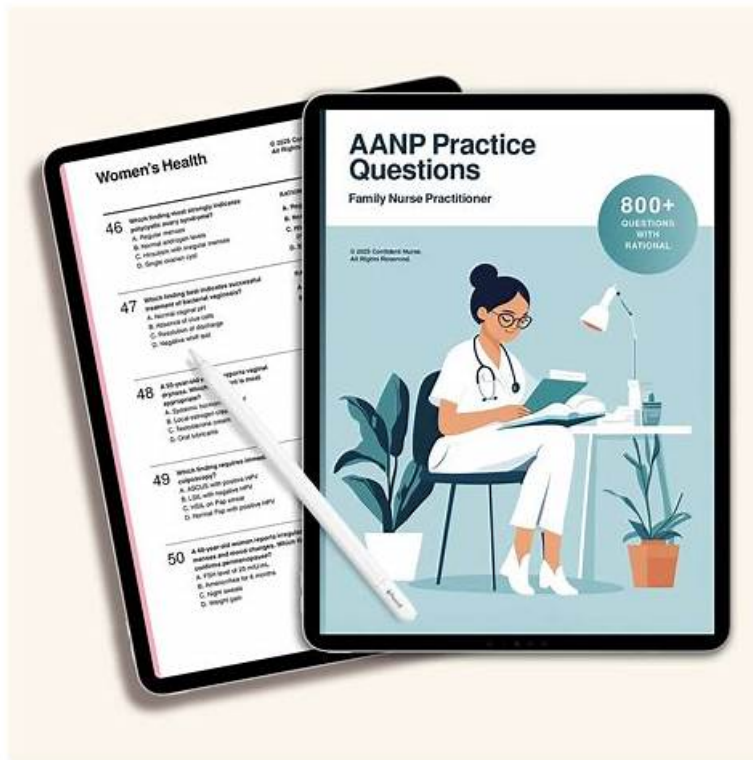


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## Nursing AANP Family Nurse Practitioner (AANP-FNP) Sample Questions (Q36-Q41):

### NEW QUESTION # 36

If you are doing a well-baby check on a 24-month-old child, which of the following observations would concern you?

- A. speaks in two-word sentence

- B. cannot seat herself in a chair
- C. uses pronouns
- D. jumps with both feet

**Answer: B**

Explanation:

When assessing the development of a 24-month-old child during a well-baby check, healthcare providers use various developmental milestones as benchmarks to evaluate the child's growth and development. These milestones cover various domains, including motor skills, language and communication, cognitive abilities, and social skills.

Among the observations listed: 1. **\*\*Speaks in two-word sentences\*\*** - This is a typical developmental milestone for a 24-month-old. By this age, children are expected to start combining words to form simple sentences. This ability reflects appropriate development in language and communication skills. 2. **\*\*Cannot seat herself in a chair\*\*** - This observation is concerning. By the age of 24 months, children are generally expected to have developed sufficient gross motor skills and coordination to seat themselves in a chair without assistance. The ability to do so typically develops between 15 and 20 months. If a child cannot perform this task by 24 months, it may indicate a delay in motor development or other developmental issues. 3. **\*\*Jumps with both feet\*\*** - This is another milestone that aligns well with what is expected at this age. Being able to jump with both feet shows that the child has good motor coordination and strength. 4. **\*\*Uses pronouns\*\*** - The use of pronouns (like "me," "you," "it") by a 24-month-old child is a positive sign of language development. It indicates that the child is beginning to understand and use language to express relationships between themselves and others or objects.

Based on these observations, the one that would be of concern during a well-baby check for a 24-month-old child is the inability to seat herself in a chair. This could potentially signal a delay in gross motor skills, which might require further evaluation or intervention. Such interventions might include physical therapy to enhance motor skills or a more detailed assessment to understand the underlying causes of the delayed motor development. Early identification of such issues is crucial to provide timely support and interventions, which can significantly improve outcomes for the child.

#### NEW QUESTION # 37

The procedure used to diagnose atherosclerotic lesions or thrombi in the coronary vessels is which of the following?

- A. nuclear stress test
- B. stress test
- C. MRI
- D. coronary angiography

**Answer: D**

Explanation:

The correct answer to the question regarding the procedure used to diagnose atherosclerotic lesions or thrombi in the coronary vessels is "coronary angiography." This medical test is pivotal in the field of cardiology, particularly for assessing and diagnosing heart-related conditions.

Coronary angiography involves the use of X-ray imaging to see your heart's blood vessels. During the procedure, a type of dye that's visible by an X-ray machine is injected into the blood vessels of your heart. The X-ray machine rapidly takes a series of images (angiograms), offering a detailed look at the inside of your blood vessels. If there are any blockages, irregularities, or changes in the blood vessels, they will be visible on the angiogram.

This procedure is particularly effective for identifying atherosclerosis, a condition where the blood vessels become narrowed due to the build-up of fatty plaques. This can lead to reduced blood flow, which can cause chest pain (angina), heart attacks, or other serious cardiac conditions. Coronary angiography is also instrumental in identifying blood clots (thrombi) that can obstruct the coronary arteries and disrupt the normal flow of blood to the heart.

Beyond diagnosing blockages and blood clots, coronary angiography is utilized to evaluate other heart conditions. It can be used to assess heart valve function, detect congenital heart defects, and evaluate the performance of the heart's chambers and walls. The detailed visualization aids doctors in planning appropriate treatments, which may include stenting, medications, or surgery.

While other tests like stress tests, MRI, and nuclear stress tests can suggest problems in the heart's function and blood flow, coronary angiography provides a direct and detailed view of the physical state of the coronary arteries. This is why it remains the definitive test for diagnosing structural heart diseases, particularly those involving the coronary vessels.

#### NEW QUESTION # 38

Your 34-year-old female patient has been vomiting blood and her stools appear black and tarry. She complains of abdominal cramping. Which of the following is most likely to cause these signs and symptoms?

- A. hemorrhoids
- B. diverticulosis
- C. gastrointestinal bleeding
- D. hepatitis

**Answer: C**

Explanation:

Hemorrhoids are a common condition where veins in the rectal area become swollen and inflamed. Typically, hemorrhoids cause symptoms such as itching, discomfort, and bleeding during bowel movements. The bleeding seen with hemorrhoids is usually bright red and noticed on the toilet paper or in the toilet bowl. Hemorrhoids are less likely to cause severe bleeding or black, tarry stools, which are indicative of bleeding higher up in the gastrointestinal tract.

Gastrointestinal bleeding refers to any bleeding that occurs within the gastrointestinal tract, which extends from the mouth to the anus. This type of bleeding can manifest in various ways depending on the location and severity of the bleed. Vomiting blood (hematemesis) and having black, tarry stools (melena) are symptoms often associated with significant GI bleeding, possibly from the stomach or upper intestines. Such bleeding can be caused by a variety of conditions including peptic ulcers, gastritis, or esophageal varices, and warrants immediate medical attention.

Diverticulosis involves the formation of small pouches (diverticula) in the wall of the colon. While these pouches themselves may not cause discomfort, if they become inflamed or bleed, it can result in diverticulitis or diverticular bleeding. However, bleeding from diverticulosis is generally painless and would not typically be accompanied by abdominal cramping, although it can cause red blood or dark stools if the bleeding is substantial.

Hepatitis, an inflammation of the liver, usually does not directly cause GI bleeding. Symptoms of hepatitis include jaundice (yellowing of the skin and eyes), fatigue, and abdominal pain, but not typically vomiting of blood or black, tarry stools unless there is an associated severe liver disease such as cirrhosis leading to complications like esophageal varices, which can bleed.

Given the symptoms described - vomiting blood and black, tarry stools accompanied by abdominal cramping - the most likely cause among the options provided is gastrointestinal bleeding. This condition is serious and can be life-threatening, requiring urgent medical evaluation to identify the source of the bleed and initiate appropriate treatment.

#### NEW QUESTION # 39

In terms of elder abuse, which of the following statements is least accurate?

- A. Only infants are more likely to sustain serious injury from physical abuse than the elderly.
- B. 90% of abusers of older adults are reported to be family members.
- C. Only one in fourteen elder abuse cases is reported.
- D. Approximately 1% of older adults are neglected or abused in the United States.

**Answer: D**

Explanation:

The statement that "approximately 1% of older adults are neglected or abused in the United States" is significantly inaccurate.

Research and statistics show that the prevalence of elder abuse is much higher. Estimates indicate that around 10% of older adults experience some form of neglect or abuse, including physical, emotional, sexual abuse, or financial exploitation. This discrepancy highlights the need for greater awareness and more accurate data collection regarding elder abuse.

Elder abuse remains a critical public health and societal issue, and it often goes underreported. Studies suggest that only about one in fourteen cases of elder abuse are reported to authorities, which means the actual numbers might be even higher than the estimates.

The reasons for underreporting are complex and include factors such as the victim's fear of retaliation, dependency on the abuser, and lack of awareness about available help.

In terms of the demographics of abusers, it is reported that family members are the perpetrators in approximately 90% of elder abuse cases. This can make it even more challenging for victims to report the abuse, as it involves people within their immediate family circle. The dynamics of family relationships, combined with dependency and emotional bonds, complicate the recognition and reporting of abuse.

Health care providers play a crucial role in identifying and reporting suspected cases of elder abuse. They are often in a position to notice signs of abuse that others might miss and are legally required to report these suspicions to appropriate state protective agencies. This reporting can lead to interventions that protect the elderly from further harm.

Overall, the statement underestimating the prevalence of elder abuse at 1% does not reflect the reality and gravity of the issue. It is important for statistics to accurately represent the scope of elder abuse to ensure that adequate resources, policies, and protective measures are in place to address and prevent such abuse.

#### NEW QUESTION # 40

Your 62-year-old female patient was diagnosed with subscapular bursitis. The most likely cause of this is that she works on an assembly line using a repeated back-and-forth motion. You are using several conservative measures to treat this but after 6 weeks, results are minimal. What is your next step for this patient?

- A. massage
- **B. intrabursal corticosteroid injection**
- C. appropriate exercise
- D. antimicrobial therapy

**Answer: B**

Explanation:

The recommended next step for a 62-year-old female patient diagnosed with subscapular bursitis, especially after conservative measures such as physiotherapy, rest, and NSAIDs have shown minimal improvement, is an intrabursal corticosteroid injection. Subscapular bursitis involves inflammation of the bursa located beneath the scapula. This condition is commonly seen in individuals who perform repetitive activities, such as working on an assembly line with repeated back-and-forth motions.

Intrabursal corticosteroid injections are commonly used when conservative treatments fail to provide relief. Corticosteroids are potent anti-inflammatory agents that can effectively reduce inflammation and pain within the bursa. The injection is administered directly into the bursa to maximize its effectiveness while minimizing systemic side effects.

It is essential to inform the patient about the potential side effects and complications associated with corticosteroid injections.

Commonly, patients may experience soreness and discomfort at the injection site for a few days. Although less common, there are risks of tissue atrophy and severe inflammatory reactions at the injection site. These side effects are rare but should be discussed so that the patient can make an informed decision.

Following the injection, the patient should be monitored for improvement and any adverse reactions. If symptoms persist or worsen, further diagnostic evaluation may be necessary to reassess the condition and consider alternative treatments or interventions.

Additionally, modifying the patient's work environment and activities to reduce repetitive strain on the affected area can help prevent recurrence of the condition.

#### **NEW QUESTION # 41**

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