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 Policy .......................... 51
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 à 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
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