

College Admission PMHNP

**American Nurses Credentialing Center: Adult
Psychiatric-Mental Health Nurse Practitioner-Board
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Question: 1

The psychiatric-mental health nurse practitioner (PMHNP) presents data showing that a new approach to patient care has better outcomes. However, members of the staff are almost all in disagreement and spend considerable time arguing that the data are in error and providing rationales for maintaining the current approach. This is an example of:

- A. Prejudice
- B. Aggression
- C. Debate
- D. Group think

Answer: D

Explanation:

This is an example of groupthink. Groupthink occurs when maintaining the status quo is more important to members of a group than making a reasoned or good decision.

Question: 2

An effective method of handling diversity in the workplace is to:

- A. Act as though everyone is alike.
- B. Develop different standards of performance for different groups.
- C. Develop internal support systems.
- D. Attempt to solve problems quickly.

Answer: C

Explanation:

An effective method of handling diversity in the workplace is to develop internal support systems. Diversity should be recognized and valued rather than acting as though everyone is alike because that standard usually means that people are expected to conform to the prevailing majority culture/group. It is important to ensure all individuals are treated in a fair manner. Problems related to diversity can rarely be solved quickly, so dealing with diversity must be an ongoing process rather than a once-a-year diversity workshop.

Question: 3

The PMHNP works in a community in which many people are uninsured or underinsured. The impact on health care is most likely that many of these people will:

- A. Access health care but be unable to pay bills.
- B. Postpone health care until a crisis occurs.
- C. Seek alternative forms of health care, such as a free clinic.
- D. Organize to demand better health care.

Answer: B

Explanation:

If the NP works in a community in which many people are uninsured or underinsured, the impact on health care is most likely that many of these people will postpone health care until a crisis occurs. This often results in more expensive care and greater need for care. Being uninsured or underinsured is most often associated with low socioeconomic status, which tends to translate to low power, meaning that the people are less able to organize.

Question: 4

The PMHNP is involved in a population-based nursing intervention program. Population-based interventions are aimed at:

- A. Vulnerable or underserved subgroups within the larger population
- B. All members of the population in an area
- C. Population members who lack health insurance
- D. A specified number of individuals in the population

Answer: A

Explanation:

Population-based interventions are aimed at vulnerable or underserved subgroups within the larger population. For example, a program may be tailored to the needs of an immigrant population or the homeless. These subgroups often have health disparities and need both health care for existing problems and preventive measures to prevent illness. Population-based programs should improve access to quality care and meet unmet healthcare needs at no or low costs to encourage utilization of services.

Question: 5

An outpatient with a long history of recurrent depression has depended on his mother for his support system, but his mother has recently entered an assisted living facility and is in poor health. The PMHNP should:

- A. Provide the patient with lists of community agencies.
- B. Assure the patient that he can manage independently.
- C. Remind the patient that the nurse practitioner is part of his support system.
- D. Assist the patient to identify other support systems

Answer: D

Explanation:

The NP should help this patient to identify other support systems because patients often view support from a narrow perspective. Support systems may include other family members, neighbors, friends, religious organizations, support groups, and community agencies.

Question: 6

From the perspective of risk management, an incident that would be classified as a "serious incident" includes which of the following?

- A. A patient falls and sprains her wrist.
- B. A patient complains that staff are rude.
- C. A patient commits suicide.
- D. A patient is raped by another patient.

Answer: A

Explanation:

From the perspective of risk management, an incident that would be classified as a serious incident includes a patient falling and spraining her wrist. Serious incidents include interruptions of treatment and minor injuries that would not require hospitalization. Service occurrences include minor damage to equipment or property and inadequate provision of care (usually related to patient complaints). Sentinel events involve unexpected death or permanent physical or psychological injury and include suicide and rape.

Question: 7

The 3 primary components of risk analysis are (1) assessment, (2) intervention, and (3):

- A. Analysis
- B. Deliverance
- C. Communication
- D. Performance

Answer: C

Explanation:

Communication. The 3 primary components of risk analysis are:

- Assessment: gathering and analyzing data through a variety of means.
- Intervention: using data to make changes in order to reduce risk.
- Communication: publishing/sharing results with various key stakeholders, including administration, staff, patients, families, and the general public.

- Risk analysis may be carried out to assess individual risks as well as risks associated with different treatments or programs. All new treatments and/or programs should undergo risk assessment.

Question: 8

The PMHNP plans to replace one screening instrument with another that is available free of cost, but to determine whether the screening instruments are equivalent (checking for validity), the nurse practitioner administers both the old and the new instruments and assesses whether positive correlation exists. This type of testing is:

- A. Convergent
- B. Divergent
- C. Predictive
- D. Multi-trait, multi-method

Answer: A

Explanation:

This type of testing is convergent testing. If there is no positive correlation, then a different instrument may be needed or the screening parameters changed.

Question: 9

Servant leadership suggests that:

- A. All staff members of the organization serve the leader.
- B. The leader serves all others in the organization.
- C. A hierarchical system of leadership is in place.
- D. Staff members are assigned specific tasks to assist the leader.

Answer: B

Explanation:

The premise of servant leadership is that the leader is not meant to simply exercise power and make decisions but to serve all those within the organization and/or community. Leadership is considered an altruistic endeavor. Thus, essential qualities of a servant leader include the ability to listen effectively to the input of others and to exercise empathy, always putting the organizational needs and greater good above personal needs. The leader needs to have a good sense of self-awareness and the ability to persuade and influence others.

Question: 10

The Health Insurance Portability and Accountability Act (HIPAA) (1996) privacy rules allow unrestricted disclosure of patients':

- A. Past health history
- B. Past payments for health care
- C. Future plans for health care
- D. De-identified health information

Answer: D

Explanation:

The Health Insurance Portability and Accountability Act (HIPAA, 1996) privacy rules allow unrestricted disclosure only of patients' de-identified health information, usually aggregated for purposes of research. Health information may be de-identified by a formal determination by a qualified statistician, or through removal of specific identifiers such as the name of the patient, family members, household members, and employers, as well as date of birth, Social Security number, other ID number, telephone number, and address.

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