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**Nursing**

# ANCB-CARN

*ANCB Certified Addictions Registered Nurse*

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### Question: 1

Which of the following represents a cognitive need of an individual with addiction?

- A. Addressing distorted thinking patterns
- B. Developing coping skills
- C. Establishing a support system
- D. Identifying sources of stress

Answer: A

Explanation: Addressing distorted thinking patterns represents a cognitive need of an individual with addiction. Cognitive needs in addiction treatment involve addressing and modifying the individual's thoughts, beliefs, and perceptions related to their substance use. Distorted thinking patterns, such as denial, rationalization, and minimization, often contribute to the maintenance of addictive behaviors. Establishing a support system, developing coping skills, and identifying sources of stress are important psychosocial needs in addiction treatment.

### Question: 2

Which of the following is an example of a process addiction?

- A. Heroin addiction
- B. Alcohol addiction
- C. Gambling addiction
- D. Inhalant addiction

Answer: C

**Explanation:** Gambling addiction is an example of a process addiction. Process addictions, also known as behavioral addictions, involve compulsive behaviors or activities that provide a sense of reward or gratification. Gambling addiction specifically refers to the compulsive and uncontrollable urge to gamble, despite negative consequences. It does not involve the ingestion of substances like drugs or alcohol.

### **Question: 3**

What is the general scope of practice for a Certified Addictions Registered Nurse (CARN)?

- A. Conducting psychotherapy sessions with individuals in recovery
- B. Providing comprehensive assessments and screenings for addiction
- C. Prescribing medications for addiction treatment
- D. Performing surgical procedures to treat addiction

**Answer: B**

**Explanation:** The general scope of practice for a Certified Addictions Registered Nurse (CARN) involves providing comprehensive assessments and screenings for addiction. CARNs are specialized nurses who work with individuals affected by substance use disorders and related addictions. They assess clients' needs, develop treatment plans, provide counseling and education, administer medications as prescribed, and coordinate care with other healthcare professionals. Their focus is on the holistic care of individuals with addiction issues, addressing their physical, psychological, and social needs. They collaborate with other members of the healthcare team to support recovery and promote overall well-being. They do not typically conduct psychotherapy sessions, prescribe medications, or perform surgical procedures.

### Question: 4

Which of the following represents a psychosocial need of an individual with addiction?

- A. Managing physical withdrawal symptoms
- B. Ensuring a safe and supportive environment
- C. Attending self-help group meetings
- D. Addressing nutritional deficiencies

Answer: B

Explanation: Ensuring a safe and supportive environment represents a psychosocial need of an individual with addiction. Psychosocial needs in addiction treatment involve addressing the social, emotional, and environmental factors that contribute to substance use and related issues. Creating a safe and supportive environment helps minimize triggers and provides a foundation for recovery. Managing physical withdrawal symptoms, attending self-help group meetings, and addressing nutritional deficiencies are important aspects of addiction treatment but are more closely associated with physical and holistic needs.

### Question: 5

Which of the following substances is classified as a hallucinogen?

- A. Heroin
- B. LSD
- C. Cocaine
- D. MDMA (Ecstasy)

Answer: B

Explanation: LSD (lysergic acid diethylamide) is classified as a hallucinogen. Hallucinogens are substances that alter perception, thoughts, and feelings, often leading to hallucinations or sensory distortions. LSD is well-known for its hallucinogenic properties, producing profound changes in perception, sensory experiences, and consciousness.

**Question: 6**

A patient presents with symptoms of increased energy, restlessness, and heightened alertness. They report using a substance that produces these effects. Which of the following substances is most likely responsible for these symptoms?

- A. Heroin
- B. Psilocybin mushrooms
- C. Methamphetamine
- D. GHB

Answer: C

Explanation: Methamphetamine is a stimulant substance that can produce symptoms of increased energy, restlessness, and heightened alertness. Stimulants stimulate the central nervous system, resulting in increased brain activity and heightened arousal. Methamphetamine is known to have strong stimulant effects, leading to increased energy levels, euphoria, and increased wakefulness.

**Question: 7**

Which of the following represents a spiritual need of an individual with



addiction?

- A. Obtaining stable housing
- B. Establishing a relapse prevention plan
- C. Rebuilding damaged relationships
- D. Engaging in mindfulness practices

Answer: D

Explanation: Engaging in mindfulness practices represents a spiritual need of an individual with addiction. Spiritual needs in addiction treatment involve addressing the individual's search for meaning, purpose, and connection. Mindfulness practices, such as meditation and reflection, can help individuals develop a deeper sense of self-awareness, find inner peace, and foster a connection to something greater than themselves. Establishing a relapse prevention plan, rebuilding damaged relationships, and obtaining stable housing are important aspects of recovery but are not specifically related to spiritual needs.

### Question: 8

Mrs. Lora Green, a 50-year-old patient, is admitted to the detoxification unit for heavy drinking. Her orders include oxazepam (Serax) 10mg q 6h prn and diphenhydramine hydrochloride (Benadryl) 50 mg q 6h prn. During the nurse's initial assessment of Mrs. Green, which of these questions should take priority?

- A. Has she been taking any over-the-counter medication?
- B. Has she ever had a withdrawal seizure?
- C. What has been her usual daily alcohol consumption?
- D. When did she have her last drink?

Answer: D

Explanation: When assessing a patient admitted for detoxification, it is crucial to determine when they had their last drink. This information helps determine the timing and severity of potential withdrawal symptoms. Withdrawal symptoms typically start within a few hours to a few days after the last drink, and their intensity can vary based on the individual's usual alcohol consumption. It is essential to assess the patient's risk for withdrawal symptoms, including seizures, but determining the timing of the last drink is the priority in this situation.

### Question: 9

Which of the following substances is classified as a depressant?

- A. Cannabis
- B. LSD
- C. Alcohol
- D. Cocaine

Answer: C

Explanation: Alcohol is classified as a depressant. Depressants are substances that slow down the central nervous system, resulting in a decrease in brain activity and a sense of relaxation or sedation. Alcohol is known to have depressant effects on the body, leading to impaired coordination, decreased inhibitions, and potential sedation or drowsiness.

### Question: 10

Which of the following represents a biological need of an individual with addiction?

- A. Resolving past trauma
- B. Developing healthy coping mechanisms

- C. Enhancing problem-solving skills
- D. Restoring physical health

Answer: D

Explanation: Restoring physical health represents a biological need of an individual with addiction. Biological needs in addiction treatment involve addressing the physical consequences of substance use and promoting overall well-being. Restoring physical health may include detoxification, managing withdrawal symptoms, addressing nutritional deficiencies, and managing co-occurring medical conditions. Resolving past trauma, developing healthy coping mechanisms, and enhancing problem-solving skills are important aspects of recovery but are more closely associated with psychological and emotional needs.

### Question: 11

Which of the following substances is classified as a stimulant?

- A. Cannabis
- B. Psilocybin mushrooms
- C. GHB
- D. Ecstasy (MDMA)

Answer: D

Explanation: Ecstasy (MDMA) is a stimulant substance. Stimulants are substances that increase brain activity, enhance alertness, and produce a sense of euphoria. Ecstasy, also known as MDMA, is a synthetic drug that acts as both a stimulant and a hallucinogen. It increases the release of serotonin, dopamine, and norepinephrine in the brain, resulting in increased energy, heightened sensory perception, and feelings of emotional closeness.



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