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## 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 T1/2 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) AANP-FNP**

## Prüfungsfragen mit Lösungen (Q73-Q78):

### 73. Frage

You are deciding what type of medication to prescribe for your patient for treatment of a peptic ulcer. If you prescribe nizatidine what type of drug are you prescribing?

- A. antacid
- B. mucosal healing agent
- C. proton pump inhibitor
- D. histamine2 antagonist

**Antwort: D**

Begründung:

If you are considering prescribing nizatidine for the treatment of a peptic ulcer, you are choosing a medication that falls under the category of histamine<sub>2</sub> (H<sub>2</sub>) antagonists. Nizatidine works by blocking histamine receptors on the cells in the stomach lining that produce acid. Specifically, it targets the H<sub>2</sub> receptors, leading to decreased production of stomach acid.

H<sub>2</sub> antagonists such as nizatidine are particularly useful in reducing gastric acid secretion and increasing the pH of the stomach, which can help in healing or preventing ulcers. By decreasing the amount of acid produced, these medications allow the stomach lining and any existing ulcerations more opportunity to heal.

Other drugs in the H<sub>2</sub> antagonist class include cimetidine, famotidine, and ranitidine HCl. These medications share a similar mechanism of action with nizatidine, though they may differ in potency, duration of action, and side effects. Nizatidine is often chosen for its efficacy and favorable side effect profile.

It is important to differentiate H<sub>2</sub> antagonists from other types of drugs used to treat peptic ulcers, such as proton pump inhibitors (PPIs) and antacids. PPIs work by a different mechanism, inhibiting the proton pump in the stomach lining that is responsible for the final step in acid production. Antacids, on the other hand, neutralize existing stomach acid rather than reducing its production.

When prescribing nizatidine, it is essential to consider the specific needs of the patient, their medical history, and any potential interactions with other medications they may be taking. As with any medication, monitoring the patient's response and adjusting the treatment as necessary is crucial for effective management of peptic ulcers.

### 74. Frage

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

**Antwort: C**

Begründung:

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.

### 75. Frage

Which of the following physiological changes would NOT be seen during pregnancy?

- A. Plasma volume will increase 50% by the end of the third trimester.
- B. The thyroid becomes diffusely enlarged by up to 15%.
- C. Cardiac output decreases by 1/3 by the last two trimesters.
- D. Hemoglobin and hematocrit are decreased.

**Antwort: C**

Begründung:

During pregnancy, numerous physiological changes occur to support the developing fetus and prepare the mother's body for labor. Understanding these changes is important not only for medical professionals but also for expectant mothers to recognize what is normal during pregnancy. Here, we will discuss why the statement that "Cardiac output decreases by 1/3 by the last two trimesters" is incorrect, and what actually happens to cardiac output during pregnancy.

Firstly, cardiac output, which is the amount of blood pumped by the heart per minute, actually increases during pregnancy, not decreases. This increase is necessary to accommodate the enhanced metabolic needs of the mother and the growing fetus. Typically, cardiac output increases by about 30-50% by the end of the third trimester compared to pre-pregnancy levels. This increase is facilitated by an increase in both the heart rate (tachycardia) and stroke volume (the amount of blood ejected with each heartbeat). The initial statement that cardiac output decreases by 1/3 during the last two trimesters is therefore incorrect. The rise in cardiac output begins as early as the first trimester and peaks during the mid-second to third trimesters. This physiological adaptation helps to transport sufficient oxygen and nutrients to the fetus via the placenta and also supports the mother's increased metabolic demands. Other changes that accompany the increase in cardiac output include a decrease in systemic vascular resistance and an increase in blood volume. Plasma volume may increase by as much as 50%, which dilutes red blood cells leading to physiological anemia, often referred to as dilutional anemia of pregnancy. The heart may also enlarge slightly during pregnancy due to increased workload. Additionally, the statement mentions other physiological changes like the diffuse enlargement of the thyroid gland. Indeed, the thyroid gland can become slightly enlarged during pregnancy due to increased demands for thyroid hormones, which are crucial for fetal development, particularly brain development.

In summary, the correct physiological change during pregnancy regarding cardiac output is an increase, not a decrease. This increase is a crucial adaptation that helps meet the heightened metabolic demands of both the mother and fetus. Misunderstanding such fundamental changes can lead to confusion about what is normal in pregnancy and potentially misguide clinical assessments and interventions.

### 76. Frage

In counseling a young mother about sleeping habits for toddlers, which of the following statements is true?

- A. Toddlers need security objects like a stuffed animal to sleep.
- B. A toddler is too young to have nightmares.
- C. A toddler no longer needs rituals before bedtime.
- D. One to 3-year-old children usually sleep 8 hours at night and no longer take naps.

**Antwort: A**

Begründung:

The correct statement about sleeping habits for toddlers is that a child of one to three years old usually sleeps between 10 to 12 hours a night and may take one to two naps during the day. Additionally, toddlers benefit from having consistent bedtime rituals and might require security objects to help them sleep.

Toddlers, in the age range of one to three years, typically require more sleep than adults. The recommendation for this age group is roughly 10 to 12 hours of nighttime sleep. This duration is crucial for their development, both mentally and physically. During sleep, children's brains process the learning and experiences of the day, which is essential for memory formation and cognitive development.

Naps are also an important aspect of a toddler's sleeping routine. Most toddlers will need one to two naps during the day. These naps help them recharge and maintain proper mood and alertness levels, preventing over-tiredness which can often lead to fussiness or hyperactivity. As the child grows older, the length and frequency of naps may decrease.

Bedtime rituals and consistency play a significant role in helping toddlers establish good sleep habits. Rituals such as reading a book, taking a bath, or listening to calm music before bed can significantly aid in the transition from wakefulness to sleep. These activities help signal to the child that bedtime is approaching, creating a smoother and less stressful end to the day.

Security objects, like a favorite stuffed animal or a blanket, can also be beneficial. They provide comfort and a sense of safety, which can make it easier for the child to fall asleep. This is particularly important because toddlers often start to experience separation

anxiety or may have fears about being alone.

Contrary to one of the statements presented, toddlers can indeed have nightmares. Nightmares are common and can start to occur as a child's imagination develops. Comforting the child and having a security object can help them feel safer and more secure if they wake up scared.

Lastly, it is not accurate to say that toddlers no longer need rituals before bedtime. Maintaining a consistent bedtime routine is essential for toddlers as it helps establish a predictable sleeping pattern, which is important for overall health and well-being.

Therefore, when counseling a young mother about her toddler's sleeping habits, it is important to emphasize the need for adequate nighttime sleep, regular naps, consistent bedtime rituals, and the potential benefits of security objects. These elements together foster a conducive sleep environment, crucial for the toddler's growth and development.

### 77. Frage

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

**Antwort: D**

Begründung:

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.

### 78. Frage

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