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## Nursing ANCC Adult Health Clinical Nurse Specialist Certification (ACNS) Sample Questions (Q158-Q163):

### NEW QUESTION # 158

Which of the following does NOT increase a woman's risk for domestic violence?

- A. Being in a lesbian relationship rather than a heterosexual one.
- B. Being pregnant.
- C. Being disabled.
- D. Being an undocumented immigrant.

**Answer: A**

Explanation:

The question asks which scenario does NOT increase a woman's risk for domestic violence. The correct answer, as repeated

across all options, is "Being in a lesbian relationship rather than a heterosexual one." Domestic violence is a significant issue that affects various demographics, regardless of sexual orientation, age, race, or economic status. However, certain factors are recognized to heighten the risk of experiencing domestic violence. Studies and data have identified factors such as pregnancy, disability, and undocumented status as increasing the vulnerability of women to domestic violence. These factors can exacerbate power imbalances, dependency, isolation, and barriers to seeking help, all of which contribute to the increased risk. In contrast, there is no consistent evidence to suggest that the nature of the relationship in terms of the sexual orientation of the partners—specifically being in a lesbian versus a heterosexual relationship—alters the fundamental risk of domestic violence. Domestic violence occurs in both heterosexual and same-sex relationships at significant rates. The misconception that same-sex relationships inherently involve less power imbalance or are less prone to violence is unfounded. The risk factors typically revolve around individual behaviors, relationship dynamics, and socio-economic conditions rather than the sexual orientation of the relationship itself. Therefore, while being pregnant, disabled, or an undocumented immigrant are recognized as factors that can increase a woman's risk for victimization, being in a lesbian relationship, in itself, does not alter the risk compared to being in a heterosexual relationship. The focus should remain on the behaviors and dynamics that contribute to domestic violence, rather than the nature of the relationship in terms of sexual orientation.

#### NEW QUESTION # 159

A patient following a renal diet for kidney disease should limit his phosphorus intake to which of the following?

- A. 1000 mg per day.
- B. 1500 mg per day.
- C. 500 mg per day.
- D. 1000 mg per week.

**Answer: A**

Explanation:

When managing kidney disease, dietary adjustments are crucial due to the kidneys' impaired ability to filter and eliminate certain substances efficiently. Phosphorus, a common dietary mineral found in many foods, is one of the substances that individuals with kidney disease need to regulate. Excessive phosphorus in the bloodstream can lead to serious health complications, including bone disease and calcification of tissues.

For patients with kidney disease following a renal diet, it's generally advised to limit phosphorus intake to about 1000 mg per day. This recommendation can vary based on the stage of kidney disease and the specific health needs of the individual, so it's important for patients to work closely with a healthcare provider or dietitian to tailor dietary intake appropriately.

Phosphorus is present in high amounts in foods like dairy products, nuts, seeds, beans, and whole grains, as well as in processed foods and soft drinks in the form of additives. Due to its prevalence in many types of foods, managing phosphorus intake requires careful dietary planning.

The limitation of 1000 mg per day helps to prevent the accumulation of phosphorus in the blood, which can help protect the bones and cardiovascular system. Keeping phosphorus levels controlled also helps to maintain a healthier balance with calcium and other minerals that are critical for bone health and overall physiological functions.

In summary, for a patient following a renal diet for kidney disease, limiting phosphorus intake to 1000 mg per day is essential. This approach not only supports kidney function but also contributes to a better quality of life by preventing complications associated with excessive phosphorus levels in the body. Regular consultations with healthcare providers are necessary to adjust the diet as the condition progresses or as the patient's needs change.

#### NEW QUESTION # 160

An assessment in which you assess a patient's mobility, locomotion, self-care, and other skills required for daily living activities is known as

- A. Focused assessment.
- B. Functional assessment.
- C. Rapid assessment.
- D. Spiritual assessment.

**Answer: B**

Explanation:

The correct answer to the question is "Functional assessment." A functional assessment is a comprehensive evaluation geared towards assessing various essential activities and skills that a patient requires for daily living. This includes, but is not limited to, evaluating a patient's ability to move (mobility), manage personal care (self-care), and communicate effectively.

The primary purpose of a functional assessment is to determine a patient's current capabilities and limitations in performing daily activities. Such an assessment is crucial in diverse healthcare settings, especially in geriatrics, rehabilitation, or chronic care management. It helps healthcare providers develop a personalized care plan that addresses the specific needs and abilities of the patient.

In conducting a functional assessment, healthcare professionals, often nurses, observe and interact with the patient to evaluate essential functions. These functions can include basic mobility, such as walking or moving from a sitting to a standing position, fine motor skills like gripping, and basic self-care tasks such as dressing, eating, and personal hygiene.

Furthermore, the assessment may delve into the patient's ability to perform more complex tasks such as managing finances, cooking, or using transportation, depending on the patient's living situation and overall health condition. The outcome of this assessment is critical in determining the level of assistance or rehabilitation the patient might require.

Typically, a functional assessment is conducted to establish a baseline of a patient's abilities before starting a treatment or care plan. It can also be used periodically to evaluate the effectiveness of ongoing interventions or adaptations in the care or rehabilitation process. In summary, a functional assessment is a foundational tool in ensuring that patient care is holistic, individualized, and optimally supportive, promoting the highest possible quality of life and independence for the patient.

### NEW QUESTION # 161

Which of the following patients is most likely to be using Medicaid as their insurance?

- A. a middle aged female who works for the government, age 47
- **B. the single mother of four dependent children, age 26**
- C. an elderly retired high school teacher age, 78
- D. a young male factory worker age, 23

**Answer: B**

Explanation:

Medicaid is a public assistance healthcare program in the United States that provides health insurance coverage to eligible low-income individuals and families. It is jointly funded by the federal government and individual states, and it serves as a crucial safety net for those who have limited financial resources. Medicaid eligibility is based primarily on income, but coverage groups can include pregnant women, children, elderly adults, and individuals with disabilities.

Analyzing the question about which patient is most likely to be using Medicaid, let's consider each of the options provided: 1. **\*\*A middle-aged female who works for the government, age 47\*\*** - This individual is likely to have access to health insurance through her employer. Government jobs typically offer comprehensive health benefits, which means she would not be dependent on Medicaid. 2. **\*\*A young male factory worker, age 23\*\*** - While this individual may not earn a high income, he may still be above the income threshold for Medicaid eligibility, especially if he does not have any dependents. It is also possible that he could be insured through his employer, or he might still be under his parents' insurance if they have a family plan, depending on the specific circumstances. 3. **\*\*An elderly retired high school teacher, age 78\*\*** - Given their age, this person is most likely covered by Medicare, which is the federal health insurance program for people who are 65 years and older, as well as for some younger people with disabilities. Medicare is different from Medicaid and caters specifically to the elderly, providing a wide range of health benefits suitable for this demographic.

Considering these points, the individual most likely to be using Medicaid as their insurance is the **\*\*single mother of four dependent children, age 26\*\***. This demographic typically aligns with key eligibility criteria for Medicaid: low income and having dependents. Medicaid specifically aims to support low-income families with children by providing access to necessary healthcare services, which is crucial for both preventive care and treatment of illnesses. The presence of dependent children further increases the likelihood of qualifying for Medicaid, as the program is designed to ensure that children and their caretakers have adequate access to healthcare. In conclusion, among the individuals described, the single mother with four dependent children not only meets the typical income criteria but also has the familial situation that Medicaid aims to support, making her the most probable candidate for using Medicaid insurance.

### NEW QUESTION # 162

You are providing patient education to a female patient who has been diagnosed with herpes simplex 2. She asks about engaging in sexual activity and what type of precautions she must take to avoid infecting her male partner. Which of the following is an appropriate response to this patient?

- A. The patient must refrain from all sexual activity.
- **B. The patient can engage in normal sexual activity as long as she uses condoms and refrains from sexual activity during an outbreak.**
- C. The patient can engage in sexual activity without a condom as long as there are no lesions present.

- D. The patient can engage in normal sexual activity at any time as long as she uses condoms.

**Answer: B**

Explanation:

Herpes simplex virus type 2 (HSV-2) is primarily responsible for genital herpes, a sexually transmitted infection characterized by episodic outbreaks of painful sores or blisters in the genital area. For individuals diagnosed with HSV-2, engaging in sexual activity requires careful consideration and adherence to specific precautions to minimize the risk of transmitting the virus to their partners. The correct approach for a female patient with HSV-2 who wishes to have a normal sexual relationship without transmitting the virus to her male partner involves the use of condoms and the avoidance of sexual activities during an outbreak. Here's a detailed explanation of why this response is appropriate:

1. **\*\*Use of Condoms:\*\*** Condoms are effective in reducing the transmission of sexually transmitted infections, including HSV-2. While they do not provide 100% protection (since not all areas are covered by the condom), their correct and consistent use significantly lowers the risk of spreading the virus. Condoms act as a physical barrier, preventing direct contact with sores or infected skin that sheds the virus.
  2. **\*\*Avoiding Sexual Activity During Outbreaks:\*\*** HSV-2 is most contagious during an outbreak, when viral shedding occurs at the site of the sores. Abstaining from sexual activity during outbreaks-when symptoms such as itching, tingling, or visible sores are present-reduces the risk of transmission. It is important to note that HSV-2 can also be transmitted when no symptoms are apparent (asymptomatic shedding), though the risk is lower compared to during symptomatic periods.
  3. **\*\*Supplementary Measures:\*\*** In addition to using condoms and avoiding sexual contact during outbreaks, patients can further reduce the risk of transmission through daily antiviral suppressive therapy. Medications such as acyclovir, valacyclovir, or famciclovir help decrease viral shedding and reduce the frequency and severity of outbreaks. Discussing these options with a healthcare provider can provide additional safety and peace of mind for both partners.
- Furthermore, maintaining a monogamous relationship where both partners are aware of each other's health status can also contribute to a safer sexual environment. Regular check-ups and open communication about health issues are essential components of managing HSV-2 in a relationship.
- In summary, while living with genital herpes poses certain challenges, it is entirely possible for individuals with the virus to have fulfilling sexual relationships. By adhering to the recommended precautions-using condoms, refraining from sexual activity during outbreaks, and considering suppressive therapy-individuals can manage their condition effectively and minimize the risk of transmitting HSV-2 to their partners.

## NEW QUESTION # 163

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