

Psychiatric Technician State Board Practice Exam (Sample)

Study Guide



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SAMPLE

Questions

SAMPLE

- 1. Rinsing the mouth after inhalation of medication primarily prevents what?**
 - A. Throat infections**
 - B. Bacterial growth**
 - C. Mouth or throat dryness**
 - D. Respiratory issues**
- 2. The side effect of hypotension might be caused by which psychotropic medication?**
 - A. Halodol (haloperidol)**
 - B. Thorazine (chlorpromazine)**
 - C. Prozac (fluoxetine)**
 - D. Paxil (paroxetine)**
- 3. What is a common nursing intervention for a client with Alzheimer's disease who wanders?**
 - A. Provide isolation to prevent wandering**
 - B. Allow the client to wander in a prescribed area**
 - C. Use restraints to limit movement**
 - D. Keep the client in a locked room**
- 4. A client demonstrating symptoms of hypochondriasis would most likely show which pair of defense mechanisms?**
 - A. Denial and Somatization**
 - B. Repression and Projection**
 - C. Intellectualization and Rationalization**
 - D. Regression and Displacement**
- 5. When working with an autistic child, what is a primary educational goal for a psychiatric technician?**
 - A. Encourage free play and spontaneity**
 - B. Provide a highly structured program**
 - C. Focus solely on academic learning**
 - D. Use unstructured social interactions**

- 6. If a medication record states: "clonazepam 10mg PO TID," what could be incorrect regarding this order?**
- A. The route of administration is not appropriate.**
 - B. The dosage is too high.**
 - C. The frequency is incorrect.**
 - D. The medication is not indicated for this condition.**
- 7. What are the most common symptoms of a urinary tract infection?**
- A. Dysuria, urinary frequency, and urgency**
 - B. Pain in lower abdomen and fever**
 - C. Itching and redness**
 - D. Nausea and vomiting**
- 8. Before insertion of a rectal suppository, which position should the client assume?**
- A. Sitting position**
 - B. Prone position**
 - C. Sim's position**
 - D. Lying flat on the back**
- 9. What is a sign of good nutrition in an individual?**
- A. Dry skin**
 - B. A dull appearance in the oral cavity**
 - C. Reddish pink mucous membranes in the oral cavity**
 - D. Weight loss over a short period**
- 10. If a laboratory value for leukocytes reads "10,500," how would a psychiatric technician interpret this result?**
- A. Normal range.**
 - B. Significantly low.**
 - C. Slightly high.**
 - D. Critical level.**

Answers

SAMPLE

1. C
2. B
3. B
4. A
5. B
6. B
7. A
8. C
9. C
10. C

SAMPLE

Explanations

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1. Rinsing the mouth after inhalation of medication primarily prevents what?

- A. Throat infections**
- B. Bacterial growth**
- C. Mouth or throat dryness**
- D. Respiratory issues**

Rinsing the mouth after the inhalation of medication is important primarily to prevent mouth or throat dryness. Many inhaled medications, particularly those containing corticosteroids, can leave a drying effect in the oral cavity and throat, leading to discomfort and a dry sensation. Rinsing helps to moisten these areas, alleviating dryness and promoting comfort after using inhalers. Additionally, this practice can also aid in flushing away any residual medication that might cause irritation or unpleasant taste, which contributes to a more comfortable experience after administration. It is a common preventive measure taken to ensure that the patient's oral health is maintained, especially since dry mouth can lead to complications such as dental issues or discomfort during swallowing. The practice of rinsing is a simple yet effective method to enhance the overall treatment experience for individuals using inhalers.

2. The side effect of hypotension might be caused by which psychotropic medication?

- A. Halodol (haloperidol)**
- B. Thorazine (chlorpromazine)**
- C. Prozac (fluoxetine)**
- D. Paxil (paroxetine)**

The side effect of hypotension is commonly associated with Thorazine (chlorpromazine). This medication, which is an antipsychotic, can block alpha-adrenergic receptors, leading to vasodilation and a consequent drop in blood pressure. This side effect is particularly notable in medications that have sedative properties and can also lead to warnings about standing up too quickly due to the risk of orthostatic hypotension. In contrast, haloperidol, fluoxetine, and paroxetine are less frequently linked with hypotension. Haloperidol is primarily associated with extrapyramidal symptoms and potential tardive dyskinesia, while the selective serotonin reuptake inhibitors like fluoxetine and paroxetine are more often related to side effects such as nausea, insomnia, and sexual dysfunction rather than effects on blood pressure.

3. What is a common nursing intervention for a client with Alzheimer's disease who wanders?

- A. Provide isolation to prevent wandering**
- B. Allow the client to wander in a prescribed area**
- C. Use restraints to limit movement**
- D. Keep the client in a locked room**

Allowing a client with Alzheimer's disease to wander in a prescribed area is a common and appropriate intervention. This approach recognizes the nature of the condition, wherein patients often experience the urge to move and explore their environment. Providing a safe, designated area for wandering helps to reduce stress and anxiety for the client while also ensuring their safety. It gives them a sense of freedom and autonomy, which is important for their dignity and mental well-being. Creating such a space can help manage their wandering behavior more effectively without resorting to restrictive methods that can lead to increased agitation or discomfort. Ensuring the area is secure and monitored helps caregivers to maintain a balance between freedom and safety, thus promoting a more positive atmosphere for both the client and the staff. In contrast, isolating the client or using restraints not only can lead to negative emotional outcomes but may also exacerbate agitation and confusion. Keeping the client in a locked room is similarly restrictive and does not address their need for movement and exploration, which are common behaviors seen in individuals with Alzheimer's disease.

4. A client demonstrating symptoms of hypochondriasis would most likely show which pair of defense mechanisms?

- A. Denial and Somatization**
- B. Repression and Projection**
- C. Intellectualization and Rationalization**
- D. Regression and Displacement**

Hypochondriasis, now recognized as Illness Anxiety Disorder, is characterized by an excessive preoccupation with having a serious illness despite medical reassurance and lack of significant physical findings. Individuals with this condition often utilize defense mechanisms to cope with their anxiety regarding health. The correct pairing of defense mechanisms for a client with hypochondriasis is denial and somatization. Denial allows individuals to refuse to accept reality or facts, resulting in a disengagement from an awareness of their anxiety about perceived illness. This defensiveness leads them to believe they are indeed ill despite contrary evidence. Somatization, on the other hand, refers to the expression of emotional distress through physical symptoms. Clients might manifest bodily complaints that have no medical explanation as a way of coping with their anxieties about health. Other defense mechanisms mentioned in the alternative answers do not align as closely with the presentation of hypochondriasis. For example, repression and projection involve pushing unwanted thoughts out of conscious awareness and attributing one's own unacceptable feelings to others, which are not the primary features of this disorder. Intellectualization and rationalization involve detaching oneself emotionally from a situation and justifying behaviors or feelings, respectively; these are more about avoidance of emotional distress rather than focusing specifically on health concerns.

5. When working with an autistic child, what is a primary educational goal for a psychiatric technician?

- A. Encourage free play and spontaneity**
- B. Provide a highly structured program**
- C. Focus solely on academic learning**
- D. Use unstructured social interactions**

Providing a highly structured program is fundamental when working with autistic children as they often thrive in environments where there is consistency, predictability, and clear expectations. A structured approach allows the child to understand what is expected of them, reduces anxiety, and helps them feel safe. This type of environment also facilitates learning by providing clear routines and schedules, making it easier for the child to engage with the material and activities presented to them. A structured program can include visual schedules, defined activities, and consistent reinforcement strategies, which are effective in helping autistic children develop skills in communication, social interaction, and emotional regulation. While encouraging free play or spontaneous interactions may be beneficial in certain contexts, for many autistic children, a lack of structure can lead to confusion or stress. Therefore, developing a structured educational context is essential for their overall development and well-being.

6. If a medication record states: "clonazepam 10mg PO TID," what could be incorrect regarding this order?

- A. The route of administration is not appropriate.**
- B. The dosage is too high.**
- C. The frequency is incorrect.**
- D. The medication is not indicated for this condition.**

The order stating "clonazepam 10mg PO TID" raises concerns regarding the dosage. Clonazepam, a medication commonly used for anxiety and seizure disorders, typically has a maximum recommended dosage that is much lower than 10 mg per dose. The therapeutic range for clonazepam usually suggests starting doses are between 0.5 mg to 1 mg, with short-term use often not exceeding 4 mg per day for most patients. Doses higher than this can lead to significant side effects, including sedation, cognitive impairment, and increased risk of dependence and withdrawal symptoms. By recognizing that a dosage of 10 mg is excessive, it becomes clear that this order is potentially harmful and could lead to serious adverse effects for the patient. While the route of administration (oral) is appropriate for clonazepam, the frequency of administration (three times a day) is also feasible as it aligns with typical use for managing anxiety or other disorders. The correctness of the medication's indication may depend on the specific condition being treated, but without specific patient information, this cannot be fully evaluated here. Therefore, highlighting the dosage as the key concern indicates a proper understanding of medication safety and recommended prescribing practices.

7. What are the most common symptoms of a urinary tract infection?

- A. Dysuria, urinary frequency, and urgency**
- B. Pain in lower abdomen and fever**
- C. Itching and redness**
- D. Nausea and vomiting**

The most common symptoms of a urinary tract infection (UTI) are dysuria, urinary frequency, and urgency. Dysuria refers to painful or uncomfortable urination, which is a hallmark symptom of UTIs. Urinary frequency indicates that the individual feels the need to urinate more often than normal, often producing only small amounts of urine, which is another typical manifestation of a UTI. Urgency is the sudden, strong need to urinate, which can be distressing and is frequently observed in individuals suffering from a UTI. The other listed symptoms, while they may be associated with UTIs or other conditions, do not capture the three most common symptoms characteristic of this infection. For example, pain in the lower abdomen and fever can occur with a UTI, especially in more severe or complicated cases, but they are not as universally recognized as the primary symptoms of dysuria, frequency, and urgency. Itching and redness might suggest irritation or infection, but these are more often associated with vulvovaginal conditions rather than UTIs. Nausea and vomiting can occur in advanced cases of infections or in specific patient populations, but they are not common indicators of a UTI. Thus, the combination of dysuria, urinary frequency,

8. Before insertion of a rectal suppository, which position should the client assume?

- A. Sitting position**
- B. Prone position**
- C. Sim's position**
- D. Lying flat on the back**

The choice of Sim's position is optimal for the insertion of a rectal suppository because it allows for easier access to the rectal area while providing comfort and dignity to the client. In this position, the client lies on their left side with the left leg straight and the right leg bent at the knee. This orientation not only facilitates easier insertion but also helps in the proper distribution of the suppository once it is placed in the rectum. Additionally, the left-side positioning takes advantage of the natural curve of the rectum, making it easier for the suppository to enter without undue resistance. This can be particularly important for clients who may be apprehensive or have difficulty with this task, as it reduces discomfort and stress. Other positions, such as sitting or lying flat on the back, are not typically utilized for this procedure because they may not provide the same level of access or ease for the nurse or technician performing the insertion. Prone position, while it can help in some medical examinations or procedures, is not conducive to the insertion of a suppository as it limits access to the rectal area. Choosing Sim's position enhances both the procedure's efficiency and the patient's comfort, making it the recommended practice in this scenario.

9. What is a sign of good nutrition in an individual?

- A. Dry skin
- B. A dull appearance in the oral cavity
- C. Reddish pink mucous membranes in the oral cavity**
- D. Weight loss over a short period

Reddish pink mucous membranes in the oral cavity are a strong indicator of good nutrition. Healthy mucous membranes reflect adequate hydration and sufficient intake of essential vitamins and minerals, particularly those found in fruits and vegetables, such as vitamin C and bioflavonoids. This vibrant color suggests the presence of good blood circulation and oxygenation, both of which are important signs of overall health and well-being. In contrast, dry skin can indicate dehydration or nutritional deficiencies, particularly in essential fatty acids or certain vitamins. A dull appearance in the oral cavity can suggest poor oral health, often linked to inadequate nutrition and possibly leading to complications. Rapid weight loss may indicate malnutrition, stress, or a medical condition requiring intervention, and is generally viewed as a negative sign regarding a person's nutritional status. Thus, the presence of reddish pink mucous membranes serves as a clear and positive signal of good nutritional health.

10. If a laboratory value for leukocytes reads "10,500," how would a psychiatric technician interpret this result?

- A. Normal range.
- B. Significantly low.
- C. Slightly high.**
- D. Critical level.

A laboratory value for leukocytes reading "10,500" is considered slightly high. The normal range for leukocyte count, or white blood cells, typically falls between about 4,000 and 11,000 cells per microliter of blood. A count at the higher end, such as 10,500, indicates that the number of leukocytes is above the standard normal range but not alarmingly so. In a clinical context, a slightly elevated leukocyte count could be indicative of various conditions, including infections or inflammation, but it does not represent a critical or severe situation that would require immediate intervention. Therefore, the interpretation as "slightly high" reflects an understanding of normal laboratory values and their implications in a health assessment. This is why the interpretation is appropriate and relevant in a psychiatric or healthcare setting.