

Chamberlain College of Nursing - NR 601 - Final Exam Set 1 (Latest Guide 2019/20) Verified Score A.

written by

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1. Which of the following statements is **NOT true** about palliative care teams?
 - A: **Provide weekly home visits**
2. A **55-year-old women has type 2 DM** she had three UTIs in the last 9 months and she is concerned about her kidneys. She has no report of dysuria, frequency or urgency at this time. Which of the following is the **best action to follow**?
 - A: **Recheck UA dipstick today**
3. According to the sexuality **presentation, atrophic vaginitis** (AV)
 - A: **Is a contributing factor for frequent UTIs**
4. Ms. L 55-year-old women with BMI of 28, has 20-year hx of primary HTN and has been on hydrochlorothiazide 25 mg daily for years with excellent response. During follow up visit Mrs L reports that for the **last 6 months she has felt thirsty all** of the time even though she drinks at least 10 glasses of water a day. Upon chart review the NP notes that the last two fasting blood glucose levels have been 136 mg/dl and 165 mg/dl. The NP checks a random blood glucose, which is 210 mg/dl. What is the **next appropriate test**?
 - A: **Prescribe Metformin 500 mg PO BID**
5. A patient has been prescribed **Metformin (Glucophage)**. One week later he returns with lowered blood sugars but complaints of some **loose stools during** the week. How **should the NP respond**?
 - A: **Reassure the patient that this is an anticipated side effect**
6. A 60-year-old obese male client has type 2 DM and a lipid panel of TC= 250, HDL = 32, LDL= 165. The NP teaches the patient about his **modifiable cardiac risk factors** which include:
 - A: **Diabetes, obesity, and hyperlipidemia**
7. Lifestyle approaches to **postmenopausal symptom management** include
 - A: **avoiding sugar, coffee, chocolate and alcohol**
8. When treating depression associated with dementia, which of the following would be a poor choice and should not be prescribed?
 - A: **Amitriptyline**
9. How does women's anatomy make them more susceptible to UTIs?
 - A: **the urethra is shorter**
10. **Don't have**
11. **don't have**
12. A **48-year-old male patient** screened for diabetes has a fasting plasma **glucose level of 120 mg/dl**. The NP plan includes
 - A: **Educate the patient of lifestyle changes to lower blood glucose**
13. Which of the following assessments are **commonly** noted in a client with **Parkinson's disease**?
 - A: **Micrographia and bradykinesia**
14. A 76-year-old man is seen in the office for c/o urinary incontinence. The clinician should explore which of these causes of incontinence in men?
 - A: **Urinary Tract Infection (UTI)**
15. Which of the following **maneuvers is contraindicated in acute prostatitis**?
 - A: **Massaging the infected prostate**

16. Mrs. N a 65-year-old women with BMI of 29 on Medicare , has a 20-year hx of primary HTN and has been on HCTZ 25 mg daily for years , reports that for the past 6 months she has felt thirsty all of the time even though she drinks at least 10 glasses of water a day. Upon charting NP notes that the **last two fasting blood glucose levels have been 136 mg/dl and 165 mg/dl**. What actions should the NP perform next?
 - A: **order a fasting blood glucose??? PRESCRIBE METFORMIN XR 500MG PO**
17. According to the WHO analgesic ladder, which drug combination would be most appropriate in an **opiate-naïve patient** who presents with **moderate pain**?
 - A: **Indomethacin/ hydrocodone**
18. The cornerstone of **pharmacotherapy in treating Alzheimer's** disease is :
 - A: **Cholinesterase inhibitors**
19. The **highest level** of evidence to support interventions at the **end of life** is with:
 - A: **opioids for dyspnea**
20. The **comorbid psychiatric problem** with the highest frequency in **dementia** is:
 - A: **Anxiety**
21. All of the following are **true statements regarding elder abuse** EXCEPT:
 - A : **common signs of abuse include decreased anxiety and depression**
22. Which of the following is **a role of the advanced nurse in** ?????
 - A: **All of the above**
23. The proposed mechanism by which **diphenhydramine causes delirium** is:
 - A: **Anticholinergic effect**
24. A drug that can be used to treat **two very common symptoms in a dying patient (pain and dyspnea)** is :
 - A : **Morphine**
25. According to the **Palliative Care presentation, hospice** care may be provided to:
 - A: **those with a life expectancy < 6 months**
26. A 68-year-old women is being worked up for stress incontinence. UA reveals positive leukocyte esterase, positive nitrites, 15 WBCs, no RBS, no protein, no casts. She denies **frequency, urgency, suprapubic pressure or urgency**. What is the first treatment for her US results?
 - A: **no treatment is necessary**
27. The elderly are at **higher risk for delirium** because of:
 - A: **All of the above**
28. A 63-year-old man is seen in the clinic with **a c/o nocturia**. Which of the following should be included in the differential diagnosis?
 - A: **Benign prostatic hypertrophy (BPH)**
29. A 75-year-old man is being treated as an **outpatient for metastatic prostate cancer**. Which of the following statements is **true regarding the management of pain with opioids** in the elderly?
 - A: **none of the above**
30. The highest level of evidence with the **use of adjuvant analgesics** is with:
 - A: **neuropathic pain patients are candidates for adjuvant analgesia**

31. The 56-year-old man with chronic prostatitis should initially be treated with antibiotics for how long?
- A: 14 days
32. A 50-year-old female patient screened for diabetes has a fasting plasma glucose level of 124 mg/dL. The NP plan includes:
- A: repeat fasting plasma glucose in one year
33. When assessing a patient who complains of a tremor, the NP must differentiate essential tremor from the tremor of Parkinson's disease. Which of the following findings are consistent with essential tremor?
- A: The tremor occurs with purposeful movement
34. Which characteristic of delirium helps to distinguish it from dementia?
- A: abrupt or Acute onset
35. According to the sexuality presentation, the biggest barrier to appropriate sexual evaluation in the older patient:
- A: Ageist attitudes
36. Mrs. Smith a 65-year-old women presents to the clinic for the first time and c/o UI and dyspareunia, she went through menopause 10 years ago without any hormone replacement therapy and had a hysterectomy for fibroid. Her mother had a hip fracture at 82, pt had mammogram 5 years ago and no known fam hx of breast cancer.....you decide to begin topical hormone replacement therapy. Which of the following evaluations would be necessary prior initiating hormone replacement therapy?
- A: Mammogram
37. Mr. A experienced a brief onset of right-sided weakness, slurred speech and confusion yesterday. The symptom has resolved. What should the NP do?
- A: identify modifiable cardiovascular risk factors
38. Any women with a complicated cystitis or symptoms of upper tract disease needs a urine culture and
- A: sensitivity test
39. All of the following patients have a risk of adverse reaction from Metformin except:
- A: patients with BMI >30
40. A middle-aged patient has been diagnosed with Parkinson's disease. What influences the NP's decision to begin pharmacological treatment for this patient?
- A: symptom interfering with functional ability
41. Which of the following medications can blunt the signs of hypoglycemia in diabetes?
- A: beta blockers
42. The Mini-cog is a short screening tool used to assess cognition. Which of the following statements pertaining to the test is a true statement?
- A: A score of 0-2 is a positive screen for dementia
43. What is a sign of insulin resistance that can present in African American patients?
- A: Acanthosis Nigricans
44. Age related changes in bladder, urethra and ureters include all of the following in older women except:
- A: increased estrogen production's influence on the bladder and ureter

45. The **majority** of patients enrolled in **hospice care die**:
- A: **at home**
46. **Diabetes is the leading cause** of:
- A: **kidney failure**
47. A male pt with a BMI of 30 presents to the office for an annual exam. You ordered a CMP as part of routine labs. The fasting glucose was 130. Your next action is:
- A: **repeat the fasting glucose**
48. A **pelvic mass in a postmenopausal** woman:
- A: **highly suspicious of ovarian cancer**
49. A 65-year-old Hispanic woman presents to the office for routine follow up for her DM2. Her routine UA results are as follows: few epithelial cells, negative leukocytes, negative nitrates, negative protein, no ketones. Which **test would you order next**?
- A: **24-hour urine for albumin**
50. Hospice services and **palliative services are underutilized** due to:
- A: **All of the above (Services not well understood, confusion remains over when it is appropriate to consult palliative care, denial of impending death)**
51. Which of the following would be an appropriate treatment for a patient with **mild BPH**?
- A: **reevaluate symptoms in 1-3 months**
52. The **most common neurological cause of seizures** in an older adult is:
- A: **stroke**
53. A 68-year-old women presents with a c/o **urine leakage whenever she sneezes, laughs, or strains for the past 4 months**. She denies dysuria, frequency and nocturia. US dipsticks is negative for RBCs, leukocytes esterase, nitrites, ketones and urobilinogen. What is the diagnosis?
- A: **stress incontinence**
54. The **tasks of grieving** include all of the following **EXCEPT**:
- A: **begin to disengage**
55. **Acanthosis nigrans** is associated with all of the following conditions except:
- A: **tinea versicolor**
56. Which of the following statements is **true regarding pain**?
- A: **pain is subjective experience related to actual or potential tissue damage**
57. A 51-year-old male pt screened for diabetes has a **fasting plasma glucose level of 98 mg/dl**. The NP plan includes:
- A: **repeat fasting plasma glucose in 3 years**
58. Increased risk factors for **erectile dysfunction include all EXCEPT**:
- A: **dominant personality**
59. When assessing an elderly client who **reports a tremor**, which assessment findings would be most reliable in **identifying Parkinson's disease**?
- A: **Resting tremor, slow unsteady gait, and cogwheel resistance**
60. Which of the following is the **most appropriate screening tool for delirium**?
- A: **Confusion Assessment Method**

61. An 82-year-old man is seen in the primary care office with complaints of dribbling urine, difficulty starting his stream. Which of the following should be included in the list of differential diagnosis?
- A: **all of the above (BPH, Parkinson's disease, prostate cancer)**
62. The patient with BPH is seen for follow up. He has been taking finasteride(Proscar) for 6 months. The clinician should assess this patient for which of the side effects?
- A: **Erectile dysfunction**
63. Hospice care differs from palliative care in that:
- A: **supports patients and families through both the dying and the bereavement process**
64. According to the genitourinary presentation, the number 1 risk factor for urinary incontinence is:
- A: **AGING**
65. The first step in treating delirium is to:
- A: **identify the cause**
66. Which of the listed conditions is most likely to cause delirium?
- A: **Acute infection**
67. You are working up a 52-year-old patient for microscopic hematuria. Your differential diagnosis list includes all of the following EXCEPT:
- A: **renal stenosis**
68. **Don't have**
69. A 55-year-old Caucasian man with type 2 DM presents to the clinic as a new pt. he takes metformin 500 mg twice a day. His last Hgb A1C was 7%. He is up to date on eye and foot examinations. His BP is 142/96. According to JNC8, what is the most appropriate medication?
- A: **lisinopril**
70. Delirium is typically characterized by all of the following except:
- A: **Hyperactive level of psychomotor activity**
71. An 80-year-old female widow asks her NP about hospice enrolment. Her diagnosis includes congestive HF, HTN and DM2. She has noticed that in the last month she has lower extremity edema and she is finding it difficult to walk to the grocery store and church, she does not use oxygen. She is able to maintain her home but requires more frequent rest after vacuuming. She does not wish to be admitted to the hospital again in the future but if admitted wants to remain full code status. Why is this patient NOT appropriate for hospice?
- A: **her prognosis is > 6 months**
72. Jean a 42-year-old, presents to the clinic with c/o dysuria, frequency and strong odor of her urine for 5 days. This is the second occurrence this year. What is the appropriate next step to this patient?
- A: **order UA and urine culture and sensitivity and treat the patient with antibiotics today**
73. All of the following patients should be screened for diabetes EXCEPT:
- A: **44-year-old Caucasian with HTN**
74. A male patient with a BMI of 33 presents to the office with c/o fatigue, excessive hunger and excessive thirst. You suspect type 2 DM. initial testing to confirm diagnosis can include:
- A: **all of the above**

75. An 87-year-old tells the NP that his **grandson locks him in his bedroom when he goes out**. The grandson withholds food if the patient does not give him money every week. The patient appears frail, ungroomed, and his clothes are visibly dirty and smell of urine. Which of the **following is the best action for NP?**
 - A: **report the grandson to your state's protective services**
76. The **leading cause of death in elderly travelers** worldwide is:
 - A: **accidents**
77. The **majority of depressed older adults remain untreated** because of :
 - A: **All of the above (misdiagnosis, social stigma, environmental...)**
78. When examining the **spine of an older adult you notice a curvature with a sharp angle**. This is referred to as a:
 - A: **scoliosis**
79. Which of the following patients has the **highest risk for the development of osteoporosis?**
 - A: **A 5'4" Asian female weighing 95 lbs**
80. When assessing a **patient's mental health**, the NP knows:
 - A: **both A & B (cognition affects mental status and affect reflects mood)**
81. You are working with an older male adult with a long hx of alcohol abuse and a 30-year hx of smoking. In **recommending an intervention for this client**, your responsibility is to:
 - A: **Promote positive change in lifestyle choices**
82. The **pathophysiology of heart failure** is due to:
 - A: **inadequate cardiac output to meet the metabolic and oxygen demands of the body**
83. The **leading cause of disability** worldwide is:
 - A: **depression**
84. Which of the following patients has the **highest risk for the development of osteoporosis?**
 - A: **A 5'4" Asian female weighing 95 lbs**
85. Mrs. G is a 65-year-old Caucasian female who presents for her yearly physical. A review of her chart reveals she smokes 1 pack of cigarettes a day, and drinks 2 beers every evening since she retired. She does not exercise, she likes to sit and knit. The NP know the **NONMODIFIABLE risk factor for osteoporosis** for Mrs. G is :
 - A: **Age**
86. The NP orders bilateral wrist X-rays on a 69-year-old gentleman c/o of pain in both wrists for the past 6 weeks not related to any known trauma. The NP suspects **elderly onset RA**. The initial **radiographic finding in a patient with elderly onset RA** would be:
 - A: **soft tissue swelling**
87. The NP is reviewing a patient chart prior to the start of the encounter. The NP notes that the patient is using **topical CAPSAICIN**. The NP knows that **topical capsaicin id often used** for treatment of:
 - A: **Diabetic neuropathy**
88. Which of the following statements **about OA is true?**
 - A: **It affects primarily weight bearing joints**
89. MJ presents to the clinic with the following hx and presentation: hx of structural damage with current s/s of HF. **Treatment will be based on MJ's stage of HF** which is:

- A: **Stage C**
90. Dietary supplements such as Omega 3 (fish oils) are often taken for cardioprotective benefit. The NP knows regarding Omega 3 consumption:
- A: **randomized control trials have found no reduction in morbidity or mortality**
91. A 55-year-old Caucasian male pt follows up with you after referral to a cardiologist. The pt reports he thinks the medication is causing cough and sometimes he has difficulty breathing, which of the following medication was most likely prescribed?
- A: **Lisinopril**
92. The prevalence of depression in nursing home residents is _____ greater than adults living in the community:
- A: **3-4 times**
93. The NP orders bilateral wrist Xrays on a 69-year-old gentleman c/o of pain in both wrists for the past 6 weeks not related to any known trauma. The NP suspects elderly onset RA. The initial radiographic finding in a patient with elderly onset RA would be:
- A: **soft tissue swelling**
94. The NP knows that the goal of treatment for anxiety should:
- A: **reduce symptoms and improve function**
95. All of the following statements are true regarding anxiety EXCEPT:
- A: **is a normal part of aging**
96. Which of the following best describes the pain associated with OA?
- A: **Begins upon arising and after prolonged weight bearing and/or use of the joint**
97. Which organism that can be prevented by immunization is most often responsible for infectious outbreak in the nursing home setting?
- A: **Influenza A**
98. JK 60 year old women comes to the office today for evaluation of mgmt. plan of her c/o insomnia..... she wakes up after about 4 hrs and cannot return to sleep. The next step in treatment of insomnia is:
- A: **Zolpidem 5 mg by mouth at hs#7 with no refills**
99. You have ordered a CBC for your patient you suspect has PMR. Which two clinical findings are common in pt with PMR?
- A: **Normochromic, Normocytic anemia and thrombocytosis**
100. PG is a 58-year-old Caucasian man with stable mental health diagnosis of schizophrenia who presents for a yearly physical. PG is prescribed aripiprazole for treatment of his schizophrenia. The NP knows the following labs should be ordered to assess for cardiometabolic changes related to his medication EXCEPT:
- A: **AST/ALT**