

AANP-FNP Reliable Exam Registration | AANP-FNP Exam Outline

AANP FNP Certification Exam with complete solution

2023/2024

All diastolic murmurs are pathological. Murmurs Grades I-barely II-audible III- clearly audible, IV- first time thrill V-Steth edge VI-entire steth. EXAM - Correct Answer III first time audible, IV first time thrill

Fundal height 12 weeks - Correct Answer Fundal Height 12 weeks above symphysis pubis. EXAM

Fundus 16 weeks between symphysis pubis and umbilicus.
Fundus at 20 weeks is at umbilicus.
2 cm more or less from # of wk gestation is normal if more or less order US

3 month old infant with down syndrome, due to milk intolerance, mom started on goats milk; now has pale conjunctiva but otherwise healthy. Low HCT. What additional test would you order? - Correct Answer Iron, TIBC

3 months of synthroid, TSH increased, T4 normal, what do you do? - Correct Answer Increase Medication

3 ways to assess cognitive function in patient with signs/symptoms of memory loss - Correct Answer Mini mental exam

4 month old with strabismus, mom is worried..... - Correct Answer tell her it is normal.

4 month old wont keep anything down, what is the main thing you look at? - Correct Answer Growth chart

6 month old closed anterior fontanel. - Correct Answer XRAY

Abnormal cells on PAP, what do you do next? - Correct Answer Refer for Colposcopy

CAGE ACRONYM - Correct Answer Cut down
Annoyed by criticism
Guilty about drinking
Eye opener drink

Causes of tachycardia - Correct Answer Fever
Anemia
Hypotension

Cranial nerves responsible for extraocular eye movements - Correct Answer CN 3,4,6

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>> AANP-FNP Reliable Exam Registration <<

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Nursing AANP Family Nurse Practitioner (AANP-FNP) Sample Questions (Q99-Q104):

NEW QUESTION # 99

As part of the diagnosis of your 70-year-old patient's diagnosis, you explain that he has skin thickening that looks very similar to callus formation.. Which term do you use to define this thickening of the skin?

- A. Scale.
- B. **Lichenification.**
- C. Excoriation.
- D. Fissure.

Answer: B

Explanation:

The correct term to describe the skin thickening that resembles callus formation in your 70-year-old patient is "lichenification." This term specifically refers to the thickening of the skin that occurs due to repeated irritation and scratching, leading to a leathery texture which is quite similar to calluses that typically develop on hands and feet due to friction and pressure.

To differentiate from other skin conditions, here are brief explanations of the terms listed: - **Excoriation:** This refers to skin marks or wounds caused by scratching or scraping. These are typically superficial and involve the removal of part of the skin surface, often resulting from intense itching or psychological conditions such as obsessive-compulsive disorder. - **Fissure:** This term describes a thin, linear crack in the skin that can extend into the dermis. Fissures are often seen in areas of dry or inflamed skin, such as on the heels, and can be painful. - **Scale:** Scales are flakes or patches of dead skin that appear on the surface of the skin, often seen in conditions with excessive skin cell turnover such as psoriasis. Scales can be dry and flaky or thick and oily, depending on the underlying condition.

Understanding these terms not only aids in accurate diagnosis but also enhances communication with patients and other healthcare providers, ensuring that the patient receives appropriate and targeted treatment for their specific skin condition.

NEW QUESTION # 100

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

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 # 101

A 16 year old cheerleader comes in with a chronic case of laryngitis. The condition is worsening even though she has been resting her voice and there is no sign of infection. What step do you take?

- A. X-ray.
- B. CB
- C. Prescribe antibiotics.
- D. Refer to a specialist.

Answer: D

Explanation:

In the scenario of a 16-year-old cheerleader presenting with chronic laryngitis without signs of infection and no improvement despite voice rest, the appropriate step is to refer her to a specialist. Laryngitis, which is an inflammation of the larynx, typically resolves on its own, particularly if it is caused by a temporary factor such as a viral infection or overuse of the voice. However, chronic laryngitis that persists for an extended period and does not respond to usual care measures warrants further investigation.

Chronic laryngitis can be caused by various factors beyond a simple infection, including vocal cord strain or misuse, allergies, acid reflux, smoking, or more serious conditions such as growths on the vocal cords (such as nodules or polyps). The absence of infection and the worsening condition despite voice rest suggests that there might be an underlying issue that needs specialized evaluation.

Referring the patient to a specialist, such as an otolaryngologist (ENT specialist), is crucial. An ENT specialist can perform a detailed examination of the larynx, possibly using tools like laryngoscopy, which allows for a closer look at the vocal cords and larynx. This can help in diagnosing the exact cause of the laryngitis and ruling out more serious conditions.

The decision against prescribing antibiotics is justified because there is no evidence of bacterial infection, and the use of antibiotics without bacterial infection can contribute to antibiotic resistance and cause unnecessary side effects. Similarly, ordering an X-ray or a complete blood count (CBC) might not be immediately relevant if there is no indication of infection or systemic illness, which seems to be the case here.

In summary, the best course of action in this situation is to refer the patient to a specialist who can conduct a thorough assessment and provide a targeted treatment plan. This approach helps in ensuring accurate diagnosis and appropriate management, thereby preventing potential complications from incorrect or delayed treatment.

NEW QUESTION # 102

You have a patient who has tripped and fallen on his face and has a tooth fracture. Upon examination you observe a full fracture of the tooth involving the enamel, dentin, and pulp. Pink tissue is seen in the fracture. This fracture would be classified as which of the following?

- A. Ellis III
- B. Ellis II
- C. Ellis I
- D. avulsion

Answer: A

Explanation:

The correct classification for the described tooth fracture is an Ellis III fracture. This classification is used to identify tooth fractures that involve the full thickness of the tooth, including the enamel, dentin, and pulp layers.

An Ellis III fracture is more severe than Ellis I or Ellis II fractures because it extends through all three layers of the tooth. The enamel, which is the outermost protective layer of the tooth, is compromised, as is the dentin, which forms the bulk of the tooth structure beneath the enamel. Most critically, the pulp, which contains the tooth's nerve and blood supply, is also exposed. The visibility of pink tissue within the fracture site typically indicates that the pulp is involved and possibly damaged, which can lead to pain, sensitivity, and risk of infection.

The presence of pulp exposure in an Ellis III fracture necessitates prompt and specific treatment to prevent complications such as

pulp necrosis or infection that could lead to an abscess or more widespread oral health issues. Management of an Ellis III fracture generally involves either a root canal procedure to remove the damaged pulp and seal off the tooth or, if the tooth is too severely damaged, extraction. In either case, a dental specialist, such as an endodontist or oral surgeon, would likely be involved in the treatment.

Immediate steps before seeing a specialist should include covering the exposed area to reduce pain and prevent contamination. Dental wax or temporary dental cement can be applied to seal off the exposure temporarily. Additionally, it is important to advise the patient to avoid chewing with the fractured tooth and to maintain good oral hygiene to minimize further contamination.

Referral to an oral surgeon or endodontist is crucial for proper management of an Ellis III fracture. These specialists can provide the most appropriate treatment options based on the extent of the fracture and the condition of the tooth and surrounding tissues. Timely and appropriate management is essential to optimize outcomes for the patient and preserve as much of the natural tooth structure as possible.

NEW QUESTION # 103

Which of the following is a conclusion reached based on the evidence of the patient's symptoms and signs?

- A. Inference.
- B. Goal.
- C. Syndrome.
- D. Cue.

Answer: A

Explanation:

Dyspnea, commonly known as difficulty breathing, is classified as an inference in the context of nursing. This classification is based on how symptoms are interpreted to form a nursing diagnosis.

In nursing, an inference refers to a conclusion reached based on the evidence of the patient's symptoms and signs. Unlike a medical diagnosis, which identifies a specific disease or medical condition, a nursing diagnosis focuses on the patient's response to health conditions or life processes. Dyspnea itself is a symptom reported by the patient or observed by the nurse. The nurse uses this information, along with other signs and symptoms, to infer the patient's overall health status or potential health problems.

For example, if a patient reports dyspnea, the nurse must assess the severity, duration, and context of this symptom. The nurse will also consider other relevant factors such as the patient's medical history, physical examination, and possibly results from diagnostic tests. The inference here is to determine what the dyspnea implies about the patient's health, which could range from heart problems, lung issues like asthma or COPD, to anxiety disorders.

Therefore, dyspnea as an inference is crucial in forming a comprehensive nursing diagnosis, which guides the planning and implementation of nursing interventions. The aim is to alleviate symptoms, provide comfort, and address the root cause if possible, within the scope of nursing practice. Hence, understanding dyspnea as an inference helps in the effective management of patient care, emphasizing the importance of clinical judgment and the interpretive role of nurses in healthcare.

NEW QUESTION # 104

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