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## Nursing AANP Family Nurse Practitioner (AANP-FNP) Sample Questions (Q66-Q71):

### NEW QUESTION # 66

You are conducting a health assessment with a patient. She tells you that she does not understand what will happen during the tests she will undergo the next day. Which of the following is an appropriate nursing diagnosis for this patient?

- A. Patient needs further education.
- B. Patient does not understand care plan.
- C. Low health literacy.

- D. Knowledge deficit.

**Answer: D**

Explanation:

The appropriate nursing diagnosis for a patient who expresses confusion or lack of understanding about upcoming tests or procedures is "Knowledge Deficit." This diagnosis is used when a patient demonstrates a lack of cognitive information or comprehension related to a specific topic, which in this case is the medical tests they are scheduled to undergo.

In the context of nursing care, a knowledge deficit can adversely affect a patient's ability to consent to or prepare for procedures and may hinder compliance with medical advice. Recognizing this deficit is crucial as it prompts the necessary intervention - patient education. Education here aims to fill the gaps in the patient's understanding, ensuring they are fully informed about the nature, purpose, benefits, and potential risks associated with the tests.

Educating the patient serves multiple purposes: it helps in alleviating anxiety, increases the likelihood of compliance, and empowers the patient by giving them control over their health decisions. This educational intervention can be tailored to the patient's specific needs, considering factors like their educational background, preferred communication styles, and cultural perspectives.

It is essential for healthcare providers, including nurses, to approach this education with patience and clarity, using layman's terms and avoiding medical jargon that could further confuse the patient. Utilizing visual aids, simplified handouts, and interactive dialogues can enhance understanding and retention of the information provided.

Ultimately, addressing a knowledge deficit through targeted education not only improves patient outcomes but also enhances the overall quality of healthcare by fostering a collaborative and informed patient-provider relationship.

#### NEW QUESTION # 67

You have prescribed a topical medication for one of your patients with a skin disorder. You know that for the medication to have the maximum absorption it should be in which of the following forms?

- A. ointment
- B. tincture
- C. gel
- D. paste

**Answer: A**

Explanation:

When it comes to prescribing topical medications for skin disorders, the form in which the medication is administered can greatly affect its absorption and effectiveness. A key factor in this is the viscosity of the vehicle (the base that carries the medication) used in the topical formulation.

Viscosity refers to the thickness and stickiness of a liquid. In the context of topical medications, vehicles can range from watery solutions to thick ointments. Generally, the thicker the vehicle, the better it is at facilitating the absorption of the medication into the skin. This is primarily because thicker vehicles tend to evaporate more slowly, maintain contact with the skin for longer periods, and penetrate the skin more effectively.

Ointments are among the most viscous forms of topical medication vehicles. They are usually oil-based and do not contain water, which helps them to remain on the skin's surface for extended periods. This prolonged contact time allows for greater absorption of the medication into the skin, making ointments particularly suitable for delivering higher concentrations of active ingredients.

In contrast, less viscous forms like lotions and gels contain more water and less oil, which causes them to evaporate more quickly and provide less skin penetration. This makes them less effective for conditions that require deeper skin absorption of the medication. Lotions and gels might be preferred for conditions that need lighter coverage and less potency, or when a cooling effect is desired.

Tinctures, another form of topical application, are alcohol-based solutions. The alcohol allows the tincture to penetrate the skin quickly, but it also evaporates rapidly, which can reduce the amount of time the active ingredient is in contact with the skin. This makes tinctures less suitable than ointments for conditions requiring sustained medication delivery.

Therefore, when maximum absorption of a medication into the skin is needed, an ointment is typically the most effective form. This is why, for a patient with a skin disorder requiring robust topical treatment, an ointment would be the recommended choice to ensure that the medication is absorbed deeply and effectively.

#### NEW QUESTION # 68

Mr. Garcia comes to the clinic and tells the FNP that he has lumps under his arms that have started to drain pus. These lumps are red and painful. The FNP is most likely to diagnose which of the following?

- A. hidradenitis suppurativa

- B. herpes zoster
- C. axillary herpes
- D. psoriasis

**Answer: A**

Explanation:

From the symptoms described by Mr. Garcia, the Family Nurse Practitioner (FNP) would likely diagnose him with hidradenitis suppurativa. This condition is characterized by the presence of painful, red lumps under the skin, such as in the armpits or groin, that can eventually start to drain pus.

Hidradenitis suppurativa is a chronic skin condition involving the inflammation and infection of the sweat glands, especially those located in the axillary (underarm) and inguinal (groin) regions. It is not caused by poor hygiene but is instead associated with follicular occlusion, which leads to the trapping of sweat, bacteria, and debris in the gland. This causes an inflammatory response, resulting in the painful lumps and abscesses seen in this condition.

The lumps are typically recurrent and can vary in severity. Over time, they can lead to the development of sinus tracts and scarring. The exact cause of hidradenitis suppurativa is not well understood but is believed to be influenced by genetic factors, hormonal changes, and immune system issues.

Contrary to the explanation provided, hidradenitis suppurativa is not primarily a bacterial infection but can become secondarily infected with bacteria such as *Staphylococcus aureus*. Treatment often involves antibiotics to control any secondary infection, along with other medications to reduce inflammation and manage pain. In severe cases, surgical intervention may be necessary to remove affected tissue.

Culture and sensitivity (C&S) tests of the purulent discharge can help in identifying any secondary bacterial infection and determining the most effective antibiotics to use in treatment. Managing hidradenitis suppurativa requires a comprehensive approach that may also include lifestyle changes, such as weight management and smoking cessation, which can help reduce flare-ups.

It is important for patients with hidradenitis suppurativa to receive a correct diagnosis and appropriate treatment plan to manage symptoms and prevent complications. Regular follow-up with healthcare providers is crucial to effectively manage this chronic and often distressing condition.

## NEW QUESTION # 69

When conducting a cultural assessment, which of the following is most likely to be a question you would ask?

- A. What medications the patient takes.
- **B. All of the above.**
- C. What foods the patient eats regularly.
- D. What the major support systems in the patient's family are.

**Answer: B**

Explanation:

When conducting a cultural assessment, it is essential to ask a variety of questions that cover different aspects of a patient's life to get a comprehensive understanding of their cultural background. Each question aims to uncover specific cultural practices and beliefs that can significantly influence health care outcomes. Below are some typical questions that might be asked during such an assessment, with explanations for why they are important.

"What are the major support systems in the patient's family?" This question helps to understand the patient's family dynamics and social support networks. Knowing who the patient turns to in times of need can provide insights into their stress relief mechanisms and emotional support structures. It also helps in planning patient care, particularly after discharge or during long-term treatment, ensuring that the patient has a reliable support system to aid in recovery and adherence to medical advice.

"What foods does the patient eat regularly?" This question is crucial as it not only gives insight into the patient's dietary habits but also highlights cultural foods or dietary practices that may need to be considered in their care plan. Dietary habits can affect various health aspects, including allergies, metabolic processes, and even the effectiveness of prescribed medications. Understanding a patient's regular diet can aid in creating a nutrition plan that respects their cultural preferences while addressing any health issues.

"What medications does the patient take?" This question is standard in most medical assessments but gains additional layers in a cultural context. Some cultures use traditional remedies that may interact with conventional drugs. Understanding all substances the patient uses—medicinal or otherwise—enables safer prescribing and helps prevent adverse drug interactions. Additionally, some patients might prioritize traditional medicines over modern treatments, and knowing this preference can facilitate more culturally sensitive and effective communication about healthcare options.

Overall, each of these questions serves to build a fuller picture of the patient's cultural context, which is essential for providing culturally competent care. Understanding a patient's cultural background can greatly enhance the effectiveness of treatment by aligning medical advice with cultural practices, thus improving patient adherence and satisfaction with the healthcare process.

### NEW QUESTION # 70

You have a patient with chronic asthma

a. At each follow-up visit with your patient you would determine which of the following?

- A. sleep patterns
- **B. PEFR**
- C. WBC count
- D. diet

**Answer: B**

Explanation:

For a patient with chronic asthma, regular follow-up visits are crucial for monitoring the patient's condition and managing the asthma effectively. Among the assessments that could be conducted during these visits, measuring the Peak Expiratory Flow Rate (PEFR) is notably significant. Here's why PEFR is the correct answer and why other options like diet, WBC count, or sleep patterns, though important in general health, are less critical in routine asthma follow-up assessments.

**\*\*PEFR (Peak Expiratory Flow Rate):\*\*** PEFR is a measure of how quickly a person can expel air from their lungs after a maximal inhalation, using a device called a peak flow meter. This measurement is particularly important in the management of asthma as it provides a quantitative assessment of the patient's lung function. Regular monitoring of PEFR can help in detecting early signs of worsening asthma control, even before symptoms become more severe. Changes in PEFR readings can indicate the need for adjustments in medication or other interventions. Consequently, assessing PEFR is a standard procedure in follow-up visits for asthma patients.

**\*\*Diet:\*\*** While diet is an essential aspect of overall health and can impact conditions like asthma (certain food allergies or sensitivities may trigger asthma symptoms), it is not routinely assessed in every follow-up visit unless specific dietary-related asthma triggers have been previously identified. The primary focus of asthma management is monitoring airway function and managing environmental and physical triggers.

**\*\*WBC Count:\*\*** A white blood cell (WBC) count is a measure of the immune cells in the blood and can indicate the presence of infection or inflammation. While systemic inflammation can be associated with asthma, routine WBC counts are not standard in asthma follow-up unless there is a specific clinical indication, such as suspicion of an infection which might exacerbate the asthma symptoms.

**\*\*Sleep Patterns:\*\*** Poor sleep quality can affect asthma control, as symptoms like coughing and difficulty breathing can worsen at night. However, like diet, sleep patterns are generally discussed in the context of assessing control and triggers rather than as a routine quantitative measure like PEFR. Sleep issues may be explored during patient discussions, especially if the patient reports symptoms like nocturnal asthma, but they are not typically a primary focus of follow-up visits unless there is a specific concern. In summary, during follow-up visits for a patient with chronic asthma, determining the PEFR is essential for directly assessing and managing the patient's respiratory function. While factors like diet, WBC count, and sleep patterns can influence asthma, they do not provide direct information about airway function and are not standard metrics for routine asthma management. Therefore, PEFR remains the most relevant and practical measure to assess at each follow-up visit.

### NEW QUESTION # 71

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