

1. Once a practice problem has been identified the next step would be to use the PICOT format to ask a question about the problem. PICOT stands for:  
**P—population, I—intervention, C—comparisons, O—outcome, T—time.**
2. The Affordable Care Act has directed the US Department of Health and Human Services and multiple agencies to develop and disseminate initiatives on meeting the care needs of patients with Multiple Chronic Conditions (MCC). What is the primary purpose for the national direction?  
**To protect against high out-of-pocket costs by prohibiting insurers from denying coverage based on pre-existing conditions.**
3. After thoroughly researching the topic of interest, what is the next step an APN should ask in selecting a theory/model for use in practice or research?  
**Have several different theories/models been examined?**
4. Which three roles represent the accepted advanced practice nursing roles?  
**Certified Nurse Midwives (CNM)**  
**Clinical Nurse Specialist (CNS)**  
**Certified Registered Nurse Anesthetists (CRNAs)**
5. What are the three major categories of Nola Pender's Health promotion model?  
**Behavior-specific cognitions and affect**  
**Characteristics and experiences**  
**Behavioral outcomes**
6. Which theorist/s identifies carative factors as a value system, faith-hope and sensitivity to self and others? This describes which of the following theories?  
**Jean Watson theory of human caring**
7. Which set of components is essential in a scientific theory?  
**Interrelated concepts, definitions, and propositions**
8. The term advanced nursing practice (APN) includes nurses who are:  
**Certified APRNs with a minimum of a master's degree**
9. To meet Medicare's coverage requirements, the Nurse Practitioner's services must be:  
**Provided subject to state restrictions and supervision requirements**
10. A 20-year-old female comes to the primary care clinic with clinical findings consistent with acute bronchitis. She is sexually active with a male partner, although she states prior to this relationship she did have two sexual partners. Her menses occurs every 28 days and is regular. An example of a primary prevention activity for this patient is:  
**Counseling about safer sexual practices**
11. Which agency's initiative establishes national health promotion and prevention efforts and establishes benchmarks for monitoring the progress of health among Americans over a 10-year timeframe?  
**Centers for Disease Control and Prevention (CDC)**
12. Development of the first pediatric nurse practitioner program at the University of Colorado in 1965 is credited to which two individuals?  
**Henry Silver, MD**

Loretta Ford, MD

13. Raynaud phenomenon is classified as a type III hypersensitivity reaction and is due to:  
Immune complexes that are deposited in capillary beds, blocking circulation
14. The nurse practitioner is caring for a 21-year-old female who presents with a pruritic, erythematous rash matching pattern of her sandal straps. The nurse practitioner advises the patient to avoid scratching the area due to the risk of developing a secondary infection. The NP understands that the most likely etiology of secondary skin infections is caused by which organism?  
Staphylococcus aureus
15. How can the APN best influence development and passage of a specific health policy agenda?  
Determine the best fit between legislative agenda, supporting organizations, and health policy issue.
16. Which is the gold standard research design for generating evidence?  
Randomized Control Trial
17. The APN is examining a client with new onset HTN. The NP recognizes that HTN may result in significant complications associated with which of the following three organs:  
Kidneys, Eyes, Brain
18. Which organization allows the use of the “BC” credential?  
American Nurses Credentialing Center (ANCC)
19. Which agency houses the US Protective and Safety Task Force (USPSTF)?  
Agency for Health, Research and Quality
20. Which 2 organizations administer nurse practitioner certification programs?  
American Association of Nurse Practitioners (AANP)  
American Nurses Credentialing Center (ANCC)
21. Transformational leadership is best defined as:  
A style that is relational, driven by a common goal, and satisfies the leader and the follower
22. A metaparadigm must include which of the following 3 characteristics?  
Encompass all phenomena of interest  
Be perspective—neutral  
Be global in scope
23. Which statement best reflects King’s theory?  
If nurses with special knowledge and skills communicate appropriate information to clients, mutual goal-setting and goal attainment will occur
24. Which agency will the APN reference when seeking the current evidence based guidelines directing standards of care?  
Agency for Health Research and Quality
25. A 43-year old woman has a 12-hour history of sudden onset of right upper quadrant abdominal pain with radiation to the shoulder, fever, and chills. She has had similar, milder episodes in the past. Examination reveals marked tenderness to right upper quadrant abdominal palpation. Her most likely diagnosis is:

**Acute cholecystitis**

26. What theory is used to describe the cause of endometriosis?

**Endometrial tissue passes through the fallopian tubes and into the peritoneal cavity and remains responsive to hormones.**

27. Chronic pain, physical disability, social support, age and gender are related to perceived daily stress, which is related to depression. This is an example of which type of theory?

**Explanatory**

28. The leadership core competency of advanced practice nursing includes which three characteristics?

**Mentoring, Innovation, Activism**

29. What initiative specifically focuses on the aging American, under the Affordable Care Act?

**Multiple Chronic Conditions**

30. Which of the following philosophies of work view would characterize human beings as holistic; parts are viewed only in the context of the whole?

**Reciprocal Interaction**

31. A difficult aspect of determining occupational exposure to disease is the:

**Long latency period between exposure and disease reporting**

32. A novice nurse practitioner is experiencing feeling of inferiority toward more experienced clinicians in the practice. She has identified that time constraints for visits and expectations to increase productivity limits her ability to address these non-adherent issues during client visits. Which barrier to ethical practice is influencing practice?

**Organizational/Environmental**

33. Utilizing Johnson's Behavioral systems model (JBSM), the APN discovers that a patient is not sure who he can depend on because his wife is emotionally distant. This data would be characteristic of which subsystem of the JBSM.

**Dependency subsystem**

34. A purposeful, complex, dynamic, collaborative, and holistic interpersonal process aimed at supporting and facilitating patients and families through health-related experiences and transitions to achieve health-related goals (mutually determined when possible)" defines which APN role?

**Coach**

35. A 60 year old female with a history of emphysema presents to the primary care office with complaints of cough and shortness of breath at rest. During the physical exam, the nurse practitioner recognizes clubbing, barrel chest, and prolonged expiration. The nurse practitioner understands that the patient is exhibiting symptoms resulting from which type of pulmonary disease process?

**Obstructive**

36. Which of the following statements accurately defines Hamric's conceptual definition of advanced practice nursing?

**The patient-focused application of an expanded range of competencies to improve health outcomes for patients and populations within a specialized clinical area of the larger discipline of nursing.**

37. When caring for a client who presents with pain and swelling to location of the metacarpophalangeal (MCP) and proximal interphalangeal (PIP) joints. Which diagnostic test is most specific to diagnosis of rheumatoid arthritis?
- Elevated rheumatoid factor level**
38. The Consensus Model for Advanced Practice Registered Nurse Regulations addresses which four areas?
- Specialty areas**  
**Roles and titles to be used**  
**Population foci**  
**Preparation for emerging APRN roles**
39. Which statement best supports primary prevention of burns for geriatric clients?
- “Avoid smoking in bed”**
40. Which of the following three complications are associated with chronic hepatitis B?
- Continued infectivity**  
**Uncompensated cirrhosis**  
**Hepatocellular carcinoma**
41. The central competency, direct clinical practice, is characterized by which three of the following?
- Expert clinical performance**  
**Formation of a therapeutic partnership with patients**  
**Holistic approach**
42. Which payment system seeks Medicare reimbursement under the MACRA legislation for providing high quality patient-specific care and improved outcomes?
- Merit Incentive Based Payment**
43. What four components of advanced practice nursing (APN) are specified by the National Council for State Boards of Nursing Consensus Model for APRN regulation?
- Licensure, Accreditation, Education, Certification**
44. Which learning theory would be most applicable as a guide for the development of a program to help families of patients in palliative care?
- Humanistic Learning Theory**