

- The level of consciousness that refers to the patient that remains unarousable with eyes closed without evidence of response to inner need or external stimuli is said to be in: **a comatose state**
- Hypesthesia refers to: **decreased sensitivity to touch**
- A female patient complaint of weakness in both arms when transferring the wet clothes from the washer and placing them in the dryer. This finding could be suggestive of which type of weakness pattern? **Symmetric**
- A 80-year-old male visits the nurse practitioner for an annual well exam. History reveals two falls in the prior 12 months and difficulty with balance. The next step the nurse practitioner should take is: **obtain cognitive and functional assessment**
- Fasciculations in atrophic muscles suggests: **a lower motor neuron disease**
- A tension headache presents with pain in the: **frontotemporal region of the head**
- An example of tandem walking is having the patient: **walk heel-to-toe**
- By placing the patient in the supine position, the nurse practitioner raises the patient's relaxed and straightened leg while flexing the leg at the hip, and the dorsiflexes the foot. This maneuver is known as: **the straight-leg raise**
- A discriminative sensation that described that ability to identify an object by feeling it is: **stereognosis**
- The best method of detecting cognitive impairment or intellectual disability at an early age is by: **assessment of the achievement of development milestones**
- Symptoms of a subdural hematoma include: **no visible bleeding between the dura and the cerebrum on x-ray**
- The part of the brain tissue that lines the surfaces of the cerebral hemispheres, forming the cerebral cortex is known as the: **gray matter**
- The patient experiences a sudden loss of consciousness with falling without movements and injury may occur. This type of seizure is consistent with: **a myoclonic seizure**
- A patient is noted as lying supine with the jaws clenched and the neck extended with the arms adducted and stiffly extended at the elbows. His forearms are pronated, wrists and fingers flexed. The legs are extended at the knees and the feet are plantar flexed. This position is consistent with: **decerebrate rigidity**
- When assessing abdominal cutaneous reflexes, the nurse practitioner strokes the lower abdomen, the localized twitch is absent. This finding could be suggestive of a pathologic lesion in which segmented level of the spine? **Thoracic 10, 11, and 12**
- An older adult presenting with signs of undernourishment, slowed motor performance, and loss of muscle mass or weakness suggests: **frailty**
- Symmetric weakness of the proximal muscles of the legs suggests a: **myopathy**
- Aphasia refers to: **the inability to produce or understand language**
- The part of the peripheral nervous system that regulates muscle movement and response to the sensations of pain and touch is the: **somatic nervous system**
- Assessment findings in an infant with increased intracranial pressure would include: **drowsiness**

- What produces demyelination of the nerve cells in the brain and spinal cord is: **multiple sclerosis**
- What medications is NOT used for migraine prophylaxis? **Triptans**
- A 50-year-old patient reports acute pain in his lower back that started 2 weeks ago after working in his yard. The pain radiates into his right leg intermittently. He has been managing his pain with ibuprofen. There are no red flags in his history or on exam. When should consideration be given to imaging studies? **At 4 weeks**
- A 14-year-old male client reports dull anterior knee pain, exacerbated by kneeling. What is the likely etiology? **Osgood-Schlatter disease**
- A 65-year-old male is diagnosed with an initial episode of gout. It is likely that he: **will have severe inflammation in a single joint**
- Which patient below should be screened for osteoporosis? **60-year-old male with rheumatoid arthritis**
- Which statement below is true regarding NSAIDs for low back pain? **They are associated with more side effects than acetaminophen**
- An 8-year-old has a painful limp. He reports his knee hurts medially. On exam he has pain with internal rotation of the hip. How should the NP manage his situation? **the NP should order a hip x-ray, CBC and ESR**
- A patient is at increased risk of osteopenia if she uses which form of birth control? **Injectable progestin**
- An adolescent athlete has sprained his ankle. What instruction should be given to him regarding activity? **He should be able to walk pain-free before he start to run**
- The drop arm test is used to assess patients with suspected: **rotator cuff injury**
- A 79-year-old frail adult reports that she had a fall last week. She had no broken bones but is very sore. In evaluating this adult, what question is most important to ask? **Have you had other falls this year?**
- Which criterion below is a criterion for Alzheimer's disease? **Impairment of function**
- Which finding in a patient with migraine headache symptoms would compel the examiner to order an imaging study? **Rapidly increasing intensity of headache**
- Which finding below is typical in a patient who has Bell's palsy? **Unilateral numbness of the cheek**
- All of the following characteristics may be found in an older adult with dementia. Which one is common in a patient with Alzheimer's disease, but uncommon in a patient with another type of dementia? **Indifference**
- A 70-year-old patient has intermittent back pain secondary to a bulging disc for more than 3 years. In the last year, it is constant (pain scale 2-3/10) and at times is sharp. She is not a surgical candidate. What class of medication would be a good choice for improvement of chronic pain in this patient? **Gabapentin**
- A patient diagnosed with cluster headaches: **should eliminate triggers like nicotine and alcohol**

Preview from Notesale.co.uk
Page 9 of 83

CARDIAC

- A heart rate of 100 – 180 beats per minute in an adult is considered: **sinus tachycardia**
- The external iliac lymph nodes drain lymphatic fluid from the following areas except the: **gluteal region**
- To assess aortic pulsations in patients with carotid obstruction, assess the pulse using the: **brachial region**
- The sacral lymph nodes receive lymphatic fluid from all the following except the: **gluteal region**
- The patient has had an internal pacemaker in place for five years. Pacemaker failure is being considered because over the past few days, the patient has been experiencing episodes of: **hiccoughs**
- In older adults, the presence of heart sounds S3 suggests: **heart failure**
- A patient described chest pain as persistent, sharp, and knife-like. These symptoms are more characteristic of: **pericarditis**
- In older adults, the presence of heart sound S4 suggests: **hypertension**
- A disparity between the brachial and femoral pulses in a 4-month-old could indicate: **coarctation of the aorta**
- The axillary lymph nodes drain lymphatic fluid from all of the following areas except the: **anterior chest wall**
- Tissue ischemia is usually observed when assessing a patient with peripheral artery disease (PAD). What other symptom could be assessed? **Intermittent claudication**
- Causes of orthostatic hypotension in older adults may include all of the following except: **impaired visual acuity**
- A finding suggestive of an inflamed lymph node would be one that is: **tender and moveable**
- On assessment, which one of the following symptoms would be noted as a compensatory response to chronic hypoxia? **Hematocrit (HCT) of 55%**
- The great saphenous vein enters the deep venous system by way of the: **femoral vein**
- A pediatric patient presents with erythema marginatum, chorea, and a heart murmur. These symptoms are consistent with: **rheumatic heart disease**
- Enlargement of which lymph nodes would be suggestive of metastasis from a thoracic or abdominal malignancy? **Supraclavicular**
- Presence of a heart murmur in a child would be considered organic if the child: **was a 2-year-old with a congenital heart defect**
- Heart sounds produced by a turbulence due to a temporary increase in blood flow in predisposing conditions, such as hyperthyroidism, is considered: **a physiologic murmur**
- A patient complains of increased pain in the calf muscle and buttocks especially after walking or riding his bicycle. He states that the pain stops after he sits still for about 2-3 minutes. This condition may be associated with: **intermittent claudication**

GYNECOLOGY

- The cessation of menses sometime after menarche is termed: **secondary amenorrhea**
- During examination of the vagina, a bulge in the upper two-thirds of the anterior vaginal wall is noted. This symptom is most consistent with a: **cystocele**
- When performing a vaginal exam with a speculum, the use of the lower blade as a retractor during bearing down could expose an anterior wall defect such as a: **cystocele**
- A 35-year-old female presents with complaints of swelling of her right breast. Findings reveal edema of the lower portion of her right breast. The skin appears thickened with enlarged pores. This condition is consistent with: **the peau d'orange sign**
- A woman complains of abnormally heavy and prolonged menstrual periods that occur at regular intervals. This condition is most likely: **menorrhagia**
- To palpate the uterus during a bimanual exam, the examiner would lubricate the index and middle fingers of one hand and insert them into the vagina. The other hand would be placed on the abdomen: **about midway between the umbilicus and symphysis pubis while elevating the cervix and uterus with the other hand**
- The most common cause of acute pelvis pain in women is: **pelvis inflammatory disease**
- Examination of a female patient's right breast reveals a retraction of the nipple and areola. This finding is consistent with: **breast cancer**
- To palpate the left ovary when performing the bimanual vaginal exam, the abdominal hand should be in the left lower quadrant and the pelvic hand needs to be: **in the left lateral fornix**
- A female patient presents with gray, thin, malodorous (fishy) vaginal discharge. These symptoms are most consistent with: **bacterial vaginosis**
- A twenty-year-old female complains of a milky discharge bilaterally from her breasts. This suggests: **pregnancy or elevated prolactin level**
- Upon examination of the vagina, a tense, hot, very tender abscess with labial swelling is noted. This finding is most consistent with a: **Bartholin gland infection**
- Upon examination of the vagina, the entire anterior vaginal wall, together with the bladder and urethra create a bulge. This condition is most consistent with a: **cystourethrocele**
- Upon examination of the vagina, a small, red, benign tumor is noted at the posterior part of the urethral meatus. This finding is most consistent with a: **urethral caruncle**
- The shiny, pink area located around the cervical os is known as: **squamous epithelium**
- During the speculum exam of the cervix the speculum is maintained in an open position by: **gently tightening the thumb screw on the speculum**
- The vaginal mucosa lies in transverse folds called the: **rugae**

fingers should be inserted into the vagina while exerting pressure primarily:
posteriorly

- A woman complains of experiencing frequent menses with intervals of fewer than 21 days. This condition is termed: **polymenorrhagia**
- When palpating the cervix during the bimanual exam, cervical motion tenderness (chandelier sign) is noted. This tenderness could be suggestive of: **pelvic inflammatory disease**
- To palpate an indirect inguinal hernia in women, have her stand and palpate in the labia majora and: **palpate upward to just lateral to the pubic tubercles**
- Chronic pelvic pain refers to pain that does not respond to therapy and: **lasts more than 6 months**
- Pelvic floor muscle weakness may be due to all of the following except: **dyspareunia**
- When performing a bimanual vagina exam, a solid, nodular-like lesion is palpated over the right ovary. This finding is most consistent with: **an ovarian tumor**
- When examining the cervix, a translucent nodule is noted on the cervical surface. This finding is consistent with: **a retention cyst**
- Primary dysmenorrhea results from: **increased prostaglandin production during the luteal phase of the menstrual cycle**
- If performed correctly and in a timely fashion, which one of the following is most definitive for the diagnosis of breast cancer? **Breast tissue sample**
- When performing the bimanual vaginal exam, a nodule on the anterior uterine surface could suggest a/an: **myoma**
- In a female diagnosed with a third-degree uterine prolapse, the cervix: **and vagina are outside the introitus**
- In a female diagnosed with a second-degree uterine prolapse, the cervix: **is located in the introitus**
- When do ovaries become non-palpable after menopause? **Three to five years**
- When performing a bimanual vaginal exam, a smooth and rather compressible non-tender lesion is palpated over the right ovary. This finding is most consistent with: **an ovarian cyst**
- Chronic pelvic pain may be secondary to all of the above except: **peptic ulcer disease**
- When preparing to perform a pelvic exam in an older female, vaginal atrophy is noted. Due to this finding, the speculum: **should be a smaller size**
- A female patient has a history of a retroverted uterus. This condition refers to: **a tilting backward of the uterus and cervix**
- When performing a breast exam, a mobile mass becomes fixed when the arm relaxes. This suggests that the mass is: **attached to the rib or intercostal muscle**
- When discussing the female anatomy, the introitus is also known as the: **vaginal opening**
- If the urethritis or inflammation of the paraurethral glands is suspected in a female patient, the index finger should be inserted into the vagina and: **milk the urethra gently from the inside outward**

- A patient was instructed to point to the location of his pain. He pointed to just below the sternoclavicular notch which likely indicates: **esophageal dysphagia**
- The most appropriate position for the patient when performing a rectal exam and one that allows for optimal examination, is the: **lateral decubitus position**
- A 70-year-old patient states that he has some bright red blood on the toilet tissue this morning after a bowel movement. He denies pain. What is the LEAST likely cause in this patient? **Anal fissure**
- A 79-year-old with an appendicitis is unlikely to exhibit: **initial WBC elevations**
- The most common cause of diarrhea in adults is: **viral gastroenteritis**
- An 83-year-old patient is diagnosed with diverticulitis. The most common complaint is: **left lower quadrant pain**
- A patient is 86 years old and functions independently. He has hypertension, BPH, and flare-ups of gout. His last colonoscopy was at age 76 years. What should he be advised about having a colonoscopy? **It is not advised in this patient at this time**
- The two tests that can indicate current infection with hepatitis B are: **presence of hepatitis B surface antigen and IgM**
- A 26-year-old female complains of pain at McBurney's point. She feels nauseated. Her vital signs are provided. The most appropriate initial action by the NP is to: **order a CBC and pregnancy test**
- Older adults frequently complain of constipation. Which medication listed below does NOT increase the likelihood of constipation in the older adult? **Metformin**
- A 20-year-old female patient presents with tenderness at McBurney's point. Appendicitis is considered. What laboratory test should be done initially to determine the etiology of this patient's abdominal pain? **Serum pregnancy test**
- Most patients who have acute hepatitis B infection: **have varied clinical presentations**
- A patient has hepatitis B. he probably has a predominance of: **lymphocytes**
- A patient with diarrhea has a stool specimen positive for WBCs. What is likely etiology? **A viral infection**
- A patient has been diagnosed with hepatitis A. The most common reported risk factor is: **international travel**
- A 58-year-old patient has an annual exam. A fecal occult blood test was used to screen for colon cancer. Three were ordered on separate days. The first test was positive; the last two were negative. How should the nurse practitioner proceed? **Refer him for a colonoscopy**
- What choice below is most commonly associated with pancreatitis? **Gallstones and alcohol abuse**
- An 84-year-old presents with a stated involuntary weight loss. He states that he's lost about 6 pounds in the last 6 or 8 weeks. What statement below is NOT part of the assessment? **Evaluate his upper and lower extremity muscle mass**
- An 82-year-old adult has constipation. A supplement known to cause constipation is: **calcium**

- A 50-year-old with a history of consumption of 3-4 alcoholic drinks daily and weekend binges has elevated liver enzymes. Which set of enzymes is most representative of this patient? **AST=200, ALT=75**
- The relationship between colon polyps and colon cancer is that polyps: **have a slow progression to colon cancer**
- The most common reason that older adults develop peptic ulcer disease is: **H. pylori infection**
- An older adult has osteopenia. Her healthcare provider has recommended calcium 500mg three times daily. What is the most common side effect of calcium supplementation? **constipation**
- A patient with diarrhea is tested for C. difficile. How soon should the enzyme immunoassay (EIA) yield results? **About 24 hours**
- The relationship between a duodenal ulcer disease and H. pylori infection is: **very likely**
- An 85-year-old adult has chronic constipation. How should this be managed initially? **Avoid all constipation medications/foods when possible**
- Most patients who have acute hepatitis A infection: **have a self-limiting illness**
- An 85-year-old adult has chronic constipation. What is the most likely cause of her constipation? **Medication-related**
- A 63-year-old male has been your patient for several years. He is a former smoker who takes simvastatin, ramipril and aspirin daily. His blood pressure and lipids are well controlled. He presents to your clinic with complaints of fatigue and "just not feeling well" for the last few days. His vital signs and exam are normal, but his liver enzymes are elevated. His hepatitis panel are negative for infectious hepatitis. What is the most likely cause of his elevated liver enzymes? **Daily grapefruit consumption for the past 10 days**
- Which medication listed below can exacerbate the symptoms of GERD? **verapamil**
- A 6-week-old infant is brought to the nurse practitioner because of vomiting. The mother describes after feeding and feeling a "knot" in his abdomen especially after he vomits. The child appears adequately nourished. What is the likely etiology? **Pyloric stenosis**
- A patient has received a prescription for metronidazole for treatment of C. difficile. What should be avoided in this patient? **alcohol**
- A 42-year-old patient was diagnosed with ulcerative colitis many years ago. What part of his routine health screenings should be stressed by the nurse practitioner? **He should have a colonoscopy every 1-5 years**
- A 26-year-old female presents with concerns about possible hepatitis C (HCV) infection. She admits to IV drug use 2 months ago and sharing needles with several other people. Initial laboratory studies have been completed. How should this be managed? **Order HCV RNA**
- Which medication may be used to treat GERD if a patient has tried over the counter ranitidine without benefit? **Pantoprazole**
- Which of the following symptoms is typical of GERD? **Pyrosis**

Preview from Notesale.co.uk
Page 25 of 83

- A toddler with suspected hearing loss would: **likely communication through gestures**
- Examination of the nasolacrimal duct reveals a mucopurulent discharge from the puncta. This finding is suggestive of: **an obstructed nasolacrimal duct**
- On ophthalmoscopic examination, optic atrophy appears: **white**
- That portion of the ear that consists of the auricle and ear canal is the: **external ear**
- A condition of the sclera that appears as localized ocular inflammation of the episcleral vessels is most likely: **episcleritis**
- Upon examination of the right tympanic membrane, a cone of light was visible at the four o'clock mark. This would be interpreted as: **a normal eardrum**
- When examining the eyes, the right pupil reacts briskly to light, near effort, and is much smaller than the left pupil. This condition is mostly likely: **Horner's syndrome**
- On ophthalmoscopic exam of the older adult, there is an increase cup-to-disc ratio. This finding is suggestive of: **open angle glaucoma**
- One of the main differences between a migraine headache and tension headache is that: **migraine headaches have a rapid onset whereas tension headaches appear gradually**
- To visualize the ear canal and the tympanic membrane of an adult, use the otoscope with: **the largest speculum the can only accommodate**
- The fleshy projection of the earlobe is known as the: **lobule**
- When comparing veins and arteries in the eyes of older adults, the arteries appear: **less brilliant**
- On examination of the pupils, both are round, but the right pupil appears larger than the left and reacts much slower to light. This condition may be indicative of: **a tonic pupil**
- The patient complains of seeing floating spots. This is consistent with: **a detached retina**
- Ptosis is defined as: **drooping of the eyelid**
- Which of the paranasal sinuses are accessible to clinical examination? **Frontal sinuses**
- If a patient has a history of heat intolerance with a preference to light clothing, this behavior could be consistent with: **hyperthyroidism**
- A sixty-year-old complains of a progressive bilateral hearing loss over the past few months. He has difficulty understanding spoken words and has become sensitive to loud noises. These symptoms are consistent with: **presbycusis**
- When examining the pupils, the left pupil is noted to be fixed and dilated to light and near accommodation. This condition may be suggestive of: **oculomotor nerve (CN III) paralysis**
- On otoscopic examination, the cone of light can be visualized: **at the 7 o'clock to 8 o'clock position of left tympanic membrane**
- If a patient complains of seeing flashing lights across the field of vision, this could be: **detachment of the vitreous from the retina**

- A 45-year-old patient describes a spinning sensation that has occurred intermittently for the past 24 hours. It is precipitated by position changes like rolling over in bed. During these episodes, he complains of intense nausea. Which choice best describes benign paroxysmal positional vertigo? **Symptoms precipitates by a position change**
- A 93-year-old demented adult has been recently treated for an upper respiratory infection (URI) but drainage from the right nostril persists. What should the NP suspect? **Presence of a foreign body**
- On routine exam, a 15-year-old patient's tympanic membrane (TM) reveals a tiny white oblong mark just inferior to the umbo on the surface of the TM. The patient has no complaints of ear pain and gross hearing is intact. What is this? **Scarring of the membrane**
- Mr. O has been diagnosed with hearing loss secondary exposure to an ototoxic medication. Which one may be associated with ototoxicity? **aspirin**
- A 58-year-old farmer presents with a wedge-shaped, pinkish, clear growth on the nasal side of his eye. He states that it has been present for a while, but only recently began to feel as if a foreign body was in his eye. This is probably a: **pterygium**
- An elderly patient who has a red eye with tearing diagnosed with conjunctivitis. What characteristics below most closely indicate viral conjunctivitis? **Profuse tearing**
- A patient has been diagnosed with mononucleosis. Which statement is correct? **Cervical lymphadenopathy is prominent**
- A patient presents to your clinic with a painless red eye. Her vision is normal, but her ocular surface has a blood red area. What is this termed? **Subconjunctival hemorrhage**
- The nurse practitioner performs a fundoscopic exam on a patient who has recently been diagnosed with hypertension. What is the significance of AV nicking? **This is indicative of long standing hypertension**
- In a patient with mononucleosis, which laboratory abnormality is most common? **Lymphocytosis and atypical lymphocytes**
- A 30-year-old male has been diagnosed with nonallergic rhinitis. Which finding is more likely in nonallergic rhinitis than allergic rhinitis? **Older age of symptoms onset**
- The single most effective maintenance therapy for allergic rhinitis is: **a topical nasal steroid**
- A patient has been taking amoxicillin for 8 days for sore throat. Today, the patient has developed a pruritic full body rash and is diagnosed with penicillin allergy. What described the skin manifestations of penicillin allergy? **There will be hives**
- Acute otitis media can be diagnosed by identifying which otic characteristic(s)? **cloudy, bulging TM with impaired mobility**
- The hearing loss associated with aging involves: **sensorineural hearing loss**
- A patient presents with tragal pain. What is the most likely diagnosis? **Otitis externa**

- A 4-year-old was diagnosed and treated for acute otitis media in the left ear 4 weeks ago. She is here today for a well-child visit. There is an effusion in the left ear. She denies complaints. How should this be managed? **This should be monitored**
- An adolescent takes isotretinoin for nodulocystic acne. She is on oral contraceptives. Both were prescribed by the dermatologist. The adolescent presents to your clinic with a sinus infection. Her temperature is 99.5F and her blood pressure is 160/100 mmHg. How should this be managed? **Call the dermatologist to report the elevated BP**
- How often should blood pressure be measured in a child who is 3 years old? **It should be measured annually**
- An infant is brought to the nurse practitioner because his gaze is asymmetrical. Which finding indicates a need for referral to ophthalmology? **He has persistent strabismus**
- A 7-year-old has a complaint of ear pain. If he has otitis externa, which complaint is most likely? **He has tragal pain**
- A child's resting heart rate is expected to be between 60 to 100 beats per minute once he reaches: **10 years of age**
- The first sign that a male child is experiencing sexual maturation is: **increase in testicular size**
- The nurse practitioner identifies satellite lesions in a 6-month-old infant. These are: **indicative of candida infection**
- Which of the following is an appropriate initial intervention for gastroesophageal reflux disease (GERD) in an 8-week-old? **Small, frequent thickened feedings**
- Clubfoot: **involves the foot and lower extremity**
- A 14-year-old male patient has an acute, painless groin swelling. Which tool would yield the most information to identify the etiology of the swelling? **Ultrasound of the scrotum**
- An adolescent complains of knee pain. He is diagnosed with Osgood-Schlatter disease. What assessment finding is typical? **Pain worsens with quadriceps contraction**
- The average age of pubertal growth spurt in North American boys is: **12-14 years**
- A 6-month-old infant has a disconjugate gaze. The nurse practitioner observes that the 6-month-old tilts his head when looking at objects in the room. Which statement is true? **The infant will have an abnormal cover/uncover test**
- A 6-year-old is brought to your clinic because of behavior problems at school. DSM V criteria are used to diagnose attention deficit disorder (ADD). Which finding is likely present? **Inattention**
- A 6-day-old has bilateral mucopurulent eye discharge. Which historical finding explains the etiology of the discharge? **Mother has chlamydia**
- A patient has suspected scarlet fever. He likely has a sandpaper rash and: **a positive rapid strept test**
- A 2-month-old is diagnosed with thrush. An exam of this patient's saliva demonstrates all except: **spores**

WOMEN'S HEALTH

- “Hot flashes” that occur during menopause are thought to be related to: **fluctuating estrogen levels**
- When collecting cervical cells for a PAP smear, when are the endocervical cells typically collected? **After the ectocervical specimen with a brush**
- A 14-year-old female has never menstruated. She and her mother are concerned. What is most important for the NP to assess? **Tanner stage**
- Athletic amenorrhea increases the risk of: **osteoporosis**
- A 52-year-old female presents to your clinic with a palpable mass in her right breast. Her last normal mammogram was 6 months ago. What is true about this lump? **It is probably a benign lesion**
- A 17-year-old presents with complaints of dysmenorrhea. Which finding below suggest that this is secondary dysmenorrhea? **Dysmenorrhea is not limited to menses**
- A patient who is scheduled for pelvic exam with PAP smear should be advised to avoid douching, sexual intercourse, and tampon use before her exam. For how long should she be advised to avoid these activities for optimal evaluation? **48 hours**
- A 54-year-old female presents with a small to moderate amount of vaginal bleeding of recent onset. She has been postmenopausal for approximately 2 years. What diagnosis is least likely? **Cervical cancer**
- A 32-year-old female presents to your clinic for her annual GYN exam. A 1cm soft, non-tender, round mass is found at the 3 o'clock position at the posterior vaginal introitus. What is most likely diagnosis? **Bartholin duct cyst**
- The recommended time to initiate screening for cervical cancer in women is: **at age 21 years**
- An 84-year-old female patient is a resident in an assisted living facility. She has early dementia. She walks daily and has had urinary incontinence for years. She has loss of urine with coughing, sneezing, and if she is unable to get to the bathroom quickly enough. Her urinary incontinence is likely to be: **mixed**
- A 50-year-old female believes that she is menopausal. She complains of hot flashes and has not had menses in 12 months. Which of the following test results would be expected during menopause? **Increased follicle-stimulating hormone**
- A 22-year-old female has been diagnosed with polycystic ovarian syndrome (PCOS). What is a common finding? **Elevated insulin levels**
- A 28-year-old female presents with a slightly tender 1.5cm lump in her right breast. She noticed it 2 days ago. She had no associated lymphadenopathy and there is no nipple discharge. How should she be managed? **Re-examination after her next menses**
- Three of the following interventions are appropriately used to prevent osteoporosis after menopause. Which one is not? **Estrogen replacement therapy**
- A 16-year-old female is diagnosed with primary dysmenorrhea. She has taken over-the-counter ibuprofen in 800mg increments every 8 hours during menses for

- A patient who is 35 years old has identified a small, discrete mass in one breast. How should this be evaluated initially? **Ask whether the mass changes at the time of menses**
- Ultrasounds are commonly performed during the first trimester of pregnancy because they help estimate gestational age and: **identify fetal malformations**
- A 24-year-old patient presents to your clinic with intermittent nausea and vomiting for the past 5 days. She feels well otherwise. What should the nurse practitioner order initially? **Electrolytes and qualitative beta hCG**
- A pregnant teenager asks if sexual activity is safe during pregnancy. The nurse practitioner responds: **this can expose you to STDs**
- What component of prenatal vitamin is intended to prevent neural tube defects? **Folic acid**
- A 17-year-old female is found to be pregnant. What is the most important part of her initial screening? **STDs and HIV**
- The NP suspects that a pregnant patient may be been physically abused by a domestic partner. The NP knows that: **abuse can worsen during pregnancy**
- The classic presentation of placenta previa is: **painless vaginal bleeding after the 20th week**
- A pregnant patient in her second trimester enters your clinic in October to inquire about the influenza vaccination. Which immunization below may be safely administered? **Inactivated injection**
- In order to establish pregnancy, a pregnancy test of the urine or blood is routinely performed. How early can this be done with reliable results? **6-8 days after conception**
- A pregnant patient in her second trimester is found to have positive leukocytes and positive nitrites in a second voided urine specimen. She is asymptomatic. This patient should be prescribed: **nitrofurantoin (Macrobid)**
- Which of the following immunizations may be safely administered during the first trimester of pregnancy? **Inactive influenza**
- Which form of birth control would be the best choice in a lactating mother who wanted to ensure that she did not become pregnant? **Injectable progestin**
- Naegele's rule is calculated by adding 7 days to the last menstrual period and: **subtracting 3 months**
- A pregnant patient presents with asymptomatic bacteriuria. Which is the likely pathogen? **E. coli**

Preview from Notesale.co.uk
Page 53 of 83

PREGNANCY

- A mother has a negative rubella titer. She is not pregnant but is breastfeeding her 4-month-old infant. Is the mother able to safely receive the MMR immunization today? **Yes, the immunization offers no risk to her infant**
- A patient was diagnosed today with pregnancy. Her last pregnancy was 3 years ago. At that time, she had a protective rubella titer. What should be done about evaluating a rubella titer today? **She does not need one because it was protective 3 years ago**
- Which form of birth control would be the best choice in a lactating mother who wanted to insure that she did not become pregnant? **Injectable progestin**
- A pregnant patient has a routine visit that includes a urinalysis. She denies any urinary complaints. Which choice below demonstrates an appropriate action on the part of the nurse practitioner? **Order urine culture and antibiotics**
- A pregnant patient is 30 weeks' gestation. She wants to travel to Colorado to go on a hiking trip. She will fly in an airplane. The nurse practitioner knows: **travel to a city of high altitude can precipitate preterm labor**
- A 26-year-old pregnant female has complaints of dysuria. She has the following urinalysis report. Which statement below is true? **The patient has a urinary tract infection and E. coli is the most likely pathogen**
- In a viable pregnancy: **fetal heart tones are audible at about 9-12 weeks**
- A patient has type 2 diabetes. Screening for gestational diabetes should: **not take place**
- A patient in her first trimester of pregnancy is found to be infected with chlamydia and gonorrhea. Which statement below is true? **She should be treated now and rescreened later in pregnancy**
- A pregnant patient asks if engaging in sexual activity will place her fetus at increased risk. The nurse practitioner responds: **this may increase the risk of preterm labor**
- A pregnant patient, in her first trimester, is found to have a urinary tract infection. What is the appropriate course of action? **Amoxicillin-clavulanate (Augmentin)**
- The need for thyroid replacement during pregnancy: **increases**
- The classic symptoms of an ectopic pregnancy are: **amenorrhea, vaginal bleeding, abdominal pain**
- In order to establish pregnancy, a pregnancy test of the urine or blood is routinely performed. How early can this be done with reliable results? **6-8 days after conception**
- A pregnant patient has asymptomatic bacteriuria. What is the likely pathogen? **E. coli**
- You have been asked to manage thyroid disease in a pregnant patient. A pregnancy patient took levothyroxine prior to becoming pregnant. what should be done about the levothyroxine now that she is pregnant? **she should continue it and have monthly TSH levels**