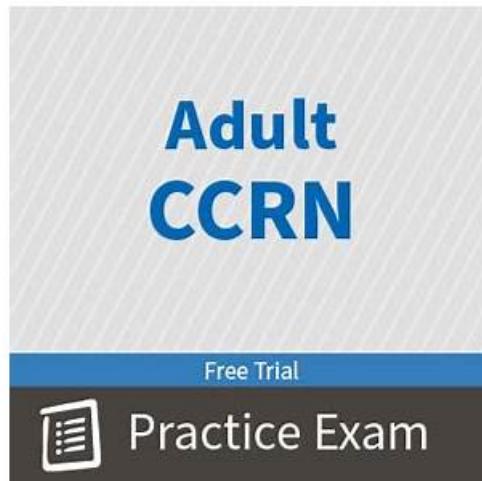


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AACN CCRN-Adult Exam Syllabus Topics:

Topic	Details
Topic 1	<ul style="list-style-type: none">CLINICAL JUDGMENT: This section measures the skills of Critical Care Nurses and covers a wide range of medical conditions across various systems. It includes cardiovascular issues such as acute coronary syndrome, heart failure, and cardiomyopathies, demonstrating the need for in-depth knowledge in managing these critical conditions. The section also addresses respiratory emergencies like pulmonary embolism and ARDS, emphasizing the importance of understanding respiratory failure and chronic conditions.
Topic 4	<ul style="list-style-type: none">In musculoskeletal, neurological, and psychosocial areas, the syllabus includes managing trauma, neurological disorders, and behavioral health issues. This emphasizes the holistic approach required in critical care settings. Lastly, multisystem complications such as sepsis and shock states are included to assess the ability to manage life-threatening conditions that affect multiple organ systems.

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AACN CCRN (Adult) - Direct Care Eligibility Pathway Sample Questions (Q363-Q368):

NEW QUESTION # 363

Which of the following is NOT a nonpharmacologic intervention to reduce anxiety in a critically ill patient?

- A. Muscle relaxation
- B. **Assessing the patient for learning readiness**
- C. Listening to familiar music
- D. Deep and slow abdominal breathing patterns

Answer: B

Explanation:

Learning readiness is important to assess, and cues the nurse on when to provide education and information regarding diagnosis, prognosis, treatments, and procedures. In addition, education provides patients and caregivers with a mechanism by which fears and concerns can be put in perspective and confronted so that they can become active members in the decisions made about care.

However, it is not considered to be a nonpharmacologic intervention to reduce anxiety.

Medical disorders can cause anxiety and panic-like symptoms that are distressing and may exacerbate the patient's condition.

Breathing and distraction techniques, as well as muscle relaxation, are a few nonpharmacologic interventions that can be particularly helpful in managing anxiety during critical illness.

NEW QUESTION # 364

A 75-year-old patient in the ICU following a carotid endarterectomy is having difficulty sleeping at night.

She complains of frequent noise and light interruptions. What is the MOST appropriate nursing intervention?

- A. Cluster assessments and interventions
- B. **Provide earplugs and an eye mask**
- C. Tell the patient that this is unavoidable in the ICU
- D. Administer a sleep aid

Answer: B

Explanation:

Environmental factors such as noise and light are common causes of sleep disruption in the ICU.

Providing earplugs and an eye mask is a simple, non-pharmacological method to improve sleep quality.

Although a sleep aid may help, it is not first-line intervention and it may affect the ability to perform regular neurological assessments.

While the ICU does involve environmental factors such as noise and light, there are interventions that can reduce these effects for the patient. Clustering assessments may be inappropriate for someone who has had a carotid endarterectomy, as regular, periodic neurological assessments are important following this type of surgery.

NEW QUESTION # 365

The critical care nurse suspects that a patient may be developing a thyrotoxic crisis. Which of the following considerations for this condition is CORRECT?

- A. Synthroid is the main component of initial treatment
- B. Thyrotoxic crisis is unlikely to be fatal, but can lead to unpleasant symptoms
- C. **Emergency management includes immediate administration of beta-blockers**
- D. Thyrotoxic crisis is most likely to be seen in someone who was diagnosed with a thyroid disease at least 10 years previously

Answer: C

Explanation:

Thyroid storm or thyrotoxic crisis is a life-threatening emergency with mortality up to 30% (highly likely to be fatal). It is a rare condition in developed countries, typically seen with undiagnosed or under-treated hyperthyroidism.

If a patient is experiencing this condition, emergency management involves immediate administration of beta-blockers (propranolol, esmolol) to blunt the sympathetic nervous system receptors, plus medications that block thyroid synthesis and release of more thyroid hormone (methimazole, propylthiouracil).

Synthroid is the main component of treating hypothyroidism; therefore, it would only exacerbate a thyrotoxic crisis.

NEW QUESTION # 366

A patient admits to a nurse that he has struggled with depression and feelings of isolation and abandonment since moving into a nursing home last year, but he has recently started taking an anti-depressant. The patient states, "Sometimes it takes everything I've got just to go on each day." Which of the following is the nurse's best initial response?

- A. "You sound like you've been really unhappy. Have you thought about harming yourself?"
- B. "I understand how you feel. We all get that way when we're depressed."
- C. "Have you talked to anyone about what is bothering you?"
- D. "Those feelings should resolve when the medication you've started has a chance to take effect."

Answer: A

Explanation:

This is the nurse's best initial response, as it expresses empathy, validates the patient's feelings, and assesses the patient's risk of suicide. Depression is a common and serious mental health condition that affects older adults, especially those living in nursing homes. Depression can cause persistent sadness, hopelessness, loss of interest, and suicidal thoughts or behaviors. The nurse should screen the patient for depression using a validated tool, such as the Patient Health Questionnaire (PHQ-9) 1, and ask about any suicidal ideation or plans. The nurse should also provide emotional support, education, and referral to appropriate resources for the patient.

B: "Those feelings should resolve when the medication you've started has a chance to take effect." This is not the nurse's best initial response, as it dismisses the patient's feelings, implies that the patient just needs to wait for the medication to work, and does not address the patient's psychosocial needs.

Antidepressants are one of the treatment options for depression, but they may take several weeks to show their full effect, and they may not work for everyone. The nurse should also explore other factors that may contribute to the patient's depression, such as social isolation, loss of autonomy, chronic illness, or grief, and offer interventions that may help the patient cope, such as counseling, psychotherapy, cognitive-behavioral therapy, or social activities.

C: "I understand how you feel. We all get that way when we're depressed." This is not the nurse's best initial response, as it assumes that the nurse knows how the patient feels, minimizes the patient's experience, and generalizes the patient's condition. Depression is not a normal or inevitable part of aging, and it affects each person differently. The nurse should not compare the patient's feelings to their own or to others, but rather acknowledge and respect the patient's unique perspective and situation. The nurse should also avoid using words like "we" or "you" that may create a sense of distance or judgment, and instead use words like "I" or "me" that may convey a sense of empathy or rapport.

D: "Have you talked to anyone about what is bothering you?"

This is not the nurse's best initial response, as it may sound like the nurse is trying to avoid listening to the patient, or that the patient is bothering the nurse with their problems. The nurse should not imply that the patient should talk to someone else, but rather show interest and willingness to listen to the patient. The nurse should also use open-ended questions that invite the patient to share more, such as "How are you feeling today?" or "What has been on your mind lately?" The nurse should also use active listening skills, such as nodding, paraphrasing, reflecting, or summarizing, to demonstrate understanding and engagement.

NEW QUESTION # 367

Which of the following conditions requires the MOST immediate attention?

- A. Hemothorax
- B. Tension pneumothorax
- C. Pulmonary contusion
- D. Open pneumothorax

Answer: B

Explanation:

A tension pneumothorax occurs when air enters the pleural space and is unable to escape. As this build up continues, pressure develops in the plural space, compressing the thoracic organs and causing hypoventilation, compression of the great vessels, and

cardiogenic shock. As a tension pneumothorax is a medical emergency, this condition will require the most immediate attention. An open pneumothorax allows air to escape via the open wound, preventing the increase in intrathoracic pressure and the associated complications. A hemothorax is defined as blood in the pleural space, and only normally requires immediate attention if it is associated with hemorrhage. A pulmonary contusion is a serious condition, but occurs more gradually than a tension pneumothorax, allowing more time to respond.

NEW QUESTION # 368

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