

Flash Cards.



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Finally

You've got this!!! Soon, you will be a certified psychiatric mental health nurse practitioner (PMHNP)!

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Clarity Education Systems (also known as www.PMHNPTesting.com) is an educational platform with the sole purpose of preparing recent graduates for the certification exam. Through online seminars and supporting materials, we help advance nursing knowledge, and prepare candidates for certification. The future of mental health care is through advanced nursing.

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What defines the scope of practice (what the nurse practitioner may do)?

State laws, state legislation



State legislation will decide...

Credentialing requirements, disciplinary actions, and required or waived collaborative agreement conditions



Grounds for disciplinary action include:

- Practicing without a valid license in the state
- Falsifying records
- Committing fraud
- Failure to use appropriate nursing judgments or following nursing standards
- Failure to document appropriately



Licensure

- Permission to engage in the practice of a specific profession
- Prohibits others not legally certified from practicing



Credentialing

Process that ensures the provider can practice at a minimum level of professional competence



Certification

- Ensures that the provider has met certain predetermined standards for specialty practice
- Ensures the public that the provider has mastered a "specified body of knowledge." Ensures the individual has the necessary skills in order to function within the specified specialty



Scope of Practice

- Defines NP roles and actions
- State Board of Nursing
- **Identifies competencies assumed to be held by all PMHNPs who function in a particular role**
- Varies broadly from state to state



Test hint:

If the test questions states, "contact the state board of nursing," it is usually right; however, do not report somebody to the state board of nursing



Standard of Practice

- Determined by the American Nurses Association (ANA)
- Governs quality and type of practice that should be provided by the nurse practitioner
- Provides a way to judge the nature of care that is being provided
- Determines standards that do not change from practice to practice



The PMHNP is required by law to perform and carry out care in accordance with...

What any other reasonably prudent nurses would do in the same or similar circumstances

- Care must be consistent with established standards



Confidentiality

- States that a patient's information will never be disclosed without explicit consent from the patient
- Needs to be a signed paper from the patient to release information to other healthcare providers or family members
- Includes both verbal and written client information



Health Insurance Portability and Accountability Act (HIPPA)

- Does not allow for most disclosures about psychotherapy notes for a patient's condition without patient authorization
- Guarantees that a patient has a right to their own medical records
- Two separate releases of information are required to release information on a patient's chemical and psychiatric information to a third-party entity



During the first meeting with a patient with a history of suicide ideation you must:

Discuss the limits of confidentiality because harm to self must be reported



Looking up a patient's information on social media...

Is a violation of their trust and could lead to a breach of confidentiality



Exceptions to confidentiality:

- If a client discloses an intent to self-harm or harm others
- Information given to an attorney involved in ongoing litigation
- The release of records and information to insurance companies
- When required to answer court orders, subpoenas or summonses
- Mandatory reporting based on state requirements for disclosing specific/identified diseases or medical conditions
- Eminent danger



The provider has a duty to warn a potential victim if...

They are in imminent danger of a homicidal client (known as the Tarasoff Principle from the court case Tarasoff v. Regents of the University of California, 1976)



Informed Consent

Communication process between the provider and a patient that supplies information resulting in the patient's acceptance or rejection of a proposed treatment



Informed Consent includes:

- A full explanation of relevant information that enables the client to make an appropriate and informed decision
- The right of all competent adults or emancipated minors
 - Emancipated minors are persons younger than 18 who are married, parents, or self-sufficiently living outside and away from a family domicile



Capacity or competence

- Decision capacity or competence = the patient should have the capacity to make his or her own decision
 - The care team is not able to decide a patient's competency, this is the responsibility of a judge



Full disclosure

The provider should disclose information on the treatment, test, or procedure and include the expected benefits and risks and the likelihood (or probability) that the benefits and risks will occur



Full disclosure includes:

- The nature and reason of the identified treatment or procedure
- Risks and benefits of the treatment are fully discussed
- Alternative options are presented
- The identified diagnosis and prognosis are discussed



If a patient is given a medication for "off label" use...

The provider documentation is very important. The PMHNP will need to make sure to provide a full disclosure of the benefits and risks of the medication in the patient's chart



Comprehension =

The patient should be able to comprehend the relevant information and speak back the information to the care team



Voluntariness =

The patient should voluntarily grant consent without coercion



Documentation =

The provider must document in the medical record that informed consent has been obtained from the patient



It is the PMHNP's responsibility to ensure that the patient has the cognitive capabilities required to give informed consent...

If a patient is not able to do every component related to informed consent then family members, court appointed guardians, or others (as determined by state law) may act as a "surrogate decision-maker" on behalf of the patient



If a patient is too ill to give informed consent...

The PMHNP must assess the patient for involuntary treatment



Telehealth

- Must follow the same standards as care delivered in person
- Practice must be in accordance with applicable federal and state regulatory standards
- Must be able to provide emergency care to the patient
- HIPPA, confidentiality, and proper maintenance of a patient health record must be maintained



Ethical Principles

Foundational principles that help and determine right versus wrong and provide foundation and direction for complex decision making



Justice

Doing what is fair; fairness in all aspects of care

- Results in fair and equal caregiving regardless of a patient's social status, socioeconomic status, sexual orientation, ethnicity, gender, or religion



Beneficence

An act of charity, mercy, and kindness with a strong connotation of doing good to others including moral obligation

- Example: If a nursing home patient falls and fractures his hip, a nurse should provide him pain medication as quickly as possible



Non maleficence

Obligation not to inflict harm on others “do no harm”

- Example – stopping a medication that is causing harmful side effects, or discontinuing a treatment plan that is not effective, and may result in harm



Fidelity

Being true and loyal

- Faithfulness – is concerned with promise keeping, integrity, and honesty
- Also, involves meeting the patient's reasonable expectations (role fidelity), such as being respectful and professional)



Autonomy

Doing for self

- Right to self-determination (right to refuse)
- Ensures that healthcare teams can respect and support a patient's decision to either accept or refuse life-sustaining treatments)



Veracity

Telling the truth

- Patients need to know the truth about their medical or psychological conditions, and what treatment plans may be available to them



Respect

Treating everyone with equal respect

- Example – using a patient's preferred pronoun



Roles of the PMHNP

Scholar

Should be involved in publishing, researching, lecturing, precepting, and participating in continuing education for professional development



Roles of the PMHNP

Mentor

- Spreading knowledge – providing support to Junior colleagues, and demonstrating professional, competencies and skills
- Requires mutual respect between mentor and mentee



Roles of the PMHNP

Client advocate

- Empower and encourage patients while demonstrating how to become their own advocates
- Support the reduction of stigma associated with mental illness (through education)
 - If a patient is talking about shame, it is really about stigma



Roles of the PMHNP

The PMHNP should...

- Support patients in learning to discover and to receive available resources within healthcare and community services
- Be a member of a professional organization



Roles of the PMHNP

Health policy maker

- Participate in local, state, and national healthcare policy activities to progress quality healthcare and improved access
- Speak at public engagements, lobby with policy makers, or work with media outlets to bring awareness to an issue



Roles of the PMHNP

When speaking, the PMHNP should...

- Attempt to perform these actions to the largest audience possible, and to those that need educating the most
- Choose the answer that gets to the most people (radio, TV, news...



Roles of the PMHNP

Case management coordinator

- Case management is a system of controlled oversight and authorization of services and benefits provided to patients
- Consists of coordinated care, ensuring quality outcomes, monitoring plans of care, and performing advocacy
- The overall goal is to promote quality and cost-effective outcomes



Case management can lead to:

- Client self-care
- Reduced care fragmentation
- Improved quality of life/outcomes
- Decreased hospitalization stays
- Increased client/staff satisfaction



Case management model =

Interdisciplinary care



Tarasoff v. Regents of
University of California

- Established that mental health professionals had an obligation to protect intended victims of violence, even if they learn of that intended violence in the confidentiality of the doctor-patient relationship. The California Supreme Court stated that such a warning overrode the confidentiality of that special relationship...
- This principle does not apply to every state and every situation, so the first thing the PMHMP needs to do is contact the state board of nursing (if one of the answers) or warn if in imminent danger



Rennie v. Klein

An involuntarily committed patient who has not been found incompetent, absent an emergency, has a qualified right to refuse psychotropic medication (autonomy)



Stark Law

The Physician Self-Referral Law, commonly referred to as the Stark law, prohibits physicians from referring patients to receive "designated health services" payable by Medicare or Medicaid from entities with which the physician or an immediate family member has a financial relationship, unless an exception applies



Donalson v. O'Connor

If an individual is not posing a danger to self or others and is capable of living without state supervision, the state has no right to commit the individual to a facility against his or her will



Habeas corpus

Protects patients with mental illnesses against unlawful hospitalizations. A Writ of Habeas Corpus is a petition that can be filed if a patient is on a mental health conservatorship and believes that they are being confined unlawfully or if they believe that their rights have been violated in a facility



The Americans with Disabilities Act of 1990 (ADA)

- Prevents employers from discriminating against individuals with mental health disorders in employment decision
- The law mandates that reasonable accommodations need to be made for the mental health individual



Chinese Culture

- Health is maintained through a balance between "yin" (cold) and "yang" (hot) forces. A lack of "chi" (energy) causes illness
- The body is viewed as a gift and must be valued through proper care. Bodies are considered gifts and they may be reluctant to participate in surgery
- Extended families are important, especially the elderly. Maintaining honor and self-reliance are considered valuable
- May require lower doses of benzodiazepines and propranolol



Japanese Culture

- Health is maintained through harmony with the world
- Poor health may occur via contact with impure elements such as corpses, blood, or skin disorders
- Utilize acupuncture, acupressure, herbal medicine, and some traditional western medicine. Pain and discomfort may be difficult to assess since emotions are often suppressed
- Intergenerational family structure is valued



Vietnamese Culture

- Health is maintained through a balance of "yin" and "yang" and by living a harmonious life
- Rituals are used to ward off illness
- Maybe hesitant to seek healthcare, but utilize divine instruction, astrology, and other non-traditional healers



Hispanic Culture

Health is strongly related to religion. Believe that good behavior is rewarded by good health

- "Susto" (fright sickness)/real or imagined traumatic events cause illness
- "Mal de ojo" (evil eye)/illness affecting children caused by admiration of others
- "Empacho"--food forms balls in the intestinal track leading to cramps
- "Fatigue"--symptoms mimicking asthma



Hispanic Culture

- Can believe in treating illnesses through promises with God or through prayer. May seek healthcare practice from folk healers rather than Western medicine or utilize herbal medicine
- Extended families are important, and females may be subordinate to males who are financially responsible for the family
- They prefer to speak in Spanish when under stress and do not like to feel rushed when considering healthcare practice
- High incidences of hypertension, heart disease, diabetes, and strokes



Native American culture

- Health is related to a state of harmony with nature and illness can be rooted in the supernatural. The human body should be respected. Religious practices are important in maintaining good health
- Nontraditional practitioners may be utilized as well as herbal medicine and ritual activities. Extended families are important, and elders assume leadership roles



Native American culture

- Higher risk for suicide compared to other populations. Young American Indian men face challenges with historical trauma, cultural distress, poverty, geographic isolation, and systemic suicide within the community resulting from increased stress
- Alaskan natives have extremely high incidences of suicide and mental health stigma



Muslims

- Physical contact with the opposite gender is minimal and patients may ask for same gender providers
- They do not eat pork or pork byproducts, such as gelatin or fat (lard), and do not consume alcohol or alcohol-based products
- Animal meat must be prepared in accordance with Islamic rites
- During Ramadan, patients who are ill, pregnant, or nursing are excused from fasting, but others may require additional monitoring, such as glucose assessment



African-American

- Strong social and religious belief systems with an emphasis on family. Poverty, culture, and historical factors may contribute to poor dietary practices
- High blood pressure, diabetes, and stroke are common within this population. They are at a higher risk for heart disease, cancer, asthma, influenza and pneumonia, and HIV/AIDS
- African-American males are at a greater risk than females for suicide



PICOT

Mnemonic derived from the elements of a clinical research question – patient, intervention, comparison, outcome and (sometimes) time



Level 1 Evidence

Evidence of a systematic review or meta-analysis of all relevant randomized controlled trials (RCT) or evidence-based clinical practice guidelines based on systematic reviews of RCTs or three or more RCTs of good quality that have similar results



Level 2 Evidence

Evidence obtained from at least one well designed RCT (e.g., large multi-site RCT)



Level 3 Evidence

Evidence obtained from well-designed controlled trials without randomization (i.e.; quasi-experimental)



Level 4 Evidence

Evidence from well-designed case-control or cohort studies



Systematic Review

A summary of clinical literature. A systematic review is a critical assessment and evaluation of all research studies that address a particular clinical issue. The researchers use an organized method of locating, assembling, and evaluating a body of literature on a particular topic using a set of specific criteria. A systematic review typically includes a description of the findings of the collection of research studies



Meta-Analysis

A work consisting of studies using a quantitative method of combining the results of independent studies (usually drawn from the published literature) and synthesizing summaries and conclusions which may be used to evaluate therapeutic effectiveness, plan new studies, etc. It is often an overview of clinical trials. It is usually called a meta-analysis by the author or sponsoring body and should be differentiated from reviews of literature



Randomized Controlled Trial

A controlled clinical trial that randomly (by chance) assigns participants to two or more groups. There are various methods to randomize study participants to their groups



Controlled Clinical Trial

A type of clinical trial comparing the effectiveness of one medication or treatment with the effectiveness of another medication or treatment. In many controlled trials, the other treatment is a placebo (inactive substance) and is considered the "control"



Cohort Study

A clinical research study in which people who presently have a certain condition or receive a particular treatment are followed over time and compared with another group of people who are not affected by the condition



Case Control Study

Observational epidemiologic study of persons with a disease (or other outcome variable) of interest and a suitable control (comparison, reference) group of persons without the disease. The relationships are examined by comparing the diseased and non-diseased



Quality Improvement Projects

Projects that are designed to improve systems, decreased overall costs, and improve the productivity of healthcare delivery



Process of quality improvement:

- **Plan** – plan the change
- **Do** – carry out the plan
- **Study** – examine the results
- **Act** – decide what actions will improve the process



If a nurse practitioner, working in an outpatient setting, wants to ensure continuous improvement of quality of care...

One option is to develop instruments to manage and monitor clinical outcomes. For example, giving a rating scale at baseline and then at regular intervals throughout treatment



One way to convince a coworker to start a new policy is to...

Discuss the benefits and improved quality of patient care



Retrospective chart reviews

Quality improvement initiative and are often conducted to understand treatment patterns, resource utilization, adverse events, and clinical outcomes in a real-world setting



Retrospective =

The patient has
already been
discharged



Root cause analysis

Describes a wide range of approaches, tools, and techniques used to uncover causes of existing problems

1. Define the problem
2. Collect data about the problem
3. Determine potential causal factors
4. Determine the root cause or causes of the problem
5. Prioritize the causes
6. Form a solution, recommendation, and then implement



Internal validity

The independent variable (the treatment) that caused a change in the dependent variable (the outcome)



External validity

Results demonstrate that the sample is representative of the population and the results can be generalized to other populations



t test:

Assesses whether the means of two groups are statistically different from each other



Analysis of variance (ANOVA):

Tests the differences among three or more groups



Pearson's r correlation:

Tests the relationship between two variables



Probability:

Likelihood of an event occurring; lies between 0 and 1; an impossible event has a probability of 0, and a certain event has a probability of 1



P value:

Also known as level of significance; describes the probability of a particular result occurring by chance alone (if $P = .01$, there is a 1% probability of obtaining a result by chance alone)



Concept map

A diagram that illustrates the relationship between concepts



Risk analysis

An ongoing process that should provide an organization with a detailed understanding of its risks and give information necessary to address those risks in a timely manner



Failure Modes and Effects Analysis
(FEMA)

A systematic and proactive method for evaluating a process to identify where and how it might fail and to assess the relative impact of different failures in order to identify the parts of the process that are most in need of a change



Forced field analysis

Evaluating the forces that are either driving movement towards a goal (helping forces) or blocking movement toward the goal (hindering forces)



In order to provide evidence-based care...

Nurse practitioners need to have access to current journals and articles

- Remember, we always want to provide evidence-based care



Socio-cultural competence

To understand and consider culture, economic and educational status, health literacy levels, family patterns, and situations and traditions (including alternative and folk remedies); communicate in language at the level that the client understands

- If the question is a cultural question, choose an answer that includes respect



Patient-centered care

Involves establishing appropriate aftercare plans. Aftercare planning should start upon admission and includes behavioral management and support (family)



Patient Rights

- Confidentiality
- Informed consent
- Least restrictive environment
- Consent given with the opportunity to withdraw it at any time
- If an involuntary patient is still competent, they can refuse treatments



Health Policy

Decisions, actions, and plans by a group, community, or organization to achieve specific healthcare goals developed through laws and regulations



The four components of health policy:

- **Policy process**
 - Formation, implementation, and evaluation
- **Policy reform**
 - Changes in program and practice
- **Policy environment**
 - Arena the process takes place in (government, media, public...)
- **Policy makers**
 - Key players and stakeholders



For policy, you first want to assess and address...

Organizational barriers and facilitators and then meet with stakeholders afterwards... (funding answers are usually wrong)



To assess barriers and facilitators...

The nurse practitioner should assess baseline knowledge, beliefs, and practices using a survey

- This will allow for comparison with what is actually going on and how it fits within evidence-based practice



Just Culture

Seeks to create an environment that encourages individuals to report mistakes so that the precursors to the error can be better understood in order to fix systemic issues

- In a Just Culture, individuals are continually learning, designing safe systems, and managing behavioral choices
- Hold people accountable for their behaviors and investigate errors



Core Competency

The ability to practice nursing in order to meet the needs of a patient by using logical thinking and accurate nursing skills



Reflective Practice

- Utilizing reflection as a model to systematically make sense of an experience
- Used to improve practice and link theory to practice



Reflective Practice

- Enhances, critical thinking skills to problem, solve and enhance, clinical reasoning, and improve the decision-making process
- The theory behind debriefing and providing a way for self-learning and teaching through reflective analysis, evaluation, critical thinking, observation, judgment, and communication skills



Conflict

Discord, strife, contention, dissension, or condition marked by a lack of agreement or harmony; a feeling of incompatibility or when a person's needs or interests are not being meet



Conflict Resolution

Directed by a neutral third party who facilitates a “win-win” situation for everyone involved in a conflict situation



Negotiation

Discussion among two or more people with the goal of reaching an agreement and understand that compromise may be necessary



Mediation

Voluntary and confidential process in which a third party facilitates discussion to intervene in a dispute to reach an agreement to overcome a conflict



Arbitration

Arbitration is a procedure in which a dispute is submitted, by agreement of the parties, to one or more conciliator makes a binding decision on the dispute



Professional Civility

Behavior that shows respect toward another person and makes that person feel valued, while contributing to mutual respect, effective communication, and team collaboration



Discovery Learning

A theory that encourages learners to build on past experiences and knowledge, use their intuition/imagination, and creativity to search for new information and discover new facts, correlations, and truths



Problem Based Learning

Student center approach in which students learn about a subject by working in groups to solve an open-ended problem



Theory of Cultural Care (Madeline Leininger)

- Regardless of the culture, care is the unifying focus and the essence of nursing
- Health and well-being can be predicted through cultural care



Theory of Self-Care (Dorothy Orem)

Self-care: Activities that maintain life, health, and well-being



Therapeutic Nurse–Client Relationship Theory or Interpersonal Theory (Hildegard Peplau)

- Based in part on interpersonal theory
- Sees nursing as an interpersonal process in which all interventions occur within the context of the nurse–client relationship
- The therapeutic nurse–client relationship is central to nursing
- Behavior represents the person trying to adapt to internal or environmental forces



Phases of the nurse–client relationship:

- Orientation phase
- Working phase (identification, exploitation)
- Termination phase (resolution)



Caring Theory (Jean Watson)

- Caring is an essential component of nursing
- “Carative factors” guide the core of nursing and should be implemented in health care
- Carative factors are those aspects of care that potentiate therapeutic healing and relationships



Grief responses vary...
Instead of telling somebody how to grieve...

Offer support and ensure that the family stays intact



As providers, we want to normalize _____ and _____ in children

Grief and loss



If you are taking care of an infant, and they are about to die, you want to give the baby to the parents so they can...

Grieve the loss



The grasp/palmar reflex is normal up to the age of...

- 5 to 6 months
- Place a finger in the palm of the babies hand to assess if they will grab and hold onto the finger



The moro/startle reflex is normal up to the age of...

- 5 to 6 months
- After a sudden loss of support, the reflex involves spreading out the arms and then pulling the arms in



The Babinski reflex is normal up to the age of...

- Two
- Scratch the soles of the babies feet, the toes will flare out. After the age of two, they curl in



Alcohol dehydrogenase, an enzyme that metabolizes alcohol, is decreased in...

Women as compared to men. They are more likely to get drunk because of the enzyme decrease



Women are more likely to develop alcohol induced _____ problems compared to men...

Liver



Self-esteem building exercises can help promote...

Resilience



If a patient's mom calls the nurse practitioner to report that her five-year-old son was raped by his 15-year-old brother, what should the mental health provider do?

- Insist that the child is not left alone with the brother
- Notify Child Protective Services (CPS)
- Arrange crisis therapy for the family



Multisystemic Family Therapy is used for...

Antisocial personality-type



Which therapy targets youths aged 12 to 17 with antisocial and problematic behavior and a history of criminal offenses?

Multisystemic Family Therapy



How does Multisystemic Family Therapy work?

By empowering parents with resources and skills to reduce barriers to resources that are needed to manage their child



Multisystemic Family Therapy empowers parents and improves effectiveness by identifying strengths and...

- Developing natural support systems (i.e., extended families, neighbors, friends, and church members)
- Removing barriers (i.e., drugs, stress, and bad relationships)



What are the risk factors for osteoporosis?

- Smoking
- Caffeine
- Lack of weight-bearing exercises
- Lack of diet rich in calcium and vitamin D



Kids that are grieving need...

Psychoeducation and supportive group therapy



Who determines the scope of practice?

State legislative statutes (Board of Nursing)



Who determines standard of practice?

- ANA
- Provides a way to judge care



Confidentiality assumes that...

Information given to a provider will not be disclosed



Confidentiality requires that a signed authorization and consent form be done to release records to...

- A patient's family
- Another healthcare provider



How do nurse practitioners advocate for their patient?

- Always have the patient's best interest while also respecting the families role
- Reducing stigma through education
- Helping clients receive available resources



Just culture is used to design...

A safe system



What are projects designed to improve systems, decrease costs, and improve productivity?

Quality improvement projects



If a patient is greater than 45 years old and having his or her first experience with mania...

Explore medical circumstances, it could be a stroke



A highly combative and agitated patient can be given...

IM ziprasidone/Geodon



An agitated patient can be given...

Haldol



What administration route should a new antipsychotic medication be given?

Via IM (i.e. Invega, ziprasidone, aripiprazole)



How do you switch a patient from oral Haldol to IM Haldol?

- Give 20 times the daily oral dose
- Example: if a patient is on 5 mg b.i.d. = 10 mg; $20 \times 10 \text{ mg} = 200 \text{ mg}$ IM for the total first month dose (only give one hundred milligrams at a time)
- Give 100 mg at a time; wait 5 to 7 days to give another 100 mg



If a patient is taking oral Haldol and is at risk of relapse, switch to...

IM Haldol



Do not give which medication with dementia?

Haldol. Haldol is given for delirium



Why are benzodiazepines avoided in patients diagnosed with dementia?

They are vulnerable to sedation, falls, and delirium



How do we treat psychosis and agitation in dementia?

- First try non-pharmacological management
- Next use atypical antipsychotics (this is first-line with psychotic symptoms)
- Remember start with the lowest effective dose and attempt to wean when able



What medications do we want to avoid giving a patient with delirium?

- Benzodiazepines (unless a person is at risk and has not responded to Haldol)
- Exception: alcohol and substance use



How do we treat delirium?

With antipsychotics (Haldol; preferred for agitated/delirious patients)



How do you treat hypertensive crisis?

- DC the offending agent
- Give phentolamine



Cramping, abdominal pain,
and myoglobinuria =

Rhabdomyolysis (happens
when taking Depakote)



Which neurotransmitters are
implicated in opiate
addiction?

Dopamine and GABA



Existentialism places primary
emphasis on the role of...

Choice and responsibility



Besides clozapine, which other two medications are FDA approved to treat tardive dyskinesia?

Austere and Ingrezza



What is Wernicke's Encephalopathy?

- A condition that causes confusion, problems with voluntary movement, and eye abnormalities
- Caused by a lack of vitamin B1
- Results from alcohol abuse
- This is the acute phase. Chronic symptoms are associated with Korsakoff's Amnesic Syndrome



What is Korsakoff's Amnesic Syndrome?

- A condition that primarily affects memory
- Is caused by a lack of vitamin B1
- Can result from alcohol use



What medication is often used as adjunctive therapy with a SSRI and is approved by the FDA for treating Generalized Anxiety Disorder (GAD)?

Buspirone/Buspar



Which SSRIs are considered "safer" during pregnancy?

- Citalopram (Celexa)
- Sertraline (Zoloft)



Hypogonadism as seen with Prader Willi Syndrome causes...

- Obesity
- Small stature
- Small hands and feet
- Hypotonia



When taking oxcarbazepine and the patient's blood sugar increases, but A1C stays normal...

- Consider this a side effect of the medication since A1C stayed normal
- Can also cause excessive urination and thirst



If a patient is taking clonazepam and is a smoker...

- The provider may need to increase medication dose since smoking is a known inducer of the 1A2 P450 enzyme
- But, if they stop smoking, the medication will need to be decreased



What needs to happen if a patient's BMI is less than _____?

If a patient's BMI is less than 15, the nurse practitioner will need to refer them to a medical provider or place in inpatient care (they are medically unstable)



If a parent does not allow you to medically hospitalize an anorexic patient with an extremely low BMI, what do you need to do?

Call Child Protective Services (CPS)



Nightmares in children can be caused by...

- Genetic factors (assess for other family members for nightmare patterns)
- Psychological factors



What is the Broken Mirror Theory?

Dysfunction of the mirror neuron system may be the cause for social and communication problems as seen in autism



A urinary tract infection can cause delirium in a...

- Female older patient
- Perform a UA/culture with sensitivity



With dementia patients, what supplements do you need to check?

Vitamin B12 and folic acid levels



If a patient comes in with history of IV drug use and has motor problems, cognitive decline, and behavioral changes what should you order?

An HIV test (treat HIV dementia [subcortical] with antiretrovirals)



If you take care of a patient in a rural area living in a house built in the 1970s, they are at higher risk of...

- Lead poisoning
- Can cause vomiting, constipation, and hearing loss. A patient with this history will need to be tested for lead



What are the signs of lead poisoning?

- Developmental delays
- Learning difficulties
- Irritability
- Loss of appetite
- Weight loss



If a patient is uncomfortable sharing in a group setting, but you want to promote interpersonal learning, what should you do?

Encourage them to keep attending the group and augment with individual sessions



If someone is noncompliant in therapy, we can use...

A paradoxical treatment (i.e., a therapeutic technique in which a client is directed to continue undesired symptomatic behavior, and even increase it, to show that the client has voluntary control over it)



Solution-focused therapy uses solutions that...

- Have previously worked
- Ask miracle questions
- Incorporate exception finding questions
- Use scaling questions



When would you use a closed-ended question?

- If the patient is not able to construct a narrative
- If a child cannot fully narrate, the provider may need to ask the parent, but they should try with the child first



It is normal for boys aged 9 to 16-years-old to develop...

- Swelling, tenderness, or enlarged breasts
- This is normal and will typically disappear within six months



If an infant is producing a shrill cry, it can be caused by...

Intracranial pressure



If an elderly female patient is presenting with decreased sex drive, it can be caused by...

- Decreased testosterone
- Decreased blood flow to the pelvic region



If the patient has macrocytic anemia, you want to check...

Folic acid, vitamin B12, and iron levels



What is disseminated encephalomyelitis?

- Inflammation of the nervous system (brain stem and column)
- Need to perform a complete Neuro exam
- Assess for weakness, confusion, unsteady gait, asymmetrical movements of the arms and legs, weakness, paresthesia, and fatigue



If a medication you prescribed is given a new black box warning, don't just stop the medication, you first need to...

Perform research on the benefits and risks of continuing use of the medication



Trazodone can cause...

A priapism



What is structured play therapy?

When a patient is given small figures and objects to play with in order to encourage the child to tell a story



Major depressive disorder with psychotic features...

Involves psychotic symptoms only being present when the patient is depressed (i.e., when depression has subsided, there are no longer any psychotic symptoms)



What are the risk factors for sleep apnea?

- Obesity
- Diabetes
- Smoking
- Hypertension



The age at which bipolar disorder is probably due to a medical condition is...

45 and older



Before discharging a patient, you need to make sure that they can...

- Stay safe
- Cope effectively



Desmopressin can be used for nighttime bed wetting (enuresis) and works by...

Reducing urine production



Auto immune diseases can lead to...

Increased cytokine levels



If a patient presents with iatrogenic signs and symptoms, make sure to always...

Assess for medication history



What is an example of an iatrogenic condition?

- Taking an antipsychotic and then having tardive dyskinesia
- Iatrogenic is an adjective used to describe a medical disorder, illness or injury caused in the process of medical treatment



Iatrogenic signs and symptoms can be caused by

- A medication (adverse effect)
- Surgery/treatment



When teaching about medication, make sure you also teach about...

Relaxation techniques



Before you teach about medication, you first want to assess...

What the patient already knows or believes about the medication



If a patient cannot provide a review/timeline during an assessment, what do you do?

- Ask specific questions designed to recall memory (AKA anchor questions)
- Ask questions related to key memorable events



If an article states that there is a relationship between adolescents that have ADHD and substance abuse, how would you apply this to practice?

- Screen all patients with ADHD for substance abuse
- Assess all adolescents at risk of abusing substances for ADHD



PDE5 medications are...

Used for sexual dysfunction and are rapidly absorbed after oral administration



If your patient has rheumatoid arthritis, you want to check their...

ESR levels



If the provider has an appointment scheduled for both a husband and wife, but only one person shows, what should they do?

Reschedule the appointment



When communicating with patient, always use...

Open-ended questions
(avoid closed ended or yes or no questions)



Recall: Structural Family Therapy...

- Hierarchies
- Boundaries
- Genograms



Recall: Family Systems Therapy...

- Triangles
- Self differentiation
- Genograms



Recall: "Miracle" questions =
miracle "*solutions*" as seen in...

Solution-focused therapy



Recall: a paradoxical
intervention can be used to...

- Promote patient self-awareness
- Medication adherence
- Overcome fear of failure



Recall: a paradoxical
"strategy" is found in...

Strategic Therapy



Recall: Strategic Therapy is...

- Problem-focused
- Symptom-focused
- (Uses paradoxical directives,
straightforward directives, and
reframing belief systems)



Interpersonal Therapy (i.e., marital conflict) focuses on...

Interpersonal issues that are causing the stress within relationships, the work environment, school environments...



Recall: Humanistic Therapy includes...

- Self actualization
- Self-directed goals
- The idea that we are all naturally born good



Recall: Cognitive Therapy...

Replaces irrational thought with rational thinking



Which neurotransmitters are implicated in mood disorders?

- Dopamine
- Norepinephrine
- Serotonin
- GABA
- Glutamate



The cerebellum maintains...

Balance and posture



The anterior cingulate is responsible for...

Cognitive functions,
decisions, empathy,
impulse control, emotions



A frontal lobe tumor can cause...

Personality changes and aggression



Frontal lobe dementia can also cause inappropriate social behavior and...

- Loss of empathy
- Lack of judgment



Subcortical, think...

Motor problems



Speech expression is in the...

Frontal lobe



Speech comprehension is in the...

Temporal lobe



Older adults who are depressed can also have...

Reduced energy levels and fatigue



Older adults with depression can also have...

Irritability, agitation, hallucinations, and delusions



If your patient is presenting with irritability and a depressed mood what should you do first?

Administer a mood questionnaire



DMDD is a childhood depressive disorder and is diagnosed in children older than _____ but younger than _____?

Children older than six but younger than 18



What condition is associated with excessive worry, apprehension, anxiety about events or activities, and occurs more days than not for at least six months?

GAD



Beta blockers can cause
bronchospasms...

So, if your patient has
already taken albuterol, do
not give a beta blocker



Treatment for panic attacks...

- Beta blockers (propranolol,
30 to 60 minutes prior to a
triggering event)
- Benzodiazepines



Trazodone and lorazepam
have been known to cause...

Paradoxical/activating
effects, so avoid the
combination



Which class of medication aids in
pyramidal cell functioning in the
prefrontal cortex, preventing
excessive release of glutamate?

Serotonin agonist/reuptake
inhibitors (SARIs; trazodone
and nefazodone)



Management options for sexual assault victims:

- Community resources
- Emergency shelters and help lines
- Assertiveness training and self-defense



Schizoaffective disorder (depressed type)...

Only depressed when psychotic



What two anticholinergic medications are used to treat Parkinson's Disease?

- Benztropine
- Trihexyphenidyl



The Recovery Model =

Learning from experiences



The Recovery Model

Looking beyond the illness
with a focus on interests,
abilities, and dreams



The Recovery model is...

- Individualized
- Person-centered
- Nonlinear; not a step-by-step based approach
- Includes setbacks and learning from experiences



What does the Recovery
Model Promote?

Self direction



Which model focuses on
resilience and control over
problems in life?

The Recovery Model



Motor tics in children are...

Fairly common and can be temporary



Prior to diagnosing
Tourette Syndrome...

The provider will need to rule out
substance use, medication use or
other medical conditions



Acute stress disorder signs and
symptoms last less than...

A month (PTSD lasts
greater than a month)



In reactive attachment disorder,
when the child fails to develop a
secure and stable attachment to the
caregiver, the failure can cause...

A severe disturbance in the
child's ability to relate to others
and results in behavioral and
interpersonal problems



The nurse practitioner is obligated to do what if he or she suspects factitious disorder?

Contact Child Protective Services (CPS)



What is malingering?

Like factitious disorder, but with a specific motive, such as getting out of jail



A nurse practitioner that was assaulted by a patient and now does not want to go back to work and has anxiety, insomnia, and re-experiencing symptoms for the last three weeks would be diagnosed with...

Acute Stress Disorder



What type of ADHD is attributed to abnormalities in the prefrontal cortex?

Inattentive type



Neurotransmitters involved
in Autism Spectrum
Disorder include:

- Glutamate
- GABA
- Serotonin



What is dysarthria and
how is it assessed?

- Slurred speech or difficulty
with articulation
- Assessed in the mental status
exam by having the patient
attempt to say a difficult
phrase



Pressured speech is...

A rhythm and pacing problem



What is speech paucity?

Less speech than is normally required



If you are trying to educate parents about ADHD and they are extremely anxious...

First give support and address the anxiety before continuing with the education



To diagnose ADHD, the child must be assessed in...

Two different settings (home and school)



If a child starts to have signs and symptoms of ADHD later during the day, this is due to...

The medication being cleared from the body. May need to prescribe an extended release medication or consider multiple dosing throughout the day



A child that presents with new onset OCD signs and symptoms should be assessed for...

PANDAS



If a patient is reporting depression, make sure to assess alcohol use because...

Some patients will use alcohol to self medicate and it can be a barrier to treatment



Which mental illnesses can increase thoughts of self harm?

- Schizophrenia
- Eating disorders
- Alcohol abuse
- Bipolar disorders
- Depression



Do not give _____ to a schizophrenia patient because...

Stimulants; they potentiate dopamine release and increase positive symptoms of schizophrenia



A discharging schizophrenic patient with a long history of medication noncompliance needs to be...

Referred to an Assertive Community Treatment team. The nurse will go to the patient's home and administer the medication



A patient with schizophrenia may also need a referral to an exercise treatment program, specifically...

One with an aerobic exercise component



Why are aerobic exercises important with schizophrenia?

It can improve cognition, quality of life, and long-term health



Parkinson's Disease is caused by...

Dopamine blockage



Signs of meningitis:

- Stiff neck
- Sensitivity to light
- Severe headache
- Changes in mental status



How to assess for meningitis:

- Brudzinski's Sign: severe neck stiffness; patient's hips/knees flex when the neck is flexed. This should be negative during the assessment
- Kernig's Sign: severe stiffness of hamstrings; cannot straighten the leg when hip flexed 90°



Tolerance is...

Diminished affects of the same dose of medication over an amount of time



If your patient has a substance abuse disorder and you want to transfer them to a less intensive outpatient program...

You must assess whether they are ready based on decreased blaming and the presence of healthy coping mechanisms



Ego...

“I think” or “I evaluate”



Repression is _____
Suppression is _____

- Involuntary
- Voluntary



Legal issues associated
with telehealth are...

- Jurisdiction authority
over licensure
- Confidentiality concerns
- Medical errors



What is appreciative inquiry?

An approach to
organizational change that
focuses on strengths rather
than weaknesses



What is constructional apraxia?

Inability or difficulty in building,
assembling, or drawing



What can cause
constructional apraxia?

- Lesions on the parietal lobe following a stroke
- Indicator of Alzheimer's Disease



In intimate partner violence,
what are the goals of the abuser?

- Establish power
- Manipulate, intimidate, and control of the other person



Risk factors associated
with abusers:

- Exposed to violence in an early developmental age
- Low self-esteem
- Social isolation
- Lack of support
- Cognitive impairment
- Physical or financial dependency



Care management of an
abused patient:

- Safety and medical well-being is the most important
- Provide a referral to a domestic abuse shelter if possible
- Develop a safety plan (codeword, establish a close support system, prepare an "emergency bag")
- Closely monitor medical status, symptomology, nutritional status, and coping skills



Risk factors that increase cases of sexual assault and abuse:

- Substance-abuse disorders
- Psychiatric disorders
- Divorce
- Family or personal history of violence or sexual abuse
- Long-term exposure to violence
- Social isolation
- External factors such as unwanted pregnancy, unemployment, and financial difficulty



Management options for sexual assault victims:

- Community resources
- Emergency shelters and help lines
- Assertiveness training and self-defense



Failure to resolve the Initiative v. Guilt stage is associated with which disorder?

Conversion disorder, phobias, and Psychosomatic Disorder



Failure to resolve Industry v. Inferiority stage is associated with...

Creative inhibition



Which Erickson's stage is associated with a midlife crisis if not resolved?

Generativity v. Stagnation



According to Erikson, failure to resolve which psychosocial stage is associated with schizoid personality disorder?

Intimacy v. Isolation



What things should you remember about ziprasidone?

- It can cause hypotension, sedation, dizziness, and QTc prolongation
- It needs to be taken with food to increase absorption



What disorders contribute to worsening sleep and insomnia in older patients?

- Mood disorders
- Anxiety disorders
- ADHD
- (Not Bipolar)

