

ACNSシミュレーション問題集、ACNS復習過去問



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>>ACNSシミュレーション問題集<<

ACNS復習過去問 & ACNS無料ダウンロード

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Nursing ANCC Adult Health Clinical Nurse Specialist Certification (ACNS)認定 ACNS 試験問題 (Q158-Q163):

質問 # 158

A 34-year-old female with multiple sclerosis (MS) is in the office. She is now under your care after relocating from another state to live with relatives who can help her. The ACNS understands that which of the following is NOT part of her management plan:

- A. Acute exacerbations should be treated with prednisone 60-80 mg/day for 1 week, taper over 2-3 weeks.
- B. Physical and occupational therapy.
- C. Corticosteroids are often used for maintenance.
- D. Complex treatment regimen must be coordinated with a neurologist.

正解: C

解説:

A 34-year-old female with multiple sclerosis (MS) has recently moved to be closer to relatives who can assist her with her condition. In managing her MS, it is essential to understand the roles of various treatments and interventions.

Multiple sclerosis is a chronic immune-mediated disease that affects the central nervous system, leading to various neurological symptoms. Treatment strategies aim to manage acute relapses, slow disease progression, and alleviate symptoms. A comprehensive management plan for MS typically includes medication, physical therapy, and occupational therapy, among other interventions.

Physical and occupational therapy are crucial components of the management plan for MS. These therapies help maintain mobility, prevent complications from immobility, and improve the quality of life through adaptive strategies. They are tailored to the individual's needs to help them manage daily activities and maintain independence for as long as possible.

Corticosteroids, such as prednisone, are commonly used in the treatment of MS but have a specific role. They are primarily used for managing acute exacerbations or relapses of the disease. During a relapse, corticosteroids help reduce inflammation quickly and decrease the severity of attacks. However, it is critical to note that **corticosteroids are not used as a maintenance therapy** in MS. Maintenance therapy in MS involves drugs that modify the disease course (disease-modifying therapies or DMTs), which help reduce the frequency and severity of relapses and slow the progression of disability.

Acute exacerbations should be treated with prednisone 60-80 mg/day for about one week, followed by a taper over two to three weeks. This regimen is effective in managing the acute phases but does not play a role in long-term management. The administration of corticosteroids for long periods would not be appropriate due to potential side effects and lack of efficacy in preventing disease progression.

A **complex treatment regimen must be coordinated with a neurologist** who specializes in MS. This coordination ensures that the patient receives comprehensive care, including the selection of appropriate disease-modifying therapies, management of symptoms, and monitoring for any side effects of treatments.

In summary, while corticosteroids are essential for treating acute exacerbations of MS, they are not suitable for maintenance therapy. Other aspects of the management plan, such as physical and occupational therapy and collaboration with a neurologist for disease-modifying treatments, are vital for the long-term care of MS patients.

質問 # 159

What is Not included in the nursing assessment?

- A. Etiology.
- B. Exam
- C. Laboratory testing.
- D. History.

正解: A

解説:

The correct answer to the question of what is not included in the nursing assessment is "Etiology." Etiology refers to the cause or origin of a disease or condition. It is typically determined through a physician's assessment rather than by the nursing staff. The physician's role includes diagnosing the disease, which involves identifying its etiology. This is crucial for determining the appropriate treatment plan for the patient.

In contrast, the nursing assessment focuses on collecting a patient's history, performing physical exams, and sometimes assisting with or interpreting laboratory testing. These elements are essential for providing comprehensive care and support. The patient's history helps nurses understand the patient's health background, current symptoms, and any prior treatments or medications. The physical exam allows nurses to observe and document the patient's current physical condition. Laboratory testing, when involved, aids in confirming a diagnosis or monitoring the patient's condition.

Therefore, while nurses play a critical role in the care and management of patients, determining the etiology of a condition typically falls outside the scope of their assessment responsibilities and is handled by physicians. This division of tasks ensures that both physicians and nurses can apply their specialized knowledge and skills effectively within the healthcare team.

質問 # 160

Tight, aching, or squeezing pain in the legs and buttocks, which worsens with exercise and is relieved by rest, is known as what?

- A. Ischemia.
- B. Peripheral angina.
- C. Rest claudication.
- D. Intermittent claudication.

正解: D

解説:

The correct answer to the question regarding tight, aching, or squeezing pain in the legs and buttocks that worsens with exercise and is alleviated by rest is "Intermittent claudication." This condition is symptomatic of Peripheral Arterial Disease (PAD), a common circulatory problem in which narrowed arteries reduce blood flow to the limbs. When walking or exercising, the muscles in the legs require increased blood flow. If the arteries are narrowed or blocked, these muscles do not receive enough blood, which leads to the characteristic pain of intermittent claudication.

Intermittent claudication typically manifests as muscle pain, cramping, or fatigue in the legs or arms that starts during exercise and stops with rest. The discomfort is often felt in the calf but can occur in the buttocks, thighs, or feet depending on the location of the arterial blockage. The severity of the condition can vary; in mild cases, it might only be noticeable when walking uphill or at a brisk

pace, while in more severe cases, it could occur with very minimal activity or even at rest in advanced stages. PAD, the underlying cause of intermittent claudication, is typically due to atherosclerosis, a buildup of fatty deposits or plaques in the arterial walls. Risk factors for PAD include smoking, diabetes, obesity, high blood pressure, high cholesterol, aging, and a family history of vascular disease. Early diagnosis and treatment are crucial in managing PAD and alleviating symptoms like intermittent claudication.

Treatment for intermittent claudication focuses on improving symptoms and stopping the progression of PAD to avoid more serious complications. Lifestyle modifications such as quitting smoking, exercising, and managing diet are critical. Medications may be prescribed to improve blood flow and prevent blood clots. In more severe cases, procedures like angioplasty or surgery such as a femoropopliteal (fem-pop) bypass may be necessary. In a fem-pop bypass, a blood vessel from another part of the body or a synthetic vessel is used to bypass the blocked artery in the leg, helping to restore proper blood circulation.

Intermittent claudication is a significant indicator of the health of an individual's circulatory system and should not be ignored. Regular check-ups and reporting such symptoms early to a healthcare provider can lead to timely and effective management of the condition.

質問 # 161

What is Not a step in Values Clarification?

- A. Acting
- B. Choosing
- C. Prizing
- D. Utility.

正解: D

解説:

The term "Utility" does not represent a step in the Values Clarification process. Instead, it is a concept tied to teleology, a branch of philosophy that focuses on the purpose or design of things, often discussed in ethical and moral contexts. In contrast, "Choosing," "Prizing," and "Acting" are indeed recognized as the three key steps in Values Clarification.

Values Clarification is a method designed to help individuals identify, affirm, and act upon their personal values. This process is particularly beneficial in educational settings, helping students develop critical thinking and moral reasoning skills. It focuses on facilitating learners' ability to articulate what they value and then encourages them to align their behaviors with these identified values. The three steps in Values Clarification are as follows: 1. **Choosing**: In this initial step, individuals are encouraged to explore various options and make decisions about what is most important to them. This involves a thoughtful examination of different values and the possible consequences of prioritizing each. 2. **Prizing**: After choosing their values, individuals move on to affirm and appreciate these choices. This step is about openly cherishing and being proud of the values they have selected. It often involves individuals expressing why these values are important to them. 3. **Acting**: The final step is about behaving consistently with the chosen values. This means putting values into action and living in ways that reflect what has been prioritized and prized. It's a commitment to integrate these values into daily life, thereby demonstrating integrity and consistency.

Utility, in contrast, is concerned with the outcomes or consequences of actions, often evaluated in terms of their usefulness or benefit. It is a key concept in utilitarianism, a theory in normative ethics that proposes that the best action is the one that maximizes utility, usually defined as that which produces the greatest well-being for the greatest number of people. This approach is quite different from the introspective and personal exploration involved in Values Clarification, which is not inherently about maximizing collective well-being but rather about individual alignment with personal beliefs and actions. Thus, "Utility" is not a step in Values Clarification but a separate philosophical concept that deals with the consequences and effectiveness of actions in ethical discussions.

質問 # 162

The scope of nursing practice will vary by ____.

- A. State.
- B. Nursing association.
- C. County.
- D. City.

正解: A

解説:

The scope of nursing practice refers to the range of roles, functions, responsibilities, and activities which a registered nurse is educated, competent, and authorized to perform. The specific details of what encompasses a nurse's scope of practice can vary significantly depending on several factors, with one of the most crucial being the state in which they practice.

In the United States, the regulations and laws governing nursing practice are established at the state level. Each state has its own

board of nursing which sets the standards for nursing practice within that state. These standards are designed to ensure that safe and competent care is delivered to patients and can include specific rules regarding procedures, treatments, and the level of supervision required.

For example, the authority for a nurse to prescribe medications can differ markedly from one state to another. Some states allow Advanced Practice Registered Nurses (APRNs) full practice authority, which means they can evaluate patients; diagnose, order, and interpret diagnostic tests; initiate and manage treatments; and prescribe medications under the exclusive licensure authority of the state board of nursing. In contrast, other states may require APRNs to have a collaborative agreement with a physician, limiting their ability to prescribe or perform other tasks independently.

Furthermore, the scope of nursing practice can also be influenced by other factors such as the policies of individual healthcare institutions and the nurse's level of education and certifications. However, the fundamental and most significant determinant remains the state regulations. Therefore, a nurse must be well informed about the specific laws and guidelines in their state of practice to ensure compliance and provide the best care possible.

質問 #163

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ACNS復習過去問: <https://jp.fast2test.com/ACNS-premium-file.html>

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このまま別れてしまうより、そのほうがずっといい、その問題は、一太郎を使うと、完全に解決します、あなたに絶対向いていると信じていますよ、あなたがNursingのACNS認定試験に合格するのに最も良くて、最も必要な学習教材です。

選択式トレーニング ACNS 問題集 Nursing 合格基準点

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ただし、他の問題に巻き込まれACNSる可能性があるため、多くの人にとって時間は限られています。

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