

Nursing ACNS PDF Testsoftware, ACNS Fragen Beantworten



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Nursing ANCC Adult Health Clinical Nurse Specialist Certification (ACNS) ACNS Prüfungsfragen mit Lösungen (Q143-Q148):

143. Frage

The Adult Clinical Nurse Specialist working in an emergency department will see many patients with chest pain. Which of the following would the ACNS expect to find with the patient presenting with an acute myocardial infarction (MI)?

- A. Five-minute episodes of chest tightness brought on by stair climbing, lawn mowing, and brisk walking
- B. chest pressure that occurs at rest and last around 10 minutes
- C. severe and localized pain that has persisted for 3 hours
- D. diffuse, retrosternal pain for 30 minutes accompanied by diaphoresis

Antwort: D

Begründung:

Choice B is the right answer. The chest pain associated with MI or myocardial ischemia is substernal or retrosternal and is a compression or crushing pain. There is pressure, tightness, heaviness, cramping, and/or an aching sensation. Often, these patients have unexplained indigestion, belching, and epigastric pain as well. Diaphoresis, dyspnea, and nausea and vomiting are common.

Chest pressure that occurs at rest and last around 10 minutes (choice A) is not descriptive of an MI, more of unstable angina. Sever localized pain that has persisted for 3 hours (choice C) is more pulmonary related. Five-minute episodes of chest tightness brought on by stair climbing, lawn mowing, and brisk walking (choice D) describes stable angina.

144. Frage

Which of the following is most likely to be used to diagnose acute arterial occlusion?

- A. MRI.
- **B. Angiography.**
- C. CT scan.
- D. Cardiac catheterization.

Antwort: B

Begründung:

Angiography is the most likely method used to diagnose acute arterial occlusion. This imaging technique involves the injection of a contrast agent into the bloodstream and then taking x-ray images. These images help visualize the arteries, allowing physicians to see any blockages or abnormalities. The detailed visualization provided by an angiogram makes it an essential diagnostic tool in assessing the size and location of an arterial occlusion.

Arterial occlusions are blockages in the arteries that can severely restrict blood flow. They can occur due to various reasons such as emboli (where a blood clot or other debris travels through the bloodstream and lodges in an artery), thrombosis (the formation of a blood clot within a blood vessel), or trauma (physical injury to an artery). An angiogram helps determine the exact nature of the blockage and is crucial for planning appropriate treatment strategies.

Other diagnostic methods like cardiac catheterization, MRI, and CT scans also provide valuable information about the heart and blood vessels. However, for specifically diagnosing arterial occlusions, angiography is generally more precise. Cardiac catheterization, while it does involve the use of an angiogram during the procedure, is primarily used to assess the heart's function and the coronary arteries rather than peripheral arterial occlusion. MRI and CT scans, although useful for a broad range of diagnostic purposes, do not provide the same level of detail in real-time as an angiogram regarding blood flow and vascular architecture.

Therefore, due to its accuracy and the critical diagnostic information it provides, angiography is considered the most appropriate and direct method for diagnosing acute arterial occlusion. This procedure allows healthcare providers to make timely decisions about the best course of treatment to restore proper blood flow and minimize the risk of further complications like tissue damage or necrosis.

145. Frage

All of the following are true of informed consent except:

- A. This is the right of all competent adults who are over the age of 18 and the right of emancipated minors.
- B. It must be documented in the medical records that the patient has been informed of his or her healthcare options.
- C. The clinician has the duty to explain relevant information to the patient so that the patient can make an appropriate decision regarding the care to be provided.
- **D. This consent will absolve the CNS from allegations of malpractice should it occur.**

Antwort: D

Begründung:

Informed consent is a fundamental principle in medical ethics and legal requirements, which mandates that patients must be informed about their medical condition, the available treatment options, the potential risks and benefits associated with each option, and the consequences of receiving no treatment. This information allows patients to make well-informed decisions about their healthcare. The process of obtaining informed consent involves detailed communication between the healthcare provider and the patient, and it should be documented in the patient's medical record, confirming that the patient understands the information provided and consents to the proposed course of treatment.

However, it is crucial to understand that obtaining informed consent does not protect a healthcare provider, such as a Clinical Nurse Specialist (CNS), from allegations of malpractice. Malpractice refers to professional negligence where a healthcare provider deviates from the standards of practice in the medical community, leading to patient harm. Even if informed consent has been appropriately obtained and documented, a CNS can still face allegations of malpractice if they fail to meet the accepted standards of medical care. Informed consent primarily protects the patient's rights and ensures patient autonomy but does not absolve healthcare providers from their duty to deliver competent and standard care.

The correct answer to the question, therefore, is that informed consent does not absolve a CNS from allegations of malpractice should it occur. This is because informed consent relates to the patient being informed and agreeing to the treatment based on the understanding of potential risks and outcomes, not to the actual performance standards of the healthcare provider. Malpractice is

determined by the quality of care provided and adherence to professional standards, not merely by whether a patient agreed to the treatment.

It is also important to note that informed consent is required not only by ethical standards but also by legal regulations across many jurisdictions. This legal requirement emphasizes the importance of transparent communication in healthcare settings and ensures that patients have the opportunity to be active participants in their own healthcare decisions. The rights to informed consent are granted to all competent adults over the age of 18 and to emancipated minors, ensuring that these groups are protected and have control over their medical decisions.

Therefore, while informed consent is a crucial aspect of the medical process, it serves primarily to educate and empower patients rather than to protect healthcare providers from legal repercussions of their clinical actions. Understanding this distinction is key in appreciating the scope and limitations of informed consent in the medical field.

146. Frage

The U.S. Department of Agriculture (USDA) food pyramid and other research suggests all of the following except:

- A. fruits: 2-4 servings daily
- B. diet should have substantial fiber
- C. use sweets, fats, and oils sparingly
- D. vegetables: 6-8 servings daily

Antwort: D

Begründung:

The U.S. Department of Agriculture (USDA) has created guidelines to help Americans choose a balanced and healthy diet. One of the tools it has developed for this purpose is the food pyramid, which outlines recommended daily servings of various food groups. According to the USDA, a balanced diet should include a variety of food types in appropriate quantities to maintain health, provide energy, and support growth and development.

Among the recommendations, the USDA suggests that adults consume a diet rich in fiber. Fiber is essential for proper bowel function and helps reduce the risk of various diseases, such as heart disease and diabetes. High-fiber foods include fruits, vegetables, whole grains, and legumes.

The USDA also advises moderation in the consumption of sweets, fats, and oils. These items contain high amounts of calories and low nutrient density, which can contribute to weight gain, cardiovascular disease, and other health issues if consumed excessively. Therefore, they should be used sparingly within a balanced diet.

For fruits, the USDA recommends a daily intake of 2-4 servings. This recommendation is based on the benefits fruits provide, including essential vitamins, minerals, and antioxidants that support overall health and help prevent various diseases.

However, there seems to be some confusion around the recommended servings for vegetables. While the question suggests a daily intake of 6-8 servings of vegetables, this is incorrect according to current USDA guidelines. The actual recommendation is for adults to consume between 3-5 servings of vegetables each day. Vegetables are crucial for a healthy diet as they supply vitamins, minerals, fiber, and antioxidants, but the suggested amount is lower than the 6-8 servings mentioned in the question.

It is important to adhere to these guidelines for a well-rounded diet that supports health and prevents nutritional deficiencies and chronic diseases. Always consider these recommendations in the context of your overall dietary needs and health goals.

147. Frage

When treating a patient who has an extremely high P.T. level from coumadin (warfarin) usage, the ACNS understands that which of the following is the antidote?

- A. Vitamin C
- B. Vitamin D
- C. Vitamin A
- D. Vitamin K

Antwort: D

Begründung:

When treating a patient with an extremely high Prothrombin Time (PT) due to coumadin (warfarin) usage, it is crucial to know the appropriate antidote to correct this condition. The correct antidote in such instances is Vitamin K.

Warfarin is a commonly prescribed anticoagulant that works by inhibiting the synthesis of Vitamin K-dependent clotting factors, which are essential for blood clotting. When warfarin is overdosed or excessively accumulated in the body, it leads to an increased risk of bleeding due to the inability of blood to clot properly. This risk is typically monitored through PT, which measures the time it takes for blood to clot. An elevated PT indicates that it takes longer than usual for the blood to clot, signaling an excessive

anticoagulant effect.

Vitamin K counteracts the effects of warfarin by promoting the synthesis of clotting factors. Therefore, administering Vitamin K can help restore the clotting ability of the blood. Vitamin K can be given in various forms, including oral and intravenous injections. The mode of administration often depends on the severity of the warfarin overdose and the urgency with which clotting needs to be restored. For extremely high PT levels, Vitamin K is typically administered via injection as it provides a quicker response compared to oral administration.

In addition to its role in emergency treatment for warfarin toxicity, Vitamin K is found naturally in several foods, primarily green leafy vegetables such as spinach, kale, and broccoli. However, dietary intake of Vitamin K is generally insufficient to counteract a significant overdose of warfarin, and thus pharmacological doses are required in such scenarios.

It is essential for healthcare providers, especially those in acute care settings like the ACNS (Acute Care Nursing Specialist), to be aware of the appropriate use of Vitamin K as an antidote. This knowledge ensures timely and effective treatment to reverse the effects of warfarin toxicity and reduce the risk of severe bleeding complications.

148. Frage

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Sprechen Sie mit Ihrem wahren Mund, aus wahren Herzen, Sobald ACNS Klement geendigt hatte, sagte die älteste Sennerin, daß das Halstuch ihm gehöre, Die Prüfung leichter bestehen.

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Ihre Vorbereitung für die echte Prüfung wird eine ganze Bequemlichkeit sein, und Sie werden zusätzlichen Vorteil haben, Jetzt können Sie auf unserer offiziellen Webseite die neuesten Informationen über Nursing ACNS erfahren!

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