

NR 601 Final exam 2023 2024

QUESTIONS AND ANSWERS GRADED A

Mr. A, experienced a brief onset of right sided weakness, slurred speech and confusion yesterday. The symptoms have resolved and the CT is normal. What is the next step of the plan for Mr. A?

- a. assure the patient that he will not experience the symptoms again
- b. identify modifiable cardiovascular risk factors
- c. order ASA 81mg stat
- d. order a stat EEG and administer O2 by mask - **CORRECT ANSWER b. identify modifiable cardiovascular risk factors**

A 56-year old male patient screened for diabetes has a fasting plasma glucose level of 96mg/dl. The nurse practitioner management plan includes:

- a. repeat fasting plasma glucose in three years
- b. prescribe Metformin 500mg po BID
- c. repeat fasting plasma glucose in one year
- d. refer to ophthalmology for eye exam - **CORRECT ANSWER a. repeat fasting plasma glucose in three years**

RW, a 57 year old native American female, presents to the office. RW states she feels irritable and has difficulty concentrating as well as falling asleep and staying asleep. She states she is worried about her finances, her husband has just lost his job. The NP diagnoses anxiety. The NP prescribes a first line treatment which is

- a. Diazepam
- b. Clonazepam
- c. Aripiprazole
- d. Paroxetine - **CORRECT ANSWER d. Paroxetine**

The most common sustained rhythmic disorder, which consists of fibrillatory p waves is:

- a. AV block
- b. atrial tachycardia
- c. atrial fibrillation
- d. atrial flutter - **CORRECT ANSWER c. atrial fibrillation**

According to the Sexually presentation, atrophic vaginitis

- a. the symptoms are the same for each woman
- b. creates a more acidic vaginal environment

- c. is a contributing factor for frequent urinary tract infections
- d. is not treated with vaginal lubricants - CORRECT ANSWER c. is a contributing factor for frequent urinary tract infections

Which of the following is the most appropriate screening tool for delirium?

- a. St Louis University Mental Status Exam (SLUMS)
- b. Montreal Cognitive Assessment
- c. Lawton Scale of Instrumental Activities of Daily Living
- d. Confusion Assessment Model - CORRECT ANSWER d. Confusion Assessment Model

A drug that can be used to treat two very common symptoms in a dying patient (pain and dyspnea) is:

- a. lorazepam
- b. Gabapentin
- c. Methadone
- d. Morphine - CORRECT ANSWER d. Morphine

Which of the following would you recommend annually for the elderly type 2 diabetic?

- a. periodic visits to a gastroenterologist
- b. colonoscopy
- c. follow up with a urologist
- d. eye exam with an ophthalmologist - CORRECT ANSWER d. eye exam with an ophthalmologist

Which characteristic of delirium helps to distinguish it from dementia?

- a. short term memory impairment
- b. personality changes
- c. acute onset
- d. impaired attention - CORRECT ANSWER c. acute onset

The majority of patients enrolled in hospice care die:

- a. in the hospital
- b. in an inpatient hospice facility
- c. in a nursing home
- d. at home - CORRECT ANSWER d. at home

A middle aged patient has been diagnosed with Parkinson's disease. What influences the nurse practitioner's decision to begin pharmacological treatment for this patient?

- a. medications initiated at first sign of unilateral involvement

- b. gait instability requiring the use of a cane
- c. intentional tremors
- d. symptoms interfering with functional ability - CORRECT ANSWER d. symptoms interfering with functional ability

Which of the following is a role of the advanced practice nurse in palliative cancer care?

- a. detecting cancer in asymptomatic patients or those with specific symptoms
- b. arranging for follow up including patients
- c. identifying and managing complications of care
- d. all of the above - CORRECT ANSWER d. all of the above

A 58 year old Caucasian male with type 2 diabetes mellitus presents to the clinic as a new patient. He takes metformin 500mg 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 ACC 2017 guidelines for high blood pressure in adults, what is the most appropriate first line medication?

- a. lisinopril
- b. furosemide
- c. amlodipine
- d. clonidine - CORRECT ANSWER a. lisinopril

An older male patient is experiencing acute onset of right sided weakness, slurred speech and confusion. What should the nurse practitioner do promptly?

- a. order an EKG and administer O2 by cannula immediately
- b. Do a thorough medication review and stat blood sugar
- c. evaluate for a stroke and arrange transport to the hospital right away
- d. administer an aspirin by mouth - CORRECT ANSWER c. evaluate for a stroke and arrange transport to the hospital right away

The NP knows that medications can trigger or worsen heart failure. With this knowledge in mind, the NP will avoid prescribing the following classes of medications

- a. benzodiazepines
- b. macrolides
- c. muscle relaxants
- d. NSAIDS - CORRECT ANSWER d. NSAIDS

MG, a 60 year old female presents with complaints of her "heart flipping in her chest" The NP wants to evaluate for arrhythmia. The NP knows that the cornerstone for arrhythmia evaluation includes:

- a. electrocardiogram
- b. physical examination

- c. all options are appropriate
- d. history - CORRECT ANSWER c. all options are appropriate

The elderly are at high risk for delirium because of:

- a. multiple medical problems
- b. multisensory deficits
- c. polypharmacy
- d. all of the above - CORRECT ANSWER d. all of the above

A 68 year old woman presents with a complaint of urine leakage whenever she sneezes, laughs or strains for the past 4 months. She denies dysuria, frequency and nocturia. US dipstick is negative for RBC's leukocyte esterase, nitrates, ketones and urobilinogen. What is the diagnosis?

- a. stress incontinence
- b. urinary incontinence
- c. urge incontinence
- d. overflow incontinence - CORRECT ANSWER a. stress incontinence

Which of the following signs or symptoms are not characteristics of delirium

- a. patient is coherent
- b. short duration
- c. sudden onset
- d. symptoms are worse in the evenings - CORRECT ANSWER a. patient is coherent

A 52 year old female patient screened for diabetes has a fasting plasma glucose level of 123 mg/dl. The nurse practitioners plan includes:

- a. repeat fasting glucose in 1 month
- b. prescribe metformin 500mg BID po
- c. repeat fasting plasma glucose in one year
- d. repeat fasting glucose in three years - CORRECT ANSWER c. repeat fasting plasma glucose in one year

According to the palliative care presentation, most elderly patients die:

- a. alone
- b. at home
- c. in institutions
- d. in pain - CORRECT ANSWER c. in institutions

Older adults with dementia sometimes suffer from agnosia, which is defined as the inability to

- a. remember events and places
 - b. understand language
 - c. use language
 - d. recognize objects - CORRECT ANSWER
- d. recognize objects

When treating depression associated with dementia, which of the following would be a poor choice and not be prescribed

- a. desimpramine
 - b. amitriptyline
 - c. fluoxetine
 - d. mirtazapine - CORRECT ANSWER
- b. amitriptyline

Male patient presents with a BMI of 30 presents to the office for an annual exam. You are reviewing the lab results. You ordered a CMP as part of routine labs. The fasting glucose was 130. Your next action is:

- a. repeat the fasting glucose
 - b. start metformin 500mg BID
 - c. repeat fasting glucose in 1 year
 - d. call the patient and report lab results as normal - CORRECT ANSWER
- a. repeat the fasting glucose

The task of grieving include all of the following except

- a. begin to disengage
 - b. acknowledge the reality of death
 - c. work through the pain of grief
 - d. restructure relationships - CORRECT ANSWER
- a. begin to disengage

All of the following are true statements regarding elder abuse except:

- a. a new STI in an elderly patient can be a sign of abuse
 - b. persons over 80 years of age are at highest risk for abuse
 - c. missing scheduled appointments and delays in medical care are common
 - d. common signs of abuse include decreased anxiety and depression - CORRECT ANSWER
- d. common signs of abuse include decreased anxiety and depression

Hospice care differs from palliative care in that:

- a. it cannot be provided in the nursing home
 - b. the majority of those admitted to hospice die within 7 days
 - c. it is not covered by insurance
 - d. it is designed for the last six months of life - CORRECT ANSWER
- d. it is designed for the last six months of life