

ACNS Exam Cram, Practice ACNS Tests

ACNS Guidelines Practice Exam Questions With Complete Solutions

Guideline 1: Minimum Technical Requirements for Performing Clinical EEG correct answer: Digital equipment has many advantages over analog equipment and is now used for EEG in most facilities. Some recommendations in this guideline have changed to reflect the greater functionality of digital equipment, including the ability to record good quality signal with nontraditional electrodes and slightly higher impedances. The list of basic patient information has been expanded to include more factors that can influence the EEG. The sections on calibration, sensitivity, filters, and recording montages have been updated to maintain relevance for digital systems. Newly added sections include those discussing the utility of longer recordings, sleep deprivation, and simultaneous video recording. Other new sections include material on photic stimulation procedure, interpreting physician notification of critical EEG results, and data storage.

Guideline 2 for Standard Electrode Position Nomenclature correct answer: Previously guideline 5 Although the 10-10 system of electrode position nomenclature has been accepted internationally for almost two decades, it has not been used universally. The reasons for this and clinical scenarios when the 10-10 system provides additional localizing information are discussed in this revision. In addition, section IV elaborates on situations in which AF1/2, AF5/6, PO1/2, and PO5/6 electrode positions may be used for EEG recording.

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

NEW QUESTION # 158

Case managers perform all of the following duties EXCEPT for:

- A. Ensures delivery in a cost-effective manner.
- B. Monitors delivery of services.
- **C. Provides reimbursement.**
- D. Facilitates services.

Answer: C

Explanation:

Case managers are essential professionals in various sectors, particularly in healthcare, social services, and insurance. They play a critical role in coordinating and managing the various aspects of client care. Here is an expanded explanation of the duties that case managers typically perform, and why "Provides reimbursement" is not one of those duties:

****Monitors Delivery of Services**:** Case managers are responsible for overseeing the delivery of services to their clients. This involves tracking and evaluating the services provided to ensure they meet the required standards and are delivered according to the plan. Case managers ensure that service providers adhere to agreed timelines and quality guidelines, and they address any issues that may arise during the service delivery process.

****Ensures Delivery in a Cost-effective Manner**:** Cost-effectiveness is a crucial aspect of case management. Case managers work to balance the quality of services with cost constraints. They are tasked with finding the most efficient ways to provide necessary services without compromising the quality of care. This may involve negotiating prices, selecting cost-effective service providers, or recommending alternative services that achieve the same outcomes at a lower cost.

****Facilitates Services**:** Facilitation is a key function in case management. This involves acting as an intermediary between the client and service providers. Case managers coordinate various services, schedule appointments, and ensure that all parties involved are informed of their roles and responsibilities. They may also assist in overcoming barriers to service delivery, such as scheduling conflicts, transportation issues, or lack of access to needed resources.

****Provides Reimbursement**:** Unlike the other duties listed, providing reimbursement is not typically within the scope of responsibilities for a case manager. Reimbursement involves the repayment or compensation for costs incurred by the client, which is generally handled by insurance companies, governmental agencies, or billing departments within healthcare facilities. Case managers do not engage in financial transactions related to client care; their role is to ensure that the care needed is received, not to handle payments or financial reimbursements.

In summary, case managers are involved in the coordination, monitoring, facilitation, and cost management of services. They play a pivotal role in ensuring that all aspects of care are appropriately managed but do not handle direct financial transactions like reimbursements. Understanding these distinctions helps clarify the boundaries of the case manager's responsibilities and the areas in which they contribute their expertise.

NEW QUESTION # 159

What is Not included in the nursing assessment?

- **A. Etiology.**
- B. Laboratory testing.
- C. Exam.
- D. History.

Answer: A

Explanation:

The correct answer to the question of what is not included in the nursing assessment is "Etiology." Etiology refers to the cause or origin of a disease or condition. It is typically determined through a physician's assessment rather than by the nursing staff. The physician's role includes diagnosing the disease, which involves identifying its etiology. This is crucial for determining the appropriate treatment plan for the patient.

In contrast, the nursing assessment focuses on collecting a patient's history, performing physical exams, and sometimes assisting with or interpreting laboratory testing. These elements are essential for providing comprehensive care and support. The patient's history

helps nurses understand the patient's health background, current symptoms, and any prior treatments or medications. The physical exam allows nurses to observe and document the patient's current physical condition. Laboratory testing, when involved, aids in confirming a diagnosis or monitoring the patient's condition.

Therefore, while nurses play a critical role in the care and management of patients, determining the etiology of a condition typically falls outside the scope of their assessment responsibilities and is handled by physicians. This division of tasks ensures that both physicians and nurses can apply their specialized knowledge and skills effectively within the healthcare team.

NEW QUESTION # 160

ANP Michelle has confirmed hematuria in one of her patients. What test can be performed to find the source of the problem and obtain a final diagnosis?

- A. An X-ray.
- B. An ultrasound.
- C. A urinalysis.
- D. **Cystoscopy.**

Answer: D

Explanation:

When an Advanced Nurse Practitioner (ANP) like Michelle confirms the presence of hematuria, which is blood in a patient's urine, determining the source of the bleeding is crucial for proper diagnosis and treatment. Hematuria can be symptomatic of various conditions ranging from infections and stones in the urinary tract to more serious conditions such as tumors or kidney disease.

To identify the underlying cause of hematuria, several diagnostic tests can be considered: 1. **Ultrasound**: This is a non-invasive imaging technique that uses high-frequency sound waves to create images of the organs within the body. An ultrasound of the abdomen and pelvis can help visualize the kidneys, bladder, and ureters to check for abnormalities such as stones or tumors. 2. **Cystoscopy**: This is a more direct method for diagnosing causes of hematuria. During a cystoscopy, a small camera called a cystoscope is inserted into the bladder through the urethra. This allows the healthcare provider to visually inspect the interior surfaces of the bladder and urethra. It is especially useful for identifying issues such as bladder tumors, stones, or internal injuries. This procedure can also be used to collect tissue samples (biopsy) for further analysis. 3. **X-ray**: While not as commonly used specifically for investigating hematuria, an X-ray may be employed to obtain images of the urinary tract, particularly if kidney stones are suspected. 4. **Urinalysis**: Although not a diagnostic test to find the source of hematuria, urinalysis is an initial test that can confirm the presence of red blood cells in the urine. It can also be used to detect infections, kidney disease, and other conditions. Out of these options, cystoscopy is often considered one of the most definitive tests for diagnosing the cause of hematuria. It allows healthcare providers to directly observe the urinary tract and identify any abnormalities that could be causing bleeding. This test is generally recommended if initial tests like urinalysis or ultrasound suggest an underlying problem that requires closer examination.

NEW QUESTION # 161

Which of the following would NOT be a question you would ask during a patient's cultural assessment?

- A. Can you tell me a little bit about what your daily routine looks like?
- B. How many people live in your household?
- C. What foods do you eat in a typical day?
- D. **Do you have medical insurance?**

Answer: D

Explanation:

A cultural assessment in healthcare settings is a critical component of understanding a patient's background, which includes their social practices, language, norms, and values that could influence their health behaviors and outcomes. The purpose of conducting a cultural assessment is to obtain insights that enable healthcare providers to deliver culturally competent care, which takes into account the patient's beliefs, practices, and cultural needs.

Questions typically asked during a cultural assessment focus on areas such as the patient's ethnicity, religious beliefs, family dynamics, dietary habits, and daily routines. For example, asking about the number of people living in a household can provide information on the patient's living conditions and social support, which are relevant to their health and well-being. Inquiring about daily routines helps in understanding the patient's lifestyle, which might include physical activity levels or exposure to stress.

Questions about dietary habits are also relevant as they provide insights into possible nutritional deficiencies or culturally specific foods that might impact health conditions like diabetes or heart disease.

On the other hand, asking a patient if they have medical insurance, while undoubtedly important for logistical and billing purposes, does not contribute to understanding their cultural background. Insurance-related questions are primarily administrative and are

aimed at facilitating the payment process and determining eligibility for certain medical services. These questions do not provide insights into how cultural factors influence the patient's health or how healthcare should be tailored to meet their cultural needs. Therefore, in the context of a cultural assessment, the correct answer to the question about what would NOT be typically asked is "Do you have medical insurance?" This question is unrelated to the cultural factors that the assessment aims to uncover. While it's an essential part of the overall patient intake process, it does not contribute directly to understanding the cultural aspects that might affect a patient's health care and outcomes.

NEW QUESTION # 162

When counseling a patient with allergic rhinitis, you prescribe Cromolyn. The ACNS understands that its mechanism of action is as a/an:

- A. anti-immunoglobulin E antibody
- B. vasoconstrictor
- C. mast cell stabilizer
- D. leukotriene modifier

Answer: C

Explanation:

When counseling a patient with allergic rhinitis and considering the use of Cromolyn, it is crucial to understand its mechanism of action and how it fits into the treatment regimen. Cromolyn is classified as a mast cell stabilizer. Here's an expanded explanation of how Cromolyn works and why it is used for allergic rhinitis:

Mast cells are a type of white blood cell that play a significant role in the body's allergic response. During an allergic reaction, allergens trigger the release of histamine and other chemicals from these mast cells, leading to symptoms such as sneezing, itching, and runny nose. Cromolyn works by stabilizing the mast cell membranes, thereby preventing them from releasing these inflammatory mediators when they encounter an allergen. This action helps in reducing the severity of the symptoms associated with allergic reactions.

Unlike some other treatments for allergic rhinitis, such as antihistamines or corticosteroids, Cromolyn does not work immediately after administration. It is not effective at treating acute symptoms. Instead, Cromolyn is used as a preventive measure. Patients typically need to use the Cromolyn nasal spray regularly, starting it before the allergy season begins or before coming into contact with known allergens. It may take about a week or more of consistent usage before significant symptom relief is achieved.

Because of its mechanism of action and its preventive nature, Cromolyn is an excellent choice for patients who have predictable seasonal allergies or who can anticipate exposure to specific allergens. It is particularly useful for those who prefer to use a medication with fewer side effects compared to systemic medications like corticosteroids. Cromolyn is generally well-tolerated, and side effects are rare, making it suitable for long-term use in managing allergic rhinitis.

In summary, when prescribing Cromolyn for allergic rhinitis, it is important to educate patients about its role as a mast cell stabilizer. Patients should understand that they need to begin treatment before their allergy season starts and that consistent daily use is crucial for the medication to be effective. Additionally, they should be informed that Cromolyn is used for the prevention of symptoms rather than for immediate relief. This understanding will help ensure patient compliance and satisfaction with this treatment approach.

NEW QUESTION # 163

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