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AANP FNP CERTIFICATION PRACTICE TEST EXAM(QUESTIONS AND ANSWERS) 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

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Nursing AANP Family Nurse Practitioner (AANP-FNP) Sample Questions (Q48-Q53):

NEW QUESTION # 48

You have a 35-year-old female patient who is complaining of wrist pain. She is an administrative assistant who does a great deal of computer work in her job. You will test her for carpal tunnel syndrome. When you tap at the volar surface of the wrist you are performing which of the following tests?

- A. McMurray's test
- B. Phalen's maneuver
- C. Tinel's sign
- D. carpal compression maneuver

Answer: C

NEW QUESTION # 49

Which of the following diagnostic tests would not typically be done for a patient with primary hypertension in stage 1?

- A. creatinine
- B. hematocrit
- C. glucose tolerance
- D. potassium

Answer: C

Explanation:

Hypertension, or high blood pressure, is commonly classified into various stages to guide treatment and management strategies. Stage 1 hypertension is defined by the American Heart Association as having a systolic blood pressure between 130-139 mmHg or a diastolic blood pressure between 80-89 mmHg. Individuals diagnosed with stage 1 hypertension are typically at a higher risk for cardiovascular disease compared to those with normal blood pressure but do not yet require the extensive diagnostic testing that might be necessary for more severe stages or complicated cases of hypertension.

When managing a patient with stage 1 hypertension, the focus is often on lifestyle modifications and, in some cases, initiating pharmacotherapy to control blood pressure. Common initial treatments include the administration of thiazide diuretics, which are effective for lowering blood pressure in many patients. The diagnostic tests recommended at this stage are usually aimed at establishing a baseline and checking for any organ damage or other conditions that might be contributing to the hypertension. Typical tests for a stage 1 hypertension patient might include: - **Blood tests to check kidney function (creatinine, blood urea nitrogen)** - **Electrolytes (potassium, sodium) to monitor for imbalances** - **Complete blood count (hematocrit and others) to rule out anemia or signs of other systemic issues** However, a **glucose tolerance test**, which measures the body's ability to use glucose effectively and is used to diagnose diabetes mellitus, is not typically a standard part of the initial assessment for a patient with stage 1 hypertension unless there is a specific reason to suspect glucose metabolism issues (such as a history of diabetes or signs of metabolic syndrome). While patients with hypertension are at increased risk for diabetes, the decision to perform a glucose tolerance test would be based on additional clinical signs or risk factors rather than hypertension alone.

The rationale behind focusing on certain tests and not others is based on the most common and immediate risks associated with the specific stage of hypertension. As the management of hypertension is tailored to the severity and the individual patient's risk factors, not all tests are necessary or relevant for every patient. In the case of stage 1 hypertension, the priority is to control blood pressure and assess for any immediate complications that could be managed with early intervention, thus optimizing the patient's long-term health outcomes.

NEW QUESTION # 50

The authoritative statements that are used to judge the quality of practice, education, and service of the nurse practitioner would be considered which of the following?

- A. Standards of Practice
- B. Standards of Scope

- C. Standards of Care
- D. Standards of Intervention

Answer: A

Explanation:

The correct answer to the question regarding the authoritative statements used to judge the quality of practice, education, and service of the nurse practitioner is "Standards of Practice." Standards of Practice are essential guidelines designed to ensure that nurse practitioners across various specialties maintain a consistent level of quality in their clinical and professional conduct. These standards are formulated by professional bodies such as the American Nurses Association (ANA), which is a national organization aimed at advancing the nursing profession through promoting high standards of nursing practice.

The ANA defines Standards of Practice as statements that outline the responsibilities for which nurse practitioners are accountable. These standards encompass the entire scope of practice, including assessment, diagnosis, outcome identification, planning, implementation, and evaluation. The Standards of Practice ensure that nurse practitioners provide safe, competent, and ethical care. In contrast to other terms like Standards of Care or Standards of Intervention, which also play significant roles in healthcare, Standards of Practice provide a more comprehensive framework. Standards of Care generally refer to the quality and criteria of care expected in specific clinical situations, and Standards of Intervention focus on the methods and procedures used in treating patients. However, Standards of Practice are broader, including not only patient care but also aspects related to professional role performance, such as adherence to ethical guidelines, continuous education, and contribution to evidence-based practice. Thus, when considering the authoritative statements that govern the overall professional performance, educational advancement, and service delivery of nurse practitioners, Standards of Practice issued by the ANA are the most encompassing and applicable guidelines. They serve as a fundamental resource in ensuring that nurse practitioners meet the required professional standards in their practice across various healthcare settings.

NEW QUESTION # 51

Your 32-year-old male patient tells you that he has been experiencing headaches that wake him up at night. He tells you that they are very painful and that the pain originates from behind his eye. He says that they usually last about an hour. These symptoms are most consistent with which of the following types of headache?

- A. migraine without aura
- B. tension headache
- C. migraine with aura
- D. cluster headache

Answer: D

Explanation:

The symptoms described by the 32-year-old male patient are most consistent with a cluster headache. Cluster headaches are characterized by sudden, severe pain that typically occurs around or behind one eye. The pain of a cluster headache is often described as sharp or burning and can be extremely intense. These headaches are known for their pattern of occurring in clusters, meaning they can happen several times a day for weeks or even months before remitting.

Cluster headaches commonly awaken individuals from sleep, which aligns with the patient's experience of headaches waking him up at night. The duration of these headaches, typically lasting from 15 minutes to 3 hours, also supports the diagnosis of a cluster headache, given the patient's headaches last about an hour.

Additionally, cluster headaches are more prevalent in males, particularly in their late 20s to early 40s, which fits the demographic of the patient in question. Accompanying symptoms often include one or more of the following: lacrimation (tearing of the eye), rhinorrhea (runny nose), ptosis (drooping of the eyelid), conjunctival injection (redness of the eye), and facial sweating. These symptoms usually occur on the same side as the headache pain.

In contrast, other types of headaches like migraines or tension headaches present differently. Migraines often include symptoms such as nausea, vomiting, and sensitivity to light and sound, and may or may not be preceded by an aura. Tension headaches are usually characterized by a dull, constant pain that feels like a tight band around the head, not the sharp, piercing pain localized to the eye as seen in cluster headaches.

Given the specific symptoms reported by the patient—severe pain behind the eye, the timing of the headaches, and their duration—a diagnosis of cluster headache is most consistent with the clinical presentation. This condition would be best managed with specific treatments that can help prevent the headaches or minimize their severity and frequency, alongside acute treatments to relieve pain when a headache does occur. It is advisable for the patient to consult with a healthcare provider to confirm the diagnosis and discuss appropriate management strategies.

NEW QUESTION # 52

Tetanus infection is caused by *Clostridium tetani*, an anaerobic, gram-positive, spore-forming rod. The organism enters the body through a contaminated wound. Which of the following wounds would present the greatest risk for tetanus infection?

- A. a laceration from a knife used to cut chicken
- B. all of the above
- **C. a puncture wound from stepping on a garden tool**
- D. an abrasion on the knee

Answer: C

Explanation:

To effectively address the question of which wound presents the greatest risk for a tetanus infection, we must consider the nature and characteristics of the bacterium *Clostridium tetani* and the conditions it thrives under.

Tetanus is caused by *Clostridium tetani*, which is an anaerobic bacterium. This means that it prefers environments devoid of oxygen. This characteristic is crucial in understanding which types of wounds are more likely to foster the growth of this bacterium. The bacteria produce spores that are capable of surviving in harsh conditions and can become active when they enter a suitable environment, such as a deep wound.

Among the options provided: 1. An abrasion on the knee - This type of injury typically results in a superficial wound. While it can become contaminated with dirt and potentially with *Clostridium tetani*, the exposure to air and the superficial nature of the wound make it less likely to create the anaerobic (oxygen-free) conditions necessary for the bacteria to thrive. 2. A puncture wound from stepping on a garden tool - This type of injury is generally deeper and narrower. Such wounds can easily penetrate deeper layers of tissue, reducing exposure to air and thus creating an anaerobic environment, which is ideal for the growth of *Clostridium tetani*. Furthermore, garden tools are often in contact with soil, which can be a natural reservoir for the spores of *Clostridium tetani*, especially if the soil is enriched with manure, enhancing the risk of tetanus spore contamination. 3. A laceration from a knife used to cut chicken - While this wound could potentially be deep and introduce other pathogens, the risk of tetanus specifically depends on whether the knife was contaminated with *Clostridium tetani* spores, which is less likely compared to exposure to soil. The primary concern here would more likely be other types of infections, including foodborne pathogens.

Given these considerations, the puncture wound from stepping on a garden tool presents the highest risk for a tetanus infection. This scenario combines both the ideal conditions for the anaerobic growth of *Clostridium tetani* and a high likelihood of contamination from a source rich in tetanus spores (soil/manure). Hence, it is essential to treat such wounds promptly and consider prophylactic tetanus toxoid vaccination, especially if the vaccination history is unclear or if the individual has not been vaccinated within the last ten years.

NEW QUESTION # 53

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