

SBVC Psychiatric Technician Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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SAMPLE

Questions

SAMPLE

- 1. In assisting a client with conversion blindness to eat, what should the psychiatric technician do?**
 - A. Feed the client directly**
 - B. Expect the client to feed themselves after explaining the arrangement of food**
 - C. Remove distractions from the dining area**
 - D. Guide the client's hand to their mouth**
- 2. What is the brand name for acyclovir, a medication used to treat genital herpes?**
 - A. Zovirax**
 - B. Valtrex**
 - C. Famvir**
 - D. AmBisome**
- 3. What does Rh factor incompatibility involve?**
 - A. The father has Rh-negative blood**
 - B. The mother has Rh-negative blood and the fetus has Rh-positive blood**
 - C. The mother has Rh-positive blood and the fetus has Rh-negative blood**
 - D. Both parents have Rh-positive blood**
- 4. How can Ms. Littleton's problem, characterized by excessive worry about having a serious illness despite negative physical tests, best be identified?**
 - A. Generalized anxiety disorder**
 - B. Hypochondriasis**
 - C. Panic disorder**
 - D. Somatic symptom disorder**
- 5. Which intervention would be inappropriate for a nursing care plan for a client with a self-care deficit in dressing?**
 - A. Encouraging independence in dressing**
 - B. Administering calming medication before bathing**
 - C. Providing assistance with grooming tasks**
 - D. Offering choices in clothing**

- 6. What is the key concern with the administration of psychotropic medications in the elderly population?**
- A. Increased risk of adverse effects**
 - B. Decreased efficacy**
 - C. Higher metabolism of drugs**
 - D. Preference for natural remedies**
- 7. For a patient diagnosed with a peptic ulcer, which medication is most likely prescribed?**
- A. Omeprazole**
 - B. Famotidine**
 - C. Ranitidine**
 - D. Lansoprazole**
- 8. What is an appropriate nursing intervention for hearing impaired clients?**
- A. Speaking loudly from a distance**
 - B. Using sign language at all times**
 - C. Speaking clearly while facing the person**
 - D. Using written communication only**
- 9. What is a common sign that a client may be experiencing psychological distress?**
- A. Consistent communication**
 - B. Physical aggression**
 - C. Excessive social interaction**
 - D. Exemplary compliance with rules**
- 10. Carriers of Hepatitis B infection have a significantly higher risk of developing which condition?**
- A. Heart disease**
 - B. Liver cancer**
 - C. Renal failure**
 - D. Chronic fatigue syndrome**

Answers

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

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Explanations

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1. In assisting a client with conversion blindness to eat, what should the psychiatric technician do?

A. Feed the client directly

B. Expect the client to feed themselves after explaining the arrangement of food

C. Remove distractions from the dining area

D. Guide the client's hand to their mouth

The reasoning for selecting the option that involves expecting the client to feed themselves after providing an explanation about the arrangement of food centers on fostering independence and supporting personal autonomy in individuals with conversion blindness. Conversion blindness, a psychological condition where a person is unable to see without any physical eye damage, requires a thoughtful approach that respects the individual's capabilities while providing necessary assistance. By explaining the arrangement of the food, the psychiatric technician encourages the client to actively engage in the eating process, which can enhance their overall sense of agency and self-efficacy. Feeding the client directly or guiding their hand to their mouth may reinforce dependence on others and potentially hinder their ability to adapt and cope with their condition. Meanwhile, while removing distractions from the dining area can be beneficial in some contexts, it does not directly address the client's need to understand their environment and develop skills related to independent eating. Thus, encouraging the client to understand the layout of their meal promotes confidence and may assist them in overcoming challenges associated with their condition, ultimately contributing to their recovery and skill development.

2. What is the brand name for acyclovir, a medication used to treat genital herpes?

A. Zovirax

B. Valtrex

C. Famvir

D. AmBisome

The brand name for acyclovir, which is an antiviral medication primarily used to treat infections caused by certain types of viruses, including genital herpes, is Zovirax. Acyclovir works by inhibiting the replication of the virus, helping to reduce the severity and duration of outbreaks. Zovirax is well-known and widely prescribed for the treatment of herpes simplex virus infections. Its effectiveness in managing outbreaks and preventing recurrences underscores its significance in virology and pharmacology. In contrast, Valtrex is the brand name for valacyclovir, which is a prodrug that converts into acyclovir in the body; Famvir is the brand name for famciclovir, another antiviral medication for herpes. AmBisome, on the other hand, is a formulation of amphotericin B used for antifungal treatment and is not related to herpes viruses. Thus, Zovirax accurately represents the brand name associated with acyclovir for the treatment of genital herpes.

3. What does Rh factor incompatibility involve?

- A. The father has Rh-negative blood
- B. The mother has Rh-negative blood and the fetus has Rh-positive blood**
- C. The mother has Rh-positive blood and the fetus has Rh-negative blood
- D. Both parents have Rh-positive blood

Rh factor incompatibility specifically occurs when a pregnant woman has Rh-negative blood while her fetus has Rh-positive blood inherited from the father. This situation arises because the mother's immune system may recognize the Rh-positive blood cells of the fetus as foreign and may produce antibodies against them. This immune response can potentially lead to complications such as hemolytic disease of the newborn, where the antibodies cross the placenta and attack the fetal red blood cells. The dynamics of blood types emphasize the significance of this incompatibility. In cases where the mother is Rh-positive, there is no risk of incompatibility, regardless of the fetus's Rh status, making it crucial to identify when the mother is Rh-negative with an Rh-positive fetus to monitor and provide appropriate care.

4. How can Ms. Littleton's problem, characterized by excessive worry about having a serious illness despite negative physical tests, best be identified?

- A. Generalized anxiety disorder
- B. Hypochondriasis**
- C. Panic disorder
- D. Somatic symptom disorder

The correct identification for Ms. Littleton's problem is related to hypochondriasis, which is characterized by an excessive preoccupation with having a serious illness despite the absence of any medical evidence to support such concerns. Individuals with hypochondriasis often interpret normal bodily functions or minor symptoms as signs of severe medical conditions. This aligns perfectly with Ms. Littleton's situation, where she exhibits excessive worry about having a serious illness even when physical tests indicate otherwise. Understanding this condition involves recognizing that it is not merely the fear or anxiety about health, but rather a persistent belief in having a medical condition that is not substantiated by medical evaluation. This distinguishes hypochondriasis from other anxiety disorders where the symptoms and concerns may differ in nature and focus. For instance, generalized anxiety disorder encompasses broader worries about various aspects of life, while panic disorder is characterized by sudden and intense bouts of fear that may lead to panic attacks. Somatic symptom disorder also involves physical symptoms, but the primary concern is the experience of these symptoms rather than an unfounded fear of a serious illness.

5. Which intervention would be inappropriate for a nursing care plan for a client with a self-care deficit in dressing?

- A. Encouraging independence in dressing**
- B. Administering calming medication before bathing**
- C. Providing assistance with grooming tasks**
- D. Offering choices in clothing**

Administering calming medication before bathing is considered an inappropriate intervention for a nursing care plan focused on addressing a self-care deficit in dressing. While it is important to manage anxiety or agitation in clients, the use of medication in this context may undermine the goal of promoting independence and self-care skills. The client may benefit more from interventions that encourage their participation and involvement in the dressing process rather than relying on pharmacological interventions. Encouraging independence in dressing helps to empower the client, fostering their ability to perform self-care tasks. Providing assistance with grooming tasks can offer the necessary support while still promoting the client's engagement. Offering choices in clothing facilitates autonomy and decision-making, which are crucial elements of self-care. Thus, focusing on strategies that enhance the client's skills and confidence is essential for addressing the self-care deficit appropriately.

6. What is the key concern with the administration of psychotropic medications in the elderly population?

- A. Increased risk of adverse effects**
- B. Decreased efficacy**
- C. Higher metabolism of drugs**
- D. Preference for natural remedies**

The key concern with the administration of psychotropic medications in the elderly population is the increased risk of adverse effects. As individuals age, their bodies undergo physiological changes that can impact how drugs are metabolized and cleared from the system. Factors such as decreased renal and liver function, changes in body composition, and the presence of multiple comorbidities can all contribute to a heightened sensitivity to medications. Consequently, older adults may experience a greater incidence of side effects, which can range from mild reactions to more severe complications that may lead to hospitalization. Additionally, the elderly often take multiple medications, increasing the risk of drug interactions that can further exacerbate adverse effects. Given these considerations, healthcare providers must exercise caution when prescribing psychotropic medications to this population, closely monitoring for any signs of adverse reactions and adjusting dosages as necessary. This emphasizes the importance of individualized treatment plans that take the unique needs of the elderly into account to mitigate risks associated with pharmacological therapies.

7. For a patient diagnosed with a peptic ulcer, which medication is most likely prescribed?

- A. Omeprazole**
- B. Famotidine**
- C. Ranitidine**
- D. Lansoprazole**

For a patient diagnosed with a peptic ulcer, the most commonly prescribed medication among those listed is famotidine. This medication is classified as an H₂ (histamine-2) receptor antagonist, which works by reducing the amount of stomach acid produced, thereby aiding in the healing process of the ulcer and alleviating symptoms such as pain and discomfort. H₂ antagonists like famotidine have been widely used for many years to treat peptic ulcers, and they help increase the pH level in the stomach, creating a less acidic environment that is more conducive to healing. They are often well tolerated and can be administered both in acute situations and for maintenance therapy. The other medications listed, while effective in treating peptic ulcers, have different uses or may be more appropriate for specific circumstances. Omeprazole and lansoprazole are proton pump inhibitors (PPIs), and while they are also effective in reducing stomach acid, they are typically used when a stronger acid suppression is necessary or if the patient has specific complications related to their ulcers. Ranitidine, another H₂ antagonist like famotidine, has fallen out of favor or been less commonly prescribed due to concerns regarding safety and potential side effects. Thus, famotidine being a key

8. What is an appropriate nursing intervention for hearing impaired clients?

- A. Speaking loudly from a distance**
- B. Using sign language at all times**
- C. Speaking clearly while facing the person**
- D. Using written communication only**

Speaking clearly while facing the person is an appropriate nursing intervention for clients with hearing impairments because it allows for better visual cues and lip reading, which can enhance understanding. When a nurse faces the client directly, it not only facilitates the ability to see the lips and facial expressions but also creates a personal connection that can be reassuring for the client. This approach respects the individual's communication needs and promotes effective interaction. Using sign language at all times may not be suitable for every hearing-impaired client, as not all individuals are fluent in sign language. Speaking loudly from a distance can distort sounds and make it harder for the client to interpret what is being said. Meanwhile, relying solely on written communication overlooks the importance of verbal and non-verbal cues that can aid in comprehension. Therefore, facing the client and speaking clearly is the most effective intervention in this context.

9. What is a common sign that a client may be experiencing psychological distress?

- A. Consistent communication**
- B. Physical aggression**
- C. Excessive social interaction**
- D. Exemplary compliance with rules**

Physical aggression is often a common sign of psychological distress. When an individual is experiencing mental health issues, they may struggle to regulate their emotions and behaviors. This can result in outbursts or aggressive actions as a way of expressing their inner turmoil or frustration. Aggression may reflect feelings of anxiety, anger, or helplessness that the person is unable to manage in a healthier way. In contrast, consistent communication, excessive social interaction, and exemplary compliance with rules are generally not indicative of psychological distress. Consistent communication may suggest that a client is engaged and willing to share their thoughts and feelings, while excessive social interaction could indicate a positive coping mechanism or a well-adjusted state. Exemplary compliance with rules often points to a strong adherence to structure and may not signal any distress. Together, these behaviors contrast with the disruptive nature of physical aggression, helping clarify the context of psychological distress in a client.

10. Carriers of Hepatitis B infection have a significantly higher risk of developing which condition?

- A. Heart disease**
- B. Liver cancer**
- C. Renal failure**
- D. Chronic fatigue syndrome**

Carriers of Hepatitis B infection are at a significantly higher risk of developing liver cancer, specifically hepatocellular carcinoma. Hepatitis B is a viral infection that primarily affects the liver, leading to inflammation and chronic damage. Over time, this chronic inflammation can cause liver cirrhosis, which is a major risk factor for the development of liver cancer. The association between Hepatitis B and liver cancer is well-documented in medical literature, reflecting the importance of monitoring liver health in individuals infected with the virus. Consequently, routine screenings and preventive measures are crucial for these individuals to minimize their risk of progressing to hepatic malignancy. Understanding this connection highlights the critical nature of managing and treating Hepatitis B to prevent serious long-term complications, including liver cancer.