

Nursing ACNS Valid Study Questions - ACNS Exam Registration

ACNS Guidelines Practice Exam Questions With Complete Solutions

Guideline 1: Minimum Technical Requirements for Performing Clinical EEG correct answer: Digital equipment has many advantages over analog equipment and is now used for EEG in most facilities. Some recommendations in this guideline have changed to reflect the greater functionality of digital equipment, including the ability to record good quality signal with nontraditional electrodes and slightly higher impedances. The list of basic patient information has been expanded to include more factors that can influence the EEG. The sections on calibration, sensitivity, filters, and recording montages have been updated to maintain relevance for digital systems. Newly added sections include those discussing the utility of longer recordings, sleep deprivation, and simultaneous video recording. Other new sections include material on photic stimulation procedure, interpreting physician notification of critical EEG results, and data storage.

Guideline 2 for Standard Electrode Position Nomenclature correct answer: Previously guideline 5
Although the 10-10 system of electrode position nomenclature has been accepted internationally for almost two decades, it has not been used universally. The reasons for this and clinical scenarios when the 10-10 system provides additional localizing information are discussed in this revision. In addition, section IV elaborates on situations in which AF1/2, AF5/6, PO1/2, and PO5/6 electrode positions may be used for EEG recording.

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Nursing ANCC Adult Health Clinical Nurse Specialist Certification (ACNS) Sample Questions (Q108-Q113):

NEW QUESTION # 108

What should be disposed of during an autotransfusion?

- A. Fused blood.
- **B. Clotted blood.**
- C. Reinfused blood.
- D. Blood.

Answer: B

Explanation:

In the process of autotransfusion, where blood lost during surgery or trauma is collected, processed, and reinfused into the same patient, it is crucial to ensure that only high-quality, unclotted blood is re-administered. Clotted blood should be disposed of during autotransfusion for several reasons.

Firstly, the presence of clotted blood can indicate that the blood has been static for too long or was not anticoagulated properly. Blood ideally needs to be in constant motion or treated with anticoagulants to prevent the clotting cascade from activating. Once blood clots, it is no longer viable for transfusion because the clot can obstruct blood flow, potentially leading to serious complications such as embolism.

Secondly, clotted blood cannot be effectively filtered or processed through the autotransfusion machinery. Equipment used in autotransfusion typically includes filters and centrifuges designed to separate red blood cells from other components and contaminants. Clotted blood can clog these systems, leading to equipment malfunction or inefficient blood processing.

Thirdly, reinfusing clotted blood back into the patient poses significant health risks. Clots can travel through the bloodstream and lodge in critical areas, such as the lungs, heart, or brain, leading to potentially life-threatening conditions like pulmonary embolism, myocardial infarction, or stroke.

For these reasons, during an autotransfusion, careful monitoring and handling of the collected blood are essential. Any blood that shows signs of clotting should be immediately identified and discarded to ensure the safety and effectiveness of the procedure. This practice helps prevent complications and ensures that only healthy, viable blood cells are returned to the patient's circulation.

NEW QUESTION # 109

The cleansing of the stomach with solution delivered through a nasogastric tube is known as what?

- A. Stomach pumping.
- **B. Lavage.**
- C. Emesis.
- D. Gavage.

Answer: B

Explanation:

The cleansing of the stomach using a solution delivered through a nasogastric tube is known as gastric lavage, commonly referred to as stomach pumping. This medical procedure is primarily used to remove ingested poisons, an overdose of medication, or other harmful substances from a patient's stomach.

During gastric lavage, a flexible tube is inserted through the nose, down the esophagus, and into the stomach. Once the tube is correctly positioned, a saline solution or water is funneled into the stomach. This solution mixes with the stomach contents and is then removed by suction through the same tube. The process may be repeated several times until the effluent (the liquid removed from the stomach) is clear, indicating that the stomach has been thoroughly cleansed.

Gastric lavage must be performed soon after the ingestion of the toxic substance, typically within a few hours, as its effectiveness decreases significantly once the substance has moved beyond the stomach into the intestines. The procedure is only carried out when the benefits outweigh the potential risks, such as aspiration, esophageal perforations, or electrolyte imbalances.

It is crucial for this procedure to be performed by medical professionals in a controlled environment, such as a hospital, where the patient's vital signs can be continuously monitored, and immediate care can be provided in case of complications. Gastric lavage is not suitable for all cases of poisoning or overdose and should only be considered when specifically recommended by healthcare professionals.

NEW QUESTION # 110

A sign of cataracts is:

- A. Microvascularization and microaneurysms.
- B. Copper and silver wire arterioles.
- C. Opacity of the lens.
- D. Optic disc swollen with blurred edges.

Answer: C

Explanation:

A cataract is a medical condition where the lens of the eye becomes progressively opaque, resulting in blurred vision, glare, and difficulty seeing in low light conditions. The lens is a clear, biconvex structure located behind the iris, whose primary role is to focus light onto the retina, allowing us to see clearly. When a cataract develops, the proteins in the lens begin to clump together, clouding the lens and preventing light from passing clearly through it. This clouding is referred to as the opacity of the lens, which is the hallmark sign of cataracts.

The development of cataracts is often related to aging, but can also result from other risk factors such as diabetes, smoking, prolonged exposure to ultraviolet light, and certain genetic predispositions. It is one of the leading causes of blindness worldwide, particularly in older adults. However, vision loss due to cataracts can typically be restored through surgical removal of the cloudy lens and replacement with an artificial lens.

It is important to differentiate the signs of cataracts from other eye conditions that also affect vision. For instance, a swollen optic disc with blurred edges, known as papilledema, is indicative of increased intracranial pressure, not cataracts. Microvascularization and microaneurysms are signs often associated with diabetic retinopathy, a complication of diabetes affecting the retina. Copper and silver wire arterioles are indicative of hypertensive retinopathy, a result of long-standing high blood pressure impacting the retinal vessels.

In summary, while there are many conditions that can affect the eyes, the specific sign of cataracts is the opacity of the lens. Recognizing this sign is critical for timely diagnosis and management, primarily through surgical intervention, which is highly effective in restoring vision.

NEW QUESTION # 111

Of the following, which is an antipsychotic that can be used to treat neurological disorders?

- A. Hydantoin.
- B. Pimozide.
- C. Flurazepam.
- D. Bromocriptine.

Answer: B

Explanation:

Among the medications listed, Pimozide is identified as an antipsychotic that can be used to treat neurological disorders. Pimozide primarily functions as an antipsychotic drug, which is typically used to manage symptoms associated with conditions like Tourette's syndrome. This particular neurological disorder is characterized by involuntary, repetitive movements and vocalizations known as tics. By blocking the dopamine receptors in the brain, Pimozide helps to control the expressions of these tics, thereby providing relief to individuals suffering from this condition.

On the other hand, the other drugs mentioned serve different primary purposes in the treatment of neurological and other medical conditions. Hydantoin, for example, is widely recognized as an anticonvulsant. It is primarily used to manage and prevent seizures in the treatment of epilepsy. By stabilizing the electrical activity in the brain, it helps to prevent the excessive and abnormal brain cell activity that causes seizures.

Flurazepam belongs to the class of drugs known as benzodiazepines. It is generally prescribed for the short-term treatment of insomnia. Benzodiazepines function by enhancing the effect of the neurotransmitter GABA, which results in sedative, muscle-relaxant, anticonvulsant, and anxiolytic effects. Though not directly treating neurological disorders, its sedative properties can indirectly aid patients with neurological conditions that may experience sleep disturbances.

Lastly, Bromocriptine is a dopamine agonist. This medication is typically used in the treatment of Parkinson's disease, a neurological disorder characterized by tremors, stiffness, and slow movement. Bromocriptine works by stimulating dopamine receptors in the brain, which helps to alleviate these symptoms. It is also used to treat disorders related to high levels of prolactin hormone and certain types of acromegaly.

In summary, while all these medications can be associated with the treatment of neurological issues, Pimozide stands out as the specific antipsychotic used primarily for managing symptoms of neurological disorders like Tourette's syndrome. Each medication, however, plays a crucial role in addressing different aspects of neurological and other health conditions.

NEW QUESTION # 112

The number of a patient's platelets has decreased. What is this known as?

- A. thrombocytopenia
- B. anemia
- C. coagulopathy
- D. leukopenia

Answer: A

Explanation:

Thrombocytopenia is a medical condition characterized by an abnormally low number of platelets in the blood. Platelets, also known as thrombocytes, are small blood cells that play a crucial role in blood clotting. When the body suffers an injury and a blood vessel is damaged, platelets gather at the site of the injury, stick together, and form a clot to stop bleeding. Therefore, a decreased platelet count can lead to problems with normal blood clotting, resulting in easy or excessive bruising and bleeding.

Various factors can lead to thrombocytopenia. These include bone marrow disorders, where platelets are produced; excessive consumption of platelets in the body; increased breakdown of platelets due to autoimmune diseases; or side effects of certain medications. It can also result from conditions like leukemia or after chemotherapy treatment. Diagnosing thrombocytopenia typically involves a complete blood count (CBC) test, which assesses the levels of red cells, white cells, and platelets in the blood.

In contrast to thrombocytopenia, anemia is a condition characterized by a decrease in the number of red blood cells or the hemoglobin concentration within them. Hemoglobin is a protein that carries oxygen throughout the body. Symptoms of anemia include fatigue, paleness, and shortness of breath. Leukopenia, another related term, refers to a reduction in the number of white blood cells, which affects the body's ability to fight off infections. Lastly, coagulopathy encompasses various conditions where the blood's ability to coagulate (form clots) is impaired, which can lead to excessive bleeding even from minor injuries.

Understanding these different conditions is important for diagnosing and treating various blood disorders effectively. Each condition affects a different component of the blood and has distinct implications for patient health, requiring specific management strategies to address the underlying causes and symptoms exhibited by the patient.

NEW QUESTION # 113

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