

PMHNP Board Cheat Sheet

EPS & First-Line Treatments

Problem	First-Line Treatment	Easy Memory
Acute Dystonia	Diphenhydramine (or Benztropine)	Dystonia → D → Diphenhydramine
Drug-Induced Parkinsonism	Benztropine (or Amantadine)	Parkinsonism → Benztropine
Akathisia	Propranolol	Can't sit still → Propranolol
Tardive Dyskinesia (TD)	Valbenazine / Deutetrabenazine	TD → VMAT2 inhibitor
Hyperprolactinemia	Switch/Add Aripiprazole	Aripiprazole ↓ Prolactin
Neuroleptic Malignant Syndrome	Dantrolene ± Bromocriptine	Fever + Rigidity = Emergency