

NR 601 Midterm EXAM GRADED A LATEST VERSION 2023/2024

The percentage of the FVC expired in one second is - CORRECT ANSWER FEV1/FVC ratio

The aging process causes what normal physiological changes in the heart - CORRECT ANSWER The heart valve thickens and becomes rigid, secondary to fibrosis and sclerosis

A 55 yo Caucasian male follows up after referral to cardiologist. He thinks his med is causing a cough and sometimes he has difficulty breathing. Which med was most likely prescribed? - CORRECT ANSWER Lisinopril

MJ presents with h/o structural damage with current s/s of HF. Treatment will be based on his stage of HF which is - CORRECT ANSWER Stage C

65 yo Caucasian presents with mitral valve stenosis, physical exam is unremarkable. you know her stage of HF is - CORRECT ANSWER Stage B

The best way to diagnose structural heart disease/dysfunction noninvasively is - CORRECT ANSWER Echocardiogram

Chronic pain can have major impact on patients ability to function and have profound impact on overall QOL. Ongoing pain may be linked to - CORRECT ANSWER Depression, sleep disturbance, decreased socialization

The Beers criteria are appropriate for use in evaluating use of certain meds in patients - CORRECT ANSWER >65 y/o

All of the following statements are true about lab values in older adults except - CORRECT ANSWER Abnormal findings are often due to physiological aging

According to the 2017 ACC HTN guidelines, the recommended BP goal for a 65y/o African American woman with a h/o HTN and DM and no h/o CKD is - CORRECT ANSWER <140/80

The pathophysiology of HF is due to - CORRECT ANSWER Inadequate cardiac output to meet the metabolic and O2 demands of the body

The volume of air a patient to exhale for total duration of the test during maximal effort is - CORRECT ANSWER FVC

According to the 2017 ACC HTN guidelines, normal BP is - CORRECT ANSWER <120/80

Functional abilities are best assessed by - CORRECT ANSWER Observed assessment of function

LB is a 77 yo with chronic poorly controlled HTN. You know that goals include prevention of target organ damage. During your eval you will assess for evidence of - CORRECT ANSWER Left ventricular hypertrophy

Aortic regurgitation requires medical treatment for early signs of HF with - CORRECT ANSWER ACEi

The volume of air in the lungs at max inflation is - CORRECT ANSWER TLC (total lung capacity)

Preferred amount of exercise for older adults is - CORRECT ANSWER 30min/day of aerobic exercise 5 days a week

You know the following statements regarding the pain of acute coronary syndrome are true except - CORRECT ANSWER Present atypically more often in men than women

Elderly patient presents with new onset of feeling heart race, fatigue. EKG reveals Afib with rate >100. Patient also has a new tremor in both hands. Which of the following would you suspect - CORRECT ANSWER Hyperthyroidism

Which patient is more likely to have osteoporosis - CORRECT ANSWER 80 y/o. Underweight male who smokes and has been on steroids for psoriasis

Post menopausal woman with osteoporosis is taking bisphosphonate daily po. What action info statement would indicate she understood your instructions regarding this med? - CORRECT ANSWER Take med with full glass of water when up in the AM 30 min before other food and meds

60 y/o obese male has T2DM and lipid panel of TC= 250 HDL=32, LDL=165. You teach him about his modifiable cardiac risk factors which include - CORRECT ANSWER DM, obesity, hyperlipidemia

OA of cervical and lumbar spine causes pain related to all of the following except - CORRECT ANSWER Crystal deposition

In differentiating OA from chronic gout, pseudo gout, or septic arthritis, the most valuable diagnostic study would be - CORRECT ANSWER Synovial fluid analysis

Patients with OA of the hip and knee often have a distinguishable gait described as - CORRECT ANSWER Antalgic

Which of the following best describes pain associated with OA - CORRECT ANSWER Begins upon arising and after prolonged weight bearing and or use of the joint

Joint effusions typically occurs later in the course of OA, especially in the - CORRECT ANSWER Knee

You ordered CBC for your patient you suspect has polymyalgia rheumatica. Which 2 clinical findings are common in patients with PMR - CORRECT ANSWER Normochromic, normocytic anemia and thrombocytosis

You suspect your patient has PMR and now are concerned that they may have Giant Cell Arteritis too. Which of the following 2 symptoms are most indicative of GCA and PMR - CORRECT ANSWER Scalp tenderness and aching in shoulder and pelvic girdle

63 yo Caucasian patient with PMR will begin tx corticosteroids until the condition has resolved. You look over her records and it has been 2 years since her last physical exam and any labs or diagnostic tests as she relocated and had not yet ID'd a provider. In prioritizing your management plan your first orders should include - CORRECT ANSWER Dual energy X-ray scan and updating immunizations

Which of the following DD for patients presenting with PMR can be ruled out with a muscle biopsy - CORRECT ANSWER Polymyositis

In reviewing lab results for patients with suspected PMR, you realize there is no definitive test to diagnose PMR, rather clinical response to treatment. Results you would expect to see include: - CORRECT ANSWER ESR >50

Which of the following is the most appropriate lab test for monitoring gout therapy over the long-term - CORRECT ANSWER Serum urate level

In providing health teaching related to dietary restrictions, you should advise a patient with gout to avoid which of the following dietary items - CORRECT ANSWER Beer, sausage, fried seafood

The best method of verifying gout diagnosis in a joint is which of the following - CORRECT ANSWER Joint aspiration and polarized light microscopy

The most appropriate first line treatment for acute gout flare, assuming no kidney disease or elevated bleeding risk - CORRECT ANSWER Indomethacin 50mg TID x2 days, then 25mg TID x3 days

You order bilateral wrist XR on 69 yo man with c/o both wrists x6 weeks, not related to any known trauma. You suspect early RA. The initial XR finding in a patient with elderly onset RA would be - CORRECT ANSWER Soft tissue swelling

A 72 female has been diagnosed with gout. She also has chronic HF. The most likely contributing factor to development of gout in this older female is - CORRECT ANSWER Thiazide diuretics

Which of the following statements about OA is true - CORRECT ANSWER It affects primarily weight bearing joints

In considering the specificity of lab data, the most reliable diagnostic test listed below would be -
CORRECT ANSWER Synovial fluid analysis to differentiate between infectious versus inflammatory
infection

When examining the spine of an older adult you notice a curvature with a sharp angle. This is referred to
as - CORRECT ANSWER Gibbus

The prevalence of depression in nursing home residents is _____ greater than adults
living in the community - CORRECT ANSWER 3-4 times

The majority of depressed older adults remain untreated because of - CORRECT ANSWER Misdiagnosis,
social stigma, environmental barriers

Symptoms of depression distinct to the elderly include - CORRECT ANSWER Lack of emotions

The justification for ordering CBC, TSH, serum B12 for a patient you may suspect have clinical depression
is - CORRECT ANSWER Because of overlapping symptoms with anemia, thyroid dysfunction, and
nutritional deficiencies

One major difference that is useful in the DD of dementia versus delirium is that - CORRECT ANSWER
Dementia develops slowly and delirium develops quickly

Which of the following is the most appropriate screening tool for delirium - CORRECT ANSWER
Confusion Assessment Method

The proposed mechanism by which diphenhydramine causes delirium is - CORRECT ANSWER
Anticholinergic effects

The elderly are at risk for delirium because of - CORRECT ANSWER Multisensory declines,
polypharmacy, multiple medical problems

A consistent finding in delirium regardless of cause is - CORRECT ANSWER Reduction in regional cerebral
perfusion