

## NR 603 WEEK 4 APEA PREDICTOR EXAM REVIEW QUESTION AND ANSWERS 2022

### APEA Questions

1. A patient report that she is taking kava kava regularly for anxiety with the results. What should the nurse practitioners evaluate?
  - a. Liver function studies
2. A person with 20/80 vision: HAS POORER VISION THAN SOMEONE WITH 20/40 VISION
3. One exception to the recommendation to limit dietary fat intake is CHILDREN UNDER 2 YEARS OF AGE
4. The most effective treatment for anemia of chronic disease is: TREATMENT OF UNDERLYING DISEASE

Rationale: The key phrase is *“anemia of chronic disease”* and with this, the pt’s chronic disease has caused the deficiency so once you correct and or treat the chronic disease, then the anemia will correct itself.
5. Salicylates and other non-steroidal anti-inflammatory agents have all of the following actions EXCEPT- ANTI-EMETIC EFFECTS VIA SUPPRESSION OF GASTRIC ACID SECRETION
6. Which of the following does NOT increase a woman’s risk of developing cervical cancer? NULLIPARITY
7. All of the following principles apply to drug therapy for elders except ENCOURAGE THE ELDERLY TO CONTINUE SELF-MEDICATION ADMINISTRATION TO FACILITATE INDEPENDENCE AND SELF-SUFFICIENCY
8. A female patient believes that she was exposed to HIV through sexual intercourse several months ago. She asks for “the test for AIDS.” Which statement is NOT correct? THE ELISA IS USED FOR SCREENING, BUT MAY YIELD A FALSE NEGATIVE THIS SOON AFTER EXPOSURE
9. The nurse practitioner teaches the parents of a 2-month-old infant with GERD that treatment typically includes all of the following interventions except MAINTAINING THE USUAL FEEDING REGIMEN AND BURPING THE INFANT WELL WHEN THE FEEDING IS COMPLETED
10. A widowed 85-year-old was recently moved from her home of 65 years to a bedroom in her daughter’s home. According to reports by family members, she is now

**“cantankerous” gets “mixed up” easily and cries for no apparent reason. Factors in the client history that are consistent with delirium may include all of the following except**

- a. **INSIDIOUS ONSET AND CHRONIC PROGRESSIVE COURSE**

**11. The two tests that can indicate current infection with hep B are:**

- a. **Presents of hep B antigen and IgM**

**12. A characteristic of elders which affects the pharmacotherapeutics of drug therapy in that population is an increase in PERCENT OF BODY FAT**

**13. An elder’s caretaker is planning the elder’s menu. The elder is on a bland diet. The nurse practitioner reviews the meal plans and notes that which of the following is NOT appropriate?**

- a. **Coffee, tea, carbonated sodas, Orange juice**

**14. The leading cause of death from injury in childhood is MOTOR VEHICLE ACCIDENTS**

**15. Therapeutic International normalized ratio (INR) for a patient taking warfarin (coumadin) for a chronic atrial fibrillation is expected to be:**

- a. **Increased**

**16. The most accepted recommendation regarding a skin cancer prevention is:**

- a. **Avoidance of excessive sun exposure**

**17. Antibiotic administration has been demonstrated to be of little benefit in the treatment of which of the following disease processes?**

- a. **Acute bronchitis**

**18. An anxious parent brings her three-day old female infant to see the nurse practitioner because of the *serosanguineous vaginal discharge*. The nurse practitioner tells the mother:**

- a. **This is a normal finding in female newborns**

**19. A common finding associated with temporal arteritis is:**

- a. **Severe headache**

20. What information would best help the parent who is concerned about a school age child eating habits?
- Establish a consistent schedule for meals and allow the child to participate in meal planning
21. Which of the following scenarios in a 75-year-old patient would be inappropriately managed in an outpatient setting (i.e. the patient should be referred for hospital admission)?
- UNSTABLE ANGINA
22. A patient with diabetes brings his glucose diary from the past seven days for the nurse practitioner to review and evaluate. What changes should be made? Day one through seven AM 67, 52, 61, 48, 39, 68, 70 PM 138, 161, 148, 168, 121, 142, 176.
- Decreased the PM dose of NPH insulin
23. Appropriate nutritional guidance for the pregnant patient is:
- Increase caloric intake by 300 cal/day and add iron and folic acid supplementation
24. The most successful patient interview is likely to:
- Be a collaborative process
25. RhoGAM is not administered to an Rh-negative mother with negative anti-d antibodies WITHIN 72 HOURS OF BIRTH OF AN RH-NEGATIVE INFANT
26. The most common presentation of thyroid cancer is A SOLITARY THYROID NODULE
27. A benign thyroid nodule, that's painless presents as SMOOTH
28. Initial treatment of a child presenting with a severe head injury is:
- Aimed at resuscitation, then maintenance of oxygenation and blood flow
29. Which red blood cell (RBC) index is most useful for differentiating types of anemias?
- Mean corpuscular volume (MCV)
30. A 31-year-old female is informed that her pregnancy test is positive, and she is about three weeks pregnant. The nurse practitioner is very concerned about the patient reported history of alcohol use. She correctly tells the patient that babies born to women who drink alcohol during pregnancy are at risk for all of the following except:

- a. Post maturity delivery
31. According to Erikson, the developmental task of the early adult is:
- a. Ego integrity vs. despair
32. The parents of a two-year-old Report that she is not saying any words, but make sounds, babbles, and understand simple commands from her parents. The parents are not concerned. The nurse practitioner responds:
- a. Your child should be saying a few words by this time. She should be referred for further assessment
33. Which group is considered to be at high risk for the development of testicular tumors?
- a. Late adolescence to early adulthood (you need to know the actual age groups)
34. An urgent call is received from a patient's wife who states that her husband is having chest pain I'm relieved by three nitroglycerin tablets. The nearest hospital is 40 minutes away. Besides having the patient reach the hospital as soon as possible, what intervention can the nurse practitioners suggest might influence a positive outcome?
- A. Have the patient to an aspirin on the way to the hospital
35. Which of the following postpartum mothers should receive RhoGAM (BayRho-D) to prevent Rh iso-immunization?
- a. A G1 P1 mother who is Rh negative without Rh antibodies; cord blood is Coombs negative; newborn is Rh positive.
36. A patient with a history of alcohol abuse presents with acute nausea, vomiting, and severe retrosternal pain that radiates to the back. Based on the most probable diagnosis, the nurse practitioner would appropriately order a CBC, chemistry profile, and:
- a. serum amylase and lipase, and liver function studies
37. A female patient asks, "how do I calculate my ideal body weight?" The nurse practitioner response:
- a. Start with 100 pounds, and add 5 pounds for every inch in height over 5 feet
38. A 35-year-old woman with prior history of extreme nervousness has been treated with diazepam (valium) for four weeks. She reports improvement. Today her pulse is 112bpm and blood pressure is 130/92 mmHg. She is 5'4" in weighs 105 pounds. What is the most likely diagnosis?

- a. **Hyperthyroidism**

**39. Which of the following is not a common early sign of benign prostatic hyperplasia (BPH)?**

- a. Increased force of urine flow

**40. Acute idiopathic thrombocytopenia purpura (ITP) is most commonly seen in childhood following:**

- a. **Acute infection**

**41. The nurse practitioner diagnosis epididymitis in a 24-year-old sexually active male patient. The drug of choice for treatment of this patient is:**

- a. Oral doxycycline (Vibramycin) plus intramuscular ceftriaxone

**42. A 55-year-old man is diagnosed with basal cell carcinoma. The nurse practitioner correctly tells him:**

- a. **It can be cured with surgical excision or radiation therapy.**

**43. A characteristic of delirium that is typically absent and dementia is:**

- a. Acute onset of confusion in a previously alert and oriented patient

**44. A 42-year-old male executive has been diagnosed with depression. He is otherwise healthy. And appropriate initial treatment choice is a:**

- a. Selective serotonin reuptake inhibitor (SSRI)

**45. the CAGE/ AUDIT questionnaire is useful to assess:**

- a. alcohol use disorders (but you need to know a little more about

**46. A 16-year-old athlete complains of pain underneath his heel every time he walks. There is verrucous surface level with the skin of the heel. What pharmacologic intervention should the nurse practitioner prescribed for this patient?**

- a. Salicylic acid plasters

**47. Previously immunized elderly patients should receive a tetanus and diphtheria (Td) booster every:**

- a. 10 years

**48. The nurse practitioner is canceling a young woman who desires pregnancy. She discontinued her oral contraceptives for months ago. Her urine pregnancy test is negative. She expresses concern that she might have an infertility problem. The nurse**

**practitioner accurately tells her that a couple is not considered infertile until there has been unprotected intercourse without conception for what period of time?**

A. One year

**49. When a patient presents with symptoms of acute gallbladder disease, what is the appropriate nurse practitioner action?**

a. Order abdominal ultrasound

**50. An eight-year-old female has been brought to the nurse practitioner on five occasions in the past nine weeks with a complaint of abdominal pain. The evaluation each time is negative, but her mother is convinced the child is truly experiencing pain. The most likely diagnosis is:**

a. Recurrent abdominal pain

**51. What is the most common cause of Cushing's syndrome?**

a. Administration of a glucocorticoid or ACTH

**52. Which of the following maternal situations is considered an absolute contraindication to breast-feeding?**

a. Early HIV infection

**53. A three-year-old male patient is being evaluated by a nurse practitioner for frequent respiratory infections and fatigue. His laboratory test show thrombocytopenia, granulocytopenia, and anemia. Which of the following is consistent with these lab findings?**

a. Acute lymphocytic leukemia (ALL)

**54. Factors known to be associated with early sexual activity include:**

a. **Lower socioeconomic status, use of tobacco, alcohol or other drugs, and single parent household**

**55. A 26-year-old female presents with elbow pain that is described as aching in burning. There is point tenderness along the lateral aspect of the elbow and painful passive flexion and extension. She reports she has been playing tennis almost daily for the past month. The most likely diagnosis is:**

A. Lateral epicondylitis ----- tennis elbow

**56.** A two-year-old African-American child is being evaluated by the nurse practitioner. His clinical appearance and history are consistent with sickle cell anemia. What is the appropriate laboratory test to diagnose sickle cell anemia?

- a. Hemoglobin electrophoresis

**57.** Which activities are not characteristic of preschool children?

- a. Always follow rules during playground games

**58.** What type of question is most useful when opening an interview?

- a. Open ended

**59.** All of the following agents/ medication classes are generally contraindicated in pregnancy except:

- a. Cephalosporins, parenteral insulin, parenteral heparin.

**60.** A 35-year-old female with a history of mitral valve prolapse is scheduled for routine dental cleaning. According to the 2007 American Heart Association's guidelines for endocarditis prophylaxis, what would you advise this patient?

- a. She does not need prophylaxis for any dental procedure

**61.** What diabetic complications result from hyperglycemia?

- a. (1) Retinopathy, (3) peripheral neuropathy, (4) accelerated atherogenesis

**62.** Which of the following diagnostic assessments must be considered before developing any plan of care for a 27-year-old female presenting to a family practice clinic?

- a. Pregnancy test

**63.** The process by which a professional association confers recognition that a licensed professional has demonstrated mastery of a specialized body of knowledge and skills is termed:

- a. Certification

**64.** A 15-year-old male has a history of cryptorchidism which was surgically repaired. Because of this information, it is essential for a nurse practitioner to teach him about:

- a. Testicular self-examination

65. A 30-year-old female comes into a clinic with classic signs and symptoms of appendicitis. The nurse practitioner fails to refer the patient to a surgeon. The appendix ruptured and the woman dies. This is an example of:
- Malpractice
66. An elderly patient is being seen in the clinic for a complaint of “weak spells” relieved by sitting or lying down. The nurse practitioner checks the patient’s blood pressure while he is lying, sitting, and standing. The nurse practitioner suspects:
- Orthostatic hypertension
67. The nurse practitioner knows that the frail elderly are at high risk for malnutrition. Indicators of malnutrition in this population included all of the following except:
- Hunger and increased appetite
68. The patient reports, “something flew in my eyes” about an hour ago while he was splitting logs. If there was a foreign body in his eye, the nurse practitioner would expect to find all except:
- A purulent discharge
69. Inappropriate initial treatment for external genital warts caused by human papilloma virus (HPV) in a non-pregnant patient is:
- Topical trichloroacetic acid (TCA)
70. A new patient presents to the nurse practitioner clinic stating she wants a second opinion. She started propylthiouracil (PTU, Propyl-Thyracil) 75 mg three times a day a week ago as therapy for newly diagnosed Graves’ disease. She still feels irritable and jittery. How should the nurse practitioner respond?
- Inform the patient that improvement requires 2 to 3 weeks
71. What advice should be given to the parents of an infant at risk for SIDS?
- Place the baby in the supine position for sleeping
72. A six-month-old patient with type III metatarsus adductus (i.e., rigid and does not correct to neutral) should be treated with:
- Surgical intervention
73. Patient should be advised to purchase the same brand name for each of the following drugs except:



a. Hydrochlorothiazide

**74. Which activity during the first trimester could be deleterious to the fetus?**

a. Dieting

**75. The mother of an 18-month-old child is in the office. She is not yet immunized her child because the child's grandmother "doesn't believe in that." The nurse practitioner should:**

a. Provide education and recommend beginning of the series of vaccines

**76. The nurse practitioner is conducting a routine health assessment of a 28-year-old patient. He states he is very "Health conscious" and that he ran 6 miles daily. He denies current Health problems and his past medical history is unremarkable. Routine urinalysis reveals proteinuria. What is the most likely cause of the proteinuria?**

a. Exercise

**77. What is the earliest age that MMR immunization can be administered?**

a. One year

**78. The nurse practitioner examines a six-year-old who has had a sore throat and fever for less than 24 hours. Based on the most common cause of pharyngitis in this age group, the most appropriate action is to:**

a. Encourage supportive and symptomatic care

**79. Physical examination findings consistent with emphysema include all of the following except:**

a. Pallor and cyanosis of the mucosa nail beds

**80. Which choice below is not a contraindication to receiving the diphtheria, pertussis, and tetanus (DPT) vaccine?**

a. Current antibiotic use

**81. All of the following are included in the differential diagnosis of hyperthyroidism except:**

a. Plummer's disease

**82. A middle-aged patient has a history of smoking, chronic cough, and sputum production. He reports chronic dyspnea. A diagnosis of COPD should be confirmed with:**

a. Spirometry

**83. A patient requests information about foods to include in his diet while vacationing in Mexico to avoid “Montezuma’s revenge.” The nurse practitioner should advise him to ingest only:**

- a. Cooked vegetables in soup, bottled water, and wine

**84. An eight-month-old male presents with hemarthrosis of both knees and hematuria. The parents gave no history of trauma but say “he has always bruised easily.” The most likely diagnosis is:**

- a. A type of hemophilia

**85. Of the following for malpractice issues for which an APRN may incur liability, which is the most prevalent cause of action?**

- a. Failure to refer when the APRN and skills are exceeded

**86. Which of the following factors is (are) associated with increased incidence of cervical cancer?**

- a. Smoking and sexual activity at an early age with multiple partners

**87. Following the finding of prostate gland abnormalities on DRE, the nurse practitioner orders appropriate labs. When preparing to view lab reports with the patient, and Nurse practitioner knows all of the following are true except:**

- a. Normal PSA it’s 10ng/ml or less

**88. Which characteristic is not indicative of heart failure?**

- a. Purulent sputum

**89. A 32-year-old male patient complains of urinary frequency and burning on urination for three days. Urinalysis reveals bacteriuria and positive nitrates. He denies any past history of urinary tract infections. The initial treatment should be:**

- a. Trimethoprim-sulfamethoxazole (Bactrim, sulfatrim) for 7 to 10 days

**90. On trans illumination of the scrotum, the nurse practitioner identifies a hydrocele in a three-month-old infant. What course of action should be taken?**

- a. Monitor the infants until 12 months of age

**91. Which of the following is an appropriate drug for initial treatment of gastroesophageal reflux disease (GERD) in adults?**

- a. Famotidine (Pepcid)/ You need to know the drug class

- 92. The major health risk associated with oral contraceptive therapy is?**
- a. Cardiovascular events
- 93. The most effective treatment of primary and secondary encopresis focuses on:**
- a. Establishment of a regular bowel routine
- 94. A 55-year-old male patient complains of blood in his urine for the past two weeks. He denies dysuria. Urinalysis is positive for red blood cells and negative for leukocytes and nitrates. The initial evaluation of this patient should include:**
- a. Renal ultrasonography
- 95. A 50-year-old non-smoker with no comorbidities presents to the clinic and is diagnosed with community acquired pneumonia. His vital signs are normal except for temperature 101.6°F. a sputum specimen is collected and sent for culture and sensitivity. What action should the nurse practitioner take today?**
- a. Start Clarithromycin (Biaxin) 500 mg BID for five days
- 96. ??????**
- a. Influenza vaccine should be given annually to all persons 65 years or older, anti-persons six months or older who are And chronic care facilities, or who suffer chronic cardiopulmonary disorders, metabolic disorders, hemoglobinopathies, or immunosuppression.
- 97. Simple cases of impetigo and folliculitis are usually successfully treated with:**
- a. Topical antibiotics
- 98. A patient on oral contraceptives reports that she has forgotten to take her pill the last two days in a row. What should you advise her? 1-take two tablets daily for the next two days, then resumed a regular schedule. 2-begin a new compact of tablets starting the first day of the next cycle. 3-use an additional method of contraception for the rest of the pill pack.4-take one tablet, discard the second, and continue as scheduled.**
- a. 1 and 3
- 99. A three-year-old has enlarged, warm, tender cervical lymph nodes, indicating:**
- a. Infection proximal to the nodes

**100. A 62-year-old female has been diagnosed with osteoporosis. She refuses hormone replacement therapy as well as new medication shown to increase bone density. Important education for this patient should include:**

- a. The benefits of increasing calcium daily and daily weight bearing exercises

**101. The tricyclic antidepressants (TCAs) and selective serotonin reuptake inhibitors (SSRIs) have demonstrated efficacy in the treatment of each of the following conditions except:**

- a. Gastroesophageal reflux

**102. Which finding below would be unusual and patient with diabetic retinopathy?**

- a. Papilledema

**103. A two-year-old child is diagnosed with hemophilus influenza type B. The child's parents will not allow any of their children to be immunized. There are two other children in the home, ages one year and three years, how should the nurse practitioner manage contacts?**

- a. Rifampin prophylaxis should be given to all household contacts, including the adults.

**104. Atenolol (Tenormin) should be avoided in:**

- a. A 43-year-old female with asthma

**105. The results of the Weber tuning fork test is the lateralization of sound to the right ear. This finding indicates:**

- a. Conduction problem in the right here

**106. A male patient with chronic atrial fibrillation takes a generic brand of Coumadin (warfarin). He should report all of these to his healthcare provider except:**

- a. One missed dose of warfarin

**107. The side effect of the medroxyprogesterone (depo-Provera) that often leads women to discontinue use is:**

- a. Weight gain

**108. The mother of a two-week-old infant with hypospadias request circumcision for her infant. The nurse practitioner's best response to this mother should be:**

a. Explain why an infant with hypospadias should not be circumcised

**109. A patient complains of “stomach pains” on and off for the past month. In distinguishing between a gastric and duodenal ulcer, what question is least important to ask?**

a. Have you been out of the country in the past several months

**110. Enlargement of the scrotum and testes with little change in size of the penis characterizes which tanner stage of sexual development?**

a. Tanner 2

**111. Which of the following ecchymotic lesions in a four-year-old patient most likely represents a possible bleeding disorder:**

a. 7 cm on the abdomen

**112. The mother of a six-month-old infant asked about the use of an infant walker. The most appropriate response is to:**

a. Discourage the use of walkers and encourage parental holding and floor play

**113. The developmental task for the family of an adolescent is to:**

a. Allow the adolescent increasing freedom and responsibility

**114. Which of the following diseases is not acquired trans placentally?**

a. Tuberculosis

**115. A two-year-old has iron deficiency anemia and has not had an increase in hemoglobin for the past three months despite Iron supplementation. The nurse practitioner should:**

a. Consider referral to a hematologist for further assessment

**116. A 38-year-old penicillin allergy patient has folliculitis on A bearded part of his face. The nurse practitioner prescribes erythromycin and tells the patient:**

a. Erythromycin may upset his stomach, so it should be taken with food.

**117. A 45-year-old male is diagnosed with hypertension. His blood pressures have been gradually increasing overtime, with a reading today of 152/98. Diagnostic studies are normal. The most likely diagnosis for this patient is:**

a. Essential hypertension

**118. Which of the following signs and symptoms are typical of hypothyroidism?**

a. Constipation

**119. The most commonly recommended method for prostate cancer screening in a 55-year-old man is:**

- a. prostate specific antigen (PSA) testing alone

**120. An obese 43-year-old has recurrent superficial fungal skin infections over the past two years. Today, she presents with intertriginous candida. Her skin is macerated from frequent rubbing and scratching. The plan of care should include:**

- a. Recommended screening for diabetes myelitis and HIV infection

**121. If 37-year-old female patient with A history of a single episode of depression and frequent complaints of PMS is being treated for hypothyroidism. Today she complains of poor concentration and fatigue. The nurse practitioner should:**

- a. Question her further

**122. Which of the following drugs has a beneficial effect on benign prostatic hyperplasia?**

- a. Doxazosin (Cardura)

**123. A patient that has 20/80 Visual acuity can see:**

- a. At 20 feet what a person with normal vision can see it 80 feet

**124. The goals of treatment for patients with alcohol abuse disorder are:**

- a. Abstinence or reduction in use, relapse prevention, and rehabilitation

**125. The nurse practitioner correctly teaches the patient with diabetes mellitus that if blood glucose is less than 100mg/dl (5.6 mmol/L) prior to exercise, the patient should first consume 15 g of carbohydrates, such as:**

- a. Once slice of bread

**126. Characteristics of prescription and OTC drug use in the elder population include all of the following except:**

- a. Increased tolerance to drug effects

**127. Acute lymphocytic leukemia (ALL) is usually diagnosed by:**

- a. A bone marrow examination

**128. Subsequent to successful completion of the nurse practitioner certification exam, the candidate is considered to be:**

- a. CERTIFIED

**129. An obese hyperlipidemic patient, newly diagnosed with type II diabetes mellitus has fasting blood glucose values 180 to 250 mg/dL (10.1-14 mmol/L). What is the most appropriate initial treatment to consider?**

- a. A sulfonylurea and /or metformin (Glucophage-XR)

**130. All of the following are typical of toddlers except:**

- a. Increased appetite

**131. Interest practitioner has treated an infant for the last three weeks for thrush with nystatin (Mycostatin) oral suspension. What diagnostic test could the nurse practitioner platform which might quickly confirm a diagnosis of oral candidiasis?**

- a. A potassium hydroxide (KOH) slide preparation

**132. Which of the following physical findings is consistent with a diagnosis of Beta-thalassemia major?**

- a. Bronze skin color

**133. An adult female patient is seeking information about her ideal weight. She is 5'7" tall using the "height weight formula", what is her ideal body weight?**

- a. 135 pounds

**134. The most appropriate therapy for an elderly patient with pernicious anemia is: a. Intramuscular injection of vitamin B 12**

**135. Which of the following patients is most likely to have a diagnosis of type II diabetes mellitus?**

- a. A 49-year-old male with impotence and HBA1C 10.0%

**136. The recent Beta-adrenergic blockers should be avoided in patients with diabetes is because they may:**

- a. Mask symptoms of hypoglycemia

**137. The nurse practitioner is initiating levothyroxine (Synthroid) for primary hypothyroidism in a 71-year-old female. The usual starting dose of levothyroxine is 50 to 100 micrograms per day. What would be the most appropriate initial therapy in this patient?**

- a. 25 µg per day

**138. Nurse practitioner is evaluating a 35-year-old female nurse. She has a history of hospitalization for hepatitis B infection two years ago. Her laboratory tests**

**demonstrate positive HBsAg/ surface antigen. The nurse practitioner would most likely diagnose:**

- a. A chronic hepatitis B infection

**139. Phalen's test, 90° wrist flexion for 60 seconds, reproduces symptoms of:**

- a. Carpal tunnel syndrome/ I think the question states what will show in a person who has Carpal tunnel syndrome, and the answer is a positive phalens and tinnels sign

**140. According to the American nurses Association (ANA), the role of the nurse practitioner who provides primary healthcare is:**

- a. Direct nursing care role

**141. Health maintenance organization (HMOs) and preferred provider organizations (PPOs) are:**

- a. Managed care systems

**142. A nurse practitioner has been sued by a patient for malpractice. The nurse practitioner is considered to be a:**

- a. Defendant

**143. A young couple is being seen by the nurse practitioner for preconception counseling. They Express the wish for pregnancy within the next three months and are very eager to know what they can do now to "make the baby as healthy as possible". Which of the following should the nurse practitioner in courage to decrease the chance of neural tube defect in the fetus?**

- a. Folic acid 0.4 mg daily

**144. An active 82-year-old male in good health complains "I don't see as well as I used to and my eyes are very sensitive to glare." His near and distant visual acuity is diminished, and he has a bilateral white pupillary reflex. The most likely diagnosis is:**

- a. Cataracts

**145. The Papanicolaou (PAP) smear report on a 36-year-old female patient indicate atypical squamous cells of undetermined significance (ASCUS). Which of the following constitutes appropriate care for this patient?**

- a. Repeat the Pap smear in four months



**146. A 23-year-old female college student is being evaluated by the nurse practitioner for immunization status. She has documentation of completion of IPV, DTaP, and MMR series. She states, “I got a shot when I was 12 years old, but none since then.” Which vaccines should she received today?**

- a. Td and HBV

**147. A 20-month-old Child has been brought to the clinic after having a simple febrile seizure. The most appropriate intervention is to:**

- a. Educate the patient about febrile seizures and first aid

**148. A 75-year-old female complains that she awakens 3 to 4 times each night sensing bladder fullness, but is unable to “hold it” until she can get seated on the bathroom toilet. This type of urinary incontinence is termed:**

- a. Urge incontinence

**149. A one-month old presents with reported recurrent diarrhea, screaming, and drawing up of the legs followed by periods of lethargy. On physical examination, A” sausage-like” mass is palpated in the upper right quadrant of the distended abdomen. Which of the following is the most likely diagnosis?**

- a. Intussusception

**150. A critically ill patients states, “my family is well provided for”. The nurse practitioner must interpret this meaning as the patient:**

- a. Wishes to discuss the topic of death

**151. A 46-year-old female has hypertension and is well managed on propranolol (Inderal). Which of the following is a beneficial secondary effect of this drug?**

- a. Migraine prophylaxis

**152. During pregnancy, it is important to be physically active. The nurse practitioner should encourage her pregnant patient who has a very sedentary lifestyle to:**

**a. Start walking daily and slowly build up distance**

**153. A 19-year-old pregnant patient, at 20 weeks gestation, complains of pain in the right lower quadrant. She is afebrile and denies nausea and vomiting. The most likely diagnosis is:**

- a. Round ligament pain

**154. Which of the following is not covered by Medicare part B?**

a. Services and short stay skilled nursing care facilities

**155. Which of the following patient characteristics are associated with chronic bronchitis?**

a. Overweight, cyanosis, and normal or slightly increased respiratory rate

**156. Which of the following patients would appropriately be diagnosed with isolated systolic hypertension (ISH)?**

a. 69-year-old female with a blood pressure of 156/86

**157. Which of the following drugs is considered safe for use during pregnancy?**

a. Miconazole (Monistat) cream

**158. A 44-year-old patient complains of stiffness and soreness in his hands, hips, and knees. There is noticeable PIP and DIP joint enlargement in his hands. The nurse practitioner suspects arthritis. All of the following questions are helpful in differentiating between rheumatoid arthritis (RA) and osteoarthritis (OA) except:**

a. Have you noticed decreased joint movement or flexibility?

**159. A 55-year-old male patient presents with dysuria, urgency, peroneal pain, and temperature of 101°F. What is the most likely diagnosis?**

a. Prostatitis

**160. The nurse practitioner receives a call from a 23-year-old patient who is 10 weeks pregnant. She reports that a few days after spending the day babysitting a friend's toddler, the toddler develops a rash. The nurse practitioner would be least concerned if the patient was exposed to:**

a. Hep A

**161. For the general adult population, total dietary fat intake should be no more than what percent of total calories?**

a. 30%

**162. The mechanism for handling first contacts into the healthcare system and providing a continuum of care, evaluation and management of systems maintenance of health, and appropriate referrals is called:**

a. Case management

**163. The four classic features of Parkinson's disease are:**

a. Tremor at rest, rigidity, Bradykinesia, and postural disturbances

**164. The most common symptoms of transient ischemic attack (TIA) include:**

- a. Weakness and extremity, abruptly slurred speech or partial loss of vision, and sudden gait changes

**165. A 15-year-old patient has a complaint of vaginal discharge. She is sexually active with multiple partners. Which of the following symptoms should leave the nurse practitioner to suspect pelvic inflammatory disease (PID)?**

- a. Cervical motion tenderness (CMT)

**166. The nurse practitioner wants to assess intactness of a patient's cerebellar function. Which of the following clinical test will provide information relative to cerebellar function?**

- a. Romberg

2. A patient presents with distorted area and a blind spot in the visual field. The painless condition was first noticed on awakening this morning. The nurse practitioner would most appropriately include all of the following in the plan of care except:

- a. Refer the patient to an ophthalmologist if the condition does not get better within 24hrs.

**3. Which murmur is associated with radiation to the neck?**

**a. Aortic stenosis**

4. The correct order of physical examination of the abdomen is:

- a. Inspection, auscultation, percussion, palpation

5. What disease process is Bouchard's nodes most commonly associated with?

- a. Osteoarthritis (OA)

6. A patient has Kawasaki syndrome. Which characteristic would be unusual?

- a. Age >15years

7. The nurse practitioner should instruct the mother of an infant with thrush to:

- a. Sterilize pacifiers and bottle nipples

8. A 24-year-old female taking oral contraceptives has missed her last 2 pills. What should the nurse practitioner advise her to do?

- a. Double today's dose and tomorrow's dose and use a barrier method the rest of this month

**9. A 65-year-old diabetic patient has newly diagnosed peripheral artery disease in her lower extremities. She is exhibiting symptoms of this disease. In assessing this patient, the nurse practitioner would expect to find:**

**a. Dependent rubor**

10. A patient recovering from a recent stroke is starting anticoagulant therapy. The nurse practitioner should teach the patient to avoid all of the following except:

a. Milk and milk products

11. The anatomical site currently believed to be the best location for subcutaneous insulin administration is:

a. Abdomen

12. A patient presents with periorbital erythema and edema, fever, and nasal drainage. The nurse practitioner should:

a. Start aggressive antibiotic therapy

**13. A nurse practitioner is examining a 2-month-old infant. What question is most important to ask about the baby?**

**a. Was the infant full-term at birth**

14. Which of the following patients is least likely to develop osteoporosis secondary to a comorbid condition?

a. A 28-year-old female with type II diabetes

15. A 72-year-old man has chronic prostatitis. What is the initial drug treatment of choice for this patient?

a. Ciprofloxacin

16. Practitioners working with physically active girls need to be aware of the “female athlete triad” in order to develop an effective plan for prevention, recognition, and treatment. The component of the female athlete triad are:

a. Eating disorder, amenorrhea, and osteoporosis

**17. Which of the following drug classes may potentiate hyperkalemia in a patient taking potassium-sparing diuretic or potassium supplement?**

**a. Angiotensin converting enzyme inhibitor**

18. Salicylates and other nonsteroidal anti-inflammatory agents have all of the following actions except:

- a. Anti-emetic effects via suppression of gastric acid secretion
- 19. The obesity associated with type II diabetes mellitus is:
  - a. Defined as BMI 30% or greater
- 20. Retinopathy specifically associated with poorly controlled hypertension is manifest clinically as:
  - a. AV nicking
- 21. Electro cardiogram markers of hypokalemia include all of the following except:
  - a. Peak T waves
- 22. Ideally, antepartum care should begin:
  - a. With preconception counseling
- 23. A nurse practitioner is providing guidance to a newly diagnosed diabetic patient who is being treated with insulin. The nurse practitioner would be correct to tell the patient to self-treat signs and symptoms of hypoglycemia with:
  - a. 15 g of sugar, or 5 Lifesavers
- 24. An 18-year-old college student lives in the dormitory. He has been treated for scabies infestation with permethrin (Nix). He was asymptomatic for two weeks but now complaints again of itching and skin burrows. How should the nurse practitioner proceed?
  - a. Retreat him with that permethrin and have him launder all of his bedding and clothing
- 25. What is the most common causative pathogen found in cystitis, pyelonephritis, and prostatitis?
  - a. Escherichia coli (E.Coli)
- 26. A 26 -year-old female presents with vaginal itching and a malodorous vaginal discharge. What prep is positive for budding hyphae and flagellated protozoa a negative for wbc's and clue cells. KOH is positive. Based on these lab and microscopic findings, the most likely diagnoses are:
  - a. Trichomonas and vaginal candidiasis
- 27. Which of the following maybe caused by long-term glucocorticoid treatment?
  - a. Cushing's syndrome
- 28. The most appropriate treatment for a child with mild croup is:

a. Cool mist vaporizer

29. A patient states “I just found out my old boyfriend died of AIDS.” She is worried that she has contracted illness and wants to be tested. The nurse practitioner correctly offers this patient the:

a. ELISA as the initial screening test

**30. A 40-year-old patient presents with a hordeolum. The nurse practitioner teaches the patient to:**

**a. Apply a topical antibiotic and warm compresses**

**31. When counseling a woman who is breast-feeding her six month old infant, the nurse practitioner should recommend a caloric intake over her pre-pregnancy requirement of:**

**a. 500 kcal/ day**

32. A seven-year-old male presents with a painless limp, antalgic gait, muscle spasm, mildly restricted hip abduction and internal rotation, proximal thigh atrophy, and slightly short stature. Most likely diagnosis is:

a. Legg-Calve-Perthes disease

33. Among adolescents in the US, the greatest known risk factor for contracting hepatitis B is:

a. Heterosexual activity

**34. A 45-year-old obese premenopausal female complains of indigestion, flatulence, RUQ and epigastric “crampy pain” that radiates to the right scapula. Symptoms are exacerbated by a high fat meal. What is the most likely diagnosis?**

**a. Chronic cholecystitis**

**35. A 51-year-old postmenopausal female, request guidance regarding osteoporosis risk. The nurse practitioner would be correct to recommend all of the following except:**

**a. Weight loss**

**36. A 40-year-old female with a history of frequent sun exposure presents with a multi colored lesion on her back. It has irregular borders and is about 8 mm in diameter. What should the nurse practitioner suspect?**

a. **Malignant melanoma/ I think the question asks what do you do? I think I put refer to surgeon or dermatologist for further treatment**

**37. A 60-year-old male patient with multiple health problems presents with a complaint of erectile dysfunction. Of the following, which medication is most likely to be causing the problem?**

a. **Methyldopa (Aldomet)/ the question asks what drug class may cause ED**

38. On examination of the skin a 65-year-old male, the nurse practitioner notes erythematous eruptions with scaly and flaky, but oily, yellowish plaques over the nasolabial fold, scalp, and area of the eyebrows. The patient reports that condition is always present and exacerbated by stress. What is the most likely diagnosis?

a. Seborrheic dermatitis

39. A 21-year-old college student presents to the student health center with copious, markedly purulent discharge from her left eye. The nurse practitioner should suspect:

a. Gonococcal conjunctivitis

40. A 32-year-old mother and her 10-year-old child each have a 10 cm round, reddened patch on the trunk. There is central clearing of the lesion. Different lesions run parallel to each other in a Christmas tree pattern. The mother has been treating the "ringworm" with an antifungal cream for seven days without success. The nurse practitioner's best response is:

a. No medication will help this to clear. It must clear on its own and may take 4 to 8 weeks

41. The nurse practitioner is discussing contraception options to be used during lactation with a 24-year-old pregnant patient. Which of the following methods of contraception would not be appropriate for use while breast-feeding?

a. A low dose oral contraceptive

**42. The hyperinsulinemia and insulin resistance associated with the diagnosis of syndrome X causes all of the following except:**

a. **tachyarrhythmias and angina**

43. A 49-year-old Hispanic female has a blood pressure of 145/95 mmHg during a routine annual evaluation. She has no previous history of hypertension. She takes a Statin for dyslipidemia. How should the nurse practitioner proceed with this patient?

- a. The patient's blood pressure should be checked in about 2 to 4 weeks
- 44. A 16-year-old male presents with mild sore throat, fever, fatigue, posterior cervical adenopathy, in Palatine petechia. Without a definitive diagnosis for this patient, what drugs would be the least appropriate to prescribe?
  - a. Ampicillin
- 45. What is an appropriate drug for prophylactic treatment of migraine headaches and a 21-year-old female?
  - a. Propranolol (Inderal)
- 46. Introduction of solid foods to infants should begin:
  - a. No earlier than 4 to 6 months of age, beginning we serial, then fruits, one at a time
- 47. A 16-year-old sexually active student presents with complaints of a greenish gray frothy vaginal discharge and vaginal itching. The nurse practitioner should suspect:
  - a. Trichomoniasis
- 48. All of the following principles apply to drug therapy for elders except:
  - a. Encourage the elderly to continue to self-medication administration to facilitate independence and self-sufficiency
- 49. Criteria for the diagnosis of Alzheimer's disease include:
  - a. Insidious and progressive decline of cognitive functions
- 50. A 10-year-old presents with hematuria, periorbital edema, and elevated blood pressure. He has a history of streptococcal pharyngitis two weeks earlier. What is the most likely diagnosis?
  - a. Acute glomerulonephritis
- 51. After being thoroughly examined, a child is diagnosed with recurrent abdominal pain. Patient and parent counseling should include:
  - a. Acknowledgment that the pain is real, although there is no physical cause
- 52. Eligibility requirements for the ANP or FNP exam include all of the following except:
  - a. A master's degree in nursing or an area
- 53. Which of the following can result from chronic inflammation of a Meibomian gland?
  - a. A chalazion



54. The nurse practitioner is caring for a 19 year old female college student with iron deficiency anemia secondary to heavy menstrual bleeding. An appropriate initial treatment for this patient is:

- a. Oral ferrous sulfate

55. A 23-year-old female presents with scaly hypo pigmented macular lesions on her trunk, shoulders, and upper arms. The lesions fluoresce under Wood's lamp. Appropriate treatment for this condition is:

- a. Apply selenium sulfide (Versel) lotion and allow to dry for 10 minutes; then rinse off

56. P6 do-year-old male patient with a past history of glaucoma and frequent sinusitis presents today with hypertension. On his last two visits to the clinic, his blood pressures were 150 to 160 / 90 to 98. The nurse practitioner decides to treat the hypertension with long acting propranolol (Inderal). Before prescribing it the nurse practitioner should ask:

- a. What other medications have been prescribed for him

**57. Once a competent adult patient is identified as a victim of domestic violence, the best plan is to:**

- a. Suggest resources that will help the victim to develop survival skills**

**58. A patient has been taking enalapril (Vasotec) for a period of 14 months to treat heart failure. Despite feeling well otherwise, she has developed you dry, nonproductive cough. The nurse practitioner knows that:**

- a. The cough should subside 1 to 4 days after discontinuing enalapril**

59. A 20-year-old female patient presents to the emergency department with lower abdominal pain, moderate vaginal bleeding, and right shoulder pain. Her blood pressure is 90/50 mmHg, pulse is 120, respirations 20, and temperature 98°F. She has a history of pelvic inflammatory disease (PID). Her urine pregnancy test is positive. Which of the following is the most likely diagnosis?

- a. Ectopic pregnancy

60. A 27-year-old female patient with epilepsy is well controlled with phenytoin (Dilantin). She requests information about contraception. The nurse practitioner should instruct her that:

- a. The effectiveness of an oral contraceptive may be reduced

61. Microalbuminuria is a measure of:
- Protein lost in the urine
- 62. What problem would be least expected any pregnancy complicated by gestational diabetes?**
- Placenta previa**
- 63. Which of the following findings would raise the nurse practitioners' suspicion of bulimia and a 17-year-old female?**
- Scars on her knuckles**
- 64. A first-time mother asks the nurse practitioner how much her baby will grow in the first three months of life. The nurse practitioner explains that the normal baby will grow:**
- 1/2 to 1 ounce per day**
65. Which of the following has been shown by research to be most influential in promoting smoking cessation in the adolescent population?
- Cigarette smoking contributes to yellow teeth, bad breath, and decreased capacity to perform sports activities.
66. A 23-year-old college student presents to the campus health clinic with a generalized rash on her trunk. The lesions are oriented in a Christmas tree pattern and I'm widely pruritic. She describes a "round ringworm" that appeared in about one week ago, but now has disappeared. What is the patient's diagnosis and how should she be treated?
- Pityriasis rosea: treat it with a topical anti-pruritic
- 67. Healthy people 2010 published by the US Department of Health and Human Services:**
- Is a set of national health objectives designed to improve the overall health of people and communities.**
68. Which case epistaxis should concern the nurse practitioner most?
- A child under two years of age
69. A very active 35-year-old male has painful hemorrhoids, but he does not want hemorrhoidal surgery at this time. His diet has been indiscriminate as his job requires frequent travel. The most appropriate recommendation is for him to select foods that are:
- High in fiber such as bran, complex carbohydrates, and fresh fruit

**70. The CDC recommends the pneumococcal polysaccharide vaccine for: 1. Adults > 60 years of age. 2. Asplenic person > or equal to two years of age. 3. HIV affected individuals and diabetic adults. 4. Patients with CHF, or chronic liver disease.**

**a. 2,3,4**

**71. A patient has been diagnosed with hypothyroidism in thyroid hormone replacement therapy is prescribed. When should the nurse practitioner check the patients TSH?**

**a. I think the answer is four -Six weeks**

72. It is recommended that the therapeutic management of children with juvenile rheumatoid arthritis (JRA) should include:

a. Ophthalmologist examination at least annually

73. The child with type I diabetes mellitus brings in a glucose diary indicating consistent morning hyperglycemia. How can the nurse practitioner differentiate the Somogyi effect from Dawn phenomenon?

a. Instruct a parent to monitor the blood glucose at 3 AM

74. A 16-year-old presents for a sports physical for football. The nurse practitioner auscultates a diastolic murmur. It is a grade II/VI. He has no hx of a murmur. The patient denies symptoms. What is the most appropriate action for the NP?

a. Refer the patient to a cardiologist.

**75. Which age group is at higher risk for testicular cancer?**

**a. 20-40 years-of-age**

76. At what age is screening most helpful in detecting scoliosis?

a. 12-14 years

77. What disease process are Heberden nodes most commonly associated with?

a. Osteoarthritis (OA)

**78. A pre-adolescent male expresses concern about his physical growth and development as compared to girls his age. The NP correctly tells him that pubertal growth spurt occurs about:**

**a. 1 year earlier in boys**

79. The mother of a 3-year-old male asks about her son's nocturnal enuresis. Which of the following responses is appropriate?

- a. Generally, nocturnal enuresis is not considered to be a problem before 6-years of age.

**80. Persons with thalassemia should avoid:**

- a. Iron replacement therapy

**81. When examining a pregnant patient, where should the fundal height be at 22 wks.? My question asked about a 20 week old pt**

- a. Above the umbilicus

82. The nurse practitioner preforms a routine physical examination of a 3-years old. A hard, painless mass is palpated in the abdomen, along with the lymph node enlargement and lower limb paresis. Blood imaging studies provide markers for neuroblastoma. What information is correct to give the parents?

- a. The diagnosis must be confirmed by tissue biopsy or by bone marrow aspiration plus urine or serum catecholamine levels.

**83. Which of the following is a "red flag" indicating possible developmental delay?**

- a. A 36 month old has a 50 word vocab and %0% of speech is intelligible.

**84. Babies should begin oral iron supplementation at**

- a. 4-6 months old

85. A patient with moderate persistent asthma will probably be most effectively managed with daily;

- a. Inhaled steroids and long acting bronchodilators.

86. A 17-year old presents with a wound received while building a fence. He has completed a primary vaccination series and he had a Td booster 3 years ago. Does he need a Td booster today?

- a. No, expert opinion supports vaccination after contaminated wound when more than 5 years have elapsed since last Td vaccine.

**87. The infant 1 to 6 months of age with a diagnosis of developmental hip dysplasia is correctly treated with:**

- a. The Pavlik Harness

88. A 60-year old female patient complains of sudden onset unilateral, stabbing, surface pain in the lower part of her face lasting a few minutes, subsiding and then returning. The pain is triggered by touch or temp extremes. Physical exam is normal. The patient had a negative dental evaluation. CT scan is normal. Erythrocyte sedimentation rate is normal. Which of the following is the most likely diagnosis?
- a. Trigeminal neuralgia
89. Which of the following demonstrates that a 30-year old male has successfully achieved the developmental task of young adulthood?
- a. Is married with 2 children
90. Diagnostic radiological studies are indicated for low back pain:
- a. When there is suspicion of a space-occupying lesion, fracture, cauda equina, or infection
91. A healthy 50-year-old patient presents to the clinic for a routine physical examination. He has no significant personal or family history of clinical heart disease. What should be part of his CV assessment?
- a. blood pressure only
92. Patients diagnosed with polycystic ovarian disease are at increased risk for developing:
- a. Diabetes mellitus
93. Why is it important that a post-menopausal woman with an intact uterus receive combined estrogen-progestin hormone replacement therapy rather than estrogen alone?
- a. Prolonged use of unopposed estrogens increased the risk for endometrial cancer
94. A professional liability insurance policy that provides coverage for injuries arising out of incidents occurring during the period the policy was in effect, even if the policy subsequently expires, or is not renewed by the policy holder, is termed a(an):
- a. Occurrence based policy
95. When prescribing an iron supplement to a child it is most important to tell the mother:
- a. To keep this and all other medications out of reach of children.

96. An 87-year old was placed on low dose amlodipine (Norvasc) for the treatment of hypertension and angina. She takes an ASA daily, but, takes no other medications. What side effects might be expected from taking amlodipine?

a. Orthostatic hypotension

97. An 18-year old female applying for college admission presents to the health clinic because evidence of rubella vaccination is required for admission. She says "I don't ever remember getting that shot" she has a negative serologic evidence of rubella antibody.

The nurse practitioner should:

a. Administer the vaccination after negative pregnancy test and advise the patient that she must not get pregnant for 28-days.

98. An overweight male complains of low back pain after helping to move a refrigerator over 2 days ago. To avoid future problems, the nurse practitioner should teach him:

a. Exercises to strengthen his lower back

99. Infants with celiac disease (gluten enteropathy) are at risk for multiple complications. The most urgent complication of the disease is:

a. Intussusception or volvulus

100. An elderly patient's digoxin level has decreased to 0.4 ng/dl and she has begun to have atrial fibrillation again. For the past 14 months, her digoxin level had been well controlled when her digoxin level was 1.4 to 1.5 ng/dl. What could not have accounted for this change in digoxin level? Normal digoxin level is (0.8-2 ng/dl).

a. Decreased creatinine clearance

**101. An 83-year-old man has a resting tremor. What disease process is this type of tremor most commonly associated with?**

**a. Parkinson's disease**

102. A 70-year-old patient presents with left lower quadrant abdominal pain, markedly tender palpable abdominal wall, fever, and leukocytosis. Of the following terms, which correctly describes the suspected condition?

a. Diverticulitis

103. A 16-year-old sexually active female presents to the clinic. She has never had vaccinations for hepatitis A or B, she has had one MMR immunization, and her last

tetanus vaccination was four years ago. Which vaccination would be contraindicated without further testing?

- a. MMR

104. Patients with human immunodeficiency virus (HIV) are at increased risk for pneumocystis carinii pneumonia (PCP) which is associated with significant morbidity and mortality. For this reason, prophylaxis is recommended. Which of the following is inappropriate drug for PCP prophylaxis?

- a. Trimethoprim-sulfamethoxazole Bactrim)

105. A 15-year-old female reports she is a strict vegetarian. Which of the following is the most appropriate response by the nurse practitioner?

- a. Include a wide variety of legumes, enriched grains, nuts, and seeds in your diet

106. Right sided heart failure is characterized by all of the following clinical findings except:

- a. A fourth heart sound

107. The nurse practitioner diagnoses eczema on the cheeks of a two-year-old female. The patient's mother explains that she is embarrassed to take the child in public because her face is so red, dry, and crusted. She asked for a "strong" cortisone cream so the eczema will clear rapidly. The nurse practitioner knows that:

- a. A high potency cortisone cream may cause atrophy, telangiectasia, purpura, or striae if used on the face

**108. A patient presents with a normal complete blood count and a positive stool for occult blood. The nurse practitioner decides to repeat this stool for occult blood after having the patient eliminate certain foods from the diet for 72 hours. Which of the following should be included in the list of foods to omit?**

- a. Steak**

109. Which term most accurately describes the prostate gland of a patient with prostate cancer?

- a. Hard

**110. A 30 year old female patient presents to the clinic with heat intolerance, tremors, nervousness and weight loss inconsistent with appetite. Which choice below would be most helpful in identifying the etiology of this patient's complaints?**

**a. A serum thyroid stimulating hormone level**

111. Diagnosis of systemic lupus erythematosus (SLE) is made:

a. Considering symptom complex with confirmation by laboratory tests

112. A three-year-old female with a palpable right upper quadrant abdominal mass, anemia, and fever is being evaluated for Wilms' tumor. Which of the following diagnostic test would be most useful?

a. Abdominal ultrasound

113. In July 1996, the advisory committee on immunization practices of the centers for disease control and prevention issued which of the following recommendations for the use of the live attenuated varicella vaccine?

a. Varicella vaccine has been approved for routine use and all healthy children age 12 months to 12 years

114. Advances in obstetrics in neonatal care have:

a. Had no effect on the incidence of cerebral palsy

**115. What is the most common chronic condition in the elder population in the United States?**

**a. Arthritis**

**116. In comparing sensitivity to specificity, sensitivity refers to a:**

**a. True positive**

117. The best way for a pregnant woman to avoid injury to herself and her fetus in the event of a motor vehicle accident is to:

a. Use both the lap and shoulder restraint

118. A 25 year old female patient presents for routine well woman exam. On physical examination, the nurse practitioner notes a scant nipple discharge, absence of a palpable mass, and absence of lymph node enlargement. Which of the following is the most likely diagnosis?

a. Intraductal papilloma

**119. A 22-year-old patient has a single, nontender, freely movable lump in her right breast. She denies any nipple discharge. Which of the following diagnosis is this clinical presentation most consistent with?**

**a. Fibroadenoma**



**120. The most effective treatment for anemia of chronic disease is:**

**a. Treatment of the underlying disease**

121. A 65 year old African-American patient was screened at his local church for “High cholesterol”. His total cholesterol (nonfasting) was 215mg/dl. What action below is most appropriate for the nurse practitioner?

a. Recommend a fasting lipid profile

**122. A 72-year-old female patient reports a six month history of progressively more swollen and painful distal interphalangeal joints of one hand. There are no systemic symptoms but the erythrocyte sedimentation rate, antinuclear antibody, and rheumatoid factor are all minimally elevated. What is the most likely diagnosis?**

**a. Osteoarthritis**

**123. When discussing treatment options with the patient, the nurse practitioner would be correct to say that surgery can be curative for:**

**a. Ulcerative colitis**

124. A 26-year-old female was informed that she is four weeks pregnant. Because of her history of smoking half a pack of cigarettes per day, the nurse practitioner explains that smoking during pregnancy increases the risk of her infant being born:

a. Prematurely

**125. A 12-year-old presents with ear pain of 36 hours duration. The nurse practitioner diagnosis acute otitis media because the:**

**a. Bony landmarks are obscured in the Tympanic membrane is mildly erythematous, dull, and immobile**

126. Which of the following is an example of secondary prevention?

a. Annual mammography for women age 40 years and older

127. A 17-year-old female presents with a painful the secular lesion on her vulva.

Which of the following would be the most definitive diagnostic test?

a. Tzanck prep

128. The nurse practitioner correctly diagnoses a second degree burn injury which is described as:

a. Partial thickness, with involvement of the dermis and epidermis, edema, and vesicles

129. Long-range disease prevention programs are most likely to be successful if:
- The programs are shaped to fit the cultural and health profiles of the population
130. Salmeterol (Serevent) in combination with an inhaled steroid is prescribed for a patient with moderate persistent asthma. What is the most important teaching point about salmeterol?
- It is not effective during an acute asthma attack
131. A 66 year old patient exhibits sudden onset of fluctuating restlessness, agitation, confusion, and impaired attention. This is accompanied by visual hallucinations and sleep disturbance. What is the most likely cause of this behavior?
- Delirium
132. A 15 year old pregnant patient presents for her first prenatal visit. On physical examination, her uterus is approximately 24 week gestational size. She does not know when her last menstrual period was nor does she know when she might have conceived. Gestational age for this patient can most accurately be assessed by:
- Ultrasonography
- 133. Which of the following is the most important diagnosis to rule out in a patient with acute bronchitis?**
- Pneumonia**
134. Upon ophthalmoscopic examination of a 78-year-old patient, the nurse practitioner observes dark spots against a red retina. What the diagnosis is this finding most consistent with?
- Cataract
- 135. A prenatal patient is in the 10<sup>th</sup> week of pregnancy. Rubella titer was 1:18 on her first prenatal visit, at six weeks gestation. She believes she was exposed to rubella at yesterday and asks how this will affect her pregnancy. Which of the following responses by the nurse practitioner is appropriate?**
- The pregnancy will be unaffected. You are immune to Rubella**
136. Herniated nucleus pulposus typically presents clinically by all of the following except:
- Listing away from the unaffected side toward the affected side.

**137. The nurse practitioner correctly teaches an insulin-dependent patient the signs and symptoms of early hypoglycemia, which include:**

**a. Blurred vision, pallor, and perspiration**

**138. The most reliable indicator of neurological deficit when assessing a patient with acute low back pain is (are):**

**a. Decreased reflexes, strength, and sensation in the lower extremities**

139. An 86-year-old Caucasian male requests screening for prostate cancer. What is the best approach to his request?

a. Give him objective information about the potential benefits of early detection and treatment.

140. In order to decrease death from lung cancer:

a. Patients should be counseled to quit smoking

141. Acute rheumatic fever is diagnosed using the modified Jones criteria. Which is not a major criteria in the Jones system?

a. Jaundice

142. A 50-year-old male is scheduled for his annual wellness visit. The nurse practitioner would appropriately recommend all of the following except:

a. Monthly self-testicular examination and annual clinical testicular examination

143. Considering mortality statistics for the adolescent age group, education targeted toward this group should first focus on:

a. Alcohol abuse

**144. Licensure is:**

**a. Used to establish minimal competence**

145. A nurse practitioner is holding a prenatal nutrition class for a group of parents. Considering knowledge about cultural variations, which of the following women may be at increased risk for inadequate calcium intake?

a. A 27 year old native American

146. An 80-year-old Caucasian female has heart failure. Which symptom below is an early indication of failure?

a. Weight gain

147. An elderly patient presents with a great white ring around the periphery of the iris. This is probably:

- a. A normal variant associated with the aging process.

148. A 73 year old patient presents with a very sore, glossy, smooth, beefy-red tongue. This clinical presentation most likely reflects

- a. Pernicious anemia, due to insufficient intrinsic factor

**149. Which of the following statements about medications in a 45 year old patient with diabetes is correct**

- a. Daily aspirin therapy should be recommended for the secondary prevention of cardiovascular disease**

150. The most appropriate treatment for a child with mild croup is

- a. A cool mist vaporizer

**151. Which of the following statements about tuberculosis (TB) is accurate**

- a. A positive skin test (PPD) reaction indicates exposure to tuberculosis, but follow up confirmatory cultures are required for a diagnosis**

152. A 65-year-old diabetic patient has newly diagnosed peripheral artery disease in her lower extremities. She is exhibiting symptoms of this disease. In assessing this patient, the NP would expect to find

- a. Diminished pedal pulses

153. A 12-month-old has conjunctivitis in his right eye with a mucopurulent discharge. The mother asks if the child can forego the antibiotic eye drops because he doesn't take drops put in his eyes. The NP replies that

- a. If untreated, conjunctivitis may permanently damage the cornea

154. A 30-year-old female patient presents to the clinic with heat intolerance, tremors, nervousness and weight loss inconsistent with appetite. Which choice below would be most helpful in identifying the etiology of this patient's complaints

- a. A serum thyroid stimulating hormone (TSH) level

155. A new patient presents to the nurse practitioner clinic stating she wants a second opinion. She started proplthiouracil (PTU, prophyl-thyracil) 75mg 3 times a day a week ago as therapy for newly diagnosed Grave's disease. She still feels irritable and jittery. How should the NP respond

- a. Inform the patient that improvement requires 2-3 weeks
- 156. Which of the following is not true regarding the diagnosis of scoliosis in children
  - a. Kyphosis in the adolescent indicates scoliosis

**157. Which of the following descriptions of the Denver II Developmental screening test is most accurate**

- a. Applicable to children from birth to 6 years; evaluates 4 major categories of development**

158. A young female reports onset of right flank pain 2 days ago that is now severe. Last night she discovered a “burning rash” in the same area. The NP identifies popular fluid filled lesions that are confluent and follow a linear distribution along the t-8 dermatome. The NP would appropriately order

- A. An oral antiviral

159. A 28 year old pregnant woman reports a history of smoking 1 pack of cigarettes per day. The NP is correct when she explains to the patient that cigarette smoking could be associated with

- a. Sudden unexpected infant death SID

160. Which of the following patients most warrants screening for hypothyroidism

- a. An elderly female with recent onset of mental dysfunction

161. Simple cases of impetigo and folliculitis are usually successfully treated with

- a. Topical antibiotics

162. When examining a 5 year old the NP knows that this is an appropriate age to teach the child about

- a. Not allowing any one to touch his private parts without permission

163. A 43 year old male presents with a large and painful furuncle, the 3<sup>rd</sup> one in the past 6 months. The NP should plan all of the following except

- a. Prescription of a prophylactic antibiotic

164. A 32 year old mother and her 10 year old child each have a 10cm round, reddened patch on the trunk. There is central clearing in the lesion. Different lesions run parallel to each other in a Christmas tree pattern. The mother has been treating the “ringworm” with an antifungal cream for 7 days without success. The NPs best response is

- a. No medication will help this to clear. It must clear on its own and may take 4-8 weeks
165. The result of the Weber tuning fork test is lateralization of sound to the right ear. This finding indicates a
- a. Conduction problem in the right ear
166. Which commonly used herbal remedy is not associated with anxiety and/or depressive symptom relief
- a. Ginkgo biloba
167. Which of the following patients is least likely to exhibit secondary hypertension
- a. A 62 year old with untreated depression
168. Which of the following must be present for the diagnosis of bacterial vaginosis
- a. Presence of clue cells
169. A 49 year old man sees the NP for the evaluation of a 2 mm macular lesion on his back. The lesion is brown with regular borders. The most appropriate action for the NP is to
- a. Reassure the patient that this lesion is not suspicious for pathology
- 170. The family of a 78 year old man moved him into an assisted living center because he can no longer be left at home alone. He is unable to toilet when asked to do so and he has had several episodes of incontinence. He has walked out of the facility twice and been unable to find his way back from 3 blocks away. On examination he is pleasant but mildly confused. Which of his medication is least likely contributing to his behavior**
- a. Rampiril**
171. A 4 year old female complains of leg pain at night which resolves by morning. This has lasted for the past 4 months. The NP should tell the patient's mother that
- a. These are growing pains that last from 1 to 2 years. This is a common complaint in this age group
- 172. Which of the following diseases is not acquired transplacentally**
- a. TB**
- 173. A palpable thyroid nodule is benign. How does it feel on palpation**
- a. Smooth**

174. Which term most accurately describes the prostate gland of a patient with prostate cancer
- Hard
175. A 10 year old female's mean corpuscular volume (MCV) is 73 fl. What type anemia would the NP suspect
- Iron deficiency
176. What information should patients with diabetes and their families receive about hypoglycemia
- Hypoglycemia is serious, dangerous, and can be fatal if not treated quickly
177. The cornerstone of treatment for stress fracture of the femur or metatarsal stress fracture is
- Absolute rest from activities which may further stress the bone
178. Patients with benign prostatic hyperplasia (BPH) should be taught to avoid which of the following drug classes
- Tricyclic antidepressants
179. A mother who has diabetes mellitus wants to breast feed her infant. The NP should
- Support the mother's decision and recommend more frequent monitoring of blood sugars
180. An important measure to prevent complications in children with sickle cell anemia is
- Staying well hydrated
181. A 32 year old male patient complains of urinary frequency and burning on urination for 3 days. Urinalysis reveals bacteriuria and positive nitrates. He denies any past history of UTI. The initial treatment should be
- Bactrim for 7-10 days
182. A 25 year old patient presents with complaints of pain and burning in the vulvar area. Upon examination, the NP notes 4 vesicles with an erythematous base arranged in a group on the patient's labia majora. The most likely diagnosis is
- Herpes simplex II
183. Oral and parenteral contraceptive methods

- a. Inhibit secretion of fsh
184. What is the recommendation of the US Department of Health and Human Resources regarding nicotine replacement therapy
- a. Encourage the use of nicotine replacement except in the presence of serious medical conditions
185. Therapeutic international normalized ratio (INR) for a patient taking warfarin for chronic atrial fibrillation is expected to be
- a. increased
186. A 48 year old female presents with a chief complaint of insomnia. On further investigation, she reports fatigue, nervousness, and agitation during the daytime and feeling hot most of the time. Which of the following would not be included in the differential diagnosis
- A. Parkinson's disease
187. An 8 year old female has been brought to the nurse practitioner on 5 occasions in the past 9 weeks with a complaint of abdominal pain. The evaluation each time is negative, but her mother is convinced the child is truly experiencing pain. The most likely diagnosis is
- a. Recurrent abdominal pain
188. Patients with human immunodeficiency virus (HIV) are at increased risk for pneumocystitis carinii pneumonia (PCP) which is associated with significant morbidity and mortality. For this reason, prophylaxis is recommended. Which of the following is an appropriate drug for PCP prophylaxis
- A. Bactrim
189. The nurse practitioner would be correct to tell a 27 year old newly diagnosed hypertensive patient that
- a. Lifestyle modifications such as losing excess weight, exercising, limiting salt
190. Which of the following drug classes would be most effective in decreasing elevated triglyceride levels
- a. Statins
191. Which of the following drugs classes would be most effective in decreasing elevated triglyceride levels



- a. Fibrates

192. A 52 year old female has a firm nontender one cm mass in the right lower quadrant of her breast. There are no palpable axillary lymph nodes. A mammogram the month before her examination was negative. The most appropriate nurse practitioner action today is to

- A. Schedule an ultrasound of the breast

193. A 26 year old female patient presents with cracked and sore nipples. She is breastfeeding her first child who is 4 weeks old. The nurse practitioner would be accurate to advise the patient to

- a. Apply a vitamin e moisturizing cream after each feeding and continue to breastfeed

194. A nurse practitioner is providing guidance to a newly diagnosed diabetic patient who is being treated with insulin. The nurse practitioner would be correct to tell the patient to self treat signs and symptoms of hypoglycemia with

- a. 15g of sugar, or 5 lifesavers

195. On examination a 67 year old patient is noted to have high tone hearing loss. This finding is consistent with what diagnosis

- a. Presbycusis

196. A patient with a past history of documented coronary arterial blockage less than 70% complains of chest pain several times per day (while at rest) which is relieved with nitroglycerin. What is the most appropriate initial action for the nurse practitioner?

- a. Refer to a cardiologist as soon as possible

197. A newborn with cyanosis secondary to a cardiac anomaly probably has

- a. Tetralogy of fallot

198. A patient with diabetes mellitus calls the clinic reporting signs and symptoms of viral syndrome. She asks, "Should I skip my diabetes medicine until I get my appetite back?" The nurse practitioner reviews the sick day guidelines, which include all of the following except

- A. Hold all diabetes medications until eating habits have returned to normal

199. A 1 month old presents with reported recurrent diarrhea, screaming and drawing up of the legs followed by periods of lethargy. On physical examination, a "sausage like"

mass is palpated in the upper right quadrant of the distended abdomen. Which of the following is the most likely diagnosis

- a. Intussusception

200. Upon ophthalmoscopic examination of a 78 year old patient, the nurse practitioner observes dark spots against a red retina. What diagnosis is this finding most consistent with

- a. cataract

201. Of the following, the patient who should be referred for periodic colonoscopy is the patient with

- a. Extensive ulcerative colitis of long duration

202. Adolescents are at increased risk for contracting the HIV due to

- a. Increased sexual experimentation

203. What is the most appropriate NP intervention for a 2 month old febrile infant who appears ill but has no evidence of specific infection upon examination

- a. Hospitalization, and blood, urine, and spinal fluid cultures, followed by antimicrobial therapy

204. Which immunizations are contraindicated in an immunodeficient individual? 1  
varicella 2 ipv 3 mmr 4hbv

- a. 1,3

205. To differentiate testicular torsion from epididymitis, the np should order

- a. Doppler US

206. Expected findings associated with a diagnosis of folic acid deficiency include all of the following except

- a. Mcv <80

207. The drug of choice for acute episodes of gout is colchicine. What is the most common early sign of colchicine toxicity

- a. diarrhea

208. A 27 year old male athlete presents with complaints of exquisite pain over his right shin. He runs an average of 6 to 8 miles per day. He wonders if he has a right tibial stress fracture. Which response by the NP is not correct

- a. There is no radiological test which will identify a stress fracture

209. A 25 year old married woman is being taught the natural family planning method of contraception by the nurse practitioner. Which of the following statements by the patient demonstrates her understanding of nfp

- a. Cervical mucus is clear and thin during ovulation

210. A 65 year old presents with a past medical history of coronary artery disease, temperature 101 degrees F, tachypnea 24 breaths per minute, and consolidation in the left lower lobe. A chest x-ray confirms left lower lobe pneumonia. What antimicrobial agents should the NP prescribe

- a. Levofloxacin

211. A 26 year old female was informed that she is 4 weeks pregnant. Because of her history of smoking half a pack of cigarettes per day, the NP explains that smoking during pregnancy increases the risk of her infant being born

- a. Prematurely

212. The NP strongly suspects hyperthyroidism in a 62 year old patient. Which of the following would not be an appropriate initial intervention

- a. Start levothyroxine 25mcg daily and reassess in 2 weeks

**213. Which of the following oral medications should be avoided in a child under 8 years of age**

- a. Tetracycline**

214. The NP is holding a prenatal nutrition class for a group of patients. Considering knowledge about cultural variations, which of the following women may be at increased risk for inadequate calcium intake

- a. A 27 year old native american

215. A professional liability insurance policy that provides coverage for injuries arising out of incidents occurring during the period of policy was in effect, even if the policy subsequently expires, or is not renewed by the policy holder is termed

- a. Occurrence based policy

216. A patient with uncontrolled primary hypertension presents with a complaint of frequent headaches. Headaches which may be attributed to the patient's blood pressure elevation are typically described as

- a. Occipital presenting on awakening in the morning

217. All patients with renal calculi should be taught that the best prevention is
- Increased fluid intake
218. Which of the following medications may predispose the patient to hypoglycemia
- Beta-adrenergic blockers
219. An urgent call is received from a patients wife who states that her husband is having chest pain unrelieved by 3 nitroglycerin tablets. The nearest hospital is 45 minutes away. Besides having the patient reach the hospital as soon as possible, which intervention can the NP suggest which might influence a positive outcome
- Have the patient chew an aspirin on the way to the hospital
220. A patient taking levothyroxine is being over-replaced. What condition is he at risk for
- osteoporosis
221. The NP suspects a TMJ disorder. As the patient slowly opens and closes the lower jaw, the NP palpates the temporomandibular joint bilaterally
- Anterior to the tragus
222. It is clear that in alzheimers disease, environmental forces as well as genetic factors exert considerable influence. One potential treatable risk factor currently receiving much attention is
- Estrogen deficiency
223. A mother presents with a 3 year old who has croup. The plan for home care would appropriately include
- A cool mist vaporizer
224. A patient presents with periorbital erythema and edema, fever, and nasal drainage. The NP should
- Start aggressive antibiotic therapy
225. Patients diagnosed with polycystic ovaridan disease are at increased risk of developing
- Diabetes mellitus
226. Which drug class is associated with elevated serum lipid levels
- Thiazide diuretics

227. Which choice below is not a contraindication to receiving the diphtheria, pertussis, and tetanus vaccine
- a. Current antibiotic use
228. A patient with hepatic cirrhosis presents with pedal edema. He reports that his wife prepares the same lunch for him every day :a ham and cheese sandwich on white bread with mustard, a bowl of fresh vegetable soup
- a. Ham and cheese
229. What diabetic complications result from hyperglycemia? 1 retinopathy 2 hypertension resistant to treatment 3 peripheral neuropathy 4 accelerated atherosclerosis
- a. 1, 3, 4
230. The following are all important tests of visual acuity in infants and children up to 3 years of age except
- a. The Hirschberg test
231. Which of the following medication classes is considered first line therapy for patients who have heart failure
- a. ACE inhibitors
232. An adolescent goes to Colorado for a ski trip. He is unaccustomed to the high altitude and very dry air. He develops nose bleeds & visits the NP. What intervention is least effective
- a. Drink adequate water to promote hydration of the nares
233. Screening for increased intra-ocular pressure or early glaucoma is
- a. Best performed by an eye specialist
234. The most effective intervention to prevent stroke is
- a. Smoking cessation and treatment of hypertension
235. Which of the following should not be avoided when the patient has BPH
- a. Alpha adrenergic blockers
236. An appropriate initial treatment for benign positional vertigo is
- a. Meclizine
237. The NP palpates an enlarged right epitrochlear lymph node. The next action is to assess the
- a. Right forearm and hand

238. Educating parents to avoid putting their children to bed with a baby body
- a. Helps prevent tooth decay
239. The major health risk associated with oral contraceptive therapy is
- a. Cardiovascular events
240. All of the following are associated with erectile dysfunction except
- a. Nsaids and oral hypoglycemic agents
241. At what age does vision normally become approximately 20/20
- a. 6 years
242. The NP is performing a routine assessment of a 47 year old female who wants to lose weight. She has truncal obesity with relatively slender forearms and lower legs. Her BMI is 38. Upon review of her history, physical examination, and laboratory results, the NP diagnoses syndrome x. This diagnosis is based on the previous findings plus all of the following except
- a. Cardiac arrhythmias
243. The long term prognosis for a patient with diagnosis of dementia is
- a. Poor, because gradual deterioration of cognitive function, memory, judgment, and emotional stability is progressive and irreversible
244. A 75 year old patient is well controlled on timolol maleate for chronic open angle glaucoma. Prescribing propranolol for this patient may precipitate
- a. Bradycardia
245. Which of the following is least likely to be the cause of ophthalmia neonatorum
- a. Haemophilus influenza
246. What information should 42 year old patient with newly diagnosed diabetes receive about exercise
- a. Snack before exercise
247. Which of the following are characteristic of patients with type 2 diabetes? 1 beta cell destruction 2 high body mass 3 central obesity 4 unexplained weight loss
- a. 2, 3
248. The NP correctly diagnoses iron deficiency anemia in a female patient whose lab report reveals
- a. An increased total iron binding capacity

249. A 19 year old female reports that she is having panic attacks. The NP knows that panic attacks are characterized by
- a. Sudden onset of intense fear or terror
250. At what age is screening most helpful in detecting scoliosis
- a. 12 to 14
251. A 66 year old female presents to your clinic. She states that yesterday evening she had chest pain for 20-30 minutes. Which finding most strongly correlates with myocardial infarction
- a. Elevated troponin I levels
252. A 27 year old female patient with epilepsy is well controlled with phenytoin. She requests information about contraception. The NP should instruct her that
- a. The effectiveness of an oral contraceptive may be reduced
253. Which of the following statements concerning informed consent is false
- a. It is not legally binding if the patient cannot write his or her name
- 254. With a history of ankle sprain, the NP would most likely elicit a history of**
- a. Ankle inversion**
255. The diagnosis of Meniere's disease is based on
- a. Exclusion of other pathologies
256. A patient presents with an inflamed upper eyelid margin. The conjunctiva is red and there is particulate matter along the upper eyelid. The patient complains of a sensation that there is something in my eye. What is the diagnosis and how should it be treated
- a. Blepharitis, treat with warm compresses and gentle debridement with a cotton swab
257. A 43 year old female patient complains of dull ache around both ankles after a days work as a cashier. Her symptoms are relieved by sitting and elevating her legs. She reports ankle edema at the end of the day. What is the most likely cause of these problems
- A. Varicose veins
258. An elder's caretaker is planning the elders menus. The elder is on a bland diet. The NP reviews the meal plans and notes that which of the following is not appropriate
- a. Coffee, tea, carbonated sodas, orange juice

259. Microscopic examination of expressed prostatic secretions and post prostate massage urine is positive for WBCs >10 to 20/HPF and negative for bacteria. The most likely diagnosis is
- a. Chronic nonbacterial prostatitis
260. A 41 year old woman presents with multiple painful vesicular lesions in the vulvar area. She has been with the same sexual partner for 25 years. Which of the following is the most likely diagnosis
- a. Herpes simplex
261. In the differential diagnosis of thyroid dysfunction, the typical patient with hypothyroidism has all of the following characteristic features except
- a. Nervousness and tremor
262. A 16 year old male presents with mid sore throat, fever, fatigue, posterior cervical adenopathy, and palatine petechiae. Without a definitive diagnosis for this patient what drug would be the least appropriate to prescribe
- a. Ampicillin
263. Which of the following is not a component of the fetal biophysical profile
- a. Gestational age estimate
264. Which of the following ecchymotic lesions in a 4 year old patient most likely represents a possible bleeding disorder
- a. 7 cm on the abdomen
265. Today, a patient is diagnosed with iron deficiency anemia and started on a daily iron supplement. In order to best assess the adequacy of supplementation, the np would appropriately order a follow up
- a. Hemoglobin level in 1 month
266. Antibiotic administration has been demonstrated to be of little benefit in the treatment of which of the following disease processes
- a. Acute bronchitis
267. A 44 year old male Caucasian patients blood pressures are consistently 170 and 100-110 diastolic. He has no significant medical history and is of normal weight. His lab tests and ecg are normal. What is the appropriate action at this time
- a. Prescribe an ACE inhibitor and a low dose thiazide diuretic



268. A 50 year old male is scheduled for his annual wellness visit. The NP would appropriately recommend all of the following except

- a. Monthly self testicular examination and annual clinical testicular examination

269. A 2 week old infant is brought to the NP clinic after a difficult delivery. The mother says the infant fusses when handled or picked up. On physical examination the NP notes decreased movement of the right arm during the moro reflex and crepitus on palpation of the right clavicle. The diagnosis is fracture of the clavicle. The recommended management is

- A. Instructions to the parents to handle the neonate gently

270. A 3 year old female with a palpable right upper quadrant abdominal mass, anemia, and fever is being evaluated for Wilm's tumor. Which of the following diagnostic tests would be most useful

- a. Abdominal ultrasound

271. A patient presents with pruritic lesions on both knees. There are visible silver scales. How should his condition be managed

- a. Topical corticosteroid cream

272. Persons with thalassemia should avoid

- a. Iron replacement therapy

273. Which of the following is the most important diagnosis to rule out in the adult patient with acute bronchitis

- a. Pneumonia

274. A patient on oral contraceptives complains of breast fullness, tenderness and some nausea. The patient is concerned. How should the np manage this

- a. Change the pill to one containing less estrogen

275. The client with iron deficiency anemia should be advised to take the iron supplement

- a. On an empty stomach between meals

276. A 45 year old diabetic patient has periorbital cellulitis secondary to sinus infection. What course of action should the np take

- a. Consider collaboration with a physician regarding antibiotic treatment, culture and subs

277. A 26 year old male patient in good health has a blood pressure of 145/80. How soon should his blood pressure be reassessed

- a. 1 month

278. An 8 year old is sent home from school with a mucopurulent discharge from his eye. He is brought to the nurse practitioner for treatment. What is the most appropriate intervention

- a. Polysporin

279. Which of the following tests are used for diagnosis of cystic fibrosis

- a. Sweat test

280. Swan neck and boutonniere deformities are typical clinical findings in the later presentation of

- a. Rheumatoid arthritis
- 

281. The minimum age for routine immunization with the MMR vaccine is

- a. 6 months

282. A 32 year old woman reports a 10 year history of stuffy nose with clear rhinorrhea, sneezing, and itchy watery eyes. The MOST effective class of medications for this condition is

- a. Leukotriene receptor antagonists

283. A 65 year old man complains of shoulder pain lasting 3 months. He denies trauma and states that initially the pain was severe. However, over time the pain has lessened and stiffness of the joint has increased. Which diagnosis should be included as a differential

- a. Adhesive capsulitis

284. A 50 year old homeless woman presents with persistent, productive cough for the past month, as well as night sweats and weight loss. The most appropriate approach to diagnosis of this patient is

- a. Mantoux test

285. A 35 year old black man presents with a complaint of superficial irritation of the skin after shaving his facial hair. The physical examination identifies small raised

erythematous lesions with pruritic pustules at the site. This is an assessment finding consistent with

- a. Folliculitis

286. A 20 year old woman with depression states that she is thinking about killing herself. The next step would be to ask her

- a. Do you have a plan for killing yourself

287. The term used to describe breath sounds audible over the center part of the anterior chest is

- a. Bronchovesicular

288. A 32 year old man presents with a 24 hour history of fever, diarrhea, nausea, and dehydration. The symptom most suggestive of infection with an invasive organism is

- a. Fever

289. Treatment for which of the following conditions can result in the development of cataracts

- a. Asthma

290. When evaluating a 55 year old man for his understanding of self testicular exams, he needs further instruction if he says that

- a. I should make sure to perform self examination every 2-3 months to assess for hard nodules

291. The recognition and validation of knowledge, skills, competency and qualifications to function as an advanced practice registered nurse is

- a. Certification

292. X-link dominant disorders

- a. Affects only men

293. Which of the following diagnoses would not be considered a possible complication in a 61 year old man with prostatitis

- a. Erectile dysfunction

294. A 26 year old woman who is 10 weeks pregnant has a negative rubella titer. This patient should

- a. Wait until after delivery to be vaccinated

295. A 62 year old woman is diagnosed with shingles and concerned about spreading the virus to others. Which of the following statements is correct
- The shingles virus can also be spread in the prodrome period, prior to the development of the maculopapular rash and vesicle eruption
296. A 10 year old boy is diagnosed with otitis externa. The symptom not usually seen in patients with otitis externa is
- Fever
297. The daily performance of cardiovascular exercise has many benefits, including
- Increased high density lipoprotein levels
298. The nurse practitioner documents a blowing, high pitched decrescendo murmur at the left sternal border. This finding is consistent with
- Aortic regurgitation
299. A 20 year old veterinarian intern presents with right inguinal lymphadenopathy. The nurse practitioner suspects a typical case of cat scratch disease (CSD) and knows that
- Antibiotics are not recommended and the disease is self limiting
300. Depressed mood and teeth erosion are present in a 16 year old girl. Initially she should be referred to a
- Cognitive behavioral therapist
301. Which of the following is a violation of HIPPA
- Releasing sensitive information about a teenage patient to a parent without consent
302. A 49 year old man presents with an erythematous swollen and painful proximal interphalangeal joint on the right foot. Which medication should not be initiated during an acute attack
- Allopurinol
303. A patient presents with a foreign body sensation in the eye, photophobia and tearing after removal of a contact lens. A fluorescein stain confirms a corneal abrasion. The best choice for treatment is
- Oral anti-inflammatory medication and use of an eye patch
304. Which answer best describes hidradenitis suppurativa
- It is an infection of the sweat gland

305. When a payment arrangement is established for service and a set fee per patient per month is paid for the provision of primary care services, it is known as
- Fee for service
306. A 59 year old nurse has varicose veins in her lower extremities. Which of the following can be attributed to varicose veins
- Bilateral orthostatic edema
307. Which of the following diagnostic tests has the highest sensitivity and specificity in diagnosing deep vein thrombosis (DVT)
- Compressive duplex ultrasound
308. Ophthalmoscopic examination of the retina reveals arteriovenous nicking (AV nicking). This appears as if the
- Artery crosses the vein and causes the vein the bulge, forming an hourglass shape
309. On assessment, a patient is diagnosed with koilonychia. This is indicative of
- Iron deficiency anemia
310. The history and assessment of a 50 year old woman identify stress incontinence. The patient asks what could cause this condition. The most appropriate response is
- Constipation
311. A 70 year old man has been diagnosed with tinnitus. The initial workup should include
- Examination of the ear canals for cerumen
312. Mr. Briar has had type 2 diabetes for 6 years. He is now diagnosed with elevated low density lipoprotein (LDL) cholesterol. The best pharmacologic management to manage his lipids is
- A statin
313. A 38 year old woman complains of a headache. A finding that could indicate a serious underlying cause is
- A headache lasting longer than 24 hours
314. A 60 year old man has been diagnosed with heart failure. Which item would be most beneficial in managing his condition at home
- A bathroom scale

315. An 18 year old woman with anorexia nervosa returns for a 1 month evaluation of the effectiveness of cognitive behavioral therapy (CBT). On examination, she is hypotensive, has a heart rate of 55, and a body temp 96F. Her weight has fallen below the 75<sup>th</sup> percentile. The nurse practitioner should
- Order a selective serotonin reuptake inhibitor (SSRI)
316. A 5 year old boy is brought in with lesions around the mouth and nose. If the presentation is impetigo, the nurse practitioner would expect to find
- Bullae and crusting of the lesions
317. A 30 year old mother of three school aged boys complains of a sore throat. The least worrisome finding would be a
- Nontender supraclavicular node
318. A 44 year old man reports gradual hearing loss over the past 3 months. Results of the Rinne tuning fork test are right ear air conduction (AC) greater than bone conduction (BC) and left ear BC greater than AC. This finding indicates
- Conductive hearing loss in the right ear
319. A 16 year old patient is advised to take nonsteroidal anti-inflammatory drugs (NSAIDs) for dysmenorrhea because they
- Inhibit prostaglandin synthesis
320. When examining the breathing pattern of a 20 year old man, the diaphragm moves upward during inspiration and downward during expiration. The type of breathing is documented as
- Thoracoabdominal paradox
321. Ms. Whitt, a mother of five children, is complaining of stress urinary incontinence. The next step in evaluating this condition is to recommend
- A voiding diary
322. The characteristic that is associated with the highest risk for cervical cancer in a black woman in her 30s is a
- Human papillomavirus (HPV) infection
323. A risk factor associated with hepatitis a infection in a young woman is
- Eating raw oysters

324. According to the national heart lung and blood institute (NHLBI), a normally healthy 12 year old should undergo lipid screening
- a. Now
325. Cervical cancer screening guidelines recommend that screening begin at age
- a. 21 years
326. A 27 year old man presents with a blood pressure of 150/95 mmHg. Gynecomastia and shrunken testicles are noted on exam. The nurse practitioner suspects
- a. Anabolic steroid use
327. An 81 year old woman comes to the office with mental status changes. Her daughter says that she has been confused for the past 3 days, and that she has complained of fatigue and headache. The initial diagnostic test in the evaluation of this patient is a
- a. Urinalysis
328. How long after delivery should a pregnant patient with hypothyroidism have a TSH drawn
- a. 1 week
329. A 25 year old pregnant woman is diagnosed with a urinary tract infection. The safest antibiotic to treat this patient is
- a. Nitrofurantoin
330. A 6 year old boy exhibits nuchal rigidity. In children, this finding is indicative of
- a. Meningeal irritation
331. A 36 year old man presents with facial plethora, wide reddened striae, and easy bruising. These findings are most consistent with
- a. Cushing's syndrome
332. When performing a physical examination in a patient with suspected acute otitis media, a positive tug test will elicit pain when
- a. The auricle is gently pulled downward
333. Mr. Wilson is started on a selective serotonin reuptake inhibitor (SSRI) for depression. Which one of the following statements is true about SSRIs
- a. Many over the counter drugs can interact with an SSRI
334. A 13 year old girl has never received the varicella immunization and her history is unclear about varicella infection. The initial step is to

- a. Administer two doses within 4 weeks of each other
335. A 10 month old infant girl has a history of prematurity and prolonged febrile seizures occurring on two occasions. When discussing the prognosis with the mother, the nurse practitioner informs her that
- a. Febrile seizures are usually benign and alone do not signify epilepsy
336. An extract of the fruit of saw palmetto is sold over the counter and is commonly used to
- a. Improve urine flow in older men
337. A 55 year old woman with diabetes complains of eye pain and headaches and states that she sees halos around bright lights. The differential diagnosis would include
- a. Glaucoma
338. A 40 year old man has suspected epididymitis. Which test is best to assess the probability of this condition?
- a. Prehn's sign
339. A 42 year old man presents with dyspnea of sudden onset. This complaint could indicate
- a. Acute pulmonary embolism
340. A 48 year old man presents with a fourth acute attack of gout in 6 months. To prevent future acute flare ups, the best choice of medication is
- a. Probenecid (Benemid) 250 mg PO BID
341. Bladder catheterization for postvoid residual urine volume and a voiding diary are beneficial in identifying
- a. Urge incontinence
342. Symptoms of fatigue, occasional shortness of breath, and paroxysmal nocturnal dyspnea in a 58 year old woman could be indicators of
- a. Microvascular coronary dysfunction
343. Symptoms of trichomoniasis in a 35 year old man could include
- a. Painful and swollen testicles, painful bowel movements
344. Approximately 1 hour ago, a 10 month old infant experienced a febrile seizure. The mother should be informed that



- a. Ibuprofen (Advil) and acetaminophen (Tylenol) should be administered every 2 hours for fever management
345. Which of the following diagnoses is most likely to be considered as a differential diagnosis in the presence of anuria?
- a. Chronic kidney disease
346. An infant presents for a routine exam. Anticipatory guidance about teething should be discussed with the parent when the infant is
- a. 4 months old
347. The NP treats a family of four with albendazole (Albenza) for pinworms. The mother inquires about reinfection and the NP explains that
- a. A second dose might be indicated in 2 weeks if symptoms persist
348. A 19 year old patient with a negative rapid strep test has a throat swab that is positive for beta hemolytic streptococcus. What is the best action by the NP
- a. Prescribe an antibiotic
349. When educating a patient about the initiation of insulin, the NP should explain that a common effect of insulin use is
- a. Injection site injection
350. At what age should anticipatory guidance about tobacco, alcohol, and drugs take place
- a. 11-12 years old
351. The diagnostic criteria for chronic kidney disease do not include
- a. Identification of the underlying cause
352. A 40 year old man presents with persistent wheezing localized to one area of the lung. It is most noticeable at night, when he experiences paroxysmal coughing. The most likely diagnosis is
- a. Bronchial neoplasm
353. The term used to describe a difference of 10 mm Hg between the highest systolic pressure reading and the lowest systolic pressure is
- a. Paradoxical pulse
354. A 44 year old man with new onset gout should be advised to lose weight and adjust diet by

- a. Limiting intake of animal protein, increasing intake of plant based proteins
355. A 67 year old patient with a history of diabetes has a total cholesterol level of 195mg/dl. LDL level of 129 mg/dl, HDL level of 35 mg/dl, and triglyceride of 100 mg/dl. The most appropriate treatment is
- a. Pravastatin (Pravachol)
356. A 16 year old baseball pitcher presents with symptoms of medial epicondylitis. On assessment, the NP should suspect
- a. Pain with passive wrist flexion and a weak grip
357. A 17 year old girl has been taking an over the counter decongestant for weeks without adequate relief from persistent nasal congestion, hoarseness, and occasional nose bleeds. On examination, boggy mucous membranes and a small perforation in the nasal septum are observed. These findings are most consistent with
- a. Severe allergic rhinitis
358. The most appropriate initial treatment of idiopathic facial nerve palsy (Bell's palsy) for a patient who began to notice a facial droop 2 days prior is
- a. Oral glucocorticoids
359. The NP is teaching a patient who is newly diagnosed with diabetes how to properly administer insulin glargine (Lantus). She explains that he can expect the medication to start working within 1 hour and that it has a duration of approx.
- a. 24 hours
360. Which of the following symptoms would be most suggestive of chlamydia trachomatis infection in a woman
- a. Thick, cloudy or bloody vaginal discharge with anal itching
361. Mild bladder prolapse in a 42 year old woman may be treated with
- a. Vaginal topical estrogen cream
362. When determining whether an infant is on track in terms of gross motor skill development, it is important to know that he can roll from prone to supine by
- a. 4 months of age
363. A patient can be diagnosed with pernicious anemia if
- a. Her mcv is <80

364. During routine follow up of a patient with obstructive sleep apnea, the NP knows that the patient may need to be referred for adjustment of positive airway pressure therapy if he experiences
- a. Headache upon awakening
365. A breastfeeding mother presents with symptoms of mastitis. Which of the following is not included in the clinical approach to treatment
- a. Cessation of lactation
366. When treating a woman with urinary incontinence, the lifestyle medication that is not appropriate is
- a. Reducing fluid intake to less than 1 liter per day
367. Which credential is typically listed first behind a NP's name
- a. The highest academic degree earned
368. Which one of the following is not part of the diagnostic criteria for attention deficit disorder in the diagnostic and statistical manual of mental disorders
- a. Symptoms present at home and at school
369. A 2 year old boy presents with shortness of breath temp of 103F and lethargy. Four weeks ago, he underwent surgery to repair a congenital heart defect. Based on his past history and these symptoms, the next step should be to
- a. Refer him to the ED for direct pediatric admission
370. After completion of a 7 day course of doxycycline for the treatment of chlamydia, an 18 year old adolescent returns to the clinic for a follow up exam. Symptoms appear to have resolved and the NP instructs the patient to return for retesting
- a. 2 weeks after completion of therapy
371. The most common cause of bacterial pneumonia in 2 year old is
- a. *S. pneumoniae*
372. The most likely history or physical finding in a patient with migraine headaches is
- a. Focal deficits
373. The best method for preventing gonorrhea and chlamydia in teenagers is to
- a. Encourage abstinence or the use of condoms
374. An example of secondary prevention is to
- a. Obtain an annual mammogram after age 40 years

375. Which immunization is contraindicated during pregnancy
- Tdap
376. A 6 year old girl was treated for pinworms 1 week ago and now presents with scattered honey-colored crusts of nonbullous lesions on her right hand. The NP should
- Prescribe topical mupirocin BID for 5 days
377. A 20 year old woman states that her 45 year old mother was recently diagnosed with breast cancer. The best tool to assess her risk for developing breast cancer would be the
- Claus assessment model
378. White or grayish/brown speckling on the periphery of the iris of a 6 month old boy with down syndrome is documented as
- Brushfield spots
379. A 16 year old boy is diagnosed with genital warts and wonders what caused this condition. The appropriate response would be that the most common cause is
- HPV
380. What type of seizure is characterized by 2-15 seconds of staring, eye flutters, and automatisms
- Petit mal seizure
381. Laboratory findings for a 66 year old woman show a low serum iron level, elevated total iron binding capacity, and low serum ferritin level. These results are consistent with
- Iron deficiency anemia
382. The diagnostic criterion for COPD is FEV1/FVC ratio of
- Less than 70%
383. The risk of developing metabolic alkalosis in a 48 year old man with a 35 pack year smoking history is most likely related to
- Diarrhea
384. Which condition is not likely to have an associated symptom of hemoptysis
- Bronchiectasis
385. An ankle brachial index (ABI) to determine if a patient has peripheral arterial disease

- a. Is positive for the disease if the ABI reading is  $<0.9$
- 386. An elevated alpha fetoprotein (AFP) level is documented in a 34 year old pregnant woman. The most likely reason for the elevation is that
  - a. She has an undiagnosed miscarriage
- 387. A 45 year old man places his hand over his sternum and complains of nausea and chest pain. This gesture could be suggestive of
  - a. Angina pectoris
- 388. A 40 year old woman who underwent gastric bypass surgery approximately 12 weeks ago returns for follow up. Labs reveal a hematocrit of 33%, hemoglobin of 11, MCV of 72, and mch of 26. Based on these results, the best action for the NP to initiate next is to
  - a. Initiate oral iron supplementation
- 389. The symptom not associated with an anterior cystocele in a 40 year old woman is
  - a. Lower back pain
- 390. The most common cause of urethritis in men is
  - a. Neisseria gonorrhoeae
- 391. When using the gtpal system to document a woman's maternal history, the "t" stands for term births, which is considered delivery after
  - a. 37 weeks
- 392. A 62 year old patient is complaining of pain and stiffness in both hands. During the examination, the NP notes hard, bony swelling in the distal interphalangeal joints. These are known as
  - a. Heberden nodes
- 393. Persistent facial redness, flushing, dryness, and sensitivity of the cheeks that worsens with exercise and with ingestion of spicy foods are the presenting symptoms of a 29 year old woman. These symptoms are most likely associated with
  - a. Rosacea
- 394. A 45 year old woman receives immunotherapy injections weekly, along with fexofenadine and fluticasone nasal spray daily. Today she is diagnosed with a viral upper respiratory infection. The most appropriate intervention would be to
  - a. Add an oral decongestant

395. Chronic bacterial prostatitis is not likely to be caused by
- Eubacterium species
396. The most common congenital heart defect is
- Ventricular septal defect
397. A 6 month old infant boy with a history of ventricular septal defect presents with a poor appetite wheezing cough and shortness of breath. To evaluate these symptoms the NP should order
- An echocardiogram
398. Expected spirometry readings in a patient who has chronic bronchitis include
- Decreased forced vital capacity
399. A 30 year old woman has experienced unilateral palsy of the right cheek for the past 36 hours. Which cranial nerve is most likely to be involved
- VII
400. A 38 year old man has polycythemia vera and is scheduled for phlebotomy. The goal of therapeutic phlebotomy is to reduce blood viscosity. It is aimed at bringing which component of the cbc into normal range
- Hematocrit
401. A 48 year old woman has a history of diethylstilbestrol exposure while in utero. Because of her history, this patient may be at increased risk for
- Vaginal and cervical cancer
402. A lack of fat in a child's diet can negatively impact the growth and development of the brain. Therefore, limiting fat consumption should not occur before at least
- 2 years of age
403. Recommendations intended to optimize patient care and that are informed by a systematic review of evidence and an assessment of the benefits and harms of alternative care options are known as
- Clinical practice guidelines
404. A 56 year old woman states that she is experiencing shock like intermittent right sided pain in her lips, face, mouth and cheek when yawning. It subsides abruptly. The diagnosis is most likely
- Trigeminal neuralgia

405. When initiating a thiazolidinedione for the treatment of type 2 diabetes in an older adult the best practice would be to
- Check liver function
406. A patient with mechanical heart valve is receiving warfarin. Once the INR is stabilized at therapeutic levels it should be monitored at least
- Monthly
407. A straightleg raise in the supine position is positive on the left side between 30 and 60 degrees. This most likely indicates
- Lumbar disc herniation
408. Complications of untreated chlamydia in a 40 year old woman are not likely to include
- Pyelonephritis
409. The NP should expect adolescents between the ages of 12 and 14 to
- Develop a stronger sense of right and wrong
410. Acetaminophen 500 mg tid is prescribed for an 85 year old woman to treat left knee pain caused by osteoarthritis. Acetaminophen has not been effective in relieving her pain, therefore, the next step should be
- Order physical therapy
411. A patient with type 2 diabetes is started on insulin glargine. To reduce the risk of hypoglycemia, which drug class should be discontinued
- Sulfonylurea
412. A patient with acute epicondylitis needs further education about the management of symptoms if he says
- I should apply ice with pressure directly to the skin of the epicondyle for 20 mins 3 times a day
413. Which one of the following is a diagnostic criterion for bacterial vaginosis
- Clue cells
414. A 42 year old woman with a history of surgically induced menopause is complaining of stress incontinence. She is found to have mild bladder prolapse. The most appropriate treatment for this patient is
- Vaginal topical estrogen cream

415. When considering preventive screening in adults, which of the following statements is incorrect
- Risks associated with preventive screening may include overdiagnosis of conditions that may never become clinically apparent
416. A high potency steroid should be avoided on the face and which other area on the body
- The back of the hands
417. A young woman presents with a swollen painful ankle after stepping in a hole. History reveals that she has likely inverted her ankle, which is likely to cause a
- Ligamentous injury of the lateral malleolus
418. The leading cause of vision loss among patients older than 65 years is
- Age related macular degeneration
419. Which of the following is true about multiphasic forms of oral contraceptives
- They contain variable doses of one or both hormones during active pill phase
420. A 20 year old pitcher is diagnosed with epicondylitis of the elbow. The assessment is most likely to reveal
- Pain that radiates into the wrist
421. A 30 year old man complains of heaviness in his scrotum and palpable mass of the inguinal canal. The least likely differential diagnosis is
- Inguinal hernia
422. A NP student is preparing to take the certification exam for practice as a NP. Which of the following is a certifying body for NPs
- AANP
423. When prescribing pregabalin a schedule V substance for a patient with neuropathy the prescription should not
- Be faxed
424. A patient presents with loss of function and sensation in the fifth digit. The NP identifies hypothenar atrophy which is suggestive of
- An ulnar nerve disorder
425. A 13 year old boy presents with an abrupt onset of high fever and sore throat and he exhibits the sniffing position. These symptoms are consistent with



- a. Epiglottitis
426. After providing instructions for activities of daily living to a 66 year old man with heart failure the NP understands that he needs further education after he states
- a. I should go to the hospital if my morning blood pressure is higher than 130/80
427. A 68 year old patient presents with a painful erythematous maculopapular rash over the left posterior scapular area. The rash does not extend beyond midline. The clinician suspects
- a. Herpes zoster
428. A 40 year old woman with a longstanding history of asthma has been treated with inhaled steroids for about 20 years. Assessment of this patient might reveal
- a. Dysphonia
429. A 68 year old man who underwent a mitral valve replacement 3 months ago has been on warfarin therapy. This patient needs to be informed that the warfarin
- a. Will need to be stopped 4 days prior to dental surgery and resumed immediately afterward
430. A 40 year old complains of breathing difficulty that awakens him from sleep. He states that when he sits up his breathing improves. The most likely diagnosis is
- a. Paroxysmal nocturnal dyspnea
  - b. Asthma
  - c. COPD
  - d. Emphysema
431. A sleep disturbance that might be reported by a 20 year old woman diagnosed with anxiety is
- a. Early morning wakening
  - b. Excessive drowsiness
  - c. Difficulty falling and/or staying asleep
  - d. Never feeling tired
432. Medicare Part A coverage provides payment for
- a. Inpatient/hospital services
  - b. Outpatient/clinic services
  - c. Physical therapy

- d. Prescription drugs
433. A 78 year old woman is diagnosed with pneumonia. Further examination reveals that she is moderately dehydrated. However, her chest x-ray does not demonstrate infiltrates because
- a. Infiltrates are often absent when a patient is dehydrated
434. A 30 year old premenopausal woman presents with a breast lump. The lump is nontender and is approximately 1 cm in diameter. The NP should
- a. Order a screening mammogram
  - b. Order a diagnostic mammogram
  - c. Order an ultrasound
  - d. Have her return 3-10 days after her next menses
435. An adult man complains of two episodes of erectile dysfunction. The LEAST important assessment of sexual dysfunction is
- a. Erectile reserve
  - b. Age
  - c. Interpersonal conflict
  - d. Partner interview
436. The assessment of a 72 year old man causes the NP to have concerns that include risk for suicide. Which one of the following is not a risk factor for suicide in older adults?
- a. Chronic pain
  - b. comorbid physical illness
  - c. family history of suicide
  - d. retirement
437. A 25 year old woman complains that the presence of hirsutism over her face and chest is negatively affecting her quality of life. The most effective initial pharmacologic therapy for this patient would be
- a. 5 alpha reductase inhibitors
  - b. Progestin only contraceptive
  - c. Estrogen progestin contraceptive
  - d. Biguanides

438. A lack of fat in a child's diet can negatively impact the growth and development of the brain. Therefore, limiting fat consumption should not occur before at least
- 2 years of age
439. A 30 year old patient is starting a career in the healthcare industry. The NP knows that the hepatitis B vaccine
- Can be given at any age
440. A 70 year old woman has diffuse lentigo spots on her arms that have developed over time. The NP should inform the patient that
- The lesions must be removed and sent for pathology testing
  - These markings of the skin are treated with topical fluorouracil cream
  - These spots are harmless and do not require treatment or further testing
  - Liver enzymes should be obtained to assess for underlying disease
441. A NP is treating a 12 year old child for suspicious injuries. Which statement is correct about reporting suspected child abuse in the US?
- Only social workers and physicians are considered mandatory reporters
  - A healthcare provider must be certain prior to reporting suspected abuse
  - The duty to report supersedes patient confidentiality
  - Each state varies according to obligation to report suspected abuse
442. A 36 year old woman's pap results reveal precancerous cells. The NP knows that the most common type of cervical cancer is
- Basal cell carcinoma
  - Squamous cell carcinoma
  - Ductal cell carcinoma
  - Adenocarcinoma
443. The vaccine that can minimize complications related to the disease that causes painful localized, blistering rash that follows a dermatomal pattern is the
- Small pox vaccine
  - varicella vaccine
  - herpes zoster vaccine
  - meningococcal vaccine

444. A 45 year old man complains of acute flank pain radiating toward the groin and testicles. For suspected nephrolithiasis, the first line treatment regimen includes Toradol IM plus
- a. Cipro and hydrocodone
  - b. Hyoscyamine and Bactrim orally
  - c. Indocin and Macrobid
  - d. Indocin and Flomax
445. A sexual maturity assessment of a 12 year old boy indicates that he is starting puberty. The most likely finding was
- a. Testicular enlargement
  - b. Presence of pubic hair
  - c. Rapid increase in vertical growth
  - d. Lengthening of the penis
446. A mother is inquiring about the HPV vaccine for her son. The NP advises her that this vaccine is recommended
- a. At 11 to 12 years of age
  - b. Between 13 and 16 years old
  - c. Between 13 and 26 years old
  - d. Only for boys and young men who are sexually active at the time of vaccination
447. Evaluation of cognitive function in a 70 year old man reveals that he has transient difficulty recalling names of people, objects or certain details of specific events. Reasoning and judgment skills are intact. These symptoms are consistent with
- a. Tia
  - b. Dementia
  - c. Benign forgetfulness
  - d. Alzheimers
448. A patient has been taking a histamine 2 blocker for reflux symptoms. Which H2 blocker is associated with the most drug-drug interactions?
- a. Pepcid
  - b. Tagamet
  - c. Zantac

- d. Actid
- 449. A 51 year old man with atrial fibrillation is taking warfarin. Therapeutic anticoagulation should be maintained with an
  - a. INR 2-3
- 450. An adult patient is diagnosed with acute bacterial rhinosinusitis. He was treated with azithromycin 4 weeks ago for sore throat. He is allergic to penicillin. The next best treatment is
  - a. Augmentin
  - b. Rocephin
  - c. Doxycycline
  - d. Zinacef
- 451. A NP-led clinic has received a wood's lamp. The NP knows that this device is NOT beneficial in diagnosing
  - a. Tinea corporis
  - b. Corneal abrasion
  - c. Tinea capitis
  - d. Atopic dermatitis
- 452. When evaluating a patient with suspected depression, the finding that is required to diagnose depression is
  - a. Altered sleep patterns
  - b. Weight gain
  - c. Anhedonia
  - d. Feeling of worthlessness
- 453. A 33 year old woman diagnosed with depression has been treated for 8 months with Lexapro 20 mg daily. She states that her mood is better and she would like to discontinue the medication. The NP should reassess her symptoms and if improved:
  - a. Discontinue the medication now
  - b. Discontinue the medication in a week
  - c. Decrease the medication by 10 mg then stop it a week later
  - d. Decrease the dosage to 10 mg today and reassess symptoms in 2 weeks

454. A 52 year old patient with type 2 diabetes has been receiving Levaquin for the treatment of acute sinusitis. What new symptom indicates that this patient will need IV therapy?

- a. Frontal headache
- b. Tooth pain
- c. Periorbital swelling
- d. Copious nasal discharge