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Nursing AANP Family Nurse Practitioner (AANP-FNP) Sample Questions (Q76-Q81):

NEW QUESTION # 76

One way of learning what different medications a patient takes is to have the patient bring all medications and supplements she takes to an appointment. This is known as which of the following?

- A. Brown bag review.
- B. Medication assessment.
- C. Medicine cabinet review.
- D. Review of systems.

Answer: A

Explanation:

The term "Brown bag review" refers to a method used by healthcare providers to gain a comprehensive understanding of all the medications a patient is currently taking. This method involves the patient collecting all their medications, including prescription drugs, over-the-counter (OTC) medications, vitamins, and herbal supplements, and bringing them to their medical appointment in a literal or figurative brown bag.

The primary goal of a Brown bag review is to ensure the patient's safety by enabling the healthcare provider to verify the medications being used, check for any potential drug interactions, ensure proper dosing, and confirm that the patient is following the prescribed medication regimen correctly. This review also provides an opportunity to educate patients about their medications, discuss any concerns they might have, and make adjustments to their prescriptions if necessary.

This practice is distinct from a "Review of systems" which is a systematic approach used during a medical interview to collect information about the different organ systems of the body. The Review of systems is designed to uncover symptoms and signs of diseases but does not specifically focus on medication review.

Furthermore, a "Medicine cabinet review" might sound similar, but it is not a commonly recognized term in clinical practice for a medication review strategy. The Brown bag review remains the standard terminology and practice for this type of comprehensive medication assessment during a healthcare visit.

In summary, the Brown bag review is a valuable practice in healthcare that helps in optimizing patient treatment plans and improving overall medication management. By bringing all their medications to the review, patients actively participate in their healthcare process, leading to better health outcomes.

NEW QUESTION # 77

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

Answer: D

Explanation:

If you are considering prescribing nizatidine for the treatment of a peptic ulcer, you are choosing a medication that falls under the category of histamine2 (H2) antagonists. Nizatidine works by blocking histamine receptors on the cells in the stomach lining that produce acid. Specifically, it targets the H2 receptors, leading to decreased production of stomach acid.

H2 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 H2 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 H2 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.

NEW QUESTION # 78

Today you have had several adult patients who had abdominal pain. You have scheduled a consult for one of these patients. Which of the following is a reason for you to schedule this consultation?

- A. fever
- B. anxiety
- C. decreased white blood cell count
- D. bradycardia

Answer: A

Explanation:

Abdominal pain is a common symptom that can be caused by a variety of conditions, ranging from benign to life-threatening. When a healthcare professional encounters a patient with abdominal pain, certain accompanying symptoms can signal the need for more urgent or specialized care. One such symptom is fever.

A fever indicates an elevated body temperature and is commonly associated with an inflammatory or infectious process within the body. In the context of abdominal pain, a fever can suggest serious underlying conditions such as appendicitis, diverticulitis, cholecystitis, or an intra-abdominal abscess, among others. These conditions often require rapid assessment and intervention, which might include surgery or advanced diagnostic testing.

Therefore, when a patient presents with both abdominal pain and fever, it may warrant a consultation with a specialist, such as a surgeon or a gastroenterologist. This decision is typically guided by a combination of clinical judgment and established medical guidelines which prioritize patient safety and the effective management of potentially severe conditions.

The inclusion of fever as a critical indicator for surgical consultation is based on its ability to point towards more severe pathology that might not be safely managed with conservative treatment alone. Alongside fever, other important indicators include an increased white blood cell count (suggesting an inflammatory response), tachycardia (rapid heart rate, which can indicate the body's response to stress or infection), peritoneal signs (rigidity or tenderness of the abdominal wall indicative of irritation of the peritoneum), and advanced age (as older patients often have a higher risk of complications and may present atypically).

In summary, the presence of fever in a patient with abdominal pain is a significant concern that can justify further investigation through a specialist consultation. This approach helps ensure that conditions requiring prompt treatment are addressed swiftly to optimize patient outcomes.

NEW QUESTION # 79

Which of the following statements about calcium channel blockers (CCBs) is incorrect?

- A. Bradycardia is a contraindication to the use of CCBs.
- B. Enalapril is the most commonly used CCB.
- C. Amlodipine is a CCB drug.
- D. CCBs depress heart muscle and the AV node.

Answer: B

Explanation:

The question provided asks to identify an incorrect statement about calcium channel blockers (CCBs). The statement that "Enalapril is the most commonly used CCB" is incorrect because Enalapril is not a calcium channel blocker; it is an ACE (Angiotensin-Converting Enzyme) inhibitor. ACE inhibitors are a class of medication used primarily for the treatment of hypertension and congestive heart failure. They work by inhibiting the enzyme that converts angiotensin I to angiotensin II, a potent vasoconstrictor, thereby lowering blood pressure.

Calcium channel blockers, on the other hand, function by blocking voltage-gated calcium channels in the heart and blood vessels. By inhibiting these channels, CCBs reduce the influx of calcium ions during the cardiac action potential. This leads to a decrease in cardiac contractility and conductivity, particularly in the atrioventricular (AV) node, and causes vasodilation of the peripheral arterioles. The overall effect is a reduction in heart rate and a lowering of peripheral vascular resistance (PVR), which helps in reducing blood pressure. Examples of commonly used CCBs include amlodipine, verapamil, and diltiazem.

Given the mechanisms and the specific targets of these drugs within the cardiovascular system, it is clear that enalapril, being an ACE inhibitor, does not share the same mechanism of action as CCBs. Therefore, stating that enalapril is a CCB is factually incorrect. This highlights the importance of correctly understanding and categorizing cardiovascular medications due to their differing impacts on the

heart and circulatory system.

NEW QUESTION # 80

When conducting a cultural assessment, which of the following is most likely to be a question you would ask?

- **A. All of the above.**
- B. What the major support systems in the patient's family are.
- C. What foods the patient eats regularly.
- D. What medications the patient takes.

Answer: A

Explanation:

When conducting a cultural assessment, it is essential to ask a variety of questions that cover different aspects of a patient's life to get a comprehensive understanding of their cultural background. Each question aims to uncover specific cultural practices and beliefs that can significantly influence health care outcomes. Below are some typical questions that might be asked during such an assessment, with explanations for why they are important.

"What are the major support systems in the patient's family?" This question helps to understand the patient's family dynamics and social support networks. Knowing who the patient turns to in times of need can provide insights into their stress relief mechanisms and emotional support structures. It also helps in planning patient care, particularly after discharge or during long-term treatment, ensuring that the patient has a reliable support system to aid in recovery and adherence to medical advice.

"What foods does the patient eat regularly?" This question is crucial as it not only gives insight into the patient's dietary habits but also highlights cultural foods or dietary practices that may need to be considered in their care plan. Dietary habits can affect various health aspects, including allergies, metabolic processes, and even the effectiveness of prescribed medications. Understanding a patient's regular diet can aid in creating a nutrition plan that respects their cultural preferences while addressing any health issues.

"What medications does the patient take?" This question is standard in most medical assessments but gains additional layers in a cultural context. Some cultures use traditional remedies that may interact with conventional drugs. Understanding all substances the patient uses—medicinal or otherwise—enables safer prescribing and helps prevent adverse drug interactions. Additionally, some patients might prioritize traditional medicines over modern treatments, and knowing this preference can facilitate more culturally sensitive and effective communication about healthcare options.

Overall, each of these questions serves to build a fuller picture of the patient's cultural context, which is essential for providing culturally competent care. Understanding a patient's cultural background can greatly enhance the effectiveness of treatment by aligning medical advice with cultural practices, thus improving patient adherence and satisfaction with the healthcare process.

NEW QUESTION # 81

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