

# NR 601 FINAL EXAM STUDY GUIDE QUESTIONS AND ANSWERS LATEST UPDATE(2020)

written by

NOTEBANK



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"Which FSH value is consistent with complete cessation of ovarian function?"

- A. Less than 10
- B. 10-25
- C. 25-35**
- D. Greater than 40

Diabetes is one of the leading causes of which disease:

- A chronic lung disease
- B kidney failure**
- C disability
- D cardiac death.

Which antihypertensive medication can be used to treat hot flashes in menopause?

- A. Labetalol
- B. Clonidine** However it has adverse effects such as dry mouth, drowsiness and hypotension which may make it undesirable.
- C. Hydrochlorothiazide
- D. Hydralazine

What is the least diabetogenic statin?

- A. Rosuvastatin
- B. Simvastatin
- C. Atorvastatin
- D. Pravastatin**

Bence Jones proteins found in a urinalysis may be indicative of:

- A. Leukemia
- B. Lymphosarcoma
- C. Multiple myeloma
- D. All of the above**

What is the first line medication for new type 2 diabetic?

- A. Novolog
- B. Penicillin
- C. Metformin
- D. Glyburide

Protein on a urinalysis usually has a renal pathology, specific to which renal structure?

- A. Glomerulus
- B. Renal cortex
- C. Medulla
- D. Nephron

What is the HbA1c goal for diabetic patients with complex health status (multiple chronic conditions)?

- A. <7.5
- B. <8.0 Its B. VERY complex is 8.5. I feel like that's tricky
- C. <8.5
- D. < 9

Type 2 diabetes factors include?

- A. Polycystic
- B. Obesity
- C. Hypotension
- D. Liver disease

Gastric bypass surgery can be performed on a patient with a BMI off.

- A. 20-25
- B. 40

- C. 30-34
- D. 25- 29

Signs of indicative abuse includes?

- 1) Weight Gain
- 2) Poor Hygiene
- 3) Lack of control
- 4) Increase interested in daily activities

What age related changes does NOT affect urologic functioning?

- A. Decreased bladder capacity
- B. Normal aging
- C. Increased PVR urine volume
- D. Increased urethral resistance

Painful, irregular-shaped, deep red ulcers with a red halo and undermined edges. Which STD is most likely?

- A. Syphilis
- B. HSV (Herpes)
- C. Chancroid (*Haemophilus ducreyi*)
- D. Molluscum contagiosum (Pox virus)

What is the average BG level of a HB A1C of 9.5?

- A. 226
- B. 216
- C. 197
- D. 240

A way I remember this is know that an A1C of 6 is always 126 and add 14 to get your next A1C bG level.

Which STI increases in those over the age of 50 years old?

- A. Syphilis

B. HSV (Herpes)

C. HIV

D. Gonorrhea

Which type of incontinence is a result of bladder hypermobility?

A. Urge

B. Overflow

C. Stress

D. Functional

Especially for those who have had vaginal deliveries. Pee when you sneeze/cough. Do some kegals to manage

What test can detect interstitial cystitis?

A. Potassium sensitivity

B. Sodium sensitivity

C. CBC

D. Bladder ultrasound

What is the first line opioid for dyspnea?

A. Percocet

B. Morphine

C. Tramadol

D. Tylenol

A male complains of dysuria. Urinalysis is positive for nitrates, leukocyte esterase, and bacteria. Which medication should be given?

A Doxycycline X 7 days

B Trimethoprim-sulfamethoxazole X 7-10 days

C Ciprofloxacin X 3 days

D Nitrofurantoin X 14 day

Which patient is a contraindication for Cipro?

- A Pregnant
- B 19 years old
- C hypertensive
- D pyelonephritis

What is the difference between palliative care and hospice services?

- A. Hospice is provided with life expectancy of six months or less
- B. Palliative care can be involves at any stage of illness.
- C. Palliative care integrates psychological and spiritual aspects of care throughout the illness from diagnosis to death
- D. All of the above.

The Crede's maneuver is an effective management in which UI?

- A. Functional
- B. Urge
- C. Overflow
- D. Stress

Which UI is associated due to UTI, vaginitis, bladder stones, and tumors?

- A. Urge
- B. Stress
- C. Functional
- D. Overflow

Which of the following is not part of the SPIKES protocol?

- A. Setting
- B. Planning

- C. Strategy
- D. Invitation

Answer is B

P actually stands for perception (Kennedy page 496)

What is a common characteristic of dysuria-pyuria syndrome (acute urethral syndrome)?

- A. Painful urination
- B. WBCs on microscopic UA
- C. Absence of positive bacterial culture
- D. All of the above

Often caused by Chlamydia

Contraindication for testosterone therapy injection, all EXCEPT:

- A. Liver disease
- B. Mercury allergy
- C. Latex allergy
- D. Prostate cancer

If the testosterone level is below 300, what is the next step?

- A. Order a serum prolactin level
- B. Initiate testosterone therapy
- C. Repeat the level in 1 month
- D. Refer to urologist

All of the following labs should be ordered in a patient with complaints of ED EXCEPT:

- A. Lipid profile
- B. CMP and obviously add a testosterone level to those labs
- C. TSH
- D. Fasting blood sugar

Risk factors for urinary incontinence include:

- A. Age
- B. Residing in long term care setting
- C. Cognitive impairment
- D. Female gender

**E. All of the above** Kennedy of 84. UI. Is twice as common in women as men incidence increases with age being institutionalized and those with a deficit in ADLs

A patient with impaired glucose intolerance is at an increased risk of developing type 2 diabetes within how many years of onset?

- A) 2 to 5 years
- B) 5 to 10 years**
- C) 3 to 6 years
- D) within 1 year

What is the most commonly identified infectious agent or toxic insult in a person with genetic predisposition for DM1?

- A.) Herpes
- B.) Congenital Rubella**
- C.) Chicken pox
- D.) MMR vaccine while pregnant

All are contraindications of Metformin except

- A. Stroke**
- B. MI
- C. Renal disease
- D. Septicemia



When should insulin therapy begin in the management of DM2?

- A. Initially
- B. If A1C is >9.0 and symptomatic
- C. If A1C is >8% and asymptomatic
- D. Patients with DM2 do not require insulin therapy.

Which A1C indicates strong glycemic control?

- A. 6%
- B. <7%
- C. 8.5%
- D. 5.7%

A patient who is experiencing menopausal symptoms and has a uterus can be treated with?

- A. Estrogen-only therapy
- B. Estrogen plus progestin
- C. Neither are recommended
- D. Either one can be used

Viagra: how long after injection does it last?

- A. 15-45 minutes
- B. 30-60 minutes
- C. 60-90 minutes
- D. 90- 120 minutes

Viagra: how often can it be used?

- A. Every 24 hours, 2-3 times/week
- B. Every 24 hours, 4-5 times/week
- C. Every 12 hours, 2-3 times/week
- D. Every 12 hours, 4-5 times/week

The transdermal testosterone gel or solution (AndroGel) can be applied to?

- A. Scrotum
- B. Axillary
- C. Upper arm
- D. B&C

Testosterone implantable pellets (Testopel) produce steady blood levels if implanted into the subcutaneous tissue:

- A. Monthly
- B. Weekly
- C. Every 5-6 months
- D. Every 3-4 months

Which is true regarding nitrates and Viagra(Sildenafil)?

- A. Nitrates are always contraindicated with Viagra
- B. Can give nitrites within 12 hours of taking Viagra
- C. Must wait 24 hours after taking Viagra to give nitrites
- D. There are no restrictions when giving the 2 medications

A patient presents with complaints of changes in behavior (socially inappropriate, easily frustrated, impulsive), language dysfunction, and difficulty reading and writing. Which type of dementia would you suspect?

- A. Lewy Body/Parkinson S
- B. Frontotemporal lobe/Picks Disease
- C. Vascular Dementia
- D. Mixed Dementia

Which is true regarding early onset dementia?

- A. It affects those 65 and younger
- B. It affects those 55 and younger

C. It is usually familial

D. A & C

Which ethnic group is at the highest risk for developing Alzheimers disease?

A. African American

B. Caucasian

C. Hispanic

D. A and C

Ok this is one of those weird which is MOST right questions. According to the study guide I have, both AA and Hispanic are more at risk than Caucasian, but AA are twice as likely to develop it? If anyone finds anything confirming this let me know. Confusing ☹

Which one is not correct with incontinence mnemonic DRIP

A. Diabetes

The "D" stands for delirium

B. Polyuria

C. Restricted mobility

D. Infection

Poor judgment and decisions first presents in which phase of Alzheimers disease?

A. Preclinical

B. Mild-moderate

C. Severe

D. None of the above

Which is true regarding the onset and half life of codeine?

A. Onset: 30 minutes, HL: 2-4 hrs

B. Onset: 15 minutes, HL: 4-6 hrs

- C. Onset: 60 minutes, HL: 4-6 hrs
- D. Onset 60 minutes, HL: 2-4 hrs

Dilaudid is:

- A. 5 times more potent than Morphine
- B. 2 times more potent than Morphine
- C. Half as potent as Morphine
- D. 3 times more potent than Morphine

Which medication is most appropriate for very severe, intractable pain?

- A. Codeine
- B. Morphine
- C. Fentanyl
- D. Hydrocodone

Pain arising from the muscles, joints and cutaneous tissue is?

- A. Visceral pain
- B. Somatic pain
- C. Neuropathic pain
- D. None of the above

All of these medications can be used for neuropathic pain EXCEPT?

- A. Gabapentin
- B. Methadone
- C. Amitriptyline
- D. All are correct

In AD, Preclinical changes in the brain can begin in \_\_\_\_\_ years before symptoms present.

- A. 2-5
- B. 10-20**
- C. 1
- D. 5-10

Women are more at risk for which type of abuse?

- A. Neglect
- B. Physical
- C. Sexual
- D. Both B & C**

Those with cognitive function are more at risk for which type of abuse?

- A. Exploitation**
- B. Sexual
- C. Abandonment
- D. Physical

Which type of dementia is caused by the blockage of bloody supply to neurons?

- A. Lewy Body Dementia
- B. Alzheimer's disease
- C. Vascular Dementia**
- D. Frontotemporal dementia

How would you best treat an uncomplicated UTI of a non-pregnant 55 year old female with no known drug allergies?

- A: Cipro 7-10 days
- B: Bactrim 7-10 days

C: Bactrim 3 days

D: it's uncomplicated. No treatment is needed.

Age-related changes in the bladder, urethra and ureters include all of the following in older women except:

- a. decline in ureteral resistance pressure
- b. increased estrogen production's influence on the bladder and ureter
- c. laxity of the pelvic muscle
- d. decline in bladder outlet function

The proposed mechanism by which diphenhydramine caused delirium is:

- a. anticholinergic effects
- b. dopaminergic effects
- c. gabanergic effects
- d. serotonergic effects

According to the Palliative Care Presentation, palliative care may be provided to

- a. only cancer patients
- b. anyone regardless of their life expectancy or disease progression
- c. those with a life expectancy > 6 months
- d. those with a life expectancy < 6 months

The highest level of evidence to support interventions at the end of life is with

- a. hycosamine for respiratory secretions
- b. stimulant laxatives for treating constipation
- c. opioids for pain control
- d. opioids for dyspnea

According to the World Health Organization's analgesic ladder, which drug would be most appropriate in opiate-naïve patient who presents with moderate pain

- a. naproxen/morphine
- b. aspirin/fentanyl
- c. acetaminophen/hydrocodone
- d. ibuprofen/imipramine

According to the American College of Cardiology 2017 Guidelines for High blood pressure in adults, hypertension stage 2 is defined as

- a.  $>150$  or  $>90$  mmHG
- b.  $>140$  or  $>90$  mmHG
- c.  $120-129 / <80$  mmHg
- d.  $130-139$  or  $80-89$  mm HG

Pain which results from pathology or damage to the nervous system is classified as

- a. chronic
- b. neuropathic

- c. acute
- d. nociceptive

What helps a clinician to differentiate between Delirium and Dementia?

- a. Patients are agitated in dementia
- b. Patients are usually alert with Dementia
- c. Both have the same symptoms
- d. a & b

**Tom was just brought in and physical exam identifies tachycardia, sweating, flushed face, dilated pupils, disorientation with elevated blood pressure. What is most likely going to be Tom's diagnosis?**

- a. Withdrawal delirium
- b. Dementia
- c. Psychosis
- d. Any of the above

The first way to Distinguish between T1DM and T2 DM?

- a: BMI, Age, Ketones
- b: Cpeptide levels
- c: A1C
- d: Fasting Glucose

Its actually A: A type 1-is likely to lose weight, be younger, and produce ketones. Type 2 is usually obese, older, and does not produce ketones. Then secondary measures are Cpeptide levels as they are decreased in type 1.