

ANCC AGPCNP-BC - Quiz Questions with Answers

1. Patient Assessment Process

1. Patient Assessment Process

1.

What type of skin lesion is a mole considered?

Papule

Macule

Nodule

Vesicle

Correct answer: Papule

A papule is a palpable solid lesion less than or equal to 0.5 cm in diameter. Moles, acne, and small cherry angiomas are examples of papules.

Freckles, petechiae, and small birthmarks are considered macules, which are flat nonpalpable lesions less than 1 cm in diameter. A nodule is a growth of abnormal tissue or fluid inside or under the skin with a diameter greater than 0.5 cm. Vesicles are elevated, superficial skin lesions less than 1 cm in diameter and filled with fluid.

2.

Which of the following is **true** of disease in the elderly?

Older adults and the elderly are more likely to be asymptomatic or to present with subtle symptoms

Atypical disease presentations are less common in the elderly

The immune system becomes more easily stimulated by viral and bacterial infections

The elderly will often exhibit high fever in response to an infection

Correct answer: Older adults and the elderly are more likely to be asymptomatic or to present with subtle symptoms

Atypical disease presentations are more common in this age group. The immune system becomes less robust as people age and is less likely to become stimulated by bacterial and viral infections. Vaccines may not be as effective in the elderly as in the young because of decreased immune response in the former (the result is lower antibody production).

Older adults and the elderly are more likely to be asymptomatic or to present with subtle symptoms. The elderly are less likely to have a high fever during an infection.

3.

Which of the following statements is **accurate** regarding the Weber test?

A result of lateralization to the "bad" or affected ear, in which sound is heard louder in that ear, is indicative of conductive hearing loss.

An abnormal result of this test is no lateralization.

This test is performed by placing a tuning fork first on the mastoid process, then at the front of the ear, and timing each area.

A normal finding of this test is air conduction lasts longer than bone conduction (AC > BC).

Correct answer: A result of lateralization to the "bad" or affected ear, in which sound is heard louder in that ear, is indicative of conductive hearing loss.

Weber and Rinne tests both use tuning forks to test how a patient responds to sounds and vibrations near their ears, and are tests of the acoustic nerve or CN VIII. With the Weber test, the examiner strikes the tuning fork and places in midline on the patient's forehead. The patient then notes where the sound is heard best; the left ear, right ear, or both equally. No lateralization (hearing sound equally in both ears) is a normal finding. If sound is heard louder in the affected or "bad" ear (lateralization to "bad ear"), conductive hearing loss is likely. If sound is heard louder in the ear that is normal (lateralization to "good" ear), sensorineural loss is likely.

The Rinne test is performed by placing a tuning fork first on the mastoid process, then at the front of the ear, and timing each area. A normal finding of this test is air conduction that lasts longer than bone conduction (AC > BC). A Rinne test result of BC > AC is indicative of conductive hearing loss (i.e., ceruminosis, AOM).

4.

Which stage of Erikson's psychosocial development theory involves developing the virtues of "care" and "production"?

Generativity versus stagnation

Ego integrity versus despair

Intimacy versus isolation

Identity versus role confusion

Correct answer: Generativity versus stagnation

The task of middle age (40-65 years) is to hold a productive job; individuals in this stage may have a family and may become concerned with social causes. By overcoming this stage successfully, the individual develops a virtue of "care", which is shown by giving unconditional support to children and others in the community, society, and even the wider world. The person also shows the second virtue of "production", which revolves around altruism and having something to contribute to the greater good.

5.

Osteoarthritis that affects the distal interphalangeal (DIP) joints is known as:

Heberden's nodes

Bouchard's nodes

Morton's neuroma

Sarcoidosis

Correct answer: Heberden's nodes

Heberden's nodes are bony nodules on the DIP joints (first finger joint from the fingertip) caused by osteoarthritis, while Bouchard's nodes are bony nodules found on the proximal interphalangeal (PIP) joints (second finger joint from the fingertip). Treatment involves analgesics and NSAIDs (PO and topical).

Morton's neuroma is an inflammation of the digital nerve of the foot between the third and fourth metatarsals. Sarcoidosis is an abnormal collection of inflammatory cells that form aggregates in the lungs, skin or lymph nodes.

6.

When evaluating for color blindness, which of the following eye charts should the nurse practitioner use?

Ishihara chart

Snellen chart

Tumbling E chart

Landolt C chart

Correct answer: The Ishihara chart

The Ishihara chart is used to evaluate color blindness and can be used in patients ranging from school-aged children to adults. It displays colored numbers with different colored dots in the background. A pediatric color vision test for preschool children uses shapes instead of numbers.

The Snellen chart is the original eye chart designed in the 1860s by the Dutch eye doctor Hermann Snellen, and measures central distance vision. The first line on this chart is a giant letter E. You read the chart from top to bottom, left to right, covering one eye at a time.

The Tumbling E chart is used for children that are too small to read or adults with reading or speaking difficulties. The patient is asked to lift their hand up, down, to the left or right depending on the image orientation of the letter E they see on the chart.

The Landolt C chart uses a broken ring symbol in various orientations, and is a way to check vision for illiterate or mute patients.

7.

All of the following are benign conditions that may be seen in the elderly population **except**:

Senile actinic keratosis

Seborrheic keratosis

Senile purpura

Lentigines

Correct answer: Senile actinic keratosis

Actinic keratosis is secondary to sun exposure and has the potential for malignancy. It has the potential to be a precancerous lesion of squamous cell carcinoma. Older to elderly fair-skinned adults complain of numerous dry, round, and red-colored lesions with a rough texture that do not heal. Lesions are slow-growing and commonly located on sun-exposed areas (cheeks, nose, face, neck, arms, and back).

Seborrheic keratosis are soft, wart-like skin lesions mostly seen on the back or trunk. Senile purpura are bright purple-colored patches with well-demarcated edges. They are mostly located on the dorsum of the forearms and hands and eventually resolve over several weeks. Lentigines, or "liver-spots" are tan- to brown-colored macules on the dorsum of the hands and forearms caused by sun damage. All of these conditions are benign.

8.

When discussing birth control options, the nurse practitioner explains that the diaphragm and contraceptive sponge:

when used with spermicidal gel, block sperm from entry into the uterus

do not carry a risk of TSS (toxic shock syndrome) because they are both disposable

block sperm entry into the vaginal canal

offer complete protection from STDs

Correct answer: when used with spermicidal gel, block sperm from entry into the uterus

The diaphragm and contraceptive sponge are barrier methods of birth control. The diaphragm must be used with spermicidal gel. After intercourse, leave the diaphragm inside the vagina for at least 6 to 8 hours (it can remain in the vagina for up to 24 hours). Additional spermicide application is needed before every act of intercourse. Apply the spermicidal gel inside the vagina without removing the diaphragm.

The contraceptive sponge uses spermicides to prevent conception; it covers the cervix, and the spermicide in the sponge prevents pregnancy by killing sperm, stopping them from reaching and fertilizing an egg.

They both carry a risk (although rare) of TSS and do not offer complete protection from STDs.

9.

Which of the following antihistamine medications should the nurse practitioner avoid when treating elderly patients?

Diphenhydramine (Benadryl)

Loratadine (Claritin)

Cetirizine (Zyrtec)

Azelastine (Astelin)

Correct answer: Diphenhydramine (Benadryl)

Avoid using Benadryl when treating elderly patients, if possible, as it has a higher incidence of sedation.

Claritin is a good choice, and Zyrtec is very effective for acute and chronic urticaria. Astelin is an antihistamine nasal spray and is indicated for allergic rhinitis and vasomotor rhinitis.

10.

A nurse practitioner is speaking with a patient who keeps missing their appointments for diabetes management.

Select the best question for the provider to use to elicit how the patient interprets their medical status or illness.

What kind of treatment do you think you need?

Are you having transportation problems?

Do you have fears about your illness?

Do you feel your condition is severe?

Correct answer: What kind of treatment do you think you need?

The best option is an open-ended question. This type of questioning, where more than a yes/no answer is required, is in line with Arthur Kleinman's culture-infused "illness narrative". Getting at the heart of what things are associated with the disease can assist and help a provider properly assess and treat patients. It will allow the provider to better understand patient actions based on their interpretation of the illness.

Asking closed-ended questions in this case has the provider making presumptions about the reasons why a patient is doing or not doing something. It also limits the potential response and interaction that could be gained by open-ended discussion.

11.

You are seeing a new 60-year-old patient who is currently taking olanzapine (Zyprexa) for diagnosed bipolar disorder. Which of the following should be closely monitored with use of this medication?

BMI and weight

Fasting blood glucose and lipid profiles

Blood levels to check for toxicity

INR

Correct answer: BMI and weight

Olanzapine (Zyprexa) is an atypical antipsychotic and common side effects include obesity and diabetes type 2. Because of this, it is imperative to check BMI and weight at least every three months.

Haldol elevates lipids/triglycerides, so fasting blood glucose and lipid profiles should be routinely monitored with this medication. Lithium is a metal and can easily become toxic if doses are not in therapeutic range. Lithium blood levels should be closely monitored for this reason.

12.

What is meant by 20/40 vision?

The patient can see at 20 feet what a person with normal vision can see at 40 feet

The patient can see at 40 feet what a person with normal vision can see at 20 feet

The patient is legally blind

The patient cannot differentiate colors and should be referred to an ophthalmologist

Correct answer: Patient can see at 20 feet what a person with normal vision can see at 40 feet

The Snellen Chart is an eye chart that can be used to measure visual acuity. The definition of a Snellen test result 20/40: The top number (20) is the distance in feet at which the patient stands from the Snellen or picture eye chart (always 20 feet and never changes). The bottom number (40) is the number of feet that the patient can see when compared to a person with normal vision (20/20). The denominator, or bottom number, changes according to the patients' vision. In this instance, the patient can see at 20 feet what a person with normal vision can see at 40 feet.

13.

The nurse practitioner is assessing a patient's gait. Upon assessment, it is noted that the patient has a large gap between their feet when standing with their knees together, and the NP makes a mental note that the patient has knock-knees.

What is the medical term for this finding?

Genu valgum

Genu varum

Genu recurvatum

Valgus stress

Correct answer: Genu valgum

This condition is known as genu valgum. The opposite is genu varum, or bowlegs, and genu recurvatum is a hyperextension or backward curvature of the knees. All of these findings are normal, benign variants and are not indicative of damage of any kind or require further assessment.

The valgus stress test is a test for damage to the medial collateral ligament (MCL) of the knee.

14.

Which biological theory of aging suggests that aging is the result of a slow and complicated process in the body in which proteins, DNA, and other structural molecules develop inappropriate and erroneous attachments to one another, causing accumulated damage?

Cross-linkage theory

Free radical theory

Wear-and-tear theory

Immunity theory

Correct answer: Cross-linkage theory

The cross-linkage theory suggests that aging is the result of accumulated damage from errors involving cross-linked proteins. Cross-linking of new proteins causes advanced glycation end-products, affecting collagen in the lungs, arteries, and tendons. An example is stiffened joints and dry, sagging, less elastic skin. Unsaturated fats and metal ions (e.g., aluminum, zinc, magnesium) may exacerbate cross-linking.

15.

Which stage of development is the female in when the breast bud and areola start to develop?

Tanner Stage 2 (II)

Tanner Stage 1 (I)

Tanner Stage 3 (III)

Tanner Stage 4 (IV)

Correct answer: Tanner Stage 2 (II)

Tanner Stages for Girls:

- *Stage I: Prepubertal pattern*
 - *Stage II: Breast bud and areola start to develop*
 - *Stage III: Breast continues to grow with nipples/areola (one mound/no separation)*
 - *Stage IV: Nipples and areola become elevated from the breast (a secondary mound)*
 - *Stage V: Adult pattern*
-

16.

Which of the following physiologic findings is considered abnormal in the female reproductive system and indicates the need for follow-up?

Solid, immobile mass in breast tissue

Supernumerary nipples

Cervical ectropion

Breast asymmetry

Correct answer: Solid, immobile mass in breast tissue

Hard, irregular masses that are not mobile or any type of solid tumor upon breast examination is not a normal finding and requires tissue biopsy and breast cancer follow-up.

Cervical ectropion (bright-red bumpy tissue with an irregular surface on the cervical surface around the os) is a benign finding, made up of glandular cells (the same cells that are inside the cervical os). This tissue bleeds easier compared with the squamous epithelial cells on the surface of the cervix. Asymmetrical breasts are very common, especially during puberty, and supernumerary nipples (form a V-shaped line on both sides of the chest down the abdomen and are symmetrically distributed) are also considered a benign physiologic variant.

17.

A female patient is being seen for her annual physical exam. Once in the exam room, a nurse asks her to disrobe and put on the provided gown. When the nurse practitioner enters for the exam, the patient is still fully dressed.

What is the nurse practitioner's **best** course of action?"

Seek to understand from the patient the manner in which she desires to have a comprehensive exam

Explain to the patient that she must be disrobed in order to complete a comprehensive physical assessment

Instruct the patient that she will not receive a thorough exam fully clothed

Ignore that the patient remained clothed and perform a modified physical exam

Correct answer: Seek to understand from the patient the manner in which she desires to have a comprehensive exam

The nurse practitioner should seek to understand the rationale for the patient not being disrobed. It could be simply that the nurses' instructions were not heard or understood. The patient may have desired to meet the provider before undressing. It could also possibly be related to religious or cultural norms or even body image or abuse concerns. These are all factors that can affect health care delivery. It is imperative that the provider not make assumptions and utilize open-ended questions in seeking to understand patients.

18.

All of the following physiologic findings in the elderly patient are benign **except**:

Cholesteatoma

S4 heart sound

Torus palatinus

Fishtail uvula

Correct answer: Cholesteatoma

A cholesteatoma is a "cauliflower-like" growth accompanied by foul-smelling ear discharge. Hearing loss may be present in the affected ear. Upon examination, no tympanic membrane or ossicles are visible because of destruction by the tumor. Generally, the patient has a history of chronic otitis media infection. The mass is not cancerous, but it can erode into the bones of the face and damage the facial nerve (CN VII) if left untreated. Management consists of antibiotics and surgical debridement. Referral to an otolaryngologist is indicated.

The presence of an S4 heart sound, torus palatinus (a bony protrusion of the palate), and a fishtail uvula (a uvula that is forked or split in appearance) are all benign findings and physiologic variants that may be seen in the physical assessment of the elderly patient.

19.

The adult-gerontology primary care nurse practitioner conducts a Folstein mini-mental state exam (MMSE) on a 77-year-old male patient to screen for dementia. The NP gives the patient a piece of blank paper and says, "Take this paper in your right hand, fold it in half, and put it on the floor."

What "activity" of the MMSE is being performed?

Language and praxis

Attention and calculation

Orientation

Recall

Correct answer: Language and praxis

The MMSE is a questionnaire used to evaluate an individual for confusion and dementia; it is the most popular screening test for dementia and the most commonly used test for Alzheimer's disease. The above is an example of a 3-stage command, which is part of the language and praxis component of the MMSE.

Asking the patient to count and/or spell a simple word such as "WORLD" backward is an example of attention and calculation. Asking the patient today's date and current location exhibits orientation, while asking the patient to repeat three unrelated words that you said earlier in the conversation is an example of recall.

20.

All of the following statements are accurate regarding physical and emotional changes in the adolescent **except**:

Suicide is the most common cause of mortality among adolescents in the United States.

Adolescents begin thinking in more abstract ways.

It is common at this stage to see the adolescent begin to psychologically separate from their parent(s).

Privacy is very important to the adolescent and should be respected.

Correct answer: Suicide is the most common cause of mortality among adolescents in the United States.

According to the CDC, suicide is the second most common cause of mortality among adolescents in the United States. The number one cause of mortality in this age group is motor vehicle crashes.

The other answer choices are correct statements in regards to adolescents.

21.

Which cranial nerve is responsible for the gag reflex?

CN X (vagus)

CN VII (facial)

CN XII (hypoglossal)

CN XI (spinal accessory)

Correct answer: CN X (vagus)

Cranial nerve X is the vagus nerve. The pharyngeal reflex, or gag reflex, is a reflex contraction of the back of the throat, elicited by touching the roof of the mouth, the back of the tongue, the area around the tonsils, the uvula, and the back of the throat. It, along with other aerodigestive reflexes such as reflexive pharyngeal swallowing, prevents objects in the oral cavity from entering the throat except as part of normal swallowing and helps prevent choking.

22.

A twenty-year-old male expresses the desire to marry.

Based on Erik Erikson's Stages of Psychosocial Development, what stage is this patient in?

Intimacy vs. Isolation

Love and Belonging

Generativity vs. Stagnation

Ego Integrity vs. Despair

Correct answer: Intimacy vs. Isolation

Erik Erikson's Stages of Psychosocial Development summarizes a total of eight stages. Three of these stages apply to adults ages 18 and above: Intimacy vs. Isolation, Generativity vs. Stagnation and Ego Integrity vs. Despair. Intimacy vs. Isolation describes expected development in which relationships and friendships, including marriage, are important. Love and Belonging is one of the stages in Abraham Maslow's Hierarchy of Needs.

23.

Of the following, which model recognizes that care is influenced by many cultural features, all of which shape one's worldview?

The Sunrise Model

Culturally Competent Model of Care

Purnell's Model for Cultural Competence

The Equality Health Cultural Care Model

Correct answer: The Sunrise Model

Madeleine Leininger is known as the founder of transcultural nursing and credited with the construct of "culturally congruent care." Leininger's Sunrise model is likely the most frequently used to frame culturally competent nursing care and research. The Sunrise model recognizes that care is influenced by a variety of cultural features: technology, religiosity, spirituality, kinship and social structures, cultural values and beliefs and practices, legal and political systems, economics, and education, all of which shape one's worldview.

24.

Which of the following individuals is **least likely** to have an alcohol abuse problem?

A construction worker who drinks two bottles of beer when playing pool with his friends

A college student who drinks a glass of wine in the morning after waking to avoid feeling shaky

A nurse who drinks on the weekends when she is off but feels she should be drinking less

A wife who gets annoyed when her husband tries to talk with her about her drinking habit

Correct answer: A construction worker who drinks two bottles of beer when playing pool with his friends

Of the answer choices, the construction worker is least likely to have an alcohol abuse problem, as there is a lack of risk factors, and there is no description of any negative effects on the construction worker's daily functioning, social environment, or mental state.

The CAGE test is a quick screening test for identification of alcohol abuse:

- *C: Do you feel the need to cut down?*
- *A: Are you annoyed when your spouse/friend comments about your drinking?*
- *G: Do you feel guilty about your drinking?*
- *E: Do you need to drink early in the morning?*

Alcohol limits for women are one drink/day and for men, two drinks/day.

25.

Select the phrase that best indicates that the nurse practitioner is knowledgeable in providing cultural and spiritually competent care.

Do you have a religious preference or practice that is important to you?

I understand that you practice Hinduism, so you don't eat pork, correct?

As a Seventh-Day Adventist, I know you don't drink alcohol or smoke. That's great.

I see your religious preference is Buddhist. Let's discuss your vegetarian diet.

Correct answer: Do you have a religious preference or practice that is important to you?

It is important to understand various cultures and religions as a provider of health care. In many cases, people rely on their cultural, spiritual, and religious influences as a part of daily living. A critical part of this knowledge begins with the provider understanding their own thoughts and biases around culture and religion in order to know how it may impact interactions with others. Asking a patient about their cultural or religious preferences or practices allows the patient to offer their interpretation versus using assumption-based questions that may or may not be indicative of the individual. Use of Leininger's Theory on transcultural nursing is a framework supportive of providing "culturally congruent care".

26.

All of the following statements are accurate of the dawn phenomenon **except**:

It is a rare phenomenon that occurs only in diabetics.

It involves an increase in fasting blood glucose early in the morning.

It is due to an increase in insulin resistance.

It is caused by the physiological spike in growth hormone, glucagon, epinephrine, and cortisol.

Correct answer: It is a rare phenomenon that occurs only in diabetics.

All individuals have the "dawn phenomenon," whether they have diabetes or not; it is a normal physiological event. It is characterized by an elevation in the fasting blood glucose that occurs daily early in the morning. This is due to an increase in insulin resistance between 4:00 and 8:00 am caused by the physiological surge of growth hormone, glucagon, epinephrine, and cortisol.

Diabetics do not have normal insulin responses to adjust for the dawn phenomenon and may see their fasting glucose rise. The rise in glucose is mostly because the body is making less insulin and more glucagon (beta cells in the pancreas) than it needs. The less insulin made by the pancreas, the more glucagon the pancreas makes as a result. Glucagon signals the liver to break down glycogen into glucose; this is why high fasting blood glucose levels are common in people with type 2 DM.

27.

A 52-year-old woman is told by her nurse practitioner that she is beginning menopause. All of the following are possible findings **except**:

A palpable ovary

Hot flashes

Irregular menstrual periods

Cyclic mood swings

Correct answer: A palpable ovary

During menopause, hot flashes, irregular menstrual periods, and cyclic mood swings are common. The ovaries become atrophied; a palpable ovary in a menopausal woman is always abnormal, and the NP should rule out ovarian cancer. Order a pelvic/intravaginal ultrasound and refer to a gynecologist.

28.

Puberty begins at which of the following Tanner stages?

Stage II

Stage I

Stage III

Stage IV

Correct answer: Stage II

The Tanner scale (also known as the Tanner stages) is a scale of physical development in children, adolescents, and adults. The scale defines physical measurements of development based on external primary and secondary sex characteristics (size of the breasts, genitals, testicular volume, and pubic hair development). Tanner stage I is considered prepuberty, while Tanner stage II is characterized by the onset of puberty (testes begin to enlarge in boys, and breasts begin to develop in girls).

29.

All of the following ethnic groups have a high prevalence of stroke **except**:

Asian Americans

African Americans

Hispanic Americans

Native Americans/Alaskan Natives

Correct answer: Asian Americans

A stroke can be caused by either a blocked blood vessel or bleeding in the brain, leading to permanent neurological damage as a result of ischemia to the affected brain tissues. The most common risk factors for stroke are hypertension and atrial fibrillation. People of African American descent, Hispanic descent, and Native American/Alaskan Native descent have a high prevalence of stroke.

30.

Which of the following findings is of **highest** priority when assessing a 60-year-old female during an annual examination?

A palpable ovary

Vaginal rugae atrophy

Vaginal dryness

Cystocele present

Correct answer: A palpable ovary

A palpable ovary is an abnormal finding in the adult female who has undergone menopause and would indicate the need for further testing; an intravaginal ultrasound should be ordered. This finding could indicate ovarian cancer.

Vaginal rugae atrophy, vaginal dryness, and cystocele are all normal changes that may occur with menopause and would not be a major cause of concern. Topical estrogen vaginal cream may be prescribed if needed.

31.

An English-speaking nurse practitioner encounters a patient whose first language is not English.

Select the option the provider should use to communicate with the patient:

Utilize a professional language interpretation service

Ask a fluent English-speaking family member to provide interpretation

Find an employee in the clinic who speaks the patients language to provide interpretation

Refer the patient to an appropriate provider who can speak the patient's language fluently

Correct answer: Utilize a professional language interpretation service

The most appropriate and best practice action is to utilize a professional language interpretation service for translation during patient visits. In general, a vetted and certified medical interpreter is appropriate due to the importance of a patient understanding medical information in their preferred language in order to participate in their plan of care and make appropriate medical decisions.

Utilizing a family member or a non-certified person can present challenges with appropriate and full interpretation of medical terminology and, in some cases, can be a breach of HIPAA. There is no need to refer a patient to another provider due to language, as interpretive services can be accessed via virtual, telephone, or face to face.

32.

Percussion over the liver and spleen produces which of the following sounds?

Dullness

Tympany

Resonance

Hollowness

Correct answer: Dullness

Percussion over the liver and spleen produces a dull sound (due to the density of these organs).

Tympany is heard when there is air in underlying structures that are percussed (intestines, stomach, etc.). Resonance and hollowness indicate a need for further assessment and would be a cause of concern.

33.

Which of the following statements is **true** of depression?

Patients starting to recover from depression may commit suicide.

Frail elderly are at higher risk of death from SSRIs.

Antipsychotics may cause suicidal ideation and/or suicidal plans in patients younger than 24 years of age.

Females make more attempts to commit suicide and have a higher success rate than males.

Correct answer: Patients starting to recover from depression may commit suicide.

Due to an increase in psychic energy, patients starting to recover from depression may commit suicide. This patient population should be monitored closely.

Frail elderly are at higher risk of death from antipsychotics, while SSRIs may cause suicidal ideation and/or suicidal plans in patients younger than 24 years of age. While it is true that females make more attempts to commit suicide than males, males have a higher success rate.

34.

In the United States, sickle cell anemia is **most** commonly seen in which of the following groups of people?

African Americans

European Americans

Hispanic Americans

Asian Americans

Correct answer: African Americans

Sickle cell anemia is a genetic hemolytic anemia (autosomal recessive). Almost one out of every 500 African Americans in the United States has this disease, and more than 2 million carry the trait. There is a higher prevalence in people from Africa, the Mediterranean, the Middle East, and some areas of India.

35.

The nurse practitioner is seeing a patient who believes his illness is directly related to an unhealthy balance in various aspects of his life, and that folk medicine can cure illness. When creating a plan of care for this patient, what is the **most** appropriate action the nurse practitioner should implement?

Discuss the patient's remedies and include them in the plan of care

Encourage evidence-based treatment measures

Refer the patient to a doctor of natural medicine (DNM)

Educate the patient about the importance of including scientifically proven treatment into the plan of care

Correct answer: Discuss the patient's remedies and include them in the plan of care

Each person interprets and implements their cultural and religious beliefs and practices uniquely; therefore, the nurse practitioner should make no assumptions and assess as needed before creating a plan of care and implementing it.

36.

The last stage in Maslow's Hierarchy of Needs is:

Self-actualization

Self-esteem

Love and belonging

Safety needs

Correct answer: Self-actualization

There are five stages in the original model of Abraham Maslow's Hierarchy of Needs. Basic physiological needs are at the bottom, as they first must be met before one can progress to the highest stage (self-actualization).

- 1. Lowest level/basic needs: Physiological/biological needs*
 - 2. Safety needs*
 - 3. Love and belonging*
 - 4. Self-esteem*
 - 5. Self-actualization (highest level/final stage)*
-

37.

When performing a physical exam, the nurse practitioner assesses the cardiovascular system for both innocent and abnormal heart murmurs. Using the grading system for heart murmurs, at which grade is the first time that a thrill is present and can be palpated?

Grade IV

Grade II

Grade III

Grade V

Correct answer: Grade IV

Heart murmurs are graded using a system from grade I (very faint murmur only heard under optimal conditions) to grade VI (a murmur that is so loud that it can be heard even when the stethoscope is off the chest). A grade V heart murmur is also a louder murmur, and grade IV is the first time a thrill is present. A thrill is like a "palpable murmur" because the examiner can feel a fine vibration by placing their hand over the location of the patient's murmur. The thrill is the result of turmoil in the flow of blood.

38.

All of the following are risk factors for prostate cancer **except**:

Immunosuppression and smoking

Age 50 years or above

African ancestry

First-degree relative with prostate cancer

Correct answer: Immunosuppression and smoking

The following factors may increase the risk of developing prostate cancer:

- *Age: The risk of prostate cancer increases with age, especially after age 50. More than 80% of prostate cancers are diagnosed in men who are 65 or older.*
- *Race/ethnicity: Black men have a higher risk of prostate cancer than white men; they are also more likely to develop prostate cancer at an earlier age and to have more aggressive tumors that grow quickly. The exact reasons for these differences are not known and may involve genetic, socioeconomic, or other factors. Hispanic men have a lower risk of developing prostate cancer and dying from the disease than non-Hispanic white men.*
- *Family history: Familial prostate cancer occurs about 20% of the time. If a man has a first-degree relative (i.e., father, brother, or son) with prostate cancer, his risk of developing prostate cancer is two to three times higher than the average risk. This risk increases even further with the number of relatives diagnosed with prostate cancer.*

Immunosuppression and smoking are risk factors related to the development of cervical cancer.

39.

The medical term for "canker sore" is:

Aphthous stomatitis

Vermillion border

Sialadenitis

Sialadenosis

Correct answer: Aphthous stomatitis

Aphthous stomatitis is the medical term for canker sore, which is characterized as a painful shallow ulcer on the soft tissue of the mouth that usually heals within 7 to 10 days. The patient who presents with this condition should be prescribed "magic mouthwash," a combination of liquid diphenhydramine, viscous lidocaine, and a glucocorticosteroid, and advised to swish, hold, and spit every four hours as needed until resolved.

Vermillion border is the edges of the lips. Sialadenitis and sialadenosis are terms used to describe an infection of a salivary gland.

40.

Which of the following is **not** considered an activity of daily living (ADL)?

Clothing shopping

Bowel and bladder management

Preparing meals and self-feeding

Brushing teeth

Correct answer: Clothing shopping

ADL are self-care activities that are necessary for "independent" living depending on the person's environment and include eating, personal hygiene, ambulation, and bowel and bladder management.

Clothing and grocery shopping are IADLs (instrumental or sometimes referred to as intermediate activities of daily living) and are associated with the use of "instruments" or finance.

41.

Which of the following best describes Leininger's Sunrise Model?

Philosophy that health care is influenced by various factors and supports culturally competent nursing

Support for military veterans with PTSD

Ensures the rights of human subjects during research

Provides cost-effective education and resources for the LGBTQIA+ community

Correct answer: Philosophy that health care is influenced by various factors and supports culturally competent nursing

Leininger's Theory of Culture Care Diversity and Universality was founded by Madeline Leininger. The theory encompasses a definition of culture and the "sunrise model", which is used to support culturally competent nursing.

The Institutional Review Boards (IRBs) ensure the rights of human subjects during research. The veterans administration supports military veterans with PTSD and the National LGBTQIA+ Health Education Center provides education and resources toward increasing cost-effective health care for the LGBTQIA community.

42.

Which of the following hematological changes occurs as a result of aging?

There is an increase in platelet responsiveness

The lifespan of the RBC shortens

There is a decrease in the total number of circulating leukocytes

The GI tract absorbs vitamin B12 and folate more quickly

Correct answer: There is an increase in platelet responsiveness

There are no changes in the RBC lifespan, the blood volume, or the total number of circulating leukocytes. There is a higher risk of thrombi and emboli due to increased platelet responsiveness, and a higher risk of iron and folate-deficiency anemia due to decreased efficiency of the GI tract to absorb vitamin B12 and folate.

43.

When performing the MMSE (mini-mental state exam) on an elderly patient for suspected dementia, the nurse practitioner asks the patient to explain the meaning of the proverb "Beauty is in the eye of the beholder."

In doing this, what is the NP assessing?

The patient's abstract thinking

The patient's orientation

The patient's short-term memory

The patient's recall

Correct answer: The patient's abstract thinking

When asking about proverbs, the nurse practitioner is assessing the patient's ability to understand abstract concepts. The MMSE is a screening tool to test cognitive performance to more accurately identify confusion, dementia, mental illness, and Alzheimer's.

44.

When an adolescent male's penis grows more in length than width, at which of the following Tanner stages is he classified?

Tanner Stage 3 (III)

Tanner Stage 2 (II)

Tanner Stage 4 (IV)

Tanner Stage 5 (V)

Correct answer: Tanner Stage 3 (III)

Tanner Stages for Boys

Stage I: Prepubertal pattern

Stage II: Testes and scrotum start to enlarge (scrotal skin starts to get darker/more rugae)

Stage III: Penis grows longer (length) and testes/scrotum continues to become larger

Stage IV: Penis becomes wider and continues growing in length (testes are larger with darker scrotal skin and more rugae)

Stage V: Adult pattern

45.

What is the gold standard test for diagnosing hearing loss?

Audiometry

Weber test

Rinne test

Tympanogram

Correct answer: Audiometry

Audiometry using a soundproof booth performed by a professional audiologist is the gold standard for diagnosing hearing loss.

The other answer choices are screening tests for hearing loss.

46.

The tandem gait is a neurological exam that tests:

The cerebellum

The sensory system

Motor movements

Spinal nerves

Correct answer: The cerebellum

The cerebellum is the area of the brain that controls coordination and balance. Thus, clinical manifestations of cerebellar disorders include imbalance and incoordination.

Tandem gait is a test to help diagnose cerebellar disorders (i.e., ataxia) and refers to the patient walking in a straight line with one foot in front of the other. This simple test is said to be positive if the patient is unable to perform tandem walking, loses balance, and falls.

47.

What is the **strongest** risk factor for the development of colon cancer?

Age 50 and above

A sedentary lifestyle

A family history of colorectal cancer or polyps

Diet and obesity

Correct answer: Age 50 and above

The great majority of people diagnosed with colon cancer are older than 50 years of age.

Other risk factors include obesity, a diet consisting of foods high in animal fats, a sedentary lifestyle, and a family history of polyps or colorectal cancer.

48.

What is cranial nerve V (CN V) responsible for?

Facial sensations and movements

Vision

Sense of smell

Motor impulses to the pharynx and shoulder

Correct answer: Facial sensations and movements

The trigeminal nerve, or CN V, is the largest and most complex of the 12 cranial nerves (CNs). It supplies sensation to the face, mucous membranes, and other structures of the head. It is the motor nerve for the muscles of mastication and contains proprioceptive fibers.

The optic nerve (CN II) is responsible for vision. CN I (olfactory) is responsible for smell, and CN XI (spinal accessory) is responsible for motor impulses to the pharynx and shoulder.

49.

What does an absent cremasteric reflex indicate?

Testicular torsion

Prostate cancer

Testicular cancer

Priapism

Correct answer: Testicular torsion

The cremasteric reflex is assessed to evaluate testicular pain in the case of testicular torsion. The examiner strokes or gently pinches the skin in the upper medial thigh, causing cremasteric muscle contraction (the testicle on the same side should rise). This reflex is missing in testicular torsion, when the spermatic cord (which provides blood flow to the testicle), rotates and becomes twisted. A majority of cases occur between the ages of 10 and 20 years.

50.

Presbycusis is **best** described as:

Age-related hearing loss

Vision impairment resulting from deterioration of the macula

Cloudiness and opacity of the lens of the eye(s)

Deterioration of articular cartilage

Correct answer: Age-related hearing loss

This is a common physiologic change that occurs as the body ages. It is a sensorineural type of hearing loss (inner ear) that occurs at about the age of 50 years. High-frequency hearing is lost first as degenerative changes in the ossicles take place, as well as atrophy of the hair cells.

Macular degeneration is characterized by vision impairment resulting from deterioration of the macula. Cloudiness and opacity of the lens of the eye(s) describes cataracts. Articular cartilage deterioration could signal osteoarthritis.

51.

Which of the following is **not** a common condition in geriatrics?

Tinea versicolor

Chronic constipation

Alzheimer's disease

Urinary tract infection (UTI)

Correct answer: Tinea versicolor

*Tinea versicolor is a common fungal skin infection caused by yeasts *Pityrosporum orbiculare* or *Pityrosporum ovale*, and is characterized by lighter or darker patches on the chest or back. This infection, which prevents the skin from tanning evenly, occurs most often in adolescence and early adulthood.*

Chronic constipation, Alzheimer's disease, and UTIs are more common in the geriatric population.

52.

A male patient with severe type 2 diabetes mellitus refuses treatment because of personal religious convictions. Which of the following is the **most** appropriate action?

Educate the patient about the disease progression, treatment options, and prognosis

Refer the patient to an endocrinologist

Request the spouse talk with the patient and try to change his mind

Inform the patient that if he does not get treatment, his life expectancy and quality of life will likely be greatly shortened

Correct answer: Educate the patient about the disease progression, treatment options, and prognosis

Religious practices often influence behavior around illness, and each person interprets and implements their cultural and religious beliefs uniquely; therefore, the practitioner should make no assumptions and assess as needed. Patients have the right to refuse treatment. Thus, the most appropriate action is to provide the patient with proper education about the disease, treatments, and prognosis, in a non-judgmental manner.

It is not appropriate to try to scare or coerce the patient. When presented with all the information, often patients may change their minds, but the practitioner should remain supportive regardless of the patient's choice.

53.

When checking deep tendon reflexes (DTRs) in a patient with severe sciatica, which of the following reflexes may be absent?

Achilles reflex

Patellar reflex

Triceps reflex

Biceps reflex

Correct answer: Achilles reflex

The Achilles reflex (the ankle jerk reflex) may be hypoactive or absent in the patient with severe sciatica when checking DTRs. Scoring is as follows: absent (0), hypoactive (1), normal (2), hyperactive (3), and clonus (4).

54.

Peak flow measurement, called the peak expiratory flow rate (PEFR), is a quick and easy test to measure air flowing in and out of the lungs. Which of the following is **not** a factor in determining PEFR?

Weight

Height

Age

Gender

Correct answer: Weight

In patients with asthma, PEFR measures the effectiveness of treatment, worsening symptoms, and exacerbations. During expiration, the patient is instructed to blow hard using the spirometer (three times). The highest value is recorded (personal best). Peak expiratory flow is based on height, age, and gender.

55.

The nurse practitioner draws intersecting pentagons and then instructs the patient to copy the pentagons, exactly as the NP has drawn them. Which of the following tests is being performed?

Mini-mental state exam (MMSE)

MMPI (Minnesota Multiphasic Personality Inventory)

CAGE questionnaire

Beck's Inventory

Correct answer: Mini-mental state exam (MMSE)

The MMSE is a questionnaire used to evaluate an individual for confusion and dementia; it is the most popular screening tool for dementia and the most commonly used test for Alzheimer's disease.

The MMPI is a popular questionnaire used to assess for mental illness. The CAGE questionnaire is a screening tool for alcohol abuse used in the primary care setting. Beck's Inventory is a depression screening tool.

56.

A person with a body mass index (BMI) of 26 is:

Overweight

Obese

Normal weight

Grossly obese

Correct answer: Overweight

A person with a BMI of 26 is overweight, and lifestyle education should be initiated.

- *Underweight: BMI < 18.5*
 - *Normal weight: BMI 18.5-24.9*
 - *Overweight: BMI 25-29.9*
 - *Obese: BMI 30-39.9*
 - *Grossly obese: BMI > 40*
-

57.

The nurse practitioner assesses a patient with knee pain. After performing a history and physical on the patient, the NP decides to perform a McMurray's test. With this test, the NP is attempting to make a diagnosis of an injury to which of the following?

Medial meniscus

Anterior cruciate ligament (ACL)

Posterior cruciate ligament (PCL)

Lateral meniscus

Correct answer: Medial meniscus

The menisci (both medial and lateral meniscus) are crescent-shaped bands of thick, rubbery cartilage attached to the tibia. They act as shock absorbers and stabilize the knee. The medial meniscus is on the inner side of the knee joint, while the lateral meniscus is on the outside of the knee. A positive McMurray's test (knee pain and a "click" sound upon manipulation of the knee) suggests injury to the medial meniscus. An MRI is the gold-standard test for diagnosing joint damage.

The drawer sign is a test for knee stability. It is a diagnostic sign of a torn or ruptured ligament. The anterior drawer test assesses the ACL, while the posterior drawer test assesses the PCL.

58.

Leukoplakia of the tongue is **most likely** to be associated with which of the following?

Chewing tobacco

Lack of appropriate dental care

Denture use

Torus palatinus

Correct answer: Chewing tobacco

Leukoplakia is a condition characterized by thick, white patches of plaque that form on the tongue and oral mucosa, and are caused by chronic irritation, such as chewing tobacco, snuff, or smoking. Mild leukoplakia is usually harmless and often resolves on its own. More serious cases may be linked to oral cancer and require prompt treatment. Regular dental care can help to prevent recurrences.

59.

"FAST" is a mnemonic for recognizing stroke in a patient. What does the "T" stand for in this mnemonic?

Time to call 911

Tinnitus

Tremor

Tachycardia

Correct answer: Time to call 911

- *F: Face drooping (Instruct patient to smile. Is face lopsided?)*
 - *A: Arm weakness (Instruct patient to raise both arms. Does one arm drift downward?)*
 - *S: Speech difficulty (Instruct patient to say, "Is the sky blue?")*
 - *T: Time to call 911 (Even if symptoms go away, call 911)*
-

60.

When assessing an older adult patient's nutritional health, clinically significant weight loss is defined by the MDS criteria as:

Weight loss of 5% of the usual body weight in 30 days

Weight loss equal to at least 15% of the usual body weight in six months

Weight loss of 10% of the usual body weight in 30 days

Weight loss equal to at least 20% of the usual body weight in six months

Correct answer: Weight loss of 5% of the usual body weight in 30 days

Nutritional issues are common in older adults, especially in the frail elderly or the "old-old." Comprehensive dietary history, health history, and anthropomorphic measurements are important during a health screening to rule out any nutritional-related issues. Clinically significant weight loss is defined by the MDS criteria as weight loss of 5% of the usual body weight (in 30 days) or weight loss equal to at least 10% of the usual body weight in six months. Weight loss involves loss of both muscle mass and body fat.

61.

Which of the following conditions is the **most** common reason for chronic renal failure in the United States?

Diabetes mellitus (DM)

Polycystic kidney disease

Hypertension

Recurrent kidney infections

Correct answer: Diabetes mellitus (DM)

Diabetes is a chronic metabolic disorder affecting the body's metabolism of carbohydrates and fat. The result is microvascular and macrovascular damage, neuropathy, and immune system effects. DM is the most common reason for chronic renal failure requiring dialysis and lower limb amputations in the United States.

62.

In which of the following types of anemia would the nurse practitioner expect to find macrocytic and normochromic red blood cells?

Folate deficiency anemia

Iron deficiency anemia

Thalassemia minor

Sickle cell anemia

Correct answer: Folate deficiency anemia

Most folate-deficiency anemia is caused by a lack of folic acid in the diet. Folic acid is a B vitamin that aids in the production of RBCs. A decreased amount of circulating RBCs in the bloodstream leads to anemia. Low levels of folic acid can cause megaloblastic anemia (RBCs are larger than normal, fewer in number, and oval-shaped instead of round). Often, these cells do not live as long as normal RBCs. Deficiency in folate does not affect the color of RBCs (normochromic). The mean corpuscular volume (MCV) measures the size of the RBC, and an MCV greater than 100 is seen in macrocytic anemias (folate and vitamin B12 deficiencies).

Iron deficiency and thalassemia minor anemias are both microcytic, hypochromic anemias, meaning the RBCs are smaller and paler in comparison to normal RBCs. Sickle cell anemia presents as sickle-shaped RBCs with shorter life spans of 10 to 20 days (norm is 120 days), and is a type of hemolytic anemia (blood cells are destroyed faster than they are made).

63.

The patient with depression may exhibit all of the following symptoms **except**:

Ataxia

Anhedonia

Agitation

Anorexia

Correct answer: Ataxia

Major and minor depression (also known as unipolar depression) are similar, but minor depression is a milder form. The criteria of signs and symptoms of minor depression are the same as major depression except that there are fewer symptoms (at least two, but less than five). Both major and minor depression are attributed to dysfunction of the neurotransmitters serotonin and norepinephrine, and both have a strong genetic component.

Symptoms include:

- *Depressed mood*
- *Anhedonia (diminished interest in activities)*
- *Loss of energy and/or fatigued*
- *Insomnia or hypersomnia*
- *Feelings of worthlessness and inappropriate guilt*
- *Diminished concentration/difficulty making decisions*
- *Recurrent/obsessive thoughts of death or suicidal ideation*
- *Weight loss (>5% body weight) or weight gain*
- *Psychomotor agitation or retardation*

Ataxia describes a lack of muscle control during voluntary movements, such as walking or picking up objects. It is not a sign or symptom of depression.

64.

What is the **most** common type of melanoma in African Americans and Asians?

Acral lentiginous melanoma

Basal cell carcinoma (BCC)

Nodular melanoma

Lentigo maligna melanoma

Correct answer: Acral lentiginous melanoma

Acral-lentiginous melanoma is most common among people with darker skin. This type of melanoma represents up to 70% of melanomas in African Americans and 46% of all cases in Asians, according to the National Cancer Institute (NCI). These dark-brown to black lesions may be found on the nail beds (subungual), palmar, and plantar surfaces, and rarely the mucous membranes.

65.

With aging, cranial nerve testing may show all of the following **except**:

Increased corneal reflex

Differences in the ability to differentiate color

Differences in papillary response

Decreased gag reflex

Correct answer: Increased corneal reflex

Cranial nerve testing may show differences in the ability to differentiate color, papillary response, and decreased corneal and gag reflexes. Deep tendon reflexes may be brisk or absent. Neurological testing may be impaired by medications, causing slower reaction times. In addition, benign essential tremor is more common.

66.

Which of the following is the **best** location to auscultate for the S4 heart sound?

Mitral area

Aortic area

Tricuspid area

Pulmonic area

Correct answer: Mitral area

The S4 heart sound is caused by increased resistance due to a stiff left ventricle, usually indicating left ventricular hypertrophy (LVH). It is, however, considered a normal finding in some elderly (slight stiffness of left ventricle). It occurs during late diastole (just after atrial contraction), also referred to as an "atrial gallop" or "atrial kick" and is best heard at the apex or apical area (mitral area) using the bell of the stethoscope.

67.

The nurse practitioner is teaching an asthmatic patient how to best measure treatment effectiveness, worsening symptoms, and exacerbations at home via PEF, or peak expiratory flow rate. The patient is instructed to blow hard using a spirometer three times, and the highest value is recorded.

Which three factors is PEF based on?

Height, age, gender

Height, weight, age

Weight, age, gender

BMI, age, height

Correct answer: Height, age, gender

Factors needed to figure out PEF are height, age, and gender. Use HAG mnemonic.

Peak expiratory flow rate (PEFR) is estimated via one of these equations:

- *Children PEF = ((Height in cm - 100) x 5) + 100*
 - *Adult Men = (((Height in m x 5.48) + 1.58) - (Age x 0.041)) x 60*
 - *Adult Women = (((Height in m x 3.72) + 2.24) - (Age x 0.03)) x 60*
-

68.

When screening for melanoma, the nurse practitioner follows the "A, B, C, D, E" mnemonic. What does the "A" stand for in this mnemonic?

Asymmetry

Actinic keratosis

Angioma

Acrochordon

Correct answer: Asymmetry

The "A, B, C, D, E" of melanoma:

- **A** Asymmetry
- **B** Border irregular
- **C** Color varies in the same region
- **D** Diameter > 6 mm
- **E** Enlargement or change in size

Other symptoms to watch for include intermittent bleeding with mild trauma and new onset of itching.

69.

Which of the following is the most popular screening test used for dementia, and the most commonly used test for Alzheimer's disease?

Folstein Mini-Mental State Exam (MMSE)

The "Mini-Cog" Test

Addenbrooke's Cognitive Examination Revised (ACE-R)

Beck's Inventory

Correct answer: Folstein Mini-Mental State Exam (MMSE)

The MMSE is a brief screening exam that assesses for cognitive impairment by asking the patient about orientation, short-term memory, attention and calculation, recall, writing a sentence, and copying a design. There is a maximum score of 30: 0 to 10 indicates severe cognitive impairment, 10 to 20 indicates moderate cognitive impairment, 20 to 25 indicates mild cognitive impairment and 25 to 30 is mild to no deficits.

The other answer choices are also cognitive performance scales, but the MMSE is the most widely used and accepted tool for dementia and Alzheimer's disease.

70.

When screening for melanoma, it is helpful to use the "A, B, C, D, E" of melanoma. What does the "E" stand for?

Enlargement

Existing comorbidities

Eating (a decrease in appetite)

Exanthem

Correct answer: Enlargement

The "A, B, C, D, E" of melanoma:

- *A (asymmetry)*
- *B (border irregular)*
- *C (color varies in the same region)*
- *D (diameter > 6 mm)*
- *E (enlargement or change in size)*

Other symptoms to watch for include intermittent bleeding with mild trauma and new onset of itching. Skin cancer is the most common cancer in the United States, and basal cell skin carcinoma is the most common type of skin cancer.

71.

A 66-year-old male patient presents for a routine physical. The patient reports that he has smoked on average of 10 cigarettes per day for the last 30 years.

Identify the best practice smoking cessation option available.

Nicotine gum

Nicotine patch with nicotine gum as needed

Switch to e-cigarettes

Switch to chewing tobacco

Correct answer: Nicotine gum

There are various smoking cessation options that include nicotine gum, patches, and even medication. In this case, nicotine gum is the best option as nicotine patches and gum should not be used together to avoid overdose. Switching to other forms of tobacco is not advisable and still presents harmful impacts on health.

72.

The nurse practitioner is caring for a Muslim patient who is observing Ramadan. What does the NP need to know about this holiday?

Both foods and fluids are forbidden from sunrise to sunset

Drinking alcohol, eating pork, or eating meat not slaughtered in a specific manner is forbidden

A kosher diet must be strictly followed

The person may not consume any dairy products throughout Ramadan

Correct answer: Both foods and fluids are forbidden from sunrise to sunset

The holy month of Ramadan is observed by 30 days of fasting. It is forbidden to eat or drink fluids/water during the daytime, but one can eat or drink from sunset to before sunrise. If possible, oral medications should only be taken after sunset. Pregnant women and those who are ill may be exempted, and children are not expected to fast until puberty.

The Quran forbids drinking alcohol, eating pork, or eating meat not slaughtered in the 'halal' manner at all times, not just during Ramadan. Jews follow a kosher diet, not Muslims.

73.

According to Erikson, at what stage of development is an individual who has a productive job, a family, and is involved with social causes?

Generativity versus stagnation

Intimacy versus isolation

Ego integrity versus despair

Identity versus role confusion

Correct answer: Generativity versus stagnation

Erikson's Stages of Psychosocial Development involves eight stages, with the first five occurring from birth to age 18 years. Generativity versus stagnation is characterized by middle age (40-65 years of age), holding a productive job, having a family, and may becoming involved with social causes.

Intimacy versus isolation occurs in early adulthood (21-39 years of age) and is characterized by developing intimate relationships, getting married, and enjoying relationships and friendships. Ego integrity versus despair ranges from the older adult to the frail elderly (65 and older), with a focus on satisfaction with life accomplishments, and the desire to leave a "legacy" to the future generation. Identity versus role confusion occurs in the 13 to 20-year-old adolescent.

74.

A 24-year-old female calls the clinic to obtain a prescription for flank pain, dysuria, frequency, and urgency. She wants to know if she can start by taking the one tablet she has left of Nitrofurantoin 100 mg from a urinary track infection (UTI) 1 month ago.

Select the best response from the nurse practitioner.

Have the patient come to the clinic for an appointment.

Call in an order for Nitrofurantoin (Macrobid) 100mg BID x 5 days.

Send the patient to the lab for a urinalysis.

Tell the patient to restart the Nitrofurantoin (Macrobid) 100 mg she has on hand and call in the rest of the prescription.

Correct answer: Have the patient come to the clinic for an appointment.

It is not uncommon for females of reproductive age to have frequent UTIs. In most cases, a healthy woman with a classic UTI presentation, with symptoms of dysuria, frequency, and urgency can be tested with a basic urinalysis and treated as an uncomplicated UTI. The nuance in this scenario is the patient has a history of recent UTI and flank pain, which is indicative of further need for examination and may require appropriate work up and medication treatment for a complicated UTI. In addition, patients should be encouraged and educated to complete the full antibiotic regimen.

75.

Which of the following is considered a **normal** finding during the teenage years due to the skeletal growth spurt in this age group?

Elevated alkaline phosphatase (ALP)

Vitamin D deficiency

Elevated serum calcium levels

Elevated creatine kinase (CK)

Correct answer: Elevated alkaline phosphatase (ALP)

ALP is an enzyme found mostly in the cells of bone and the liver. The ALP test may be used to help detect liver disease or bone disorders. The rapid bone growth during growth spurts and adolescence elevates the ALP level; ALP levels are higher in children and adolescents due to physiologic osteoblastic activity.

76.

Which of the following would be considered **correct** for the skin condition that is caused by papillomavirus?

Warts

Measles

Impetigo

Pityriasis rosea

Correct answer: Warts

Human papillomavirus (HPV) infections include a group of skin conditions affecting various parts of the body including the anus, cervix, and mouth. Different forms of warts are found to affect people in different age groups. Genital warts are the most common and are highly contagious, spreading via skin-to-skin contact. Warts often go without treatment in children. In some cases, medications applied directly to the lesions will eliminate the warts.

77.

Of the following, which is the **most** common pathogen found in atypical pneumonia?

Mycoplasma pneumoniae

Pseudomonas aeruginosa

Haemophilus influenzae

Legionella pneumoniae

Correct answer: *Mycoplasma pneumoniae*

Atypical pneumonia is a lung infection caused by atypical bacteria. The number one pathogen that causes atypical pneumonia is Mycoplasma pneumoniae. Medications to treat this infection include doxycycline, azithromycin, or levofloxacin, in addition to antitussives for cough suppression and increased fluids and rest.

Pseudomonas aeruginosa is common in patients with cystic fibrosis and in hospitalized patients. Haemophilus influenzae is common in smokers and COPD patients, and Legionella pneumoniae is less commonly found in atypical pneumonia in areas with moisture such as air conditioners, and is more severe with higher mortality.

78.

Which of the following is **not** one of the top three causes of death in individuals aged 65 and older?

Dementia

Cancers

Chronic lower respiratory disease

Heart disease

Correct answer: Dementia

Top three leading causes of death (Older than age 65 years):

- *Heart disease (MI, heart failure, arrhythmias)*
- *Cancers (lung and colorectal)*
- *Chronic lower obstructive disease (COPD)*

Dementia does account for death in older adults but is not one of the top three causes.

79.

If palpation of the left lower quadrant of a patient's abdomen increases the pain felt in the lower right quadrant, while in supine positioning, the patient is said to have a positive:

Rovsing's sign

Cullen's sign

Grey-Turner's sign

Obturator sign

Correct answer: Rovsing's sign

A positive Rovsing's sign is indicative of appendicitis or peritonitis.

Cullen's sign is edema and bruising of the subcutaneous tissue around the umbilicus, and Grey-Turner's sign is bruising or bluish discoloration of the flank area that may indicate retroperitoneal hemorrhage. Obturator sign is positive if inward rotation of the hips causes RLQ abdominal pain (rotate right hip through full ROM; positive if pain is present with movement or flexion of the hip), and is also indicative of acute appendicitis.

80.

The nurse practitioner is assessing a patient for suspected meningitis and performs a test to determine meningeal irritation and spinal nerve root inflammation.

Which of the following would elicit a positive Kernig's sign?

Pain and resistance on flexion and extension of the hip and knee

Nuchal rigidity on flexion of the neck

Pain when the head is turned to the left side

Dizziness when changing positions

Correct answer: Pain and resistance on flexion and extension of the hip and knee

To test for Kernig's sign, position the patient supine, lift one leg up at a time, flexing the hip, and attempt to straighten the leg while keeping the hip flexed at 90 degrees. If positive, there is resistance to leg straightening because of pain in the lower back and in the hamstrings. This is due to inflammation on the lumbar nerve roots.

Another maneuver associated with meningeal irritation is Brudzinski's sign, and is also performed with the patient supine. Lift their head off the table and if positive the patient will reflexively bend the legs to relieve neck pressure and pain.

81.

In the patient with neurologic symptoms, including tingling and numbness of the extremities, the nurse practitioner should always test for which of the following types of anemia?

Vitamin B12-deficiency anemia

Iron deficiency anemia

Thalassemia trait

Anemia of Chronic Kidney Disease (CKD)

Correct answer: Vitamin B12-deficiency anemia

Missing a diagnosis of vitamin B12 deficiency can result in irreversible neurological damage. Therefore, any patient complaining of neuropathy or who has dementia should always have vitamin B12 levels checked.

82.

What physical changes occur during Tanner Stage III in males?

Elongation of the penis

Testicular enlargement and increased scrotal rugations

Puberty ends, marking the adult stage

Penis thickens and increases in size

Correct answer: Elongation of the penis

Tanner Stages in males:

- *Stage I: Prepuberty*
 - *Stage II: Testes enlarge, increased rugations of scrotum*
 - *Stage III: Penis elongates; testicular/scrotal growth continues; scrotal color starts to darken*
 - *Stage IV: Penis thickens and increases in size (widens); testes are larger and scrotal skin darker*
 - *Stage V: Adult pattern (puberty ends)*
-

83.

In forming a diagnosis, the adult-gerontology nurse practitioner describes an elderly patient's skin condition as being verrucous. What does this mean?

Wart-like

Ring-shaped

Coin-shaped, round

Bleeding into the skin

Correct answer: Wart-like

The dermatology term verrucous means wart-like.

- *Annular = ring-shaped*
 - *Nummular = coin-shaped, round (nummular eczema)*
 - *Purpura = bleeding into the skin; small bleeds are petechial and larger areas of bleeding are ecchymoses or purpura (meningococcemia)*
-

84.

A 72-year-old male presents to your clinic with a persistent change in bowel habits including hematochezia, ribbon-like stools, and mild abdominal pain. He also reports diminished appetite and unintentional weight loss. Upon further assessment, his lab results indicate unexplained iron-deficiency anemia.

Based on these assessment findings, what is the **most** probable diagnosis?

Colorectal cancer

GI bleed

Irritable bowel syndrome (IBS)

Diverticulitis

Correct answer: Colorectal cancer

Colorectal cancer is the second most common cause of cancer deaths in the United States. About 20% of cases have distant metastases at the time of presentation. IBS is a common risk factor of colon cancer, as well as advancing age, family history, or colonic polyps. Screening should start at age 50 years, with baseline colonoscopy every 7 to 10 years. Ribbon-like stool in the older adult with iron-deficiency anemia should always alarm the practitioner to rule out colon cancer. The key to symptoms indicative of colorectal cancer is that they are persistent and stick around for more than a few days.

85.

Which type of immunity results from vaccination?

Active immunity

Passive immunity

Herd immunity

Vertical immunity

Correct answer: Active immunity

Active immunity results when exposure to a disease organism triggers the immune system to produce antibodies to that disease, either through vaccination or by infection.

Passive immunity refers to immunity to a disease after receiving antibodies (immunoglobins) from another host; it happens when the antibody is given to an individual. For example, colostrum from breast milk gives the infant antibodies from the mother. Herd immunity is a form of indirect protection from infectious disease that occurs when a large percentage of a population has become immune to an infection, thereby providing a measure of protection for individuals who are not immune. This is usually due to immunization programs. Vertical immunity does not apply to vaccinations.

86.

Which of the following medications is indicated for the treatment of migraine headache?

Propranolol prophylaxis

High-dose oxygen therapy

High-dose steroids

Carbamazepine

Correct answer: Propranolol prophylaxis

Migraine is a type of headache characterized by constriction of vessels in the brain, followed by painful dilation and inflammation of the same blood vessels. Migraines present with throbbing, nausea, photophobia, and phonophobia.

Acute treatment involves an ice pack on the forehead, resting in a quiet and darkened room, Imitrex, NSAIDs, analgesics including Tylenol, and narcotics if necessary. Prophylaxis includes beta-blockers such as propranolol and metoprolol and TCAs.

High-dose oxygen therapy is used for the treatment of cluster headaches. High-dose steroids are indicated in the case of temporal arteritis, and carbamazepine is used in the treatment of trigeminal neuralgia.

87.

Factors that affect serum creatinine include all of the following **except**:

Height

Race

Gender

Muscle mass

Correct answer: Height

Serum creatinine is an indicator of renal function. As renal function decreases, the creatinine level will increase. It is the end-product of creatine metabolism, which comes mostly from muscle, and is affected by gender (females have lower levels), race (African Americans have more muscle mass), and muscle mass.

88.

Of the four generations of nurses, which group is described as questioning authority, expecting immediate results, and being more loyal to peers than to a company or organization?

Generation X (Gen Xers)

Baby boomers

Silent generation

Generation Y (Millennials)

Correct answer: Generation X (Gen Xers)

Understanding generational differences and learning to manage them effectively can lead to improved satisfaction among nurses and, ultimately, better retention. Gen Xers were born from 1965 to 1980, and have the following characteristics:

- *Many had mothers who worked outside the home, and thus are very self-reliant*
 - *Favor a work-life balance*
 - *Tend to question authority*
 - *Consider technology to be very important*
 - *Expect immediate results*
 - *Loyal to peers*
-

89.

All of the following statements are true regarding physiologic changes in the body as people age **except**:

Liver size and mass increase

Metabolic clearance of drugs is slowed

LDL and cholesterol levels increase

Renal size and mass decrease

Correct answer: Liver size and mass increase

This statement is false; liver size and mass decrease due to atrophy (20%-40%). Liver blood flow and perfusion decrease (up to 50% in some) and fat deposition in the liver increases with aging. The liver function tests (AST, ALT, alkaline phosphatase) are not significantly changed, however.

Metabolic clearance of drugs is slowed by 20% to 40% because the cytochrome P450 enzyme system (CYP450) system is less efficient. The LDL and cholesterol levels increase with aging. Renal size and mass decrease by 25% to 30%, with the steepest decline in renal mass occurring after the age of 50. GFR starts to decrease as well, with up to a 30% renal function loss by age 70.

90.

Identify the sinuses that would be present upon examination in a child under 4 years old.

Ethmoid

Sphenoid

Frontal

Septum

Correct answer: Ethmoid

There are four types of sinus in the skull. They develop at various ages with the ethmoid and maxillary being present at birth. The frontal sinuses are present after the age of 5 and the sphenoid at age 12. The septum is a part of the nose and not a part of the sinuses.

91.

Which of the following is the **most** common infection in elderly nursing home residents?

Urinary tract infections (UTIs)

Pneumonia

Influenza

Gastroenteritis

Correct answer: Urinary tract infections (UTIs)

UTIs are the most common infection in elderly nursing home residents. Patients often will not have a fever and can even be asymptomatic. Many patients may become acutely confused or agitated. It is essential to detect a UTI quickly, as elderly patients with mild symptoms can quickly progress to become septic.

92.

Of the following services, which are covered under Medicare Part A?

Inpatient hospitalizations

Doctor visits

Medically prescribed durable medical equipment (DME)

Monthly prescription drugs

Correct answer: Inpatient hospitalizations

Medicare Part A pays for inpatient health services (including rehabilitation, long-term, hospice, and home health care), and is automatic at age 65 so long as the individual paid Medicare taxes during their lifetime. Part A also covers inpatient care in a religious nonmedical health care institution and in a skilled nursing facility (SNF).

Medicare Part B pays for outpatient care, including doctor visits and DME, while Medicare Part D is a voluntary prescription drug coverage insurance plan.

93.

A patient with a long history of wrestling presents to clinic with complaints of knee pain.

A positive drawer sign upon assessment indicates:

Knee instability

A torn meniscus

Inflammation of the knee

A normal finding

Correct answer: Knee instability

The drawer sign is a test for knee stability and is a diagnostic sign of a torn or ruptured ligament. It is performed on both the unaffected and the affected knee for comparison. The anterior drawer sign is the test for the anterior cruciate ligament (ACL), while the posterior drawer sign tests for the posterior cruciate ligament (PCL).

To perform the test, the patient is asked to lie supine and the knee is placed at a 90-degree flexion. The examiner positions themselves by sitting on the examination table in front of the involved knee and grasping the tibia just below the joint line of the knee. The thumbs are placed along the joint line on either side of the patellar tendon. The tibia is then drawn forward anteriorly. An increased amount of anterior tibial translation compared with the opposite limb or lack of a firm end-point may indicate either a sprain or tear of the ACL. If the tibia pulls forward or backward more than normal, the test is considered positive. Excessive displacement of the tibia anteriorly suggests that the ACL is injured, whereas excessive posterior displacement of the tibia may indicate injury of the PCL.

94.

Which of the following techniques should be used when interviewing an elderly male patient?

Speak in a loud, clear voice so the patient can hear you

Have the primary caregiver in the room throughout the entire interview

Speak quickly to complete the interview before the patient gets fatigued

Speak quietly and calmly throughout the interview so as not to agitate the patient

Correct answer: Speak in a loud, clear voice so the patient can hear you

While interviewing an elderly patient, speak in a clear voice at an adequate volume. Generally, high-frequency hearing is lost (presbycusis) as an individual ages, starting at about the age of 50 years. A speaking voice is an example of high frequency. Make sure to face the patient. Monitor the patient for signs that he is tiring or becoming stressed and adjust the technique accordingly. Take a break if necessary.

Speaking quietly or quickly may make it too difficult for the patient to hear or understand you. To adequately assess for elder abuse, the interview should be performed without the presence of the primary caregiver.

95.

Jehovah's Witnesses refuse blood transfusions, but will:

Accept blood components without RBCs

Accept autologous transfusions

Donate blood

Store blood

Correct answer: Accept blood components without RBCs

Jehovah's Witnesses refuse to donate blood, store blood, or accept their own blood (autologous transfusion) but will accept nonblood plasma expanders and blood components without RBCs (albumin, cryoprecipitate, clotting factors, immunoglobulins).

96.

Centor criteria are a clinical decision tool used to help identify the likelihood of "strep" throat in adults. All of the following are a part of this criteria **except**:

Presence of cough

Tonsillar exudate

Tender anterior cervical adenopathy

History of fever

Correct answer: Presence of cough

The Centor criteria are a set of criteria which may be used to identify the likelihood of a bacterial infection in adult patients complaining of a sore throat. They were developed as a method to quickly diagnose the presence of group A streptococcal infection or diagnosis of streptococcal pharyngitis in "adult patients who presented to an urban emergency room complaining of a sore throat."

Important to note: The most common pathogen is viral (rhinovirus, adenovirus, RSV, etc.); suspect viral etiology (or coinfection) if cough is present and symptoms such as stuffy nose, rhinitis with clear mucus, and watery eyes.

The patients are judged on four criteria, with one point added for each positive criterion:

- Absence of cough
- Tonsillar exudates (ooze)
- History of fever
- Tender anterior cervical adenopathy

The modified Centor criteria also incorporate the patient's age (all ages are affected, but is most common in children):

- Age under 15 add 1 point
- Age over 44 subtract 1 point

A mnemonic to remember Centor is:

- C – Cough absent, or the incorrect but memorable "Can't Cough"
- E – Exudate
- N – Nodes
- T – Temperature (fever)

- *OR – young OR old modifier*

The point system is important in that it dictates management.

Scores may range from -1 to 5:

- *-1, 0 or 1 point(s) – No antibiotic or throat culture necessary (risk of strep infection < 10%)*
 - *2 or 3 points – Should receive a throat culture and treat with an antibiotic if culture is positive (risk of strep infection 32% if 3 criteria, 15% if 2)*
 - *4 or 5 points – Consider rapid strep testing and or culture. (Risk of strep infection 56%) – Infectious Diseases Society of America and American College of Physicians no longer recommend empiric treatment for strep based on symptomatology alone.*
-

97.

Pain or swelling in the joint of the great toe caused by excessive uric acid accumulation in the joint is known as:

Podagra

Pinguecula

Cellulitis

Sarcoidosis

Correct answer: Podagra

Gout is characterized by recurrent attacks of acute inflammatory arthritis—a red, tender, hot, swollen joint. The metatarsophalangeal joint of the great toe (podagra) is the most common location, but gout can also affect other joints such as the ankle or the knee. Pain occurs from the high levels of uric acid crystals that deposit inside the joints from excess production or low excretion of purine crystals (by-product of protein metabolism).

The gold standard for diagnosing gout is performed by joint aspiration of synovial fluid of the affected joint. A microscopic exam using a polarized light is used to identify uric acid crystals in the synovial fluid.

98.

What is considered the gold standard for diagnosing pulmonary TB infection?

Sputum for C&S

Acid fast bacilli (AFB) smear

Mantoux test/TST

Sputum nucleic acid amplification test (NAAT)

Correct answer: Sputum for C&S

Active pulmonary TB infections are best diagnosed via sputum for culture and sensitivity (C&S) but can take up to 8 weeks to grow.

Positive AFB smears are not diagnostic, but are suggestive of TB infection. NAAT tests are also sputum tests, and are rapid (1 to 3 days), but are not considered the "gold standard" for diagnosis. Mantoux tests are skin tests that simply test for immunity (past exposures) using intradermal injection of tuberculin.

99.

Which of the following is a strong risk factor associated with testicular cancer?

Cryptorchidism

Hypospadias

Varicocele

Testicular torsion

Correct answer: Cryptorchidism

Cryptorchidism is failure of one or both testes to descend to the scrotum before birth and is a strong risk factor for testicular cancer.

Teenage to adult males may complain of a testicular or scrotal mass that may be tender to the touch or asymptomatic. Some patients may have testicular discomfort, but not pain. The patient often reports a sensation of heaviness to the affected testicle, and the affected testicle has a firm texture. This condition is more common in males from the age of 15 to 35 years.
