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Nursing ANCC Adult Health Clinical Nurse Specialist Certification (ACNS) Sample Questions (Q122-Q127):

NEW QUESTION # 122

An oral glucose tolerance test is typically used to detect which of the following?

- A. Polycystic ovary syndrome (PCOS).
- **B. Gestational diabetes.**
- C. Grave's disease.
- D. Cushing's syndrome.

Answer: B

Explanation:

An oral glucose tolerance test (OGTT) is a diagnostic tool primarily used to identify abnormalities in the way the body handles glucose after a period of fasting. This test is particularly significant in diagnosing gestational diabetes, a type of diabetes that develops during pregnancy. Gestational diabetes can pose risks to both mother and baby, making early detection and management crucial. During the OGTT, the patient first fasts overnight. The next morning, the fasting blood glucose level is measured. After this, the patient drinks a glucose solution, which typically contains 75 grams of glucose. Subsequent blood glucose levels are then measured

at various intervals, usually at one hour, two hours, and sometimes three hours after the glucose intake. This allows healthcare providers to see how well the patient's body processes the glucose over time.

The test is considered positive for gestational diabetes if blood glucose levels exceed the established thresholds at any of the testing times. For instance, the American Diabetes Association (ADA) suggests that in a 75-gram OGTT, a two-hour blood glucose level of 153 mg/dL or higher is indicative of gestational diabetes.

While primarily used for diagnosing gestational diabetes, the OGTT can also be employed in other contexts. For example, it can help diagnose type 2 diabetes and prediabetes in non-pregnant individuals. Additionally, it is sometimes used in the assessment of patients with polycystic ovary syndrome (PCOS) to evaluate their risk of developing diabetes, as insulin resistance is a common feature of PCOS.

However, it is important to note that the OGTT is not typically used to diagnose conditions such as Cushing's syndrome or Graves' disease, as these disorders are related to hormone imbalances rather than directly to glucose metabolism. For these conditions, other specific tests would be more appropriate and diagnostic.

NEW QUESTION # 123

What can hyperprolactinemia be a sign of?

- A. Lower motor neurone lesion.
- B. Upper motor neurone lesion.
- C. Pituitary adenoma.
- D. Cerebellar disease.

Answer: C

Explanation:

Hyperprolactinemia refers to the condition where there is an abnormally high level of prolactin in the blood. Prolactin is a hormone produced by the pituitary gland, which is located at the base of the brain. This hormone primarily functions to promote lactation (milk production) in women after childbirth, but it is also present in non-pregnant women and men in lower amounts.

One common cause of hyperprolactinemia is a pituitary adenoma, specifically a prolactinoma, which is a benign tumor of the pituitary gland that produces excessive amounts of prolactin. This overproduction can lead to various symptoms, depending on the gender of the individual. In women, high prolactin levels can cause galactorrhea (production and spontaneous flow of breast milk), amenorrhea (absence of menstrual periods), and infertility. In men, symptoms might include decreased libido, erectile dysfunction, and infertility. Besides prolactinomas, hyperprolactinemia can be indicative of other health issues. These include hypothyroidism, where the thyroid gland does not produce enough hormones, affecting the pituitary gland's regulation of prolactin. Certain medications, such as antipsychotics and antiemetics, can also elevate prolactin levels by interfering with dopamine, a neurotransmitter that normally inhibits prolactin secretion.

In some cases, the symptoms of a pituitary adenoma extend beyond hormonal disturbances. If the adenoma grows large enough, it can exert pressure on surrounding brain structures. This might lead to headaches, as well as visual disturbances if the optic nerves are compressed. These symptoms necessitate prompt medical evaluation to manage the tumor and alleviate the risk of permanent damage.

Therefore, while hyperprolactinemia can be a sign of a pituitary adenoma, it is crucial to consider and rule out other potential causes. A comprehensive evaluation, typically involving blood tests, imaging studies like MRI of the brain, and a thorough assessment of symptoms, is essential to determine the underlying cause and appropriate treatment.

NEW QUESTION # 124

Of the following, which is an antipsychotic that can be used to treat neurological disorders?

- A. Flurazepam.
- B. Bromocriptine.
- C. Pimozide.
- D. Hydantoin.

Answer: C

Explanation:

Among the medications listed, Pimozide is identified as an antipsychotic that can be used to treat neurological disorders. Pimozide primarily functions as an antipsychotic drug, which is typically used to manage symptoms associated with conditions like Tourette's syndrome. This particular neurological disorder is characterized by involuntary, repetitive movements and vocalizations known as tics. By blocking the dopamine receptors in the brain, Pimozide helps to control the expressions of these tics, thereby providing relief to individuals suffering from this condition.

On the other hand, the other drugs mentioned serve different primary purposes in the treatment of neurological and other medical conditions. Hydantoin, for example, is widely recognized as an anticonvulsant. It is primarily used to manage and prevent seizures in the treatment of epilepsy. By stabilizing the electrical activity in the brain, it helps to prevent the excessive and abnormal brain cell activity that causes seizures.

Flurazepam belongs to the class of drugs known as benzodiazepines. It is generally prescribed for the short-term treatment of insomnia. Benzodiazepines function by enhancing the effect of the neurotransmitter GABA, which results in sedative, muscle-relaxant, anticonvulsant, and anxiolytic effects. Though not directly treating neurological disorders, its sedative properties can indirectly aid patients with neurological conditions that may experience sleep disturbances.

Lastly, Bromocriptine is a dopamine agonist. This medication is typically used in the treatment of Parkinson's disease, a neurological disorder characterized by tremors, stiffness, and slow movement. Bromocriptine works by stimulating dopamine receptors in the brain, which helps to alleviate these symptoms. It is also used to treat disorders related to high levels of prolactin hormone and certain types of acromegaly.

In summary, while all these medications can be associated with the treatment of neurological issues, Pimozide stands out as the specific antipsychotic used primarily for managing symptoms of neurological disorders like Tourette's syndrome. Each medication, however, plays a crucial role in addressing different aspects of neurological and other health conditions.

NEW QUESTION # 125

The Adult Clinical Nurse Specialist works for an organization that conducts research. The name given to the subjects in a research study who do not have the disease or condition that is being studied, but who are included in the study for comparison are:

- A. placebos
- B. case series
- C. controls
- D. cross sectionals

Answer: C

Explanation:

In clinical research, particularly in studies aiming to ascertain the effectiveness of a treatment or intervention, it's crucial to have a proper comparison group alongside the group receiving the treatment. This comparison group is referred to as "controls." These are individuals who do not have the disease or condition that the primary study group has, or who do not receive the intervention being tested. They are essential for providing a baseline against which the effects of the intervention can be measured.

Controls help researchers understand what changes would have occurred without the intervention. For example, in a clinical trial testing a new drug for diabetes, the control group would consist of participants who either receive a standard treatment for diabetes or a placebo (a substance with no therapeutic effect). This comparison ensures that any differences in outcomes between the control group and the treatment group can be attributed to the intervention itself, rather than other variables.

In contrast, other research terms have different functions: - A **case series** is a type of observational study that involves detailed reporting of symptoms, signs, diagnosis, treatment, and follow-up of a group of patients with a particular diagnosis, without a control group for comparison. - A **cross-sectional study** examines the relationship between diseases and other variables of interest as they exist in a defined population at one particular time. This type of study provides a 'snapshot' of the frequency and characteristics of a disease in a population at a specific point in time. - A **placebo** is an inactive substance or treatment that looks the same as, and is administered in the same way as, the drug or treatment being tested. It is used to control for the placebo effect, a psychological benefit derived from the expectation of improvement, rather than the characteristics of the actual drug.

Therefore, in the context of a clinical trial or research study, the term "controls" specifically refers to those individuals who serve as a baseline or standard for comparison against the group receiving the experimental treatment. This comparison is critical for the validity and reliability of the study's conclusions about the effectiveness and safety of the treatment under investigation.

NEW QUESTION # 126

The CNS understands that she will be treating patients with Title XIX Medicaid of the Social Security Act. The following are accurate statements regarding Medicaid with the exception of:

- A. Medicaid pays for health care and prescription drugs.
- B. Providers are allowed to collect from these patients if Medicaid denies the claim.
- C. This is a federal and state matching program.
- D. Medical assistance is provided to low income persons under this.

Answer: B

Explanation:

The question pertains to understanding the rules and regulations regarding Medicaid, which is covered under Title XIX of the Social Security Act. This federal program is designed to assist with medical costs for people with limited income and resources, and it offers benefits not typically covered by Medicare, such as nursing home care and personal care services.

One of the statements provided in the question is that "Providers are allowed to collect from these patients if Medicaid denies the claim." This statement is incorrect and serves as the correct answer to the question. In the Medicaid program, providers who accept Medicaid patients must agree to accept Medicaid's payment as the full payment for their services. If Medicaid denies the claim, the provider generally cannot bill the patient for the denied charges. This rule is in place to protect low-income patients from incurring medical bills they cannot afford, which they might face if Medicaid denies payment and providers are allowed to charge them directly.

Medicaid operates as a joint federal and state program. The federal government provides part of the funding, while states must match a percentage of that funding. Each state administers its own Medicaid program but must follow federal guidelines. The state's flexibility allows it to determine aspects such as the type, amount, duration, and scope of services, which can vary widely between states.

The intention behind Medicaid rules, including the prohibition against billing patients for covered services when claims are denied, is to ensure that financial barriers do not prevent vulnerable populations—such as low-income individuals, the elderly, disabled, blind, and families with dependent children—from accessing necessary medical care. Providers who participate in Medicaid accept these terms, which includes accepting the Medicaid reimbursement as payment in full, thereby agreeing not to pursue additional payment from the patient for any services that Medicaid is supposed to cover.

In summary, the correct answer to the question, "Providers are allowed to collect from these patients if Medicaid denies the claim," is a misstatement about Medicaid's regulations. Providers are indeed not allowed to bill Medicaid patients directly if Medicaid denies the claim, provided the services are ones that Medicaid is expected to cover and the provider has accepted the terms of Medicaid payments. This is fundamental to ensuring that Medicaid fulfills its role in helping those who are financially disadvantaged to receive necessary healthcare.

NEW QUESTION # 127

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