

# Nursing AANP-FNP preparation labs - Pass4sure AANP-FNP exam cram

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## AANP FNP

Basal Cell Carcinoma - Correct Answer-painless, pearly, ulcerated nodule with overlying telangiectasis  
-found on sun areas

Actinic Keratoses - Correct Answer-slightly rough, pink or flesh-colored lesion in sun-exposed area  
-pharmacological treatment: 5-fluorouracil (topical chemotherapy)  
-non-pharmacological treatment: chemical peel, cryotherapy, laser resurfacing

Tuberculosis - Correct Answer-I. Transmission  
A. Mycobacterium tuberculosis carried in airborne droplets  
B. Active Pulmonary or Laryngeal Tuberculosis transmitted  
1. Sneeze, cough, speak, or sing

II. Symptoms  
A. Latent Tuberculosis is asymptomatic  
B. Active Tuberculosis presentation often mimics cancer presentation  
1. Non-specific presentation (most common)  
a. Fatigue  
b. Weight loss  
c. Cachexia  
d. Night Sweats  
C. Pulmonary Tuberculosis symptoms  
1. Productive cough (typically 2-3 weeks)  
2. Hemoptysis (uncommon)  
3. Pleuritic Chest Pain  
4. Dyspnea

III. Signs  
A. Sites of Involvement  
1. Primary infection: lung involvement  
B. Disseminated Disease

IV. Management  
A. Latent Tuberculosis  
1. Positive PPD without signs of Active Tb  
2. Treatment indicated if risk of Tb Progression from latent to active disease  
B. Active Tuberculosis

Gout - Correct Answer-I. Pathophysiology  
A. "Gout occurs when Uric Acid levels exceed solubility limits"  
1. Monosodium urate crystals deposit in joints, Kidney, and soft tissues  
2. Crystal deposition triggers an inflammatory response from cytokines and Neutrophils

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## Nursing AANP Family Nurse Practitioner (AANP-FNP) Sample Questions (Q87-Q92):

### NEW QUESTION # 87

If a patient has experienced a musculoskeletal trauma, the nurse practitioner should use the mnemonic RICE. Which of the following would the "C" in RICE stand for?

- A. Cellulitis
- B. Control
- C. **Compression**
- D. Circulate

**Answer: C**

Explanation:

The mnemonic RICE is a widely recommended first aid treatment for musculoskeletal injuries, such as sprains, strains, or bruises. It is a simple, easy-to-remember acronym that outlines the steps to manage acute injuries effectively. Each letter in the acronym RICE stands for a specific action that should be taken to minimize swelling, ease pain, and speed up the healing process. Here is an expanded explanation of each component:

**\*\*R - Rest:\*\*** The first step in treating an acute injury involves resting the injured area. This means avoiding any activities that cause pain, stress, or discomfort to the affected area. Rest helps to prevent further damage and allows the healing process to begin without interruption.

**\*\*I - Ice:\*\*** Applying ice to the injured area is a critical step. Ice helps to reduce swelling, inflammation, and pain. It is most effective when applied as soon as possible after the injury occurs. Typically, ice should be applied for about 15-20 minutes every hour, as long as the swelling continues. Care should be taken to wrap the ice in a cloth or use a cold pack to avoid direct contact with the skin, which can cause frostbite.

**\*\*C - Compression:\*\*** Compression involves wrapping the injured area with an elastic medical bandage. This helps reduce swelling by limiting fluid accumulation and edema at the site of the injury. It is important to ensure that the bandage is wrapped snugly but not too tightly, as excessive compression can impede circulation and worsen the injury.

**\*\*E - Elevation:\*\*** Elevating the injured area above the level of the heart helps reduce swelling by facilitating venous return and decreasing fluid accumulation. Elevation is most effective when combined with the other elements of the RICE protocol. For example, if the injured area is an ankle, the patient can lie down and prop the leg up on pillows.

In the context of the question provided, the correct answer is "Compression." The "C" in RICE stands for Compression, which is a crucial step in managing musculoskeletal traumas. Compression helps to control swelling and stabilize the injured area, both of which are vital for effective healing. By understanding and applying the RICE protocol, nurse practitioners and other healthcare providers can offer immediate and effective first aid that can significantly impact the recovery process of their patients.

### NEW QUESTION # 88

Your patient complains of a sudden onset of palpitations and dizziness. The ECG shows peaked QRS complex and p waves are present, with a HR of 155. This is known as which of the following?

- A. **paroxysmal atrial tachycardia**
- B. none of the above
- C. mitral valve prolapse
- D. atrial fibrillation

**Answer: A**

Explanation:

To diagnose and understand the ECG findings and symptoms described, it is essential to first interpret the ECG characteristics and relate them to clinical manifestations. The ECG shows a rapid heart rate of 155 beats per minute, which falls under the category of tachycardia. The presence of p waves indicates that the atria are still being activated in a regular manner, which helps differentiate the type of tachycardia. The description of "peaked QRS complexes" can be somewhat ambiguous but typically might suggest high amplitude or sharp QRS complexes, which are not commonly seen in tachycardias originating above the ventricles (supraventricular tachycardias). However, in this context, it seems to imply a distinct, clear QRS complex, suggesting that the ventricles are being activated in a normal fashion, pointing away from ventricular tachycardias.

Based on the symptoms of palpitations and dizziness accompanying the fast heart rate, and given that the ECG shows a tachycardia

with recognizable p waves and normal QRS complexes, the most likely diagnosis is Paroxysmal Atrial Tachycardia (PAT). PAT, also known as Paroxysmal Supraventricular Tachycardia (PSVT), is a condition where episodes of sudden, rapid heart rate originate in the atria or atrioventricular node. These episodes can start and stop abruptly, hence the term "paroxysmal." In PAT, the heart rate typically ranges from 140 to 250 beats per minute. The presence of palpitations (a sensation of the heart racing or pounding) and dizziness (which can result from decreased cardiac output due to the rapid heart rate) aligns well with this diagnosis. The treatment options for PAT include maneuvers that stimulate the vagus nerve such as carotid massage, as well as pharmacological interventions with calcium-channel blockers or beta blockers, which help slow the heart rate and control the rhythm.

In contrast, other conditions listed such as atrial fibrillation, which is characterized by an irregularly irregular rhythm and absent p waves, and mitral valve prolapse, typically associated with mid-systolic clicks and potential regurgitation murmurs on auscultation, do not fit the ECG findings or the patient's presentation in this scenario.

Therefore, the correct diagnosis in this case, given the ECG findings of a rapid heart rate with clear p waves and peaked QRS complexes, along with the clinical presentation of sudden onset palpitations and dizziness, is indeed Paroxysmal Atrial Tachycardia.

#### NEW QUESTION # 89

Janet is reviewing a patient's test results and determines he has hypothyroidism, which means the thyroid does what?

- A. Swells up in size.
- B. Shrinks in size.
- C. Produces too much thyroid hormone.
- D. Does not produce enough thyroid hormone.

#### Answer: D

Explanation:

Hypothyroidism is a condition where the thyroid gland, which is located in the neck and plays a crucial role in regulating metabolism, fails to produce sufficient amounts of thyroid hormone. This hormone is vital for various bodily functions, including managing metabolism, heart rate, and body temperature. When the thyroid does not produce enough of this hormone, it leads to the condition known as hypothyroidism.

The symptoms of hypothyroidism can vary widely depending on the severity of the hormone deficiency. Common symptoms include fatigue, unexplained weight gain, constipation, dry skin, hair loss, sensitivity to cold, and a slower heart rate. These symptoms occur because thyroid hormones are critical to energy production and consumption in the body, influencing how the body processes energy.

Hypothyroidism can be caused by several factors. One common cause is Hashimoto's thyroiditis, an autoimmune disorder where the body's immune system attacks the thyroid gland, impairing its ability to produce hormones. Other causes may include certain medications, radiation therapy to the neck, surgical removal of part or all of the thyroid gland, and iodine deficiency.

Diagnosis of hypothyroidism typically involves a review of symptoms, a physical examination, and blood tests to measure levels of thyroid-stimulating hormone (TSH) and thyroxine. Elevated TSH levels and low thyroxine levels in the blood are indicative of hypothyroidism. Treatment usually involves hormone replacement therapy, specifically with a synthetic thyroid hormone called levothyroxine, which helps to restore hormone levels and reverse the symptoms of the disorder.

It is important for individuals diagnosed with hypothyroidism to receive regular monitoring and follow-up care to ensure that the prescribed treatment is effectively managing the condition. Adjustments in the dosage of hormone replacement may be necessary over time based on periodic blood tests and symptom assessment. Proper management of hypothyroidism is crucial to maintaining a good quality of life and preventing potential complications such as heart problems and severe depression.

#### NEW QUESTION # 90

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. **Approximately 1% of older adults are neglected or abused in the United States.**
- C. 90% of abusers of older adults are reported to be family members.
- D. Only one in fourteen elder abuse cases is reported.

#### Answer: B

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 # 91

Which of the following sexually transmitted male genitourinary infections is most likely to be treated with patient-applied podofilox 0.5% solution or imiquimod 5% cream?

- A. gonococcal urethritis
- B. balanitis
- C. lymphogranuloma venereum
- D. genital warts

#### Answer: D

Explanation:

The correct answer to which sexually transmitted male genitourinary infection is most likely to be treated with patient-applied podofilox 0.5% solution or imiquimod 5% cream is genital warts. Genital warts are a common sexually transmitted infection primarily caused by certain strains of the human papillomavirus (HPV), particularly HPV types 6 and 11. These warts are characterized by one or more small bumps or groups of bumps in the genital area. They can vary in size and appearance and may be flat or raised, single or multiple.

Treatment for genital warts focuses on removing visible warts to relieve symptoms and reduce transmission risk, although treatments do not cure HPV itself. Podofilox 0.5% solution and imiquimod 5% cream are among the several patient-applied treatments available. Podofilox works by destroying the tissue of the wart, while imiquimod boosts the immune system's response to fight off the virus at the site of the wart. Both treatments are applied directly to the warts by the patient at home, following a specific schedule recommended by a healthcare provider.

In addition to podofilox and imiquimod, other treatment options for genital warts include cryotherapy (freezing the warts with liquid nitrogen), electrocautery (burning the warts with electric current), surgical removal, and application of trichloroacetic acid or podophyllin resin by a healthcare professional. The choice of treatment depends on the number, size, and location of the warts, as well as patient preference and provider experience.

It is important for sexually active individuals to undergo regular screenings for sexually transmitted infections and discuss any suspicious symptoms with their healthcare provider to determine appropriate testing and treatment. This is crucial not only for the individual's health but also for the prevention of spreading the infection to others.

### NEW QUESTION # 92

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