



CLARITY Shine brightly.
PMHNP Test Cheat Sheet

Memorize these key points and write them out during the 20-minute instruction period prior to starting your exam - for quick reference.

SCALES

MMSE:

Normal Low Moderate Severe

MoCA:

Normal Mild Moderate Severe

SLUM:

Normal Mild Cognitive Dementia

HAM-D:

PHQ-9:

Beck:

MADRS:

HAM-A:

GAD:

COWS:

- Moderate:
 - buprenorphine/naloxone

CIWA:

- Moderate:
 - Diazepam
 - Lorazepam (Liver)
 - Librium

ERICKSON'S

0 - 1 1 - 3 3 - 6 6 - 12

to the

12 - 20 20 - 35 35 - 65 >65

and

HoW PoCo FooL CoW

H W P C F L C W

PMHNP Cheat Sheet

PIAGET'S

Some People Can Fly

0 - 2	S ensorimotor	Object Permanence
2 - 7	P re-operational	Magical Play
7 - 11	C oncrete Operational	Math
12 -	F ormal Operational	Abstract Logic/Science Fair

FREUD'S

Oral	0 - 18 m	Schizophrenia/Paranoia
Anal	18 - 36 m	Depression disorders
Phallic	3 - 6 Y	Sexual identity
Latency	6 Y - Puberty	Poor social relations
Genital	Puberty and up	Sexual perversions

BMI

15 and under	Inpatient admission
< 18.4	Underweight
18.5 - 24.9	Normal
25 - 29.9	Overweight
30 and up	Obese

PMHNP Cheat Sheet

PIAGET'S

Some People Can Fly

0 - 2 **S**

2 - 7 **P**

7 - 11 **C**

12 - **F**

Object Permanence

Magical Play

Math

Abstract Logic/Science

Fair

FREUD'S

0 - m

 - 36 m

3 - Y

 Y - Puberty

Puberty and up

BMI

and under I

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and up