

Free PDF Quiz 2026 Nursing AANP-FNP: Valid Customizable AANP Family Nurse Practitioner (AANP-FNP) Exam Mode

AANP FNP Exam Review with All Questions from Actual Past Exam and 100% Correct Answers Updated 2023-2024

Diagnostic criteria for generalized anxiety disorder include all of the following except: A. difficulty concentrating. B. consistent early morning waking. C. apprehension. D. irritability. ----- Correct Answer ----- **B**

Associated with Weight gain Anticholinergic activity (blurred vision, dry mouth, memory loss, sweating, anxiety, postural hypotension, dizziness, and tachycardia) Constipation a problem, but infrequent nausea. Little sexual dysfunction ----- Correct Answer ----- **Tricyclics**

Highly sedating, dizziness, favorable gastrointestinal side-effect profile. Priapism risk found in 1 in 6000 men using drug. Patient should be informed to go to emergency department promptly for painful erection lasting >30 min ----- Correct Answer ----- **Trazadone**

T/F: when choosing an antidepressant the drug's half-life influences the therapeutic choice, with products with a shorter T_{1/2} being desirable in elderly patients and patients with hepatic disease. ----- Correct Answer ----- **True**

Which of the following drugs is likely to be the most dangerous when taken in overdose? A. a 4-week supply of fluoxetine B. a 2-week supply of nortriptyline C. a 3-week supply of venlafaxine D. a 3-day supply of diazepam ----- Correct Answer ----- **B**

Concomitant health problems found in a patient with panic disorder often include: A. irritable bowel syndrome. B. thought disorders. C. hypothyroidism. D. inflammatory bowel disease. ----- Correct Answer ----- **A**

In providing primary care for a patient with posttraumatic stress disorder (PTSD), you consider that all of the following are likely to be reported except: A. agoraphobia. B. feeling of detachment. C. hyperarousal. D. poor recall of the precipitating event. ----- Correct Answer ----- **D**

Among the preferred first-line pharmacological treatment options for patients with PTSD include the use of: A. methylphenidate (Ritalin®). B. oxazepam (Serax®). C. lithium carbonate. D. sertraline. ----- Correct Answer ----- **D**

Which of the following therapeutic agents is commonly used to help with sleep difficulties such as insomnia associated with PTSD? A. duloxetine B. bupropion C. mirtazapine D. zolpidem ----- Correct Answer ----- **C**

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Nursing AANP Family Nurse Practitioner (AANP-FNP) Sample Questions (Q50-Q55):

NEW QUESTION # 50

There are signs of jaundice in the newborn that you are examining. What will you use to determine the approximate level of jaundice in this newborn?

- A. White's rule
- B. George's rule
- C. Azabo's rule
- D. Kramer's rule

Answer: D

Explanation:

To determine the approximate level of jaundice in a newborn, Kramer's rule is commonly used. This method provides an estimation of bilirubin levels based on the extent of yellow discoloration observed in different parts of the infant's body.

Kramer's rule involves visually inspecting the newborn's skin and correlating the level of jaundice based on the anatomic progression of skin yellowing. The examination should be conducted in natural light, which provides the most accurate assessment of skin color. To perform the evaluation, a healthcare provider presses on the skin to blanch it and then observes the color as the skin returns to its normal state. This blanching technique helps differentiate the yellow color of the skin caused by jaundice from the underlying skin pigmentation.

The progression of jaundice according to Kramer's rule is typically graded as follows: - Grade 1: Yellowing of the skin appears only on the face, particularly the forehead and nose. - Grade 2: The yellow color extends down to the chest and abdomen. - Grade 3: Jaundice is visible on the arms and thighs. - Grade 4: The lower extremities (legs and feet) also show yellow discoloration. Each grade corresponds to higher levels of bilirubin in the bloodstream, with the extent of body involvement suggesting more severe jaundice. For example, if jaundice is observed only on the face (Grade 1), it suggests a lower level of bilirubin compared to jaundice that has progressed to the legs and feet (Grade 4).

It is important to note that while Kramer's rule provides a quick and non-invasive way to estimate the severity of jaundice, it is not definitive. For accurate measurement of bilirubin levels, laboratory tests such as a serum bilirubin test are necessary. Moreover, in cases where the clinical assessment and the severity of jaundice are uncertain, or if the newborn shows signs of illness, further diagnostic evaluation and intervention may be required.

NEW QUESTION # 51

You have initiated treatment for your patient with fibromyalgia syndrome (FMS). You should do a follow-up visit:

- A. within 48 hours
- B. within 1 week
- C. in a month
- D. in 2 weeks

Answer: C

Explanation:

For a patient diagnosed with fibromyalgia syndrome (FMS), managing the condition effectively is crucial due to its chronic nature and the impact it can have on the patient's quality of life. FMS is characterized by widespread musculoskeletal pain accompanied by fatigue, sleep, memory, and mood issues. The complexity of FMS and its symptoms often necessitates a tailored treatment plan, which should be closely monitored to ensure its effectiveness and adjust as necessary.

The initial recommendation for the timing of a follow-up visit is typically about one month after the start of treatment. This timeframe allows the healthcare provider to assess the patient's response to the treatment regimen and make necessary adjustments. It is essential during this visit to evaluate the efficacy of prescribed medications or therapies, adherence to the treatment plan, and the management of any side effects or complications.

Continuing follow-up visits on a monthly basis is advised until a noticeable improvement in symptoms is observed. These regular visits are crucial for several reasons: 1. ****Monitoring Progress:**** Regular assessments can help in tracking the progress of symptoms and adjusting treatments as needed. Fibromyalgia can vary significantly from one patient to another, and symptoms can fluctuate, making continuous monitoring important. 2. ****Adjusting Treatment Plans:**** Based on the feedback and health status of the patient, treatments might need to be adjusted. This could involve changing medications, introducing physical therapy or alternative therapies, and addressing any psychological impact through counseling or psychotherapy. 3. ****Educational Support:**** Follow-up visits provide an opportunity to educate the patient about self-management techniques, including exercise, stress reduction, and diet, which are vital components of managing FMS. 4. ****Emotional and Psychological Support:**** FMS can be challenging not just

physically but also emotionally and psychologically. Regular interaction with healthcare providers can offer much-needed support and guidance.

While a one-month interval is typical, the frequency of follow-up visits might vary depending on the severity of the symptoms and the presence of other co-morbid conditions. In some cases, if the patient's condition worsens or if severe side effects from the treatment occur, more immediate follow-up might be necessary. Conversely, if the patient shows significant improvement and stabilizes, follow-up intervals might be extended.

Ultimately, the goal of the follow-up visits is to ensure that the treatment plan for FMS is as effective as possible, enhancing the patient's quality of life and managing symptoms proficiently. Regular, informed assessments by a healthcare provider play a critical role in achieving this goal.

NEW QUESTION # 52

A patient presents with emotional distress. What is the likely pulse rate?

- A. 0
- **B. 1**
- C. 2
- D. 3

Answer: B

Explanation:

When a person experiences emotional distress, such as anxiety, fear, or excitement, their sympathetic nervous system is stimulated. This system, part of the body's "fight or flight" response, triggers several physiological reactions, one of which is an increase in heart rate or pulse rate. This response is meant to prepare the body to either confront or flee from perceived threats.

The normal resting pulse rate for an adult ranges from about 60 to 100 beats per minute. Emotional distress can cause the pulse rate to rise towards the higher end of this spectrum or even exceed it, depending on the intensity of the emotion and the individual's physiological response. Therefore, a pulse rate of 100 beats per minute in a patient experiencing emotional distress is likely and indicates a significant increase from their normal resting rate.

This elevated pulse rate is not uncommon in situations of stress or emotional upheaval. It is part of the body's natural response mechanism to prepare for immediate physical action. However, sustained high pulse rates due to ongoing stress or emotional issues might require medical attention, as prolonged periods of elevated heart rate can put additional strain on the heart and overall cardiovascular system.

In a clinical setting, if a patient presents with a pulse rate of 100 and is experiencing emotional distress, healthcare providers would likely consider these factors interconnected. They might also explore other symptoms or underlying causes contributing to the patient's condition, and provide appropriate interventions to help manage both the emotional distress and its physiological effects.

NEW QUESTION # 53

You suspect that your 19-year-old male patient has testicular torsion because he has reported a sudden onset of severe unilateral scrotal pain with noticeable swelling of the ipsilateral testicle. Because you want to rule out other causes you consider ordering an ultrasound. To help you decide whether an ultrasound is needed you use the TWIST scoring system. All but which of the following are part of this scoring system?

- A. testis swelling
- B. absent cremasteric reflex
- C. nausea/vomiting
- **D. low-riding testis**

Answer: D

Explanation:

The TWIST scoring system is used primarily to evaluate the likelihood of testicular torsion, a serious condition in which the spermatic cord becomes twisted, cutting off blood supply to the testicle. This system helps determine the urgency of intervention and whether imaging like ultrasound is necessary before proceeding with potential surgical exploration. The TWIST score includes several clinical findings, each assigned points based on their association with testicular torsion. The components of the TWIST score are as follows:

****Testis Swelling:**** Swelling of the testicle is a common symptom of testicular torsion due to edema and venous engorgement caused by the twisting of the spermatic cord. The presence of swelling contributes points to the TWIST score, indicating a higher likelihood of torsion.

****High-Riding Testis:**** Contrary to a low-riding testis, a high-riding position of the testicle is indicative of torsion. This occurs because the twisting of the spermatic cord can shorten its length, pulling the testicle upwards. This is a significant indicator within the

TWIST scoring system.

****Nausea/Vomiting:**** These symptoms can be associated with testicular torsion due to the severe pain and reflex sympathetic response. The presence of nausea or vomiting increases the TWIST score, suggesting a greater probability of torsion.

****Absent Cremasteric Reflex:**** The cremasteric reflex involves the contraction of the cremaster muscle, which pulls the testicle upward when the inner thigh is stroked. An absent reflex is highly suggestive of testicular torsion because the reflex arc may be interrupted by the torsion.

In contrast, a ****Low-Riding Testis**** is not part of the TWIST scoring system. This condition typically does not correlate with the clinical picture of testicular torsion. In the scenario described in the question, a low-riding testis is incorrectly identified as a symptom of torsion, which is why it does not contribute to the TWIST score.

When evaluating a patient suspected of having testicular torsion, it is crucial to perform a thorough clinical examination and apply the TWIST scoring system accurately. Immediate referral to a urological surgeon for further evaluation and possible surgical intervention is critical, as testicular torsion is a urological emergency that requires prompt treatment to save the affected testicle and preserve fertility.

NEW QUESTION # 54

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

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

Answer: A

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 # 55

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