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Nursing AANP Family Nurse Practitioner (AANP-FNP) Sample Questions (Q16-Q21):

NEW QUESTION # 16

One way of learning what different medications a patient takes is to have the patient bring all medications and supplements she takes to an appointment. This is known as which of the following?

- A. Review of systems.
- B. Medication assessment.
- C. Medicine cabinet review.
- D. Brown bag review.

Answer: D

Explanation:

The term "Brown bag review" refers to a method used by healthcare providers to gain a comprehensive understanding of all the medications a patient is currently taking. This method involves the patient collecting all their medications, including prescription drugs, over-the-counter (OTC) medications, vitamins, and herbal supplements, and bringing them to their medical appointment in a literal or figurative brown bag.

The primary goal of a Brown bag review is to ensure the patient's safety by enabling the healthcare provider to verify the medications being used, check for any potential drug interactions, ensure proper dosing, and confirm that the patient is following the prescribed medication regimen correctly. This review also provides an opportunity to educate patients about their medications, discuss any concerns they might have, and make adjustments to their prescriptions if necessary.

This practice is distinct from a "Review of systems" which is a systematic approach used during a medical interview to collect information about the different organ systems of the body. The Review of systems is designed to uncover symptoms and signs of diseases but does not specifically focus on medication review.

Furthermore, a "Medicine cabinet review" might sound similar, but it is not a commonly recognized term in clinical practice for a medication review strategy. The Brown bag review remains the standard terminology and practice for this type of comprehensive medication assessment during a healthcare visit.

In summary, the Brown bag review is a valuable practice in healthcare that helps in optimizing patient treatment plans and improving overall medication management. By bringing all their medications to the review, patients actively participate in their healthcare process, leading to better health outcomes.

NEW QUESTION # 17

You have a 35-year-old female patient who is complaining of wrist pain. She is an administrative assistant who does a great deal of computer work in her job. You will test her for carpal tunnel syndrome. When you tap at the volar surface of the wrist you are performing which of the following tests?

- A. Tinel's sign
- B. McMurray's test
- C. Phalen's maneuver
- D. carpal compression maneuver

Answer: A

Explanation:

When assessing a 35-year-old female patient who is an administrative assistant and complains of wrist pain, it is prudent to test for carpal tunnel syndrome given her extensive use of computers at work. Carpal tunnel syndrome (CTS) is a condition caused by the compression of the median nerve as it travels through the carpal tunnel in the wrist. Symptoms often include pain, numbness, and tingling in the thumb, index, and middle fingers.

One of the clinical tests used to diagnose CTS is Tinel's sign. This test involves gently tapping (percussing) over the volar (palm side) surface of the wrist, directly over the course of the median nerve. If the tapping elicits tingling or a "pins and needles" sensation in the distribution of the median nerve through the fingers, the test is considered positive.

Tinel's sign is a useful clinical tool because it is simple to perform and does not require any specialized equipment. The sensitivity and specificity of Tinel's sign can vary, but generally, it is reported to have around a 50% accuracy rate. This means that the test is not definitive on its own but is helpful when used in conjunction with other diagnostic tools and clinical assessments.

It is important to differentiate Tinel's sign from other tests used for similar purposes. For example, Phalen's maneuver is another test for CTS that involves flexing the patient's wrists maximally and holding this position to see if it elicits symptoms. The carpal compression test involves applying direct pressure over the carpal tunnel and observing for symptoms. McMurray's test, on the other hand, is used to assess for meniscal tears in the knee, which is unrelated to wrist pathology.

Therefore, when you perform a tap at the volar surface of the wrist on a patient with suspected CTS, you are conducting Tinel's sign. Positive findings in Tinel's test, especially when corroborated with other tests and patient history, can support the diagnosis of carpal tunnel syndrome. This is vital for guiding further management and treatment strategies to alleviate the patient's symptoms and prevent further nerve damage.

NEW QUESTION # 18

The mnemonic "SAD CUB" is used to help remember the anticholinergic side effects. Which of the following would the "D" stand for?

- A. Dyspnea
- B. Dry mouth
- C. Diarrhea
- D. Disorientation

Answer: B

Explanation:

The mnemonic "SAD CUB" is used to help remember the common side effects of anticholinergic drugs. Each letter in the mnemonic represents a different side effect. The "D" in "SAD CUB" specifically stands for "Dry mouth." This side effect is one of the most typical symptoms experienced by individuals taking medications with anticholinergic properties, which work by blocking the action of the neurotransmitter acetylcholine in the brain and body.

To further break down the mnemonic: - "S" stands for Sedation, which reflects the drowsiness or sleepiness that can occur with anticholinergic use. - "A" represents Anorexia, indicating a possible decrease in appetite. - "D" for Dry mouth, highlighting reduced saliva production, which can make the mouth feel unusually dry. - "C" stands for Confusion and Constipation, where confusion denotes cognitive impairment, and constipation is a common digestive issue related to reduced gastrointestinal motility. - "U" signifies Urinary retention, a condition where the bladder fails to empty completely. - "B" indicates BPH (Benign Prostatic Hyperplasia) exacerbation, where symptoms of enlarged prostate can worsen.

Each of these side effects is essential to monitor in patients receiving anticholinergic therapy, as they can impact quality of life and may require adjustments in medication or additional treatment to manage the symptoms. Knowing this mnemonic helps healthcare providers quickly recall the spectrum of anticholinergic side effects to better assist and monitor their patients.

NEW QUESTION # 19

An adult patient admits to drinking alcohol on the weekends. He does, however, say in the interview that he is thinking about cutting back on his drinking. What other statement would indicate that the patient is possibly an alcoholic?

- A. He does not drink to alleviate stress.
- **B. His friend tell him he drinks too much.**
- C. He wants to cut out drinking on the weekends to reduce calories.
- D. He drinks one beer a night.

Answer: B

Explanation:

The question concerns identifying potential signs of alcoholism in an adult patient who admits to drinking alcohol on weekends and is considering reducing his alcohol intake. The correct answer to the question is indicated by the statement that his friend tells him he drinks too much.

This answer is significant because feedback from friends or family regarding an individual's drinking habits can be an important indicator of alcohol-related problems. When friends or family express concern about someone's drinking, it often suggests that they have observed negative patterns or consequences that the drinker may not fully recognize or admit. This external perspective can highlight a discrepancy between the drinker's self-perception and how others perceive their behavior.

The reference to feeling guilty about drinking, as mentioned in the explanation, aligns with one of the components of the CAGE questionnaire, a widely-used method of screening for alcohol problems. The CAGE questionnaire consists of four questions: 1. Have you ever felt you ought to Cut down on your drinking? 2. Have people Annoyed you by criticizing your drinking? 3. Have you ever felt bad or Guilty about your drinking? 4. Have you ever had a drink first thing in the morning to steady your nerves or get rid of a hangover (Eye-opener)?

In this context, the friend's comment corresponds to the second question of the CAGE ("Have people Annoyed you by criticizing your drinking?"), pointing to potential issues. If the patient's friends are telling him that he drinks too much, this external concern, combined with his own thoughts about cutting back, suggests that his drinking might be more problematic than he initially perceives. Other statements provided in the options, such as wanting to cut down on drinking to reduce calorie intake, drinking one beer a night, or not drinking to alleviate stress, do not directly indicate problematic drinking. These statements could be part of normal behavior patterns and do not necessarily suggest alcohol dependence or abuse.

In conclusion, the concern expressed by friends is particularly telling because it suggests visible effects or patterns that are worrying to others, a common characteristic observed in cases of alcohol misuse or dependency. This external feedback is a crucial element in assessing the severity of the drinking issue and deciding on the need for further intervention or evaluation using tools like the CAGE questionnaire.

NEW QUESTION # 20

A 33-year-old Caucasian woman is in the clinic inquiring about sexual activity during pregnancy. She is 7 months pregnant and concerned that it will place her pregnancy at an increased risk. The nurse practitioner has determined there have been no risk factors to date, so the NP's knowledge suggests that:

- A. This may increase the risk of pre-term labor.
- **B. There is no increased risk to the pregnancy.**

- C. This may stimulate labor and, therefore, should be avoided.
- D. This may increase the risk of cardiovascular abnormalities in the fetus.

Answer: B

Explanation:

When discussing sexual activity during pregnancy, many pregnant women, like the 33-year-old Caucasian patient mentioned, often express concerns regarding the safety and impact of such activities on their pregnancy. It is crucial to address these concerns with accurate information and reassurance based on current medical understanding and the specific circumstances of the pregnancy.

In general, for a pregnancy that has been progressing without complications, there is no increased risk associated with engaging in sexual activity. The human body is designed to protect the developing fetus throughout the pregnancy, and normal sexual activity does not typically interfere with this process. The amniotic fluid, strong uterine muscles, and the mucus plug at the cervix all serve to protect the fetus from infection and physical harm.

However, it is essential for pregnant women to be aware of certain signs that should prompt them to avoid sexual activity and seek medical advice. These include symptoms like vaginal discharge that is unusual in color or smell, any form of vaginal bleeding, or the rupture of the membranes (commonly known as water breaking). These symptoms could indicate potential complications, and abstaining from sexual activity while these are evaluated and managed is prudent.

In a small percentage of pregnancies where complications are present, such as placenta previa, preterm labor, or a history of miscarriages, a healthcare provider might advise against sexual intercourse. This caution is due to the potential for physical stimulation of the lower uterine segment during intercourse, which could theoretically lead to contractions or increased pressure on the cervix. Additionally, the hormonal changes triggered by orgasm, which include the release of oxytocin, can potentially stimulate uterine contractions. While in most pregnancies this is not a concern and does not lead to pre-term labor, in specific high-risk cases, this could be a factor contributing to early labor.

In conclusion, for most pregnancies that are progressing without any complications, sexual activity is considered safe and does not increase the risk to the pregnancy. Pregnant women should maintain open communication with their healthcare providers about their specific situations. This will help ensure that any potential risks are appropriately managed and that the pregnancy can continue safely while also accommodating the natural aspects of the patient's life, including sexual activity.

NEW QUESTION # 21

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