (Abilify)

Paliperidone (Invega)

What agent other than antipsychotics increase prolactin? - Metoclopramide (Reglan)

What is a normal prolactin level in men? - <20

What is a normal prolactin level in women? - <25

What do you do if a patient is on olanzapine (Zyprexa) and stops smoking? -
Decrease olanzapine dose

What effect does tobacco have on CYP450? - 1A2 inducer

What class of drugs are primarily inhibitors? - Antibiotics

How does erythromycin and clarithromycin affect CYP240? - Inhibitors

What do you do if a patient on carbamazepine is given an inhibitor? - Decrease CBZ
dose
(avoid aplastic anemia)

If a depressed patient is receiving a drug that is associated with depression, what do
you do? - Increase dose of antidepressant

Addiction is associated with what 2 neurotransmitters? - Dopamine
GABA

What 7 signs/symptoms are associated with stimulant abuse? - Insomnia
Tremors
Irritability, Mood swings, Agitation, Anxiety
CV (increased HR/BP, palpitations)

A patient who c/o pain after eating, bloating and fullness, what do you suspect? -
Delayed gastric emptying from anorexia

What 3 signs/symptoms do you expect with delayed gastric emptying in anorexia? -
Pain after eating
Bloating
Abdominal fullness

What 2 classes of medications delay gastric emptying? - H2 antagonists: Famotidine
(Pepcid)
PPIs: Omeprazole (Prilosec)

What 2 classes of medications interfere with the absorption of psychiatric
medications and should be spaced apart by 2 hours? - Antacids
PPIs: Omeprazole (Prilosec), Pantoprazole (Protonix)

What is a common side effect of SSRIs in the older population - Anxiety

What is a paradoxical effect of benzodiazepines? - Increased anxiety (avoid in future)

What is apoptosis? - Cell death/neuronal loss

What is the name for cell death/neuronal loss? - apoptosis

What is the greatest risk factor for bipolar disorder? - genetics (very heritable)

What is the first question you ask with a patient with suspected bipolar disorder? - family history

What should you consider in a 45 yo patient that presents with manic symptoms? - Medical condition

At what age should you consider a patient with manic symptoms to be medically-induced - 45 and older

What are 2 differences between mania and hypomania? - More severe
Increased duration (7 days vs. 4 days)

A patient that presents with grandiosity or exaggerated self-esteem is most likely to have - Mania or hypomania

A patient who is manic, irritable mood, and uncooperative is most likely to have what disorder? - bipolar disorder

What is a key symptom to consider in a patient you suspect of mania or hypomania? - Grandiosity or exaggerated self esteem

What is a hallmark feature of borderline personality disorder? - Self-harming behavior (recurrent)

Self-harming behavior (recurrent) is a key factor in which disorder? - Borderline personality disorder

What therapy in borderline personality disorder been shown to decrease suicidal ideation? - DBT

Who developed DBT? - Marsha Linehan

In DBT, diagnosis of borderline disorder requires activity? - journaling/diary

A patient with borderline personality disorder with symptoms of depressed mood and lability should be prescribed - Valproic acid

When should valproic acid be prescribed in a patient with borderline personality disorder? - Depressed mood + lability

A hospitalized patient with a reaction to a stressful event is most likely to have what diagnosis? - Adjustment Disorder

A child with a history of juvenile detention (e.g., fire setting, forced sex) is most likely to have what diagnosis? - Conduct Disorder

Is a child with ODD or Conduct Disorder more likely to need medication? - Conduct Disorder

If a child develops tics after beginning a stimulant, should he be diagnosed with Tourette's? - No
(tics caused by a substance is an exclusionary diagnosis)

Are motor tics permanent? - Not always

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What 3 neurotransmitters are involved with Tourette's? - DNS

What is factitious disorder imposed on another? - Munchausen syndrome by proxy, caretakers make up or produce physical illnesses in the individual receiving care. Usually parent --> child

What is required if you suspect a factitious disorder imposed on another (Munchausen syndrome)? - Report to CPS
Child abuse (duty to report)

What is Factitious Disorder - Faking illness to get medical attention or sympathy

A patient who feigns illness to get sympathy or attention is most likely to have - Factitious disorder

A patient with factitious disorder is most likely to have what type of demographic? - Unmarried healthcare worker

What is malingering? - Feigning illness for secondary gain (\$)
(not a psychiatric diagnosis)

A patient who claims disability or worker's comp when there is no injury is most likely - Malingering (not a psychiatric diagnosis)

A child who has been neglected, abuse, or comes from a foster home, is most likely to have what diagnosis? - Reactive Attachment Disorder

A child who shows no emotion or is withdrawn may have what disorder? - Reactive Attachment Disorder

A disorder that presents like PTSD, but symptoms last less than a month is most likely to have - Acute Stress Disorder

What is the required duration for a DSM-5 diagnosis of GAD? - 6 months

How does a panic attack differ from Panic Disorder? - acute, impending doom

How does Panic Disorder differ from a panic attack? - Chronic, recurrent, unexpected

How do you treat a patient with panic disorder who is taking albuterol for asthma? - SSRI or benzodiazepine
(don't give beta blocker)

What is the treatment of choice for acute symptoms of panic disorder? - Beta blocker
(not addictive)

How do you treat test anxiety for maintenance therapy? - SSRI

How do you treat test anxiety acutely? - Beta blocker
Benzodiazepine

What structure of the brain is involved with attention, executive function, and cognitive processes (working memory, problem solving) that affects ADHD? - Dorsolateral prefrontal cortex

Children with inattentive ADHD are most likely to have an abnormality in which part of the cortex? - prefrontal

Dysfunction of the prefrontal cortex is most likely in what type of ADHD? -
Inattentive

What do you recommend to a mother of a child with ADHD as an aftercare plan on admission? - Brief supportive therapy (not after dc)

If a patient present with irritability, depression, and lability, which questionnaire do you administer? - Mood Disorder Questionnaire (MDQ)

When a patient presents with what 3 symptoms should you administer the Mood Disorder Questionnaire (MDQ)? - Patient presents with irritability, depression, and lability

What disorder resembles bipolar disorder in children (7 and 17 years)? - Disruptive Mood Dysregulation Disorder (DMDD)

A child with intense temper outbursts is most likely to have what DSM-5 diagnosis? - Disruptive Mood Dysregulation Disorder (DMDD)

What should assess initially in a child who presents with nightmares? - If other family members have the same problem

What are 2 key factors in the diagnosis of Autism Spectrum Disorder? - Persistent deficits in social communication and social interaction across multiple settings

A child with persistent deficits in social communication and social interaction across multiple settings is most likely to have what DSM-5 diagnosis? - Autism

A child that does not establish eye contact is likely to have - autism spectrum disorder

When is the only time you should give a benzodiazepine to a patient with delirium? - Alcohol withdrawal

A patient in alcohol withdrawal who develops delirium should be administered - Benzodiazepine

An older female has delirium and you suspect a UTI, what 2 labs should you order? -
UA
C/S

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An older patient who has had mental decline (>1 year) with chronic irritability and personality changes should be assessed for - Dementia

What are 2 labs that should be obtained in an older patient suspected of having a metabolic cause of dementia? - B12

Folic acid

What is the initial treatment for a patient with dementia and psychosis? -
Nonpharmacologic treatment

If a patient with dementia does not respond to nonpharmacologic treatment, what do you do? - Administer SGA

What type of dementia is HIV-related? - Subcortical

What are 3 early signs/symptoms of HIV-related dementia? - Cognitive deficit
Motor abnormalities (decreased coordination)
Behavioral symptoms

A patient who presents with a cognitive deficit, decreased coordination, and behavioral symptoms should be assessed for what type of dementia? - HIV-related

In a patient with suspected HIV-related dementia, what is your initial action? - Obtain HIV test

What is first-line pharmacologic treatment for a patient with HIV-related dementia? -
Antiretroviral treatment

An older adult who has had cognitive impairment for over a year and who tries to answer (may not be able to) or confabulates is most likely to have a diagnosis of -
Dementia

An older adult who has had cognitive impairment for less than 5 months and who answers your questions with "I don't know," most likely has a diagnosis of -
Depression (pseudodementia)

An older patient who has symptoms of irritability, agitation, hallucinations, and delusions is most likely to have - Depression (vs. dementia)

What are 2 ways to determine whether an older person with decreased memory has depression or dementia? - SLUMS, Mini-Cog

onset of symptoms

What screening instrument can help differentiate dementia from pseudodementia (depression)? - MMSE

A patient with frontal lobe (Pick's) dementia is most likely to present with what 4 symptoms? - Executive dysfunction
Slurred speech (expressive aphasia)
Language comprehension (receptive aphasia)
Personality and behavior changes
Social skills

A patient who presents with difficulties with executive function, slurred speech, personality, and behavior changes, difficulties with language comprehension, and poor social skills is most likely to have what type of dementia? - Frontotemporal (Pick's)

A patient with visual hallucinations is most likely to have what type of dementia? - Lewy Body

A patient with Lewy Body Dementia is most likely to have what presenting symptoms? - Visual hallucinations

A patient with damage to the anterior cingulate will demonstrate what 3 symptoms? - Cognitive dysfunction (decision making)
Lack of empathy
Difficulty with impulse control and emotions

A patient who presents with cognitive dysfunction (decision making), lack of empathy, and difficulty with impulse control and emotions is most likely to have damage in what brain structure? - Anterior cingulate

A patient with damage to the cerebellum will demonstrate what sign? - Lack of balance

A patient who has a lack of balance is most likely to have damage to what structure in the brain? - Cerebellum

What condition may cause pica (eating things that are not food - paint chips)? - Lead poisoning

What 5 neurotransmitters are associated with mood disorders? - Dopamine
Norepinephrine
Serotonin
GABA
Glutamate

What do you do when an infant is about to die? - Give him to his parents to grieve

What 2 activities should be encouraged with grieving patients? - Family support
Support groups
(don't give prescriptive advice)

What are 5 risk factors for osteoporosis? - Smoking
Caffeine
Low calcium/vitamin D in diet
Decreased weight
Lack of weight bearing exercises

Smoking, Caffeine, Low calcium/vitamin D in diet, Decreased weight,
and Lack of weight bearing exercises are risk factors for - Osteoporosis

Is Interpersonal Therapy offered individually as well as in group therapy? - Yes

If a patient is reluctant to participate in group therapy, what do you do? - Continue
group therapy
Start individual therapy

Which is more effective - cognitive therapy or CBT? - CBT

What are 5 techniques used in behavioral therapy? - Problem-solving
Skills training
Exposure therapy
Role-playing/modeling
Relaxation

Problem-solving, Skills training, Exposure therapy, Roleplaying/modeling, and
relaxation are techniques used in - Behavioral Therapy

What are 2 common techniques used in CBT? - Cognitive restructuring
Journaling

Cognitive restructuring and journaling are common techniques used in - CBT

2 key concepts of Humanistic (person-centered) therapy are - Self-directed growth
Self-actualization

Self-directed growth and self-actualization are key concepts of what type of therapy?
- Humanistic (person-centered)

Which therapy is based on the principle that each person has the potential to self-actualize and find meaning in life? - Humanistic (person-centered)

What is the best therapy for dealing with conflicts with others (e.g., spouse, co-workers)? - Interpersonal therapy

Interpersonal therapy is recommended in what situation? - conflict and relationship (marital) problems

How long does interpersonal therapy typically last? - 12-16 weeks

If a patient is noncompliant, what is a technique that is used in Strategic Therapy? - Paradoxical directive/intervention

When is a paradoxical directive/intervention given in Strategic Therapy? - With a noncompliant member

If a patient is compliant, what is a technique that is used in Strategic Therapy? - Straight Forward Directive

When is a Straight Forward Directive given in Strategic Therapy? - When a member is compliant

What type of therapy is a therapist using when he asks "what worked before when you had this problem" - Solution-focused

Meditation is a form of - Muscle relaxation

What 4 positive effects does physical activity have on children? - Increased body image

Increased resilience

Improved relationships

Decreased social anxiety

How can a child's body image, resilience, relationships, and social anxiety be improved? - Physical activity

When may a closed-ended question (yes/no) be necessary rather than an open-ended question? - Children
(when a narrative cannot be constructed)

If a child does not respond to open or closed-ended questions, what do you do? - talk to parents

What therapeutic factor does open-ended questions instill? - empathy

If only the wife shows up for a couple appointment, what do you do? - Reschedule the appointment

A mother reports that her child was sodomized. What 2 things do you do? - Contact CPS
Crisis therapy

A mother reports her 5-yo was raped by his 16 yo brother. What 2 things do you do?
- crisis therapy
separate brothers

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What lab do you draw in a patient with rheumatoid arthritis - ESR

When is an ESR indicated? - Patient with rheumatoid arthritis

What does PICO stand for? - P- Patient population of interest
I - Intervention of interest
C - Comparison of interest
O - Outcome

How do you provide evidenced-based care? - Have access to current journals

A baby with a shrill cry is likely to have - Increased intracranial pressure

A sign of increased intracranial pressure in a baby is - shrill cry

What do you tell a mother when she reports her preschool child is playing with his genitals? - That is normal between 3-6 yrs old (Phallic stage)

What do you tell an adolescent who is concerned about nipple swelling and tenderness and breast enlargement? - This is normal between 9-16 yo. It will disappear within 6 mo.

How do you treat decreased sexual drive in a older female patient? - Testosterone (improves blood flow to pelvic region)

Why are women more likely to get intoxicated and have alcohol-induced hepatotoxicity? - Decreased alcohol dehydrogenase

What are the 2 effects of decreased alcohol hydrogenase in women - Increased intoxication
Increased alcohol-induced hepatotoxicity

What is the grasp/palmar reflex? - infant grabs anything put into his or her hand

What primitive reflex causes a newborn to grasp vigorously any object touching the palm or fingers or placed in the hand? - Grasp/palmar reflex

When does the palmar grasp reflex disappear? - 5-6 months

What is the moro (startle) reflex? - Loud noise or sudden loss of support will cause infant to abduct/extend UE's and trunk followed by a return to flexion

Infant reflex where a baby will startle in response to a loud sound or sudden movement is called - Moro/startle reflex

When does the Moro reflex disappear? - 5-6 months

What is the Babinski (Plantar) reflex? - the big toe is extended and the other toes fan in response to the brushing of the sole of the foot

When does the Babinski (Plantar) reflex disappear? - 2 years

What is the absorption rate of PDE-5 inhibitors (Viagra)? - Rapid

What 2 deficiencies are associated with macrocytic anemia? - Folic acid
B12

Folic acid deficiency creates what type of anemia? - Macrocytic

With normocytic, macrocytic anemia, what 3 labs do you obtain? - B12, folic acid, Fe

B12 deficiency creates what type of anemia? - Macrocytic

What deficiency is associated with microcytic anemia? - Iron

An iron deficiency causes what type of anemia? - Microcytic

Acute or chronic blood loss (GI bleeding, heaving menses) can cause what type of anemia? - Normocytic

Normocytic anemia is due to - Chronic or acute blood loss (GI bleeding, menses)

What is the BMI in a patient with Bulimia Nervosa? - Normal

When vital signs are not normal in a thin women, you suspect - Anorexia nervosa

You see a patient with suspected anorexia nervosa. What do you do? - Refer out for medical evaluation

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If a patient with anorexia nervosa refuses to see a PCP, what do you do? - Contact CPS

If AN patient is medically unstable and parents refuse hospital treatment, what do you do? - contact CPS

What 2 conditions is acupuncture used? - Pain
Depression

What alternative medicine treatment is used with pain and depression? - Acupuncture

Habeas Corpus Act - Protects a patient from unlawful hospitalization (able to leave AMA)

What act prevents a patient from unlawful hospitalization (can leave AMA)? - Habeas corpus (usually max of 28 days)

A patient presents with paresthesia, fatigue and asymmetric body movement of extremities. What do you suspect and what do you do? - Disseminated Encephalomyelitis
Neuro exam

What is Disseminated Encephalomyelitis and what are 3 symptoms? - Autoimmune viral infection - children
Paresthesia
Fatigue
Asymmetric body movement of extremities

If a patient is unable to remember events, how do you establish a diagnosis? - Provide anchor (memorable events) to establish diagnosis

How do you implement policy affecting NPs nationwide? - Host online forum/give survey to obtain information (vs. letters)

How do you implement policy coworkers are against? - Tell them how the policy will increase quality of patient care

What is the initial step in providing continuous improvement of Quality of Care in an outpatient setting? - Create an instrument to monitor outcomes

What will you see in a laboratory test in a patient with an autoimmune disease? - Increased cytokine levels

Increased cytokine levels on a laboratory test suggests what disease? - autoimmune

What are 2 ways to treat enuresis (night-time bedwetting)? - Alarm clock
Desmopressin (DDAVP)

An alarm clock and Desmopressin (DDAVP) are 2 methods to treat - Enuresis

What is the mechanism of action of Desmopressin (DDAVP)? - Decreases urine production
(via antidiuretic hormone - vasopressin)

When considering the relationship between receiving samples from a drug rep or sponsored education, what should consider and what should you do? - Conflict of Interest
Create policy to address COI

A conflict of interest may occur in what 2 scenarios? - Receiving samples of drug rep
Attending an industry sponsored educational program

What does a black box warning provide? - Benefits and risks

A patient calls because he read on the internet about a BBW on his medication. What do you do? - You don't need to discontinue drug.

Research benefits and risks

What are 2 things you should do when you prescribe off-label? - Document
Provide full disclosure (risks/benefits)

When you prescribe trazodone to a male patient, what should you do? - Warn about priapism and document

What are 3 risk factors for Sleep Apnea? - Smoking

Increase weight/obesity

DM

Smoking, increased weight/obesity, and DM are risk factors for what disorder? - Sleep Apnea

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What is tolerance? - Decreased effect with continuous use

Decreased effect with continuous use results in - Tolerance

What is the goal of Reflective Practice? - Improve practice

What is Reflective Practice? - Providing debriefing techniques, feedback to staff, and strategies to learn from experiences

Providing debriefing techniques, feedback to staff and strategies to learn from experiences is called - Reflective Practice

If a patient has mild symptoms on the COWs, what should you do? - Give clonidine or a muscle relaxant

When should you administer clonidine or a muscle relaxant to a patient withdrawing from opiates? - mild symptoms (8 or higher)

If a patient scores 8 or more on the COWS during opiate withdrawal, what should you do? - Administer clonidine or a muscle relaxant

If a patient has moderate symptoms on the COWS what should you do? - Administer buprenorphine/naloxone (Suboxone)

When should you administer buprenorphine/naloxone (Suboxone) in a patient withdrawing from opiates? - Moderate symptoms (13 or higher)

If a patient scores 13 or higher on the COWS scale during opiate withdrawal, what do you do? - Administer buprenorphine/naloxone (Suboxone)

Why should methadone not be used to treat opiate withdrawal? - Arrhythmias

Which benzodiazepine is used most often to treat alcohol withdrawal? - Diazepam (longer half-life)

If a patient with liver dysfunction or hepatitis is undergoing alcohol withdrawal, what benzodiazepine should he receive? - Lorazepam

If a patient presents with opiate withdrawal, what should you do? - Refer to residential center to administer protocol (don't initiate in outpatient setting)

If a pregnant patient presents with opiate withdrawal, what do you do? - Refer to residential center (not CPS)

What are 4 symptoms/categories of alcohol withdrawal? - CNS activation: Hand tremor, insomnia, psychomotor agitation, anxiety, seizures)

Autonomic hyperactivity (sweating, increased HR/BP)

N/V

Hallucinations/illusions

What do you suspect when a patient presents with CNS activation (hand tremor, insomnia, anxiety, psychomotor agitation, seizures) and

Autonomic hyperactivity (sweating, increased HR, increased BP) and

N/V and hallucinations/illusions? - alcohol withdrawal

What are 7 symptoms/categories of opioid withdrawal? - Muscle cramps, Bony aches

Diarrhea/abdominal cramps

Rhinorrhea, Lacrimation

Goosebumps

Pupil dilation
Increased BP/HR
Yawning

What do you suspect when a patient who presents with muscle cramps, bony aches, diarrhea/abdominal cramps, rhinorrhea, lacrimation, goosebumps, pupil dilation increased BP/HR and yawning? - Opiate withdrawal

What are Yalom's 10 therapeutic factors? - Instillation of Hope
Universality
Altruism
Increased development of socialization skills
Imitative behaviors
Interpersonal learning
Group cohesiveness
Catharsis
Existential factors
Corrective refocusing

Instillation of Hope, Universality, Altruism, Increased development of socialization skills, Imitative behaviors, Interpersonal learning, Group cohesiveness, Catharsis, Existential factors, and Corrective refocusing are - Therapeutic Factors which differentiate group therapy from individual therapy

Experiencing optimism through observing the improvement of others in the group is which of Yalom's therapeutic factors? - Instillation of Hope

Sharing experiences/feelings in group clients realize they are not alone is which of Yalom's therapeutic factors? - Universality

Learning to give to others is which of Yalom's therapeutic factors? - Altruism

The "natural laboratory" is which of Yalom's therapeutic factors? - Increased development of social skills

Group members modeling their behavior after other members of group/therapist is which of Yalom's therapeutic factors? - Imitative behavior

Interacting with others to increase adaptive interpersonal relationships is which of Yalom's therapeutic factors? - Interpersonal learning

Developing a sense of belonging in the group is which of Yalom's therapeutic factors? - Group cohesiveness

Group members dealing with the meaning of their existence is which of Yalom's therapeutic factors? - Existential factors

Participants reexperience family conflicts in the group, which allows them to recognize and change behaviors that may be problematic is which of Yalom's Therapeutic Factors? - Corrective refocusing

Openly expressing their feelings which were previously suppressed is which of Yalom's Therapeutic Factors? - Catharsis

What is the key component of Appreciate Inquiry? - Focusing on strength of the group

Focusing on the strength of the group is key to what organizational change strategy? - Appreciative Inquiry

Who determines the Scope of Practice? - State legislature (BON)
(varies state to state)

Who determines the Standard of Practice? - ANA
(doesn't change)

What are 8 exceptions to confidentiality? (know all) - Unconscious (to save a life)
Intends to harm self/others
Court order (subpoena, summons)
Attorneys in litigation
Insurance companies
Mandatory reporting (diseases)
Tarasoff (duty to warn)
Child or elder abuse

What are the 5 elements of informed consent? - Nature and purpose of treatment/procedure
Risks and benefits of treatment
Risks and benefits of not undergoing treatment
Alternative procedures or treatments
Diagnosis and prognosis

What are the 7 ethical principles? - Justice

Beneficence

Nonmaleficence

Fidelity

Autonomy

Veracity

Respect

Fairness (according to gender, orientation, or ethnicity) is what ethical principle? - Justice

"Doing no harm" to the patient is what ethical principle? - Nonmaleficence

Discontinuing a medication that causes side effects is an example of what ethical principle? - Nonmaleficence

Denying a benzodiazepine to a patient with a SUD is an example of what ethical principle? - Nonmaleficence

"Doing good" and promoting well-being is what ethical principle? - Beneficence

Giving a patient a medication to treat symptoms is an example of - Beneficence

Being true and loyal is what ethical principle? - Fidelity

"Telling the truth" is what ethical principle? - Veracity

Allowing the patient to "do for self" is what ethical principle? - Autonomy

A patient's right to refuse medication is an example of what ethical principle? - Autonomy

Treating everyone with equal respect is what ethical principle? - Respect

Collecting data or conducting a survey is an example of - assessment

What is an important role to play as a client advocate? - reduce stigma

What is the best way to reduce stigma? - Education (esp. large audience)

just culture - A work environment that improves patient safety through continuous learning

A work environment that improves patient safety through continuous learning is - Just Culture

Recovery Model - A model that does not focus on mental illness, is nonlinear (occasional setbacks) and stresses learning from experience

What treatment approach does not focus on mental illness, is nonlinear (occasional setbacks), and stresses learning from experience? - Recovery Model

A process or strategy of quality improvement is called - PDSA Cycle
Plan
Do
Study
Act

What is the PDSA cycle - A quality improvement process or strategy

What is an example of a Quality Improvement Project? - Chart review

What are the 4 components of health policy? - Process
Policy reform
Policy environment
Policy makers

When implementing health policy, what is the first thing you do? - Assess barriers and facilitators
(prior to meeting with stakeholders)

What is SBIRT Assessment? - Screening, Brief Intervention, and Referral to Treatment for SUD

What should you do before warning someone about harm (Tarisoff act)? - Contact Board of Nursing

A key component of Piaget's Sensorimotor stage is - Object permanence

Object permanence develops in which of Piaget's developmental stages? - Sensorimotor

What are 2 key components of Piaget's Preoperational Stage? - Magical thinking
Symbols and language

According to Piaget, at what stage do children display magical thinking and use language and symbols more? - Preoperational

What is a key component of Piaget's Concrete Operations Stage? - See things from other's perspectives (less egocentric)

According to Piaget, during what stage do children see things from other's perspectives - less egocentric? - Concrete operations

What is the key component of Piaget's Formal Operations stage? - Abstract logic (science projects, hypotheses)

According to Erikson, what period (age) is the development of meaningful relationships important? - Infancy (0 - 1 yr.)

According to Erikson, what period (age) is self-control a key component? - Early childhood (1 - 3 yrs.)

According to Erikson, what period (age) is being a "self-starter" (self-directed) a key factor? - Late childhood (3 - 6 yrs.)

According to Erikson, what period (age) is competence important, especially with classmates? - School age (6 - 12 yrs.)

According to Erikson, what period (age) is personal sense of identity a key factor? - Adolescence (12 - 20 yrs.)

According to Erikson, what period (age) are committed relationships a key factor? - Early adulthood (20 - 35 yrs.)

According to Erikson, what period (age) is the ability to care for others important (e.g., parenting)? - Middle adulthood (35 - 65 yrs.)

According to Erikson, what period (age) does fulfillment and comfort with life occur? - Late adulthood (>65)

What 3 neurotransmitters are associated with ADHD? - DNS

What 3 neurotransmitters are associated with MDD? - DNS (decreased)

What 3 neurotransmitters are associated with Tourette's? - DNS (especially DA)

What 5 neurotransmitters are associated with bipolar disorder? - DNS

Glutamate (increased)

GABA

What 2 neurotransmitters are involved with Addictive Disorders? - DA (decreased)

GABA (decreased)

What 2 neurotransmitters are involved with OCD? - 5HT (decreased)

NE (decreased)

What 4 neurotransmitters are associated with schizophrenia? - DA (increased)

Glutamate (increased)

GABA (decreased)

5HT (decreased)

What 3 neurotransmitters are associated with Autism Spectrum Disorder? -

Glutamate (increased)

GABA (decreased)

5HT (decreased)

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What neurotransmitters are associated with anxiety? - NE (increased)

5HT (decreased)

GABA (decreased)

What neurotransmitters are associated with Alzheimer's? - ACh (decreased)

Glutamate (decreased)

What neurotransmitters are associated with Parkinson's Disease? - DA (decreased)

ACh (Increased)

What 4 psychiatric disorders have dysregulation of dopamine, norepinephrine, and serotonin (DNS)? - ADHD

MDD

BPD

Tourette's

Which 5 psychiatric disorders have dysregulation of the GABA receptor? - BPD

Schizophrenia

Autism

SUD

Anxiety

What 4 psychiatric disorders have dysregulation of glutamate receptors? - BPD

Schizophrenia

ASD

Alzheimer's

Which 2 psychiatric disorder have dysregulation of acetylcholine receptor? -

Alzheimer's

Parkinson's

What 3 disorders have dysregulation of glutamate and gabapentin? - autism spectrum disorder

bipolar disorder

schizophrenia

You are concerned a 5-yo child may be sexually abused. How do you conduct the interview? - Interview child and parents separately if child can communicate

You see a child playing with a toy in a sexual manner. What do you do? - contact CPS

What are the 2 most important aspects of interviewing an adolescent? - Rapport
Confidentiality (explain exceptions)

How should an adolescent be interviewed - separately form parents

If an adolescent is dating someone the same age, do you need to tell the parents? - No

If an adolescent is dating someone of the same gender, do you need to tell the parents? - No

What should you ensure before discharging a patient from the hospital? - Support system (safety)

Should a patient be interviewed in a day room? - No (not confidential)

When do you draw a T3 or T4 - If TSH is abnormal

What symptom occurs with high levels of ammonia? - confusion

What 4 symptoms are similar with serotonin syndrome and NMS? - Hyperthermia

Diaphoresis

Tachycardia

Altered LOC

Thoughts of self-harm are greatest in what 5 disorders (according to order) - MDD

BPD

Alcohol use disorder

Eating disorder

schizophrenia

What is a long-term side effect of the anti-emetic metoclopramide (Reglan)? - TD

Are oral contraceptives inducers or inhibitors? - inducers

A person with pressured speech is most likely to have - bipolar disorder

If you can identify why a person is depressed, what is their mostly likely diagnosis? -

Adjustment disorder with depressed mood

Can tics be a normal behavior? - yes

What are the 2 primary deficits in Cortical Dementia? - Language

Memory

Language and memory are the 2 primary deficits in which type of dementia? -

Cortical

Motor and behavioral (depression, irritability, apathy) are the 2 primary deficits in which type of dementia? - Subcortical

What are the 2 primary deficits in Subcortical Dementia? - Motor

Behavioral (depression, irritability, apathy)

What is the value of integrative medicine (E.g., ObGyn + PMHNP)? - increased mental health access to those who need it most

What is the most important factor in a child who is grieving? - Intact family

How do you treat a child who is grieving? - Normalize grief and loss
(don't tell them what to do/how to grieve)
(responses vary)

How do you apply your knowledge of a relationship between ADHD and substance abuse to practice? - Screen ADHD patients for substance use
Screen SUD patients for ADHD

When you look up data about a patient in social media, what are you violating? - patient's trust

Prior to sending prescriptions to a pharmacy, what do you need to do? - obtain patient consent

If patient is unable to give consent, what do you do? - assess for involuntary treatment (don't forcefully give medication)

The ethical principle that is associated with preventing imminent danger to patient is? - nonmaleficence

The ethical principle that is associated with keeping promises is - Fidelity

Sending a patient to a crisis stabilization unit rather than a hospital is honoring what patient right? - least restrictive environment

You plan to teach the patient about their illness. What do you do first? - assess knowledge

In what age groups should you obtain HCG? - 12-51

Do you need to tell parents if an adolescent reports she is dating someone of the same age or gender? - no

What are normal prolactin levels for males and females? - Male: <20
Female: <25

What 2 labs for a patient with suspected dementia due to anemia? - B12, folic acid

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What 2 symptoms might you see in a patient with a frontal lobe tumor? - social skill deficit
inappropriate affect

What is the term for a symptom caused by a medical treatment? How do you assess it? - Iatrogenic, assess medical history

If you refer a patient to a residential center for alcohol withdrawal, what can you provide them for symptom control? - Hydroxyzine or buspirone (not benzodiazepine)

What does perjury mean? - Lying or withholding information under oath

Which 2 parties can you not disclose information without the patient's consent? - family member
another provider

What are 4 risk factors for sleep apnea? - smoking
obesity
DM
HTN

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