

CONTENTS

INSTRUCTIONS FOR OBTAINING CONTINUING EDUCATION CREDIT	XI
CHAPTER 1. Taking The Certification Examination	1
General Suggestions for Preparing for the Exam	1
About the Certification Exams	8
Internet Resources	9
CHAPTER 2. Psychiatric–Mental Health Nurse Practitioner Role, Scope of Practice, and Regulatory Process	11
Nurse Practitioner Advanced Practice Core Content	11
Nurse Practitioner Advanced Practice Specialized Content	12
History of the NP Role	13
Professional Role Responsibilities	16
Roles of the PMHNP	22
Culturally Competent Care and Special Populations	23
Case Study 1	29
Case Study 2	29
Answers to Case Study Discussion Questions	31
References and Resources	32
CHAPTER 3. Theoretical Basis of Care	37
Biopsychosocial Framework of Care	37
Classification of Psychiatric Disorders: DSM-5	38

Therapeutic Relationship	38
Developmental Theories	40
Foundational Theories Supporting PMHNP Role	41
Nursing Theories	47
Case Study 1	48
Case Study 2	48
Answers to Case Study Discussion Questions	49
References and Resources	49

CHAPTER 4. Psychiatric–Mental Health Nurse Practitioner Professional Role and Health Policy: Leadership, Quality Improvement and Safety, Practice Inquiry, and Health Policy51

Leadership	51
Quality Improvement	55
Just Culture of Safety	55
Health Delivery Systems	56
Conflict of Interest	57
Rights of Clients	58
Health Policy Development	58
Case Study	59
Answers to Case Study Discussion Questions	60
References and Resources	60

CHAPTER 5. Neuroanatomy, Neurophysiology, and Behavior . . .63

The Nervous System	63
Neuroanatomy and the Brain	64
Neurophysiology and the Brain	68
Neuroimaging Assessment and Diagnostic Procedures	71
Genomics	73

	Case Study 1	76
	Case Study 2	76
	Answers to Case Study Discussion Questions	77
	References and Resources	77
CHAPTER 6.	Advanced Health and Physical Health Assessment . . .	79
	Physical Exam	79
	Neurological Exam	80
	Disease Prevention Activities	97
	Gender-Based Medical Testing and Screening Recommendations for the General Public	99
	Health Behavior Guidelines	101
	Public Health Principles	103
	Case Study 1	105
	Case Study 2	105
	Answers to Case Study Discussion Questions	107
	References and Resources	107
CHAPTER 7.	Pharmacological Principles	111
	Concepts in Pharmacological Management	111
	PMHNP Pharmacological Management Role	114
	Case Study 1	120
	Case Study 2	120
	Case Study 3	120
	Answers to Case Study Discussion Questions	122
	References and Resources	123
CHAPTER 8.	Nonpharmacological Treatment	125
	Individual Therapy	125
	Group Therapy	127

Family Therapies	129
Complementary and Alternative Therapies (CATs)	132
Case Study	136
Answers to Case Study Discussion Questions	137
References and Resources	137

CHAPTER 9. Depressive Disorders and Bipolar Disorders. . . . 139

Sadness as a Common Emotional State	139
Major Depressive Disorder (MDD)	140
Persistent Depressive Disorder (Dysthymia)	166
Grief and Bereavement	169
Premenstrual Dysphoric Disorder	173
Bipolar (BP) Disorder	173
Stevens Johnson Syndrome (SJS)	184
Cyclothymic Disorder	186
Case Study	189
Answers to Case Study Discussion Questions	191
References and Resources	191

CHAPTER 10. Anxiety Disorders, Obsessive–Compulsive Disorder, and Trauma- and Stressor-Related Disorders. . . . 195

Anxiety Disorders	196
Panic Disorder	207
Agoraphobia	210
Specific Phobias (Simple Phobias)	211
Social Anxiety (Phobia) Disorder	214
Generalized Anxiety Disorder (GAD)	215
Separation Anxiety Disorder	218
Obsessive–Compulsive Disorder (OCD)	218
Posttraumatic Stress Disorder (PTSD)	222

	Dissociative Disorders	225
	Body Dysmorphic Disorder	226
	Hoarding Disorder	226
	Trichotillomania	226
	Excoriation Disorder	226
	Case Study	227
	Answers to Case Study Discussion Questions	230
	References and Resources	230
CHAPTER 11.	Schizophrenia Spectrum and Other Psychotic Disorders	233
	General Description of Psychotic Disorders	233
	Schizophrenia	235
	Schizophreniform Disorder	258
	Schizoaffective Disorder	260
	Delusional Disorder	262
	Brief Psychotic Disorder	264
	Shared Psychotic Disorder (Folie á Deux)	266
	Case Study	268
	Answers to Case Study Discussion Questions	269
	References and Resources	269
CHAPTER 12.	Neurocognitive Disorders	271
	Cognitive Disorders	271
	Delirium	271
	Dementia	277
	Major or Minor Neurocognitive Disorder Due to Traumatic Brain Injury	285
	Case Study	291
	Answers to Case Study Discussion Questions	292
	References and Resources	292

CHAPTER 13. Substance-Related and Addictive Disorders	293
Substance-Related Disorders	293
Case Study	308
Answers to Case Study Discussion Questions	310
References and Resources	310
CHAPTER 14. Personality Disorders	313
Personality	313
Personality Disorders	314
Case Study	324
Answers to Case Study Discussion Questions	325
References and Resources	325
CHAPTER 15. Disorders of Childhood and Adolescence	327
Assessment and Care Planning for Children and Adolescents	327
Oppositional Defiant Disorder (ODD)	329
Conduct Disorder	332
Attention-Deficit Hyperactivity Disorder (ADHD)	335
Autism Spectrum Disorder	340
Rett Syndrome	343
Eating Disorders	346
Intellectual Disability	351
Disruptive Mood dysRegulation Disorder	355
Case Study	357
Answers to Case Study Discussion Questions	358
References and Resources	358
CHAPTER 16. Sleep	361
General Considerations	361
Insomnia	362

Case Study 1	369
Case Study 2	369
Case Study 3	369
Answers to Case Study Discussion Questions	370
References and Resources	371
CHAPTER 17. Violence	373
Intimate Partner Violence (IPV)	373
Assessment	375
Sexual Assault and Abuse	376
Lethality Assessment	380
Violence in School	380
Suicide Assessment	380
Homicide: Early Warning Signs	381
Threats of Violence	381
Case Study	383
Answers to Case Study Discussion Questions	384
References and Resources	384
APPENDIX A. Review Questions	385
APPENDIX B. Review Question Answers	409
INDEX	417