and important adjectives. Small grammatical words are often dropped. With anomic aphasia, the person has word-finding difficulties and because of the difficulties, the person struggles to find the right words for speaking and writing. With Wernicke's aphasia, speech is fluent, often rapid, voluble, and effortless. Inflection and articulation are good, but sentences lack meaning and words are malformed (paraphasias) or invented (neologisms). Speech may be totally incomprehensible.

52. When examining the knee, a fluid wave on the medial side between the patella and the femur is noted. This positive sign for effusion of the knee is known as the:

**bulge sign**

**Explanation:**
When examining the knee, a fluid wave on the medial side between the patella and the femur is noted. This positive sign for effusion is known as the bulge sign. A positive balloon sign in the knee is the presence of a palpable fluid wave with a returning fluid wave into suprapatellar pouch. Balloting the patella occurs by compressing the suprapatellar pouch and pushing the patella sharply against the femur, causing fluid to return to the suprapatellar pouch. McMurray's test checks for tears in the medial meniscus.

53. Which nerve runs from the spine through the neck, the axilla, and into the arm?

**Brachial plexus**

**Explanation:**
The brachial plexus is a network of nerve fibers that runs from the spine through the neck, the axilla, and into the arm. This network of nerves passes through the cervico-axillary canal to reach the axilla where it innervates brachium (upper arm), antebrachium (forearm), and hand. The radial nerve originates in the axilla and travels down the arm in a shallow depression (radial groove) on the surface of the humerus. The median nerve is located on the ventral forearm and is just medial to the brachial artery in the antecubital fossa. The ulnar nerve runs posteriorly in the ulnar groove between the medial epicondyle and the olecranon process.

54. When upper motor neuron systems are damaged below the crossover of its tracts in the medulla, motor impairment develops on the same side. This term is:

**ipsilateral**

**Explanation:**
When upper motor neuron systems are damaged above the crossover of its tracts in the medulla, motor impairment develops on the opposite side. This term is contralateral. In damage below the crossover, motor impairment would occur on the same side or ipsilateral side. Superficial refers to the outer surface of something. Intermediate is a term used to denote something between two other structures.

55. Symptoms of orthostatic hypotension include all of the following except:

- syncope
- unsteadiness
- visual blurring
- respiratory rate greater than 30.

**Explanation:**
Orthostatic hypotension occurs in 20% of older adults and in up to 50% of frail nursing home
peripheral artery disease
Explanation:
The ankle-brachial index test is a quick, noninvasive way to check a person's risk for peripheral artery disease (PAD). It compares the blood pressure in the ankle and the arm and measures the difference. A low index is indicative of a narrowing or blockage in the arteries. Deep venous thrombosis, venous insufficiency, and thromboangiitis obliterans are related disorders of the venous system.

117. The central nervous system extends from the medulla into the:

spinal cord
Explanation:
Below the medulla, the central nervous system extends into the elongated spinal cord, encased within the bony vertebral column and terminating at the first or second lumbar vertebra.

118. The Weber test uses a tuning fork to test hearing. The frequency range closest to that of conversational speech would be one with a frequency of:

512 Hz
Explanation:
The Weber hearing test screens for unilateral conductive hearing loss with a tuning fork. The tuning fork is measured in frequencies of 256 Hz or 512 Hz. These frequencies fall within the range of conversational speech. The ideal frequency for the Weber test is 256 Hz. A frequency of 512 Hz is the ideal frequency for the Rinne hearing test.

119. The nurse practitioner holds the infant around the trunk. One sole touches the table. The hip and knee of the foot will flex and the other foot will step forward. Alternating stepping will occur. This maneuver assesses the:

placing and stepping reflexes
Explanation:
The placing or stepping reflex (formerly known as the dancing reflex) is assessed by holding the infant around the trunk. One sole touches the table. The hip and knee of the foot will flex and the other foot will step forward. Alternating stepping will occur. To elicit the Landau reflex, the infant is suspended prone with one hand, and the infant's head will lift and the spine will straighten. Galant's reflex, or trunk incurvation reflex, is elicited when the infant is supported prone with one hand, and then one side of the back (one centimeter from the midline), is stroked from the shoulder to the buttocks. The spine curves toward the stimulus. To elicit the positive support reflex, hold the infant around the trunk, lower the infant until the feet touch a flat surface. Hips, knees, ankles extend and the infant stands up, partially bearing weight.

120. Which of the following findings in a preschooler would indicate the need for further evaluation?

Responds to facial expressions and gestures rather than to verbal explanations
a red background on the buccal mucosa. Torus palatinus develops as a bony growth in the hard palate and is common in adults. Fordyce spots or granules appear as yellow spots in the buccal mucosa or on the lips. They are considered normal sebaceous glands.

134. A 60-year-old was concerned about a yellowish colored lesion above her right eyelid. Findings revealed a slightly raised yellowish, well circumscribed plaque along the nasal area of her right eyelid. This finding is most consistent with:

**xanthelasma**

Explanation:
Slightly raised, yellowish, well-circumscribed plaques appearing along the nasal area of one or both eyelids are consistent with lipid disorders and called xanthelasma. Pinguecula refer to harmless, yellowish, triangular nodules in the bulbar conjunctiva on either side of the iris. A chalazion is a nontender nodule usually on the underside of the eyelid. Episcleritis is an ocular inflammation of the episcleral vessels.

135. Congenital cysts located at the midline of the neck just above the thyroid cartilage and may open under the tongue are know as:

**thyroglossal duct cysts**

Explanation:
Thyroglossal duct cysts are located at the midline of the neck just above the thyroid cartilage. They may open under the tongue. A preauricular cyst has pin-hole sized pits located anterior to the helix of the ear and may be associated with hearing loss. Small dimples appearing anterior to the midportion of the sternocleidomastoid muscle are known as brachial cleft cysts and may be associated with a sinus tract. Hypoglossal refers to the hypoglossal nerve and not to cysts.

136. The nurse practitioner places the infant lying supine on the exam table, and then makes a loud noise. The infant's arms abducted and extend with hands open and legs flexed. This maneuver assesses:

**Moro reflex**

Explanation:
The maneuver described assesses the Moro or startle reflex. To elicit the asymmetric tonic neck reflex, with the infant supine, the nurse practitioner would turn the head to one side, holding the jaw over the shoulder. The arms and legs on the side to which the head is turned extend while the opposite arm and leg flex. To elicit the Landau reflex, the infant is suspended prone with one hand, and the infant's head will lift and the spine will straighten. Galant's reflex, or trunk incurvation reflex, is elicited when the infant is supported prone with one hand, and then one side of the back (one centimeter from the midline), is stroked from the shoulder to the buttocks. The spine should curve toward the stimulus.

137. According to the most recent recommendation from U.S. Preventive Services Task Force, an adult aged 65 should be screened for breast cancer:

**every 2 years**

Explanation:
The Task Force recommends screening for breast cancer with mammography every 2 years for women ages 50-74 and cites insufficient evidence for women 75 years and older.

138. *That portion of the ear that consists of the auricle and ear canal is the:*

**external ear**

**Explanation:**
The external ear consists of the auricle and ear canal. The auricle is made of cartilage covered by skin and has a firm, elastic consistency. The auricle has a prominent curved outer ridge known as the helix. The antihelix is a curved prominence that is parallel and anterior to the helix. The auditory canal opens behind a nodular protuberance that points backward over the entrance to the canal, known as the tragus.

139. *The cranial sutures are closed on the head of a 9 month old infant. This indicates:*

**craniosynostosis**

**Explanation:**
Craniosynostosis is defined as the premature closing of the sutures in young children. When this occurs, a bony ridge can be felt along the suture line. This is not a normal finding since the sutures usually fuse between 12 and 18 months. Hydrocephalus refers to fluid on the brain and would appear as an enlarged head with sutures remaining open. Osteoporosis is a state of severe hyperextension and spasticity in which an individual's head, neck, and spinal column enter into a complete "bridging" or "arching" position. The abnormal posturing is an extrapyramidal effect and is caused by spasm of the axial muscles along the spinal column.

140. *A decrease in the degree of density in a bone that results in fragile bones is referred to as:*

**osteoporosis**

**Explanation:**
Osteoporosis is a condition characterized by a decrease in the density of bone, decreasing its strength and resulting in fragile bones. Osteoporosis leads to abnormally porous bone that is compressible, like a sponge. Osteopenia is a condition of bone that makes it slightly less dense than normal bone, but not as severe as in osteoporosis. Osteomyelitis refers to an infection in the bone. Osteoarthritis is a term used to describe degenerative joint disease.

141. *Pain or cramping of the legs that occurs during exertion and is relieved by rest is termed:*

**intermittent claudication**

**Explanation:**
Pain or cramping in the legs that occurs with exertion and is relieved by rest is termed intermittent claudication. Atherosclerotic peripheral artery disease presents with symptomatic limb ischemia with exertion. Pain with walking or prolonged standing, radiating from the spinal area into the buttocks, thighs, lower legs, or feet, may be seen with neurogenic claudication. Raynaud's disease usually presents with numbness or tingling in the distal portions of one or more fingers aggravated by cold or emotional stress.
165. On examination of the foot, the nurse practitioner notes acute inflammation of the first metatarsophalangeal joint. This finding could be consistent with:

**gout**

Explanation:
Acute inflammation of the first metatarsophalangeal joint suggests gout.

166. When assessing a normal 5-year-old, the last site to assess would be the:

**throat**

Explanation:
The throat and mouth are considered invasive sites and should be performed last.

167. The palpation technique used to assess respiratory expansion of the chest is placing the hands on the eight or tenth ribs posteriorly with the thumbs close to the vertebrae, sliding the hand medially and grasping a small fold of skin between the thumbs. Then:

ask the patient to take a deep breathe and note any delay in expansion during inhalation

Explanation:
To assess the respiratory expansion of the chest, the examiner places his hands on the eight or tenth ribs posteriorly with the thumbs close to the vertebrae, slide the hand medially and grasps a small fold of skin between the thumbs then asks the patient to take a deep breath. The thumbs should move evenly away from the vertebrae during inspiration and there should be no delay in expansion.

168. When assessing the skin, it is noted to be thickened, taut, and shiny in appearance. This could be associated with:

**scleroderma**

Explanation:
Scleroderma appears as skin that is thickened, taut, and shiny in appearance. Psoriasis presents as silvery, scaly papules or plaques, mainly on the extensor surfaces of the skin. In patients who have hyperthyroidism, the skin has a velvety appearance and is usually warm to touch. Skin that appears very dry, rough, and cool to touch can be associated with hypothyroidism.

169. The semimembranosus bursa of the knee lies:

on the posterior and medial surface of the knee

Explanation:
The large semimembranosus bursa lies on the posterior and medial surfaces of the knee. The prepatellar bursa lies between the patella and the overlying skin. The suprapatellar pouch of the knee lies upward and deep to the quadriceps muscle. The anserine bursa lies 1-2 inches below the knee joint on the medial surface.

170. To test the supraspinatus, anterior and lateral deltoid, and pectoralis major, the nurse practitioner would have the patient perform which shoulder movement.
is conscious of fairness
Explanation:
By nine to ten years of age, the school aged child is able to perform several of the following tasks: question the reason for things, demonstrate excessive concern with competition and performance, overestimates own abilities, consider clubs important, conscious of fairness, and usually likes reading and writing. The other choices are consistent with the development of a 11-12 year-olds.

176. **The forward slippage of one vertebrae resulting in spinal cord compression is referred to as:**

spondylolisthesis
Explanation:
The forward slippage of one vertebrae resulting in spinal cord compression is referred to as spondylolisthesis.

177. **When auscultating breath sounds in a patient who has left sided heart failure, the breath sounds are:**

vesicular with late inspiratory crackles in the dependent portions of the lungs and resonant on percussion
Explanation:
A patient with left sided heart failure experiences increased pressure in the pulmonary veins causing congestion and interstitial edema. The breath sounds are vesicular with late inspiratory crackles in the dependent portions of the lungs and are resonant on percussion. Consolidation in the lungs produces bronchial breath sounds with late inspiratory crackles over the involved area and is dull on percussion. A normal lung has vesicular breath sounds without adventitious sounds and is resonant on percussion. Chronic obstructive lung disease produces decreased breath sounds with some audible wheezes and is hyperresonant on percussion.

178. **Assessment findings in a newborn at birth include: irregular respirations without crying, heart rate of 105 beats/minute, grimaces with reflex stimulation, kicking of both feet, and moving of both arms. The body and face are pink and hands and feet are cyanotic. What is the APGAR score?**

7
Explanation:
APGAR stands for: Activity, Pulse, Grimace, Appearance, and Respiration. It is an objective score of the condition of a baby immediately after birth and is determined by scoring the heart rate, respiratory effort, muscle tone, skin color, and response to a catheter in the nostril. Each of these objective signs receives 0, 1, or 2 points. An Apgar score of 10 means an infant is in the best possible condition. The Apgar score is done routinely 60 seconds after the birth of the infant. A child with a score of 0 to 3 needs immediate resuscitation. The Apgar score is often repeated 5 minutes after birth, and in the event of a difficult resuscitation. The Apgar score may be done again at 10, 15, and 20 minutes. This infant’s score is 7: He receives a 1 for respiration, 2
is known as the extensor group. The group of muscles that lies anteriorly and flexes the thigh is known as the flexor group.

**205. In the older adult, the test for leg mobility is known as the:**

timed "get up and go test"

Explanation:
The test for leg mobility, also known as the timed “get up and go” test for gait and balance, is an excellent screen for risk of falling. Ask the patient to get up from a chair, walk 10 feet, turn, and return to the chair. Most older adults can complete this test in 10 seconds.

**206. Examination of the nasolacrimal duct reveals a mucopurulent discharge from the puncta. This finding is suggestive of:**

an obstructed nasolacrimal duct

Explanation:
An obstructed nasolacrimal duct would present with a mucopurulent discharge from the puncta of the eye. Conjunctivitis is an inflammation of the conjunctiva and findings include red, burning, and itchy eyes. Dacryocystitis is an inflammation of the lacrimal sac, the area between the lower eyelid and the nose. Dacryocystitis presents as a painful, red, and tender area around the eye especially near the nose. A pinguecula refers to a harmless, yellow triangular nodule noted in the bulbar conjunctiva on either side of the iris. This finding may be seen in aging or in patients who are exposed chronically to dust.

**207. When trying to determine the level of consciousness in a patient whose level of consciousness is altered, a comatose patient:**
unarousable with eyes closed

Explanation:
A comatose patient remains unarousable with eyes closed. There is no evident response to inner need or external stimuli. A lethargic patient appears drowsy but opens the eyes, looks at the examiners, answers the questions, and then falls asleep. An obtunded patient opens the eyes and looks at the examiner, but responds slowly and is somewhat confused. A stuporous patient arouses from sleep after exposure to painful stimuli, verbal responses are slow, and lapses into an unresponsive state.

**208. When performing an examination of the rectal area, a linear tear at the anal opening was observed. This could be indicative of:**
an anal fissure

Explanation:
A linear crack or tear suggests an anal fissure from large, hard stools, inflammatory bowel disease, or sexually transmitted diseases.

**209. When examining the prostate gland the examiner should inform the patient that this procedure may:**
meningeal inflammation from meningitis or subarachnoid hemorrhage. To elicit the Babinski response, stroke the lateral aspect of the sole from the heel to the ball of the foot with the end of an applicator stick; plantar flexion is normal. Dorsiflexion of the big toe is a positive Babinski's sign.

218. Immediate treatment for a sprain includes:

rest and cold applications

Explanation:
Resting the extremity and applying ice is the most immediate actions to relieve swelling of the injured joint. Rest and elevation are appropriate, but giving pain medication immediately may mask more serious problems. Compression is appropriate for sports injuries, but heat application should not be an immediate action. While rest is important after a sprain, early mobility hastens recovery.

219. The vertebral column angles sharply posteriorly and becomes immovable at the:

lumbosacral junction

Explanation:
The vertebral column angles sharply posteriorly and becomes immovable at the lumbosacral junction. The intervertebral discs cushion movement between vertebrae and allow the vertebral column to curve, flex, and bend. The coccyx is the final segment of the vertebral column and serves as an attachment for various tendons, muscles, and ligaments. It also supports weight while sitting. The sacroiliac joint overlies the posterior superior iliac spine.

220. When auscultating heart sounds in a newborn, if a louder than normal pulmonic component (P2) is audible, suspect:
pulmonary hypertension

Explanation: The aortic (A2), or first component of the second sound at the base, is normally louder than the pulmonic (P2), or second component. A louder than normal pulmonic component, particularly when louder than the aortic sound, suggests pulmonary hypertension.

221. The nurse practitioner places an infant lying supine on the exam table, and turns the head to one side, holding the jaw over the shoulder. The arms and legs on the side to which the head is turned extend, while the opposite arm and leg flex. This maneuver assesses:

the asymmetric tonic neck reflex

Explanation:
The maneuver described assesses the asymmetric tonic neck reflex. Moro or startle reflex assesses arm abduction and extension, open hands, and flexed legs in response to a loud noise. To elicit the Landau reflex, the infant is suspended prone with one hand, and the infant's head will lift and the spine will straighten. Galant's reflex, or trunk incurvation reflex, is elicited when the infant is supported prone with one hand, and then one side of the back (one centimeter from
the midline), is stroked from the shoulder to the buttocks. The spine should curve toward the stimulus.

222. When performing a rectal exam, a reddish, moist, protruding mass is noted at the anal opening. This finding is most likely a(n):

a prolapsed internal hemorrhoid

Explanation:
Internal hemorrhoids are enlargements of the normal vascular cushions located above the pectinate line. They are not usually visible but may become visible if prolapse occurs after defecation. They would appear in the anal canal as reddish, moist, protruding masses. External hemorrhoids are dilated hemorrhoidal veins that originate below the pectinate line and are covered with skin. They present as tender, swollen, bluish, ovoid masses at the anal margin. A tender, purulent, reddened mass palpated in the rectum would be consistent with an anal abscess, especially in the presence of fever and chills. Rectal polyps are typically located in the rectum and, if palpable, feel soft to touch.

223. A chancre is defined as a:

painless ulceration

Explanation:
A chancre is defined as a painless ulceration formed during the primary stages of syphilis. A group of scattered small vesicles is associated with genital herpes. Papules appearing in many shapes that can be raised, flat, or cauliflower-like are characteristic of genital warts (condylomata acuminata). Non-tender indurated nodules are associated with carcinoma of the penis.

224. A discriminative sensation that describes the ability to identify an object by feeling it is:

stereognosis

Explanation:
A discriminative sensation that describes the ability to identify an object by feeling it is stereognosis. The patient's eyes must be closed. Graphesthesia, or number identification, is the ability to identify a number when drawn in the hand of a patient whose eyes are closed. The ability to identify an object touching 2 areas simultaneously is termed two-point discrimination. Astereognosis is a term used to describe the inability to recognize objects placed in the hand.

225. Newborns are classified according to their gestational age and weight. A newborn weighing less than 2,500 grams at birth is:

low birth weight

Explanation:
A newborn weighing less than 1,000 grams at birth is classified as an extremely low birth weight; less than 1,500 grams as very low birth weight; less than 2,500 grams as low birth weight; and greater than 2,500 grams as normal birth weight.

226. On ophthalmoscopic examination, optic atrophy appears:
weight gain are associated with poor birth outcomes. The pregnant woman who has a BMI of <18.5, should gain 28 - 40 pounds; BMI 18.5-24.9 should gain 25 - 35 pounds; BMI 25-29.9 should gain 15 - 25 pounds; and the obese pregnant woman should gain 11 - 20 pounds.

258. A patient has a papule with an ulcerated center on the lower lid and medial canthus of the eye. This is consistent with:

basal cell carcinoma

Explanation:
Although a basal cell carcinoma of the eyelid is uncommon, it does occur most often on the lower lid and medial canthus. It looks like a papule with an ulcerated center. Metastasis is rare but should be referred for removal. Dacryocystitis is an infection and blockage of the lacrimal sac and duct. Hordeolum is often secondary to localized staphylococcal infection of the hair follicles at the lid margin. Chalazion is a beady nodule protruding on the lid

259. To palpate the trochanteric bursa, position the patient:
on one side, hip flexed, and internally rotated

Explanation:
To palpate the trochanteric bursa, position the patient on one side, hip flexed, and internally rotated.

260. Bowel sounds may be decreased in the presence of:

peritonitis

Explanation:
Bowel sounds are decreased then absent in adynamic ileus and peritonitis. They are decreased in constipation. Bowel sounds may be increased in the presence of diarrhea or early intestinal obstruction and ulcerative colitis.

261. On ophthalmoscopic exam of the older adult, there is an increased cup-to-disc ratio: This finding is suggestive of:

open angle glaucoma

Explanation:
The cup-to-disc ratio compares the diameter of the "cup" portion of the optic disc with the total diameter of the optic disc. In glaucoma, an increase in intraocular pressure will damage the delicate nerve fibers and produces additional cupping of the optic disc. As glaucoma worsens, the cup enlarges until it occupies most of the disc area.

262. When examining the elbow for range of motion, the nurse practitioner instructs the patient to turn his palm upward. This motion is an example of:

supination.

Explanation:
Instructing the patient to turn his palm upward is supination. Extension occurs with straightening the elbow. Flexion occurs with bending the elbow. Turning the palms downward demonstrates pronation.
enjoy hobbies, enjoy a challenge, and prefers playing with the same sex friends. The other choices are consistent with the development of a 8-10 year-olds.

**314. When assessing anal reflexes, the nurse practitioner strokes the four quadrants of the anus with a cotton swab. A loss of anal reflex is noted. This finding could be suggestive of a pathologic lesion in which segmented level of the spine?**

Sacral 2, 3, and 4

**Explanation:**
Superficial (cutaneous) reflexes and their corresponding spinal segments include the following:
Abdominal reflexes: upper thoracic 8, 9, 10 and lower thoracic 10, 11, 12; Plantar: lumbar 5 and sacral 1; and Anal: sacral 2, 3, 4.

**315. The lower tip of the scapula is located:**

the seventh or eighth rib

**Explanation:**
The scapulae are located symmetrically in each hemithorax. The lower tip is usually at the seventh or eighth rib.

**316. Primary dysmenorrhea results from:**

increased prostaglandin production during the luteal phase of the menstrual cycle

**Explanation:**
Dysmenorrhea is defined as pain with menses. The causes can be either primary or secondary. Primary dysmenorrhea occurs without an organic cause whereas with secondary dysmenorrhea, there is an organic cause. Primary dysmenorrhea results from increased prostaglandin production during the luteal phase of the menstrual cycle, when estrogen and progesterone levels decline. Causes of secondary dysmenorrhea include endometriosis, adenomyosis (endometriosis in the muscular layers of the uterus), pelvic inflammatory disease, and endometrial polyps.

316.

proficient