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# ANCB-CARN

*ANCB Certified Addictions Registered Nurse*

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**Question: 787**

In a clinical setting, a nurse encounters a patient who has experienced multiple relapses in their recovery journey. Which of the following strategies should the nurse prioritize to support the patient's ongoing recovery?

- A. Criticizing the patient for their failures
- B. Suggesting they give up on recovery
- C. Encouraging reflection on triggers and coping strategies
- D. Isolating the patient from support networks

Answer: C

Explanation: Encouraging reflection on triggers and coping strategies helps patients learn from their experiences and develop better management techniques for future challenges.

**Question: 788**

A clinical guideline for treating opioid addiction states that patients should receive medication-assisted treatment (MAT) combined with behavioral therapy. What is the rationale behind this integrated approach?

- A. Combining treatments addresses both the biological and psychological aspects of addiction
- B. Behavioral therapy is more effective than medications for all patients
- C. Medications alone are insufficient for treating opioid dependence
- D. Behavioral therapy is only effective in group settings

Answer: A

Explanation: Combining medication-assisted treatment with behavioral therapy addresses both the biological and psychological components of addiction, increasing the likelihood of successful recovery.

**Question: 789**

During a team meeting, a nurse presents a scenario where a patient refuses treatment. The team debates whether to override the patient's wishes. Which legal principle should guide the discussion?

- A. Informed consent
- B. Confidentiality
- C. Duty to warn
- D. Right to refuse treatment

Answer: D

Explanation: Patients have a legal right to refuse treatment, which must be respected by healthcare providers unless they lack the capacity to make informed decisions.

**Question: 790**

A patient in recovery from opioid use disorder is participating in a 12-Step program. Which of the following steps would most directly address the need for personal accountability?

- A. Step 1: Admitting powerlessness over addiction
- B. Step 4: Making a searching and fearless moral inventory
- C. Step 2: Believing in a higher power
- D. Step 9: Making amends to those harmed

Answer: B

Explanation: Step 4 involves making a moral inventory, which directly addresses personal accountability in the recovery process.

### Question: 791

A patient in recovery from substance use disorder is experiencing significant stress due to personal relationships. What is the best approach for the nurse to take to address this aspect of the patient's wellness?

- A. Recommending complete avoidance of all relationships during recovery
- B. Suggesting they seek therapy only for relationship-related issues
- C. Ignoring the issue as it may not be directly related to substance use recovery
- D. Encouraging the patient to engage in open communication with their loved ones

Answer: D

Explanation: Encouraging open communication can help the patient navigate personal relationships, reducing stress and promoting emotional wellness during recovery.

### Question: 792

In a group therapy session, a patient expresses anger towards family members for not understanding their addiction. What is the most appropriate nursing intervention?

- A. Dismiss the patient's feelings as irrational.
- B. Encourage the patient to express their feelings constructively.
- C. Redirect the conversation to focus on coping strategies.
- D. Suggest the patient cut ties with their family.

Answer: B

Explanation: Encouraging patients to express their feelings in a safe environment is vital for processing emotions and fostering therapeutic relationships within the group.

### Question: 793

A patient in a trauma-informed care program reports feeling unsafe and hypervigilant in group therapy settings. Which of the following interventions should the nurse prioritize to create a supportive environment?

- A. Encourage the patient to share more in group
- B. Provide a safe space for the patient to express feelings
- C. Dismiss the patient's feelings as irrelevant
- D. Enforce strict rules about group participation

Answer: B

Explanation: Providing a safe space for the patient to express feelings is critical in trauma-informed care, helping to build trust and support recovery.

**Question: 794**

A patient has been sober for two years but reports feeling isolated and disconnected from their support network. Which intervention would best address the patient's needs?

- A. Encourage the patient to withdraw from social engagements
- B. Suggest the patient reconnect with former treatment peers
- C. Advise the patient to focus on individual hobbies exclusively
- D. Recommend the patient change their living arrangements

Answer: B

Explanation: Reconnecting with former treatment peers can provide essential social support and reduce feelings of isolation, enhancing the patient's recovery journey.

**Question: 795**

A client in a rehabilitation program exhibits avoidance behaviors regarding discussing their traumatic past. Which therapeutic approach would best facilitate their engagement in trauma processing?

- A. Cognitive Behavioral Therapy focusing solely on thought patterns
- B. Narrative therapy that allows them to share their story at their own pace
- C. Confrontational therapy to push for immediate disclosure
- D. Group therapy with a focus on shared experiences only

Answer: B

Explanation: Narrative therapy provides a safe space for clients to share their experiences at their own pace, facilitating engagement and healing from trauma in a non-threatening manner.

**Question: 796**

In a therapy session, a client expresses ambivalence about quitting substance use. Which approach would best facilitate this client's motivation for change through reflective listening and affirmation?

- A. Utilize Motivational Interviewing to explore the client's intrinsic motivations
- B. Employ Cognitive Behavioral Therapy techniques to challenge negative thoughts
- C. Confront the client about the consequences of their addiction
- D. Directly advise the client to join a 12-Step program immediately

Answer: A

Explanation: Motivational Interviewing focuses on enhancing a client's motivation to change by exploring their feelings and ambivalence, making it the most appropriate approach in this scenario.

### Question: 797

A nurse is caring for a patient who has disclosed a history of domestic violence linked to their substance use. What is the most appropriate action for the nurse to take in light of ethical and legal responsibilities?

- A. Advise the patient to leave the relationship immediately
- B. Discuss the situation with the patient's family for additional support
- C. Document the disclosure and continue with the treatment
- D. Refer the patient to counseling services for support

Answer: D

Explanation: Referring the patient to counseling services for support is the most appropriate action, as it provides the patient with resources to address their situation while respecting their autonomy.

### Question: 798

A nurse is reviewing a patient's lab results, which indicate elevated liver enzymes (AST 75 U/L, ALT 85 U/L) and a history of heavy alcohol use. The patient also reports symptoms of depression. What is the most appropriate initial intervention?

- A. Immediate psychiatric hospitalization
- B. Conduct a comprehensive substance use assessment
- C. Begin a medication regimen for depression
- D. Initiate a referral for a liver specialist

Answer: B

Explanation: Conducting a comprehensive substance use assessment is critical to understanding the patient's needs and formulating an effective treatment plan that addresses both substance use and depression.



**Question: 799**

A nurse is assessing the effectiveness of buprenorphine in a patient with opioid use disorder. Which of the following findings would suggest that the treatment is successful?

- A. The patient reports increased cravings for opioids.
- B. The patient exhibits signs of withdrawal.
- C. The patient shows stable mood and improved functioning.
- D. The patient has elevated liver function tests.

Answer: C

Explanation: Stable mood and improved functioning indicate that buprenorphine is effectively managing both cravings and withdrawal symptoms.

**Question: 800**

A nurse discovers that a colleague has been disclosing patient information to unauthorized individuals at a local coffee shop. Given the nurse's ethical obligations, what is the most appropriate initial action they should take?

- A. Confront the colleague directly about the behavior
- B. Attempt to gather more evidence before taking action
- C. Report the incident to the nursing supervisor or appropriate authority
- D. Ignore the behavior as it is not their responsibility

Answer: C

Explanation: Reporting the incident to a supervisor or appropriate authority is crucial to uphold confidentiality and protect patient rights. Confronting the colleague may lead to further complications, and gathering more evidence can delay necessary action.

**Question: 801**

A veteran diagnosed with substance use disorder is participating in a treatment program. Which aspect of treatment is critical for addressing the unique needs of veterans?

- A. Immediate detoxification
- B. Incorporation of trauma-informed care principles
- C. Sole focus on medication management
- D. Limiting discussions about military experiences

Answer: B

Explanation: Incorporating trauma-informed care is essential for veterans, as many may have experienced trauma that contributes to their substance use disorder.

**Question: 802**

A patient recovering from substance use disorder expresses feelings of hopelessness and low self-esteem. Which of the following interventions should the nurse implement to promote spiritual wellness?

- A. Discussing the patient's employment status
- B. Encouraging participation in community service or volunteering
- C. Focusing solely on medication management
- D. Avoiding discussions about personal beliefs

Answer: B

Explanation: Encouraging participation in community service or volunteering can enhance spiritual wellness by fostering a sense of purpose and connection to others.

**Question: 803**

While reviewing a patient's lab results, the nurse notes an elevated liver enzyme level. The patient has a history of alcohol use disorder. Which of the following interventions is most appropriate for the nurse to implement?

- A. Advise the patient to consume more alcohol to "flush" the liver
- B. Refer the patient for further evaluation regarding liver health
- C. Ignore the lab results as they are not significant
- D. Suggest the patient increase physical activity immediately

Answer: B

Explanation: Elevated liver enzymes indicate potential liver damage, necessitating further evaluation and monitoring to prevent complications.

**Question: 804**

A nurse is leading a discussion on the importance of addressing psychological factors in addiction treatment. Which of the following therapeutic approaches focuses specifically on understanding the cognitive distortions that contribute to substance use?

- A. Supportive therapy
- B. Motivational interviewing
- C. Cognitive-behavioral therapy (CBT)
- D. Pharmacotherapy

Answer: C

Explanation: Cognitive-behavioral therapy (CBT) helps individuals identify and change cognitive

distortions that contribute to their substance use, making it a key approach in addiction treatment.

**Question: 805**

In providing education on the importance of self-care during recovery, which statement would best convey its significance?

- A. "Self-care is just a luxury and not necessary for recovery."
- B. "Focusing on self-care is selfish and distracts from recovery efforts."
- C. "Self-care should only be practiced when you feel like it."
- D. "Neglecting self-care can lead to relapse and hinder recovery progress."

Answer: D

Explanation: This statement emphasizes the critical role of self-care in supporting recovery and preventing relapse, reinforcing its importance to the patient.

**Question: 806**

In evaluating the ethical implications of a new treatment protocol for addiction, which principle should be prioritized to ensure fair access to care?

- A. Autonomy
- B. Beneficence
- C. Justice
- D. Nonmaleficence

Answer: C

Explanation: Justice ensures that all patients have fair access to treatment and resources, which is crucial when implementing new protocols.

**Question: 807**

A 28-year-old male presents to the emergency department with confusion, agitation, and elevated heart rate. He admits to using methamphetamine. Which of the following clinical signs would most likely indicate acute intoxication from this substance?

- A. Hypotension and bradycardia
- B. Nausea and vomiting
- C. Lethargy and decreased respiratory rate
- D. Hyperactivity and dilated pupils

Answer: D

Explanation: Hyperactivity and dilated pupils are common signs of acute methamphetamine intoxication,



while hypotension and bradycardia are not typical.

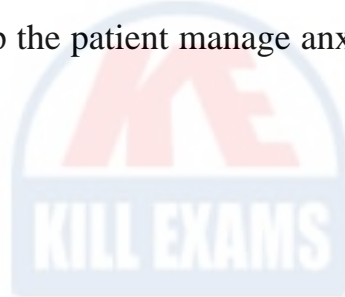
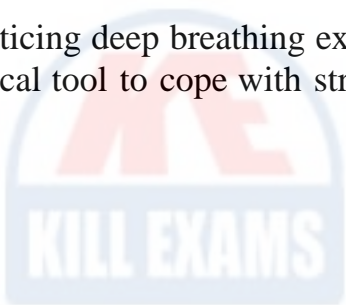
**Question: 808**

A patient reports feeling increased anxiety during social situations since beginning recovery. Which of the following interventions is most likely to assist the patient in managing this anxiety effectively?

- A. Avoid all social gatherings until they feel comfortable
- B. Practice deep breathing exercises before social interactions
- C. Focus solely on their anxiety without addressing underlying issues
- D. Engage in risky behavior to desensitize to anxiety

Answer: B

Explanation: Practicing deep breathing exercises can help the patient manage anxiety in social situations, providing a practical tool to cope with stress.





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