

Adult Nurse Practitioner Review and Resource Manual, 3rd Edition Continuing Education Pretest Answers

1. **A. Incorrect.** Women who are not iron deficient do not require routine supplementation.

B. Incorrect. This is recommended only for pregnant women.

C. Incorrect. Not all healthy adults require vitamin supplementation.

D. Correct. Supplemental calcium is recommended for all healthy adults.
2. **A. Incorrect.** Blepharitis is characterized by generalized erythema of the lid margin without discrete bump.

B. Incorrect. A chalazion is a non-tender bump of granulomatous tissue.

C. Incorrect. Dacrocystitis is an abscess of the lacrimal apparatus, and presents as abscess formation at the nasal aspect.

D. Correct. This is a hordeolum “stye,” which is an acute abscess of the lid.
3. **A. Incorrect.** Color is an imprecise parameter of extent of damage.

B. Incorrect. One liter of saline is an appropriate starting point, but if pH of 6–8 is not achieved, more saline must be used.

C. Incorrect. The absence of pain does not preclude further damage due to low or high pH.

D. Correct. Regardless of the nature of the chemical, a neutral pH suggests flushing has been adequate and risk of further burn is eliminated.
4. **A. Incorrect.** This drug has no role in the management of CAD.

B. Incorrect. This drug has no role in the management of CAD.

C. Correct. Beta adrenergic antagonists are the first choice for CAD and among the first choices for hypertension, and therefore are the best choice in patients with these comorbidities.

D. Incorrect. A calcium channel blocker is the number two choice in CAD. It would be the best choice for this patient if he had a contraindication to beta adrenergic antagonist.
5. **A. Incorrect.** Exercise has been shown to improve HDL.

B. Incorrect. Fibric acid derivatives are used to raise HDL when levels are low and cardiac risk is significant.

C. Correct. These drugs do not improve HDL in any appreciable way. They are used for their remarkable LDL reduction.

D. Incorrect. Among the pharmacologic agents for dyslipidemia, niacin is among those with the greatest percentage of HDL improvement.
6. **A. Incorrect.** Compression is not appropriate for superficial thrombosis; it is used for chronic venous insufficiency.

B. Incorrect. This is useful in deep vein thrombosis, not superficial. Anticoagulation is not routinely indicated for superficial thromboses.

C. Incorrect. This is useful in deep vein thrombosis, not superficial. Anticoagulation is not routinely indicated for superficial thromboses.

D. Correct. Topical heat and NSAIDs are a mainstay of therapy.

7. **A. Incorrect.** Antimediators are an alternative therapy for those who do not respond well to inhaled steroids.

B. Incorrect. Leukotrienes are an alternative measure for those who do not respond well to inhaled steroids.

C. Correct. The first choice of daily suppressors of inflammation in asthma management is always a low dose inhaled corticosteroid.

D. Incorrect. These drugs are not meant for daily prescriptions; they are rescue therapy.

8. **A. Incorrect.** Symptom onset occurs within 24 hours of exposure.

B. Correct. Giardia is commonly contracted from outdoor water, and often takes 2 weeks to produce symptoms.

C. Incorrect. Symptom onset occurs within 24 hours of exposure.

D. Incorrect. Symptom onset occurs within 24 hours of exposure.

9. **A. Incorrect.** Anti-HAV IgG is not acute hepatitis A, but rather old exposure to hepatitis A.

B. Incorrect. The absence of HbeAg precludes acute hepatitis B infection.

C. Correct. HbsAg suggest chronic hepatitis B. HbeAg (the antigen) is not present (only anti-HbeAg, the antibody), indicating that acute hepatitis B infection is no longer present.

D. Incorrect. Hepatitis A does not exist in a chronic state.

10. **A. Incorrect.** This is a classic radiographic feature of osteoarthritis. Bony cysts occur later in the disease.

B. Incorrect. This is a classic radiographic feature of osteoarthritis. Osteophytes occur later in the disease.

C. Correct. Soft tissue swelling does not occur in osteoarthritis; it is the classic radiographic feature of rheumatoid arthritis.

D. Incorrect. This is a classic radiographic feature of osteoarthritis. It occurs early in the disease.

11. **A. Correct.** This test is performed by making a mark 5 cm below and 10 cm above L5. The patient is then asked to touch his or her toes. The distance between the two marks should increase at least 5 cm. Failure to increase by 5 cm suggests decreased lumbar mobility consistent with ankylosing spondylitis.

B. Incorrect. Lumbago is lumbar strain, and does not impact Schober's test, which assesses lumbar flexion.

C. Incorrect. Lumbar flexion does not decrease in metastatic disease.

D. Incorrect. Lumbar flexion does not decrease in osteoarthritis.

12. **A. Correct.** These are classic findings associated with bacterial vaginosis.

B. Incorrect. Chlamydia is frequently asymptomatic.

C. Incorrect. Trichomoniasis is characterized by frothy green discharge.

D. Incorrect. Urinary tract infection is not characterized by abundant clue cells. Odor may occur, and purulent discharge may be present, but the presentation is classic bacterial vaginosis.

13. **A. Correct.** These are common triggers for a rosacea flare-up.

B. Incorrect. This is not associated with flares of acne rosacea.

C. Incorrect. This is not associated with flares of acne rosacea.

D. Incorrect. This is not associated with flares of acne rosacea.

14. **A. Incorrect.** This may be appropriate for an elderly patient, whose dose requirement is decreased due to decreased basal metabolism.

B. Correct. Adult replacement is approximately 1.5 ug/kg.

C. Incorrect. Projecting that this 55 kg patient will need approximately 1.5 ug/kg, this represents a dose that is too high.

D. Incorrect. Projecting that this 55 kg patient will need approximately 1.5 ug/kg, this represents a dose that is too high.

15. **A. Incorrect.** Elavil is a tricyclic antidepressant, and only indicated in depression for certain patients who are unresponsive to other drug classes.

B. Incorrect. Parnate is an MAO inhibitor that is not routinely used before other classes have been tried.

C. Correct. This is an SNRI, indicated for patients unresponsive to SSRIs.

D. Incorrect. While it may be an alternative option, the first indication for patients unresponsive to SSRIs is an SNRI.