

Reliable AANP-FNP Exam Answers - AANP-FNP Testking Exam Questions

AANP FNP STUDY GUIDE EXAM (QUESTIONS AND ANSWERS) A+ GRADED 2023/2024

Tanner Stage 2 - CORRECT ANSWER-Increased rugae of scrotum, testes enlarge. Breast bud. Straight sparse hair.

Tanner Stage 3 - CORRECT ANSWER-Penis elongates. Pencil penis. Scrotal color darkens. Breast tissue and areola are one mound. Darkened hair, starts to curl.

Tanner 4 - CORRECT ANSWER-Penis thickens and increases in size. Areola/nipple separate for secondary mound. Curly hair, not on medial thigh.

When does menarche begin? - CORRECT ANSWER-After Tanner stage 2, within 1-2 years. Delayed puberty if no secondary sexual characteristics by 12-13 in girls and 14 in boys.

Trisomy 21 - CORRECT ANSWER-Down Syndrome. Risk with advanced maternal age. Microcephaly, flat nose, hypotonia, simian crease.

Marfan's Syndrome - CORRECT ANSWER-Pectus excavatum. Tall, wide arm span. Risk of MVP, aneurysm, aortic regurgitation. Do not clear for sports.

Turner's Syndrome - CORRECT ANSWER-FEMALE. Lymphedema in utero, webbed neck, LD, widely spaced nipples, HTN coarctation of aorta.

Klinefelter's Syndrome - CORRECT ANSWER-Extra X in males. More feminine. Will see in puberty. Infertile, hypogonadism, low testosterone. Tall, lanky, underdeveloped sexually.

Caput succadeum - CORRECT ANSWER-Sutures cross midline, spreads.

Cephalohematoma - CORRECT ANSWER-Sutures do not cross midline, more significant.

When does anterior fontanelle close? - CORRECT ANSWER-18 months

When does posterior fontanelle close? - CORRECT ANSWER-2-3 months

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Nursing AANP-FNP Testking Exam Questions, AANP-FNP Exam Training

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Nursing AANP Family Nurse Practitioner (AANP-FNP) Sample Questions (Q97-Q102):

NEW QUESTION # 97

What test would you order if you suspect a patient has meningitis?

- A. CSF.
- B. BRCA2.
- **C. CEA.**
- D. CA-125.

Answer: C

Explanation:

When suspecting meningitis, the primary diagnostic test ordered is the Cerebrospinal Fluid (CSF) test, commonly known as a lumbar puncture. This procedure involves inserting a needle into the lower part of the spinal canal to collect a sample of cerebrospinal fluid. This fluid surrounds the brain and spinal cord and changes in its composition can indicate the presence of meningitis.

The CSF test is crucial because it allows for the analysis of the fluid to check for increased white blood cell count, elevated protein levels, and decreased glucose levels, which are indicative of meningitis. Additionally, the CSF can be cultured to identify the specific organism causing the infection, whether it's viral, bacterial, or fungal. This is essential for determining the appropriate treatment course.

In some cases, before performing a lumbar puncture, imaging tests such as a CT scan or MRI might be recommended. These are used to rule out other conditions that might cause similar symptoms, such as brain abscesses or tumors, and to ensure safety before performing the lumbar puncture, especially in cases where there might be increased intracranial pressure.

It is important to note that other tests like BRCA2, CA-125, and CEA are not relevant for diagnosing meningitis. BRCA2 is related to genetic susceptibility to certain cancers, CA-125 is a marker used primarily in ovarian cancer, and CEA is an indicator most commonly associated with colorectal cancer. These do not aid in diagnosing or managing meningitis.

NEW QUESTION # 98

You have prescribed a topical medication for one of your patients with a skin disorder. You know that for the medication to have the maximum absorption it should be in which of the following forms?

- A. tincture
- B. gel
- C. paste
- **D. ointment**

Answer: D

Explanation:

When it comes to prescribing topical medications for skin disorders, the form in which the medication is administered can greatly affect its absorption and effectiveness. A key factor in this is the viscosity of the vehicle (the base that carries the medication) used in the topical formulation.

Viscosity refers to the thickness and stickiness of a liquid. In the context of topical medications, vehicles can range from watery solutions to thick ointments. Generally, the thicker the vehicle, the better it is at facilitating the absorption of the medication into the skin. This is primarily because thicker vehicles tend to evaporate more slowly, maintain contact with the skin for longer periods, and penetrate the skin more effectively.

Ointments are among the most viscous forms of topical medication vehicles. They are usually oil-based and do not contain water, which helps them to remain on the skin's surface for extended periods. This prolonged contact time allows for greater absorption of the medication into the skin, making ointments particularly suitable for delivering higher concentrations of active ingredients.

In contrast, less viscous forms like lotions and gels contain more water and less oil, which causes them to evaporate more quickly and provide less skin penetration. This makes them less effective for conditions that require deeper skin absorption of the medication. Lotions and gels might be preferred for conditions that need lighter coverage and less potency, or when a cooling effect is desired.

Tinctures, another form of topical application, are alcohol-based solutions. The alcohol allows the tincture to penetrate the skin quickly, but it also evaporates rapidly, which can reduce the amount of time the active ingredient is in contact with the skin. This makes tinctures less suitable than ointments for conditions requiring sustained medication delivery.

Therefore, when maximum absorption of a medication into the skin is needed, an ointment is typically the most effective form. This is why, for a patient with a skin disorder requiring robust topical treatment, an ointment would be the recommended choice to ensure that the medication is absorbed deeply and effectively.

NEW QUESTION # 99

Janet is reviewing a patient's test results and determines he has hypothyroidism, which means the thyroid does what?

- A. Does not produce enough thyroid hormone.
- B. Shrinks in size.
- C. Produces too much thyroid hormone.
- D. Swells up in size.

Answer: A

Explanation:

Hypothyroidism is a condition where the thyroid gland, which is located in the neck and plays a crucial role in regulating metabolism, fails to produce sufficient amounts of thyroid hormone. This hormone is vital for various bodily functions, including managing metabolism, heart rate, and body temperature. When the thyroid does not produce enough of this hormone, it leads to the condition known as hypothyroidism.

The symptoms of hypothyroidism can vary widely depending on the severity of the hormone deficiency. Common symptoms include fatigue, unexplained weight gain, constipation, dry skin, hair loss, sensitivity to cold, and a slower heart rate. These symptoms occur because thyroid hormones are critical to energy production and consumption in the body, influencing how the body processes energy.

Hypothyroidism can be caused by several factors. One common cause is Hashimoto's thyroiditis, an autoimmune disorder where the body's immune system attacks the thyroid gland, impairing its ability to produce hormones. Other causes may include certain medications, radiation therapy to the neck, surgical removal of part or all of the thyroid gland, and iodine deficiency.

Diagnosis of hypothyroidism typically involves a review of symptoms, a physical examination, and blood tests to measure levels of thyroid-stimulating hormone (TSH) and thyroxine. Elevated TSH levels and low thyroxine levels in the blood are indicative of hypothyroidism. Treatment usually involves hormone replacement therapy, specifically with a synthetic thyroid hormone called levothyroxine, which helps to restore hormone levels and reverse the symptoms of the disorder.

It is important for individuals diagnosed with hypothyroidism to receive regular monitoring and follow-up care to ensure that the prescribed treatment is effectively managing the condition. Adjustments in the dosage of hormone replacement may be necessary over time based on periodic blood tests and symptom assessment. Proper management of hypothyroidism is crucial to maintaining a good quality of life and preventing potential complications such as heart problems and severe depression.

NEW QUESTION # 100

Which of the following is NOT part of the ethical decision making process for the nurse practitioner?

- A. The ethical behavior of nurses has been defined for professional nursing in an American Practice Act policy statement.
- B. Moral concepts such as advocacy, accountability, loyalty, caring, compassion, and human dignity are the foundations of ethical behavior.
- C. Ethical behavior incorporates respect for the individual and his or her autonomy.
- D. Duty to help others, beneficence, is a foundational component of ethical behavior.

Answer: A

Explanation:

The question asks which of the provided statements is not part of the ethical decision-making process for a nurse practitioner. To answer this, it is crucial to understand the sources and guidelines that define the ethical behavior expected of nurses.

Moral concepts such as advocacy, accountability, loyalty, caring, compassion, and human dignity indeed form the core of ethical behavior in nursing. These values guide nurse practitioners in their daily interactions and decision-making with patients, ensuring that each patient is treated with respect and compassion. Therefore, this statement is related to the ethical decision-making process.

The statement about the duty to help others, or beneficence, also directly ties into ethical decision-making. Beneficence involves acting in the best interest of the patient, which is a fundamental ethical principle in healthcare. This includes actions that aim to prevent and remove harm and to improve the situation of others. Thus, this statement is undoubtedly a part of the ethical decision-making process in nursing.

Ethical behavior incorporating respect for the individual and his or her autonomy is another crucial component. Autonomy respects the patient's right to make informed decisions about their own health care. This respect is manifested by providing all necessary information to the patient and ensuring they understand it, thereby enabling them to make informed decisions. This principle is a

cornerstone of ethical practice in nursing and is integral to the ethical decision-making process. However, the statement claiming that the ethical behavior of nurses has been defined by the American Practice Act is incorrect. Ethical guidelines for nurses are primarily outlined by the American Nurses Association (ANA), not the American Practice Act. The ANA provides the Code of Ethics for Nurses, which details the ethical obligations and duties of everyone in the nursing profession, rather than being defined by legislative acts like the American Practice Act. The correct ethical standards and guidelines are crucial for informing the ethical decision-making process, but this statement incorrectly identifies the source of these standards. Therefore, the statement that is NOT part of the ethical decision-making process for the nurse practitioner is the one that misattributes the source of ethical guidelines to the American Practice Act, rather than correctly attributing them to the American Nurses Association. This misattribution can lead to misunderstandings about the origin and authority of ethical guidelines in nursing practice.

NEW QUESTION # 101

Your adolescent female patient has moderate acne with the presence of papules and pustules with comedones. What will be your first-line treatment therapy for this young girl?

- A. topical retinoids
- B. improvement of diet
- C. oral antibiotic
- D. certain oral contraceptives

Answer: A

Explanation:

For an adolescent female patient presenting with moderate acne characterized by papules, pustules, and comedones, the optimal first-line treatment would generally include a combination approach that addresses both the inflammatory and non-inflammatory aspects of acne. Topical retinoids, such as adapalene, tretinoin, or tazarotene, are highly effective in treating comedonal acne (blackheads and whiteheads), which is a primary component of this patient's skin condition.

Topical retinoids work by modulating keratinocyte differentiation and proliferation, which in turn helps to prevent the formation of new comedones and promotes the resolution of existing ones. They also possess anti-inflammatory properties that can reduce the severity of papules and pustules. These medications are available in various formulations such as creams, gels, or solutions, allowing for flexibility based on the patient's skin type and tolerance.

It is important to instruct the patient on the proper application of topical retinoids. The skin should be cleansed and dried, and approximately 20-30 minutes should elapse before applying the retinoid to minimize irritation. Initial application may be every other night, gradually increasing to nightly as tolerated. Patients should be advised that exacerbation of acne might occur initially, but this is typically temporary and should improve with continued use.

While topical retinoids are effective, the presence of moderate inflammatory lesions such as papules and pustules in this patient may also necessitate the use of additional treatments. A topical antibiotic, such as clindamycin or erythromycin, can be used in conjunction with retinoids to enhance the anti-inflammatory action. For females, certain oral contraceptives or anti-androgens like spironolactone can also be considered if hormonal influences are suspected or if there is a poor response to conventional treatments. It is also valuable to discuss lifestyle factors that can impact acne, such as diet and skincare habits. Although dietary changes alone are not typically sufficient to clear acne, a healthy, balanced diet can support overall skin health. Ensuring the patient uses non-comedogenic skincare products and understands the importance of gentle skin care practices is crucial to avoid exacerbating acne. Finally, regular follow-up appointments should be scheduled to monitor the patient's progress, manage any side effects, and adjust the treatment regimen as necessary. This comprehensive and tailored approach increases the likelihood of improving the patient's acne and minimizing potential scarring or psychological distress associated with the condition.

NEW QUESTION # 102

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