

ATI RN Predictor Study 2016 Real Exam Study Guide Review Questions (396 Terms) with Verified Answers A+ Score Solution Update 2023.

Addison's Disease - **Correct Answer:** - Is an endocrine disorder that occurs when the adrenal glands do not produce enough of the hormone cortisol and in some cases, the hormone aldosterone.

- The disease is characterized by weight loss, muscle weakness, fatigue, low BP and hyperpigmentation (darkening) of the skin in both exposed and non-exposed parts of the body.

Common symptoms of Addison's Disease - **Correct Answer:** - Weight loss

- Hyperpigmentation

- Weakness/fatigue

- Low BP

- Loss of Body hair

Cushing's Disease - **Correct Answer:** - S/S: Hirsutism (excessive hair), moon face, purple striae (typically in the skin of the abdomen, thighs or breast), thin extremities, buffalo hump

Testing for TB - **Correct Answer:** - A Mantoux skin test is the most accurate and valuable screening tool available for TB. A positive result means only that the client has been exposed to TB; it does not mean that the client has active TB.

- A sputum culture for acid fast bacillus (AFB) is used to confirm the diagnosis of pulmonary TB after a screening test and chest x-ray come back positive.

Teaching instructions for the use of a cane: - **Correct Answer:** (1) The cane is moved forward about 12 inches

(2) Then, the weak leg is moved even with the cane.

(3) Finally, the strong leg is brought forward and ahead of the cane and weak leg.

- Canes are held on the strong side

- The grip of the cane should be level with the trochanter of the femur

Veracity - **Correct Answer:** - Is truthfulness. This is the value that requires the nurse to tell the truth to every client and to make sure that the client fully understands the message.

Autonomy - **Correct Answer:** - Is the right to independence and personal freedom, which leads to the primacy of self-determination

Fidelity - **Correct Answer:** - Is the duty to keep promises. It refers to the obligation to be faithful to agreements, commitments and responsibilities that are made.

Nonmaleficence - **Correct Answer:** - Is the obligation and duty to do no harm.

Meningococcal vaccine - **Correct Answer:** - Recommended that this vaccine be given to children who are 11 through 12 years of age and then given a booster dose at age 16.

When should the single dose of Herpes zoster vaccine be given? - **Correct Answer:** - To adults 60 years or older whether or not they report a previous episode of herpes zoster.

Rotavirus should be given at what age? - **Correct Answer:** - During the child's first year of life.

Alendronate (Fosamax) - **Correct Answer:** - This medication is used to prevent and treat postmenopausal osteoporosis and Paget's Disease.

- Alendronate must be taken first thing in the morning on an empty stomach.

- The pt must be instructed to wait at least 30 minutes after taking Alendronate before eating, drinking, or taking other medications.

What to expect with a pt having a chest tube? - **Correct Answer:** - Continuous gentle bubbling in the suction control chamber

- Crepitus (with a pneumothorax, this will persist for several hours depending)

- Oscillations or also called tidaling in the water seal chamber upon respiration are also expected.

Symptoms of hypocalcemia - **Correct Answer:** - Numbness and tingling in the hands, soles of the feet and around the lips.

- A nurse would assess the client for a positive reaction by eliciting the Chvostek's sign.

What is a potential complication of a thyroidectomy? - **Correct Answer:**

- Hypocalcemia, which can include numbness and tingling in the hands, soles of the feet and around the lips.

What assessment tool would a nurse use to determine hypocalcemia? -

Correct Answer: - Chvostek's sign

What is Chvostek's sign? And how is it done? - **Correct Answer:** Tap on the pt's face at a point just anterior to the ear and just below the zygomatic bone. A positive response would be twitching of the ipsilateral (same side only) facial muscles, suggestive of neuromuscular excitability caused by hypocalcemia.

Brudzinski's sign - **Correct Answer:** - Is an indication of meningeal irritation, which may be positive with pt's with meningitis.

- To perform this, the client needs to be supine. The nurse places one hand behind the pt's head and places the other hand on the clients chest. The nurse then raises the clients head (with the hand behind the head) while the hand on the chest restrains the clients and prevents the client from rising. Flexion of the clients lower extremities constitutes a positive sign.

Kernig's sign - **Correct Answer:** - Is an indication of meningeal irritation. The maneuver is usually performed with the client supine with hips and knees in flexion. Extension of the knees is attempted and the inability to extend the clients knee beyond 135 degrees w/out causing pain constitutes a positive test.

Babinski sign - **Correct Answer:** - This is used to test for brain damage or upper motor neuron damage. It is considered positive if the toes flare up upon stroking the plantar aspect of the foot.

Cataract surgery discharge instructions - **Correct Answer:** - Do not lift anything heavier than 10lbs for at least one week

- Sleep on your back or unaffected side to lessen the pressure.

- Need to report any pain, decrease in vision or increase in discharge in the eye.

- It is normal to feel itching and mild discomfort after surgery, but the pt should be instructed not to rub or place pressure on the eye.

Exposure or possible exposure to anthrax - **Correct Answer:** - Administer an antibiotic prophylaxis to all pt's newly exposed

****Those exposed to anthrax do not require decontamination and are not considered contagious****

Botulism treatment - **Correct Answer:** - Give an antitoxin

Why would lidocaine (Xylocaine) be given to someone following cardiac arrest? - **Correct Answer:** - Lidocaine is an antiarrhythmic med that is commonly used to restore a regular heartbeat in a client who has arrhythmia. This effect is produced by delaying abnormal nerve pulses to the heart and reducing irritability of the heart tissue.

Factors that can trigger an exacerbation of SLE? - **Correct Answer:** - Infection (especially a strep or viral infection. This can be a major stressor and can trigger an exacerbation)

- Pregnancy (due to hormonal changes. The pt should be advised of the risks and must be monitored closely for effects on the renal and cardiovascular system if she decides to get pregnant)

- Sunlight (Exposure to sunlight and artificial UV light is the leading cause of SLE exacerbation manifestations, especially the characteristic skin manifestations of lesions and butterfly rash)

Hemoptysis - **Correct Answer:** Coughing up blood or bloody sputum

Normal BUN value - **Correct Answer:** 7-20 mg/dL

Normal Hemoglobin levels - **Correct Answer:** Male: 13-18 g/100mL
Female: 12-16 g/100mL

Normal Hematocrit levels - **Correct Answer:** Male: 45%-52%
Female: 37-48%

Normal lactic acid levels - **Correct Answer:** 0.5-1.5 mEq/L

Normal creatinine levels - **Correct Answer:** 0.8-1.4 mg/dL

Defense mechanism: Conversion - **Correct Answer:** - Operating unconsciously, expresses emotional conflict via physical symptoms.

EX: The pt converts repressed ideas or impulses into a variety of somatic (physical) symptoms that may include paralysis, pain or loss of sensory function.

Defense Mechanism: Projection - **Correct Answer:** - In which the pt refused to acknowledge unacceptable personal characteristics and transfer feelings, thoughts or traits onto another person.

EX: Projecting emotions about self onto something or someone else.

Defense Mechanism Undoing - **Correct Answer:** - Is also known as reaction formation. It is a defense mechanism in which the pt, operating unconsciously, acts out of behavior or attitude in opposition to what he really believes.

Defense Mechanism Idealization - **Correct Answer:** - Is when the positive attributes of another person are exaggerated in an effort to reduce related emotional conflicts.

EX: Someone that got into a horrible car accident and had to go through rehab to walk again, now wants to be a physical therapist for a career.

What diagnostic test would help the nurse monitor and evaluate the effectiveness of the aspirin medication for an Rheumatoid arthritis patient? - **Correct Answer:** - Erythrocyte sedimentation rate (ESR)

** RA is a chronic inflammatory disease. ESR is useful in detecting and monitoring tissue inflammation in clients with RA.**

Antinuclear antibody (ANA) - **Correct Answer:** - ANAs are frequently present in pts who have systemic lupus erythematosus and other autoimmune disorders such as RA and scleroderma.

Rheumatoid factor (RF) diagnostic test - **Correct Answer:** This is helpful in diagnosing RA, but the levels do not always correlate with the severity of the disease activity.

Cheyne-Stokes Respirations - **Correct Answer:** - Is characterized by a rhythmic increase (to the point of hyperventilation) and decrease (to the point of apnea) in the rate and depth of respirations.

- It is commonly seen in pts who are unconscious, comatose or moribund (approaching death).

Cryoprecipitate - **Correct Answer:** - Clients with hemophilia (deficiency of clotting factor), are given cryoprecipitate to replace the deficient factor as a prophylactic measure before any invasive procedure, surgery or when actively bleeding.

- Cryoprecipitate provides therapeutic amounts of Factor 8, Factor 13, von Willebrand factor and fibrinogen. These concentrates are made with recombinant DNA technology and are the treatment of choice with hemophilic A and von Willebrand's disease.

Cisplatin (Platinol) - **Correct Answer:** - Treatment for cancer.

- If a client has reported fatigue it is important to check the pts most recent CBC. The client is likely to be anemic as a result of myelosuppression (bone marrow suppression) from the chem. The pt may require tx for the anemia (transfusion, medications) and further chemo may need to be delayed until the blood counts are higher.

Jerking movements of the extremities - **Correct Answer:** - Such as ataxia, may be seen with many neurologic conditions affecting the client's ability to produce a smooth movement.

Ataxia - **Correct Answer:** Jerky movements of the extremities

Spasm of the extremities - **Correct Answer:** - Involuntary spasms may be found with such conditions as cerebral palsy, trauma, cerebral infection and certain degenerative disorders.

Peripheral neuropathy - **Correct Answer:** - Is a neurological disorder resulting from damage to the peripheral nerves. It may be caused by diseases of the nerves, systemic illness or a side-effect from chemo. If sensory nerve is damaged, the client is likely to experience pain, numbness, tingling, burning or a loss of feeling in the extremities.

RAST testing - **Correct Answer:** - Involves measuring the quantity of IgE present in the serum after exposure to specific antigens that are selected based on the pts symptom hx. An elevated IgE indicates a positive response to RAST testing and is seen in pts who have a hx of allergic manifestations, anaphylaxis and asthma.

Immunoglobulin G (IgG) - **Correct Answer:** An elevation of this indicates the production of antibodies to all types of infections

Immunoglobulin A (IgA) - **Correct Answer:** An elevation in this is associated with several autoimmune diseases and chronic infections

Immunoglobulin M (IgM) - **Correct Answer:** IgM produces antibodies against the ABO blood groups and gram-negative.

If clear drainage is coming out of a patient and you suspect that it could be CSF, first action is to? - **Correct Answer:** - Test it for glucose, then notify doctor

What is a complication that you should frequently assess if a patient is suspected of having diabetes insipidus? - **Correct Answer:** - Hypotension

****A pt who has diabetes insipidus will continue to excrete urine even though there is no intake. Hypovolemia, with resulting hypotension is possible.****

Active TB treatment duration? - **Correct Answer:** - Active TB is usually treated with the simultaneous administration of a combo of meds to which the organisms are susceptible. Such therapy is continued until the disease is controlled. A 6-9 month regimen consisting of two meds is frequently used.

Chlorpromazine (Thorazine) - **Correct Answer:** - Chlorpromazine is used to treat psychotic disorders such as schizophrenia or manic-depression, and severe behavioral problems in children ages 1 through 12.

Chlorpromazine is also used to treat nausea and vomiting, anxiety

before surgery, chronic hiccups, acute intermittent porphyria, and symptoms of tetanus.

- This medication can cause photophobic skin reactions and damage to the retina of the eye if exposed to direct sunlight. PTs taking this should be reminded to wear protective clothing, apply sunscreen and wear sunglasses when they are outside.

Ileal conduit - **Correct Answer:** - It is used to divert urine outside of the body when the urinary bladder has been removed. The conduit cannot store urine the way the bladder did; therefore, urine will be flowing continuously and an appliance must be worn as a collection device. The bag should be emptied approx. every 2 hours to prevent leakage, skin irritation and infection.

Manifestations of tardive dyskinesia - **Correct Answer:** - Tongue thrusting and lip smacking

- Facial grimacing and eye blinking
- Repetitive involuntary movements

Ulcerative Colitis - **Correct Answer:** - Is a chronic, episodic, inflammatory disease of the large intestines and rectum characterized by bloody diarrhea.

- Maintaining fluids and electrolyte balance is one of the most important nursing goals.

To assess for cyanosis in a pt with dark skin where is the most appropriate areas to assess for this? - **Correct Answer:** - Examine body areas with the least melanin, such as the underarm, soles of the feet, conjunctiva and mucous membranes.

Panic level of anxiety - **Correct Answer:** - Pt is highly disorganized and may appear either paralyzed (unable to act) or hyperactive and agitated because the client is not able to focus on anything except the anxiety itself.

- Inability to concentrate and feelings of impending doom, as well as possible delusional statements such as "my dad can read my thoughts".

Sever anxiety - **Correct Answer:** - Pt's perceptual field is scattered and the pt is unable to focus on anything except relieving the anxiety.

Moderate anxiety - **Correct Answer:** - The pt's perceptual field narrows, but with assistance the pt is able to cope

Mild - **Correct Answer:** - Mild anxiety is associated with the stress of daily living, the client has a heightened sense of alertness and is able to concentrate closely on the task at hand.

Post operative tx of arthroscopy - **Correct Answer:** - This is used to visualize, diagnose and treat problems inside a joint. Applying ice to the affected area in the immediate postop period reduces pain and swelling. Pt may be allowed to walk as tolerated, but joint used should be minimized for the first few days to reduce pain and swelling.

Patient with Gout - **Correct Answer:** - Gout is a painful and potentially disabling form of arthritis that is caused by an excess of uric acid in the body.

- Pt should remain well hydrated (this will minimize uric acid stones)
- Should avoid foods high in purines
- Should limit alcohol consumption (too much alcohol can inhibit excretion of uric acid, leading to its build up and causes an onset of gout).

- Pt's should not take aspirin and/or salicylates (this can interfere with uric acid excretion and may precipitate an acute onset)

Hyperthyroid s/s: - **Correct Answer:** - Frequent mood changes

- Nervousness
- Hand tremors
- Rapid, pounding irregular heartbeat
- heat intolerance
- Diarrhea
- Weight loss

Colostrum - **Correct Answer:** Colostrum is secreted from the mother's breasts during postpartum days 1 to 3. It contains the IgA immunoglobulin that provides passive immunity to the newborn.

Breastfeeding schedule - **Correct Answer:** - Newborns should be breastfed every 2 to 3 hr. Parents should awaken the newborn to feed at least every 3 hr during the day and at least every 4 hr during the night until the newborn is feeding well and gaining weight adequately. Breastfeeding should occur 8 to 12 times within a 24-hr window. Then, a feed-on-demand schedule may be followed.

- Tell the mother how to tell if her newborn is receiving adequate feeding (gaining weight, voiding 6 to 8 diapers a day, and contentedness between feedings).

Two components of Advanced Directives - **Correct Answer:** -Living will

- Durable Power of Attorney for Health Care

Living Will - **Correct Answer:** - A living will is a legal document that

expresses the client's wishes regarding medical treatment

in the event the client becomes incapacitated and is facing end-of-life issues. Types of treatments

that are often addressed in a living will are those that have the capacity to prolong life. Examples

of treatments that are addressed are cardiopulmonary resuscitation, mechanical ventilation, and

feeding by artificial means. Living wills are legal in all states.

Durable Power of Attorney for Health Care - **Correct Answer:** - A

durable power of attorney for health care is a legal document that designates a health care

proxy, who is an individual authorized to make health care decisions for a client who is unable.

The person who serves in the role of health care proxy to make decisions for the client should be very familiar with the client's wishes. Living wills may be difficult to interpret, especially in the face of unexpected circumstances. A durable power of attorney for health care, as an adjunct to a living will, may be a more effective way of ensuring that the client's decisions about health care are honored

Verapamil (Calan) - **Correct Answer:** - Calcium channel blocker
- Used to Tx angina, hypertension & arrhythmias

Left Hemisphere - **Correct Answer:** - Dominant for language

Left-sided CVA - **Correct Answer:** - Could have some aphasia and would need speech therapy
- Will also demonstrate hemiplegia of the right side

Right-sided Lesion (CVA) - **Correct Answer:** - Most likely to have impulsive like behaviors

Late signs of ICP - **Correct Answer:** - Alterations in VS (Including increased systolic pressure)

- Widening pulse pressures
- Bradycardia

Early signs of ICP - **Correct Answer:** - Lethargy

- Headache
- Neck pain
- Generalized muscle aches

Pediculosis Capitis - **Correct Answer:** - Head lice

** Nits shed into the environment and are able to hatch up to 7-10 days**

Scabies - **Correct Answer:** - Appear as grayish brown, threadlike burrows on the skin

Cocaine intoxication - **Correct Answer:** - Dilated pupils

EKG strip of hypokalemia - **Correct Answer:** - A prominent U wave

- Prolonged P-R interval