

# Nursing AANP-FNP Updated CBT & AANP-FNP Guide Torrent

## AANP FNP Practice Questions & Answers

A 65-year-old woman presents for a follow-up examination after a new patient visit. She has not seen a healthcare provider for several years. She is a smoker and her hypertension is now adequately controlled with medication. Her mother died at age 40 from a heart attack. The fasting lipid profile shows cholesterol = 240 mg/dL, HDL = 30, and LDL = 200. In addition to starting Therapeutic Lifestyle Changes, the nurse practitioner should start the patient on:

1. bile acid sequestrant.
2. a statin drug.
3. a cholesterol absorption inhibitor.
4. low-dose aspirin.

(Ans- **A statin drug**)

The most commonly prescribed medication for mild systemic lupus erythematosus (SLE) is:

1. azathioprine (AZA).
2. belimumab (Benlysta).
3. ibuprofen (Advil).
4. cyclophosphamide (Cytoxan).

(Ans- **ibuprofen (advil)**)

The most common sign of cervical cancer is:

1. postcoital bleeding.
2. strong odor from vaginal discharge.
3. itching in the vaginal area.
4. molluscum contagiosum.

(Ans- **postcoital bleeding**)

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## Nursing AANP Family Nurse Practitioner (AANP-FNP) Sample Questions (Q25-Q30):

### NEW QUESTION # 25

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. a puncture wound from stepping on a garden tool
- C. all of the above
- D. an abrasion on the knee

**Answer: B**

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 # 26

If a patient has experienced a musculoskeletal trauma, the nurse practitioner should use the mnemonic RICE. Which of the following would the "C" in RICE stand for?

- A. Compression
- B. Cellulitis
- C. Circulate
- D. Control

**Answer: A**

Explanation:

The mnemonic RICE is a widely recommended first aid treatment for musculoskeletal injuries, such as sprains, strains, or bruises. It is a simple, easy-to-remember acronym that outlines the steps to manage acute injuries effectively. Each letter in the acronym RICE stands for a specific action that should be taken to minimize swelling, ease pain, and speed up the healing process. Here is an expanded explanation of each component:

**\*\*R - Rest:\*\*** The first step in treating an acute injury involves resting the injured area. This means avoiding any activities that cause

pain, stress, or discomfort to the affected area. Rest helps to prevent further damage and allows the healing process to begin without interruption.

**\*\*I - Ice:\*\*** Applying ice to the injured area is a critical step. Ice helps to reduce swelling, inflammation, and pain. It is most effective when applied as soon as possible after the injury occurs. Typically, ice should be applied for about 15-20 minutes every hour, as long as the swelling continues. Care should be taken to wrap the ice in a cloth or use a cold pack to avoid direct contact with the skin, which can cause frostbite.

**\*\*C - Compression:\*\*** Compression involves wrapping the injured area with an elastic medical bandage. This helps reduce swelling by limiting fluid accumulation and edema at the site of the injury. It is important to ensure that the bandage is wrapped snugly but not too tightly, as excessive compression can impede circulation and worsen the injury.

**\*\*E - Elevation:\*\*** Elevating the injured area above the level of the heart helps reduce swelling by facilitating venous return and decreasing fluid accumulation. Elevation is most effective when combined with the other elements of the RICE protocol. For example, if the injured area is an ankle, the patient can lie down and prop the leg up on pillows.

In the context of the question provided, the correct answer is "Compression." The "C" in RICE stands for Compression, which is a crucial step in managing musculoskeletal traumas. Compression helps to control swelling and stabilize the injured area, both of which are vital for effective healing. By understanding and applying the RICE protocol, nurse practitioners and other healthcare providers can offer immediate and effective first aid that can significantly impact the recovery process of their patients.

### NEW QUESTION # 27

You have a patient whose symptoms indicate esophageal cancer. You understand that which of the following is most likely to be used to confirm this diagnosis?

- A. PET scan
- B. tracheostomy and biopsy
- C. CT scan
- **D. endoscopy and biopsy**

**Answer: D**

Explanation:

When a patient presents with symptoms that suggest esophageal cancer, establishing an accurate diagnosis is crucial for appropriate management and treatment planning. Among the diagnostic options available, endoscopy combined with biopsy is the most reliable method to confirm the presence of esophageal cancer.

Endoscopy is a procedure that involves inserting a flexible tube equipped with a light and camera (endoscope) into the esophagus. This allows the physician to visually inspect the inner surfaces of the esophagus for any abnormalities such as ulcers, abnormal growths, or areas of irritation. During this procedure, if any suspicious areas are identified, a biopsy can be performed. A biopsy involves taking small samples of tissue from the esophagus, which are then sent to a pathology lab for microscopic examination. The pathologist assesses the tissue samples to determine the presence of cancer cells, thus confirming the diagnosis of esophageal cancer. While endoscopy with biopsy is essential for diagnosis, other imaging tests like CT (Computed Tomography) scans and PET (Positron Emission Tomography) scans are also valuable but serve a different purpose. These imaging modalities are primarily used after a diagnosis has been confirmed via biopsy. They help in staging the cancer by showing how far the cancer has spread within and beyond the esophagus. This includes assessing whether the cancer has invaded nearby tissues, lymph nodes, or other organs, which is critical for determining the most appropriate treatment strategy.

Therefore, although CT and PET scans are important in the overall management of esophageal cancer, they do not replace the need for an endoscopy and biopsy in initially confirming the diagnosis. The combination of endoscopy and biopsy remains the gold standard for diagnosing esophageal cancer because it provides direct visual and histological evidence of the disease.

### NEW QUESTION # 28

When taking a patient's past medical history you would ask about all of the following EXCEPT:

- A. surgeries
- B. TB test
- **C. dietary patterns**
- D. childhood and adult illnesses

**Answer: C**

Explanation:

When taking a patient's past medical history, the healthcare provider generally focuses on gathering information that directly pertains to the patient's medical conditions, treatments, and overall health status. This typically includes inquiries about:

**\*\*Childhood and Adult Illnesses:\*\*** Understanding a patient's history of illnesses, both in childhood and adulthood, is crucial. This information helps in recognizing patterns of chronic or genetic diseases and provides insights into potential future health risks or ongoing management of existing conditions.

**\*\*TB Test:\*\*** Information about tuberculosis tests is relevant as TB is a critical infectious disease with potential long-term health implications. Knowing whether a patient has been tested, and the results of those tests, can significantly affect clinical decisions, especially in managing immunocompromised patients or those with symptoms of tuberculosis.

**\*\*Surgeries:\*\*** Knowledge of any past surgical interventions provides insights into the patient's medical history and can impact future healthcare decisions. Details of surgical history, including the type of surgeries and their outcomes, are essential for a comprehensive understanding of a patient's current health status and potential complications.

**\*\*Dietary Patterns:\*\*** Although knowing a patient's dietary habits can be helpful, especially in the context of nutritional assessments or chronic diseases management (like diabetes or heart diseases), it is typically not part of the core past medical history. Dietary patterns are usually discussed within the scope of a psychosocial history, which examines lifestyle factors and social determinants of health that can influence a patient's well-being. This includes the patient's eating habits, exercise routines, and other lifestyle choices. In summary, while childhood and adult illnesses, TB tests, and surgeries are integral components of a patient's past medical history, dietary patterns are generally classified under psychosocial history. This distinction is important for organizing the patient interview and ensuring that the most relevant information is gathered efficiently to inform medical decision-making.

### NEW QUESTION # 29

A 33-year-old Caucasian woman is in the clinic inquiring about sexual activity during pregnancy. She is 7 months pregnant and concerned that it will place her pregnancy at an increased risk. The nurse practitioner has determined there have been no risk factors to date, so the NP's knowledge suggests that:

- A. This may stimulate labor and, therefore, should be avoided.
- B. This may increase the risk of cardiovascular abnormalities in the fetus.
- C. This may increase the risk of pre-term labor.
- **D. There is no increased risk to the pregnancy.**

### Answer: D

#### Explanation:

When discussing sexual activity during pregnancy, many pregnant women, like the 33-year-old Caucasian patient mentioned, often express concerns regarding the safety and impact of such activities on their pregnancy. It is crucial to address these concerns with accurate information and reassurance based on current medical understanding and the specific circumstances of the pregnancy.

In general, for a pregnancy that has been progressing without complications, there is no increased risk associated with engaging in sexual activity. The human body is designed to protect the developing fetus throughout the pregnancy, and normal sexual activity does not typically interfere with this process. The amniotic fluid, strong uterine muscles, and the mucus plug at the cervix all serve to protect the fetus from infection and physical harm.

However, it is essential for pregnant women to be aware of certain signs that should prompt them to avoid sexual activity and seek medical advice. These include symptoms like vaginal discharge that is unusual in color or smell, any form of vaginal bleeding, or the rupture of the membranes (commonly known as water breaking). These symptoms could indicate potential complications, and abstaining from sexual activity while these are evaluated and managed is prudent.

In a small percentage of pregnancies where complications are present, such as placenta previa, preterm labor, or a history of miscarriages, a healthcare provider might advise against sexual intercourse. This caution is due to the potential for physical stimulation of the lower uterine segment during intercourse, which could theoretically lead to contractions or increased pressure on the cervix. Additionally, the hormonal changes triggered by orgasm, which include the release of oxytocin, can potentially stimulate uterine contractions. While in most pregnancies this is not a concern and does not lead to pre-term labor, in specific high-risk cases, this could be a factor contributing to early labor.

In conclusion, for most pregnancies that are progressing without any complications, sexual activity is considered safe and does not increase the risk to the pregnancy. Pregnant women should maintain open communication with their healthcare providers about their specific situations. This will help ensure that any potential risks are appropriately managed and that the pregnancy can continue safely while also accommodating the natural aspects of the patient's life, including sexual activity.

### NEW QUESTION # 30

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