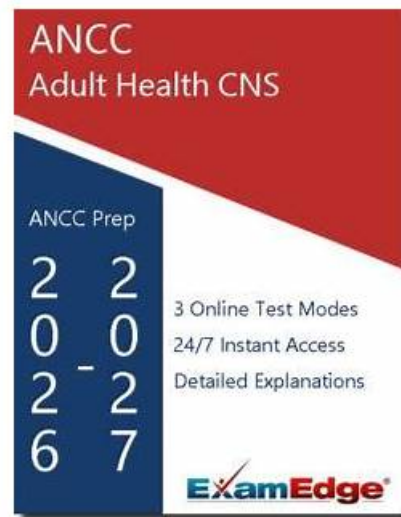


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Nursing ANCC Adult Health Clinical Nurse Specialist Certification (ACNS) Sample Questions (Q95-Q100):

NEW QUESTION # 95

Which of the following is accurate of the acid-base balance of a patient who is in the progressive stage of shock?

- A. Profound acidosis.
- B. Respiratory alkalosis.
- C. Metabolic acidosis.
- D. None of these.

Answer: C

Explanation:

In the progressive stage of shock, a patient typically exhibits significant physiological changes due to inadequate tissue perfusion and oxygenation. Among these changes is an alteration in the body's acid-base balance, leading to metabolic acidosis. Let's explore why metabolic acidosis is the correct answer and what it implies for the patient's condition.

Metabolic acidosis occurs when there is an accumulation of acid in the body due to an underlying illness, or when bicarbonate (a base) is lost from the body. In the context of shock, especially in its progressive stage, the primary mechanism leading to metabolic acidosis is the generation of excessive lactic acid. This happens because cells, deprived of adequate oxygen, switch to anaerobic metabolism which produces lactic acid as a byproduct. Normally, cells produce energy using oxygen in a process known as aerobic metabolism, which does not generate significant amounts of lactic acid.

As shock progresses, the heart's ability to pump blood effectively is compromised, and blood pressure falls. This leads to reduced blood flow to organs and tissues, further limiting oxygen supply (hypoxia) and exacerbating anaerobic metabolism. The resulting overproduction of lactic acid lowers the pH of the blood, leading to acidosis. Additionally, the kidneys, which normally help regulate acid-base balance by excreting acid and reabsorbing bicarbonate, may function poorly due to reduced blood flow, contributing further to acidosis.

Other clinical signs that accompany metabolic acidosis in the progressive stage of shock include rapid and shallow respirations. This is the body's compensatory mechanism to try to expel excess CO₂ (a component of the acid produced) and increase the blood pH towards normal. Other symptoms such as a drop in blood pressure, increased heart rate, reduced urine output, and changes in mental state and skin appearance are indicative of the severity of the shock and the body's worsening inability to cope with its demands.

It is important to note that while respiratory alkalosis might initially occur in the early stages of shock due to hyperventilation (rapid breathing), as the shock progresses and worsens, metabolic acidosis becomes more pronounced due to the reasons described above. Therefore, in a patient who is in the progressive stage of shock, metabolic acidosis is the accurate descriptor of their acid-base balance status. This understanding is crucial for managing shock, as it guides the therapeutic interventions aimed at restoring adequate tissue perfusion and oxygenation, and correcting the acid-base imbalance.

NEW QUESTION # 96

You are providing care to a patient who presented with extreme fatigue and weakness. His hair is dry and coarse. He reports having difficulty losing some recently gained weight in spite of regular exercise and a healthy diet. He also says that he gets very cold easily. This patient is displaying symptoms of which of the following?

- A. Hyperthyroidism.
- B. Hypothyroidism.
- C. Addison's disease.
- D. Cushing's syndrome.

Answer: B

Explanation:

The patient described in the question is exhibiting several classic symptoms that suggest a diagnosis of hypothyroidism.

Hypothyroidism is a common endocrine disorder where the thyroid gland does not produce sufficient amounts of thyroid hormones. These hormones, primarily thyroxine (T₄) and triiodothyronine (T₃), are crucial for regulating metabolism, body temperature, and overall energy management.

The symptoms of hypothyroidism can vary widely depending on the severity of the hormone deficiency. In this case, the patient reports extreme fatigue and weakness, which are indicative of the body's slowed metabolic rate due to low thyroid hormone levels. Additionally, the patient's difficulty in losing weight despite regular exercise and a healthy diet is a hallmark of hypothyroidism, where

decreased levels of thyroid hormones lead to a slower metabolism.

Other symptoms noted, such as dry, coarse hair, and an increased sensitivity to cold, align well with hypothyroidism. These occur because thyroid hormones significantly influence skin and hair health, and their deficiency can lead to changes in hair texture and skin dryness. The sensation of being unusually cold is also a common complaint in hypothyroidism, as thyroid hormones help to regulate thermogenesis - the body's heat production.

While other conditions like hyperthyroidism, Cushing's syndrome, and Addison's disease can also affect metabolism and exhibit some overlapping symptoms, the specific combination of weight gain, cold intolerance, dry skin, and fatigue strongly points towards hypothyroidism. Hyperthyroidism, for example, typically presents with symptoms opposite to those of hypothyroidism, such as weight loss and heat intolerance. Cushing's syndrome often involves symptoms such as weight gain primarily in the trunk and face, muscle weakness, and sometimes excessive hair growth or acne, not typically the hair and skin changes described here. Addison's disease might share some symptoms like fatigue but is usually associated with other distinctive signs such as hyperpigmentation and low blood pressure.

Given these considerations, the patient's symptom profile is most consistent with hypothyroidism, and further evaluation through blood tests measuring levels of thyroid-stimulating hormone (TSH) and free T4 would be a prudent next step. These tests help confirm the diagnosis by showing elevated TSH and low T4 levels, typical of hypothyroidism. Treatment often involves thyroid hormone replacement therapy, which can alleviate symptoms and help manage the condition effectively.

NEW QUESTION # 97

When counseling a patient with allergic rhinitis, you prescribe Cromolyn. The ACNS understands that its mechanism of action is as a/an:

- A. anti-immunoglobulin E antibody
- B. mast cell stabilizer
- C. vasoconstrictor
- D. leukotriene modifier

Answer: B

Explanation:

When counseling a patient with allergic rhinitis and considering the use of Cromolyn, it is crucial to understand its mechanism of action and how it fits into the treatment regimen. Cromolyn is classified as a mast cell stabilizer. Here's an expanded explanation of how Cromolyn works and why it is used for allergic rhinitis:

Mast cells are a type of white blood cell that play a significant role in the body's allergic response. During an allergic reaction, allergens trigger the release of histamine and other chemicals from these mast cells, leading to symptoms such as sneezing, itching, and runny nose. Cromolyn works by stabilizing the mast cell membranes, thereby preventing them from releasing these inflammatory mediators when they encounter an allergen. This action helps in reducing the severity of the symptoms associated with allergic reactions.

Unlike some other treatments for allergic rhinitis, such as antihistamines or corticosteroids, Cromolyn does not work immediately after administration. It is not effective at treating acute symptoms. Instead, Cromolyn is used as a preventive measure. Patients typically need to use the Cromolyn nasal spray regularly, starting it before the allergy season begins or before coming into contact with known allergens. It may take about a week or more of consistent usage before significant symptom relief is achieved.

Because of its mechanism of action and its preventive nature, Cromolyn is an excellent choice for patients who have predictable seasonal allergies or who can anticipate exposure to specific allergens. It is particularly useful for those who prefer to use a medication with fewer side effects compared to systemic medications like corticosteroids. Cromolyn is generally well-tolerated, and side effects are rare, making it suitable for long-term use in managing allergic rhinitis.

In summary, when prescribing Cromolyn for allergic rhinitis, it is important to educate patients about its role as a mast cell stabilizer. Patients should understand that they need to begin treatment before their allergy season starts and that consistent daily use is crucial for the medication to be effective. Additionally, they should be informed that Cromolyn is used for the prevention of symptoms rather than for immediate relief. This understanding will help ensure patient compliance and satisfaction with this treatment approach.

NEW QUESTION # 98

Which of the following is NOT an appropriate way to incorporate complementary therapies into a patient's plan of care?

- A. Praying with a patient who has asked you to do so.
- B. Allowing a patient's Reiki healer to visit her and conduct healing sessions.
- C. Praying Christian prayers over a Jewish patient who has not given consent for you to do so.
- D. Allowing a Wiccan patient's family to construct a small altar of healing stones near her bed.

Answer: C

Explanation:

In healthcare settings, respecting and accommodating a patient's beliefs, preferences, and cultural backgrounds is crucial to providing holistic and patient-centered care. Complementary therapies, which can include a range of practices outside of mainstream medicine, such as Reiki, prayer, meditation, and the use of healing stones, are increasingly recognized for their potential to contribute positively to patient outcomes. However, the integration of these therapies into a patient's care plan must be handled with sensitivity and respect for the patient's autonomy and specific wishes.

One fundamental principle in this context is the requirement for informed consent. This means that any complementary therapy should only be performed after a patient has been fully informed about the nature of the therapy and has explicitly agreed to it. This is particularly important when the therapies have religious or spiritual connotations that may not align with the patient's own beliefs or preferences.

For example, praying Christian prayers over a patient who is Jewish - and who has not given consent - is inappropriate and disrespectful. This action disregards the patient's own religious beliefs and potentially violates their rights to receive care that respects their cultural and personal identity. Such an act can cause distress and could be seen as an imposition of the caregiver's beliefs on the patient, which is ethically unacceptable in a professional healthcare setting.

In contrast, allowing the practice of complementary therapies that align with the patient's expressed beliefs and with their consent is generally acceptable. For instance, if a patient requests the presence of a Reiki healer or asks that a small altar of healing stones be constructed by their bedside, and these requests do not interfere with medical care or the rights of others, accommodating such requests can be a valuable part of patient-centered care. Similarly, praying with a patient who has requested such an interaction respects and supports their spiritual needs.

In summary, when incorporating complementary therapies into a patient's care plan, healthcare providers must ensure that these interventions are consented to by the patient and are congruent with the patient's beliefs and preferences. The primary goal should always be to support the health and well-being of the patient in a manner that respects their individuality and autonomy.

NEW QUESTION # 99

Which of the following is a sign?

- A. Patient reports night sweats.
- **B. Patient's skin is cool and clammy to the touch.**
- C. Patient reports difficulty sleeping.
- D. Patient reports feeling chills.

Answer: B

Explanation:

In medical practice, distinguishing between a "sign" and a "symptom" is crucial for diagnosis and treatment planning. A "sign" is an objective indication of a disease or a patient's condition that can be observed or measured by a clinician or healthcare provider. This means that a sign is tangible evidence of an ailment that does not rely on patient feelings or reports, but rather on physical examination, lab results, or other diagnostic tools. The correct answer to the given question, "Patient's skin is cool and clammy to the touch," represents a sign. Here's why: 1. **Objective Observation**: The condition of the patient's skin being "cool and clammy" can be physically felt by a healthcare provider. This observation does not depend on the patient's subjective report but is directly measurable through touch. 2. **Verifiable by Medical Examination**: Any healthcare provider can verify the same condition independently by touching the patient's skin, making it a reproducible and confirmable finding. 3. **Indicator of Physiological State**: Cool and clammy skin can indicate various underlying conditions such as shock, hypoperfusion, anxiety, or hypoglycemia, among others. The presence of such a sign is crucial for diagnosis as it provides concrete evidence that can guide further testing or immediate therapeutic interventions. On the other hand, a "symptom" is a subjective experience or change in condition as reported by the patient that indicates a disease or a change in condition. Symptoms are not directly observable by a healthcare provider but are reported by the patient, such as pain, fatigue, or nausea. These are subjective because they are experiences felt by the patient, which may not be directly measurable and can vary in perception between different individuals. For example, if the question were about a patient reporting difficulty sleeping or feeling chills, these would be considered symptoms. They rely on the patient's personal experience and reporting, and cannot be objectively confirmed just by observation or physical examination without further investigative tools. Understanding the distinction between signs and symptoms is fundamental in clinical practice as it influences the approach to further diagnostic testing and management strategies. Signs allow healthcare providers to apply their clinical skills in observing and noting aspects of the patient's health that are critical for forming a diagnosis and deciding on an appropriate course of treatment.

NEW QUESTION # 100

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