

# UPDATED Nursing ACNS PDF QUESTIONS [2026]- QUICK TIPS TO PASS

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## ACNS Guidelines Questions And Answers Latest Update 2023/2024

BAER stimulus clicks are comprised of - ANSWER a wide range of frequencies called "broad band" clicks -this activates a wide range of hair cells

What is the most appropriate band pass filter of BAER in the OR - ANSWER 100LFF-1500HFF

ACNS: 100-150 LFF and 2500-3000HFF which can be reduced to 1000Hz

What is the suggested derivation for recording all 5 BAER waveforms in 1 channel - ANSWER Ai-Cz as stated in ACNS guidelines

What is the duration of a monophasic square wave click stimulus for BAER stimulation (aka pulse width) - ANSWER 100microseconds

What is the suggested BAER stimulation, based on acoustic calibration - ANSWER 40-120 dB SPL (in OR 100-120) which corresponds to 60-70dB HL

what is the most appropriate stimulus rate for BAER stimulation - ANSWER ACNS guidelines recommends 5-12hz but higher rates as needed once 30hz waves become diminished. watch out for rates divisible by 60

How many averages are necessary for adequate BAER data acquisition - ANSWER 500-1000 (up to 4000 for clinical diagnostics)

Which of the following is not an essential interpretation measurement in BAER monitoring - ANSWER wave II-IV interpeak interval

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## Nursing ANCC Adult Health Clinical Nurse Specialist Certification (ACNS) Sample Questions (Q74-Q79):

### NEW QUESTION # 74

Which of the following is considered a Ribonucleotide reductase inhibitor?

- A. Bexarotene.
- B. Estramustine.
- C. Mitotane.
- **D. Hydroxyurea.**

**Answer: D**

Explanation:

Hydroxyurea is correctly identified as a ribonucleotide reductase inhibitor. This class of drug is essential in the field of cancer pharmacology because it strategically targets and inhibits the enzyme ribonucleotide reductase. This enzyme is crucial for DNA synthesis as it is responsible for converting ribonucleotides into deoxyribonucleotides, the building blocks needed for DNA replication and repair. By inhibiting this enzyme, hydroxyurea impedes the growth of cancer cells, which are characterized by their rapid division and proliferation.

The mechanism by which hydroxyurea works involves the scavenging of tyrosyl radicals that are essential for the activity of ribonucleotide reductase. By neutralizing these radicals, hydroxyurea effectively halts the enzyme's function, leading to a reduction in the deoxyribonucleotide pools necessary for DNA synthesis. This disruption in DNA replication can lead to cell cycle arrest and ultimately, cell death in rapidly dividing cells, including those found in various cancers such as leukemia, melanoma, and ovarian cancer.

Hydroxyurea is often used in the treatment of chronic myeloid leukemia and other myeloproliferative disorders. It's also used in the management of sickle cell disease by promoting the production of fetal hemoglobin, which reduces the formation of sickle-shaped cells, thereby decreasing the occurrence of painful crises.

Other drugs listed, such as Mitotane, Estramustine, and Bexarotene, function differently: - Mitotane acts as an adrenocortical steroid inhibitor and is primarily used in the treatment of Cushing's syndrome and adrenal carcinoma. - Estramustine is an antimicrotubule agent impacting cell division and is used in prostate cancer treatment. - Bexarotene belongs to the class of retinoids and is used for the treatment of cutaneous manifestations of T-cell lymphoma.

In summary, among the options provided, Hydroxyurea is the only drug that functions as a ribonucleotide reductase inhibitor, making it a valuable tool in the treatment of diseases characterized by rapid cell proliferation. Its unique action on DNA synthesis makes it a pivotal component in the therapeutic regimens aimed at controlling the growth of cancerous cells.

### NEW QUESTION # 75

What approach should be taken for a thoracentesis?

- A. Axillary.
- B. Fowlers.
- **C. Posterior.**
- D. Anterior.

**Answer: C**

Explanation:

Thoracentesis is a medical procedure aimed at removing fluid from the pleural space in the chest, which can accumulate due to various medical conditions such as infections, heart failure, or malignancies. The approach taken during thoracentesis is critical for both maximizing fluid removal and minimizing potential complications.

The most commonly recommended approach for thoracentesis is the posterior approach. This involves the patient sitting up and leaning forward on a table, exposing the back. This position allows the healthcare provider easier access to the pleural space through the back, where the pleural fluid tends to accumulate, especially when the patient is upright. The posterior approach is generally preferred because it is technically easier due to the natural pooling of fluid in this area when the patient is sitting.

In contrast, the anterior approach, where the puncture is made on the front side of the chest, is less commonly used. This approach

may cause discomfort or anxiety for some patients, as they can see the needle being inserted. Additionally, anatomical considerations, such as the presence of breast tissue and pectoral muscles, can make this approach more challenging. The axillary approach, which involves accessing the pleural space from the patient's armpit area, is another option. However, it is less favored because the patient's arm can obstruct the procedure, making it difficult for the healthcare provider to maneuver the needle. This approach also has a higher risk of injuring local structures in the crowded axillary area. During a thoracentesis, patient positioning is crucial. While the posterior approach is generally preferred, the patient's specific anatomy, the volume of fluid to be removed, and the presence of any loculated effusions (areas where the fluid is encapsulated and not freely moving) can influence the choice of the specific site of needle insertion. Therefore, imaging studies such as ultrasound are often used before and during the procedure to guide the needle placement, enhancing safety and effectiveness. In summary, while the posterior approach is most commonly recommended for thoracentesis due to ease of access and patient positioning, the choice of approach can vary based on the patient's specific situation and the clinician's judgment. Proper technique and careful attention to patient comfort and safety are paramount in performing this procedure effectively.

#### NEW QUESTION # 76

When communicating with a Native American patient, the Adult Clinical Nurse Specialist knows that:

- A. Silence indicates respect for the speaker.
- B. Members speak in a loud tone of voice.
- C. Eye contact is viewed as a sign of respect.
- D. Body language is not important.

**Answer: A**

Explanation:

When communicating with a Native American patient, the Adult Clinical Nurse Specialist understands that silence is a significant aspect of respectful interaction. In many Native American cultures, silence is valued both as a form of respect and a means of thoughtful communication. It allows the speaker to think and reflect without pressure, ensuring that the communication is meaningful and considerate.

This understanding contrasts sharply with some other cultural contexts where constant dialogue and immediate responses are often expected and valued. In Native American communities, however, taking time to respond is seen as a sign of having considered the information carefully, rather than a sign of disinterest or disrespect.

Moreover, communication styles among Native American groups often emphasize a lower tone of voice. Speaking softly is not only a sign of politeness but also an indication of attentiveness and respect toward the listener. High volume can be perceived as aggressive or rude, so maintaining a gentle tone is crucial in fostering a respectful conversation.

Additionally, while eye contact is commonly regarded as a sign of honesty and engagement in many Western cultures, this is not always the case in Native American cultural contexts. Prolonged eye contact might be perceived as inappropriate or even confrontational. Therefore, understanding and adapting to these nuances is vital for health professionals to avoid miscommunication and to show respect for their patient's cultural values.

Body language also plays an essential role in communication with Native American patients. Subtle gestures, the use of space, and even the posture during conversation can convey volumes. Being sensitive to nonverbal cues is as important as the spoken word, if not more so. Health professionals need to be observant and responsive to these non-verbal signals to communicate effectively and respectfully.

In summary, when interacting with a Native American patient, a healthcare provider like an Adult Clinical Nurse Specialist must be aware of the cultural nuances that govern communication. Respectful silence, moderated tone of voice, limited eye contact, and attentive body language are all crucial elements to facilitate effective and respectful communication in a clinical setting. This cultural competence not only helps in delivering better healthcare but also builds trust and rapport with the patient.

#### NEW QUESTION # 77

The CNS understands that the primary purpose of a pre-employment physical examination is:

- A. to document any existing disabilities and recommend accommodations
- B. to identify existing health problems that might adversely affect the company's insurance rates
- C. to determine if the applicant is physically capable of doing the job
- D. to determine the mental status of the applicant

**Answer: C**

Explanation:

Pre-employment physical examinations are conducted by employers to assess whether a potential employee is physically capable of

performing the duties required in a job role. This evaluation is crucial in ensuring that the applicant can safely and effectively handle the physical demands of the position, which may include lifting, standing for extended periods, or operating machinery.

While mental status may also be evaluated during a pre-employment screening, it is not the primary focus of the physical examination. The main goal is to ascertain physical capabilities rather than mental health conditions. However, if the job requires specific mental or cognitive abilities, separate assessments might be conducted to evaluate these aspects.

It is important to note that the purpose of the pre-employment physical is not to screen out individuals with health problems or disabilities. Such practices could be considered discriminatory under laws such as the Americans with Disabilities Act (ADA), which protects job applicants and employees from discrimination based on disabilities. The ADA also requires employers to provide reasonable accommodations to qualified individuals with disabilities, unless doing so would cause undue hardship to the business. Furthermore, the examination should not be used to identify existing health problems solely for the purpose of influencing health insurance rates or to discriminate against applicants with higher health risks. The primary and legally sound objective of the pre-employment physical examination is to ensure that the applicant is physically capable of performing the job duties safely and effectively, thereby promoting a productive and safe workplace.

#### NEW QUESTION # 78

How many grams of protein does a serving of meat on the ADA diet contain?

- A. 7g
- B. 10g
- C. 15g
- D. 75g

**Answer: A**

Explanation:

The correct amount of protein in a serving of meat or meat substitute on the American Diabetes Association (ADA) diet is 7 grams. This dietary recommendation is part of a structured plan intended to help manage blood sugar levels through consistent and balanced food choices.

In addition to the protein content, it is important to note that each serving should ideally contain no more than 100 calories and no more than 8 grams of fat. This helps in maintaining an overall healthy diet and aids in weight management, which is crucial for individuals managing diabetes. The guidelines are designed to ensure that meals are both nutritious and conducive to stable blood glucose levels.

The ADA diet not only focuses on the quantity of the food but also emphasizes the quality and the combination of foods. Protein servings can come from both animal and plant sources, providing flexibility and variety in meal planning. Common examples of a meat serving on this diet could include one ounce of chicken, beef, or fish, whereas a meat substitute serving might consist of tofu or a similar amount of another plant-based protein source.

This dietary approach is beneficial not only for individuals with diabetes but also for anyone seeking a balanced and health-conscious diet. By adhering to these parameters, the ADA diet aids in the overall nutritional management, which is a critical aspect of diabetes care.

#### NEW QUESTION # 79

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