

AANP-FNP Test Engine Version, AANP-FNP Sample Questions Answers

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 (Q69-Q74):

NEW QUESTION # 69

If movement is going toward the body it would be considered _____?

- A. Proximal
- B. Distal
- C. Abduction
- **D. Adduction**

Answer: D

Explanation:

The question refers to a specific type of movement relative to the midline of the body. In anatomical terms, movements that bring a limb or other part closer to the sagittal plane (the plane that divides the body into left and right halves) are classified as adduction. Therefore, if the movement is going toward the body, it is considered **adduction**.

Adduction is often confused with **abduction**, which is essentially the opposite. Abduction is the movement that takes a limb or other part away from the midline of the body. For example, raising your arms sideways away from your body is an abduction movement.

To further clarify, these terms are also relative to other anatomical directional terms such as **distal** and **proximal**.

Distal refers to a body part that is further away from the center of the body (or from the point of attachment of a limb to the body), whereas **proximal** refers to a body part that is closer to the center of the body (or to the point of attachment).

Therefore, in the context of your original question, if movement is going toward the body, it is definitively termed as **adduction**. This terminology helps in understanding movement patterns, especially in fields like anatomy, physical therapy, and sports science.

NEW QUESTION # 70

Which of the following skin lesions is present in up to 80 to 90% of Black, Asian, Hispanic, and Native American infants?

- A. milia
- B. faun tail nevus
- **C. Mongolian spots**
- D. erythema toxicum

Answer: C

Explanation:

The correct answer to the question regarding which skin lesion is present in up to 80 to 90% of Black, Asian, Hispanic, and Native American infants is "Mongolian spots." Mongolian spots are a type of congenital dermal melanocytosis, where melanocytes, the cells responsible for skin pigment, are located deeper than usual in the skin. These spots are named after the Mongol people of East and Central Asia, where the condition was first described, but the term is considered outdated and potentially offensive in modern contexts.

The appearance of Mongolian spots is typically characterized by blue to black-colored patches or stains on the skin. These spots are usually flat and can vary in size and shape. Although they can appear anywhere on the body, they are most commonly found on the lumbosacral area, which includes the lower back and buttocks. This prevalent location is one reason why they are frequently observed during newborn examinations.

Mongolian spots are more commonly seen in infants of certain ethnicities, including those of Black, Asian, Hispanic, and Native American descent, affecting up to 80 to 90% of these populations. The high incidence rate in these groups contrasts with their occurrence in Caucasian infants, where they are much less common.

It's important to note that Mongolian spots are generally harmless and usually fade or disappear completely by school age, typically around the age of five to seven years. They do not require any treatment as they are not associated with any disease or health condition. However, their presence should be documented in medical records to avoid confusion with bruising or other skin conditions, which might otherwise lead to unnecessary investigations.

In summary, Mongolian spots are benign skin markings that are particularly prevalent among infants of Black, Asian, Hispanic, and Native American heritage. Their recognition is crucial for proper pediatric care and for avoiding misinterpretations of their

significance.

NEW QUESTION # 71

As part of your education and follow-up of a patient who has acute otitis media you instruct her that to open the Eustachian tubes for draining the middle ear she should close her mouth, pinch her nose, and press out as if blowing up a balloon. This is known as which of the following?

- A. Valsalva maneuver
- B. Edmonds technique
- C. Frenzel maneuver
- D. Lowry technique

Answer: A

Explanation:

The correct answer is the Valsalva maneuver. This technique is a widely used method to help equalize pressure in the ears, particularly effective in treating conditions such as acute otitis media, where fluid accumulation in the middle ear can cause pain and hearing impairment. The Valsalva maneuver aids in opening the Eustachian tubes, which connect the middle ear to the nasopharynx, allowing the accumulated fluid to drain and equalize pressure on both sides of the eardrum.

To perform the Valsalva maneuver, a person should close their mouth, pinch their nose shut, and then attempt to exhale forcefully without letting any air escape through the nose or mouth. This action increases the pressure in the nasopharynx and pushes the soft tissue of the Eustachian tubes open. The maneuver is named after Antonio Maria Valsalva, an 18th-century Italian anatomist who described the technique primarily to clear pus from the middle ears of patients suffering from ear infections.

Although the Valsalva maneuver is often recommended for situations involving changes in atmospheric pressure, such as during takeoff and landing in an airplane, it is also beneficial in medical settings to alleviate the discomfort associated with middle ear infections. By facilitating the drainage of the middle ear, the maneuver can reduce pain and improve auditory function. However, it is important to perform this technique cautiously, as excessively forceful attempts can lead to complications such as barotrauma or damage to the eardrum.

In summary, the Valsalva maneuver is a practical and effective method to open the Eustachian tubes and relieve pressure in the middle ear. It is particularly useful in treating symptoms of acute otitis media, helping patients manage discomfort and facilitate recovery. As with any self-administered treatment, it should be performed correctly and with an appropriate level of force to avoid potential risks.

NEW QUESTION # 72

Your patient is a 28-year-old female with a history of seizures. She is taking oral contraceptives. Which of the following medications may lead to contraceptive failure for this patient?

- A. clonazepam
- B. acetazolamide
- C. carbamazepine
- D. gabapentin

Answer: D

Explanation:

In the management of a 28-year-old female patient who has a history of seizures and is using oral contraceptives, it is crucial to consider the interaction between her seizure medication and her birth control pills. One of the medications listed, carbamazepine, is known to have a significant interaction that may compromise the effectiveness of oral contraceptives.

Carbamazepine is an anticonvulsant and mood-stabilizing drug used primarily in the treatment of epilepsy and bipolar disorder. It works by decreasing nerve impulses that cause seizures and pain. However, carbamazepine is also a potent inducer of cytochrome P450 enzymes, particularly CYP3A4, in the liver. This enzyme induction increases the metabolism of certain substances, including the hormones in oral contraceptives.

The hormones in birth control pills, mainly estrogen and progesterone, are metabolized by these enzymes. When carbamazepine is taken concurrently with oral contraceptives, it accelerates the metabolism of these hormones, thereby reducing their levels in the body. Lower hormone levels can lead to decreased effectiveness of the contraceptive pill, increasing the risk of unintended pregnancy.

Other medications listed, such as acetazolamide, clonazepam, and gabapentin, do not share this particular enzyme-inducing property with respect to oral contraceptives. Therefore, they are not typically associated with a risk of contraceptive failure when used concurrently with birth control pills.

Thus, in the case of the patient described, if she is taking carbamazepine for her seizures, there is a potential risk for contraceptive failure due to the enhanced metabolism of estrogen. It would be advisable to consider alternative contraceptive methods or adjust the seizure medication under the guidance of a healthcare provider. This approach ensures both effective seizure management and reliable contraception, thereby addressing the patient's overall health needs.

NEW QUESTION # 73

Which of the following is a conclusion reached based on the evidence of the patient's symptoms and signs?

- A. Goal.
- B. Cue.
- C. Inference.
- D. Syndrome.

Answer: C

Explanation:

Dyspnea, commonly known as difficulty breathing, is classified as an inference in the context of nursing. This classification is based on how symptoms are interpreted to form a nursing diagnosis.

In nursing, an inference refers to a conclusion reached based on the evidence of the patient's symptoms and signs. Unlike a medical diagnosis, which identifies a specific disease or medical condition, a nursing diagnosis focuses on the patient's response to health conditions or life processes. Dyspnea itself is a symptom reported by the patient or observed by the nurse. The nurse uses this information, along with other signs and symptoms, to infer the patient's overall health status or potential health problems.

For example, if a patient reports dyspnea, the nurse must assess the severity, duration, and context of this symptom. The nurse will also consider other relevant factors such as the patient's medical history, physical examination, and possibly results from diagnostic tests. The inference here is to determine what the dyspnea implies about the patient's health, which could range from heart problems, lung issues like asthma or COPD, to anxiety disorders.

Therefore, dyspnea as an inference is crucial in forming a comprehensive nursing diagnosis, which guides the planning and implementation of nursing interventions. The aim is to alleviate symptoms, provide comfort, and address the root cause if possible, within the scope of nursing practice. Hence, understanding dyspnea as an inference helps in the effective management of patient care, emphasizing the importance of clinical judgment and the interpretive role of nurses in healthcare.

NEW QUESTION # 74

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