

## LMR - Georgette's 2022 Qbank.

### [Georgette's PMHNP Certification Review](#)

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

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

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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

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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