Nurse Practitioner Certification Exam Prep 6th edition Fitzgerald Test Bank

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Instructor Test Bank/Mock Exam for Certification Prep - Answers

1. Correct: C. Examining the skin of a 45-year-old landscaper for unusual or new skin lesions

Secondary prevention measures are activities that help identify and treat asymptomatic individuals who have risk factors for a given disease or are in a preclinical state. Examples of secondary prevention measures include screening for certain types of cancer (e.g., skin [C], colorectal, breast), or checking for elevated blood pressure or lipid levels.

Incorrect:

Primary prevention measures aim to prevent the onset or acquisition of a given disease. These activities can include immunization (A), home safety checks, and education on minimizing risk of disease or accidents (D). Tertiary prevention measures are used for individuals with established disease and are designed to minimize disease-related complications or negative health effects of the condition. This can include medication adjustment (B) and lifestyle modifications.

2. Correct: A. He is eligible to receive vaccination from any age-appropriate vaccine.

Seasonal influenza vaccination is the most effective method in preventing the flu and its complications for individuals 6 months and older. For those with mild egg allergies (i.e., without respiratory symptoms), any approved age-appropriate vaccine is acceptable for vaccination (A).

Incorrect:

The use of cell culture-based influenza vaccine can be considered for those with a severe allergic reaction to eggs (B). For those with mild egg allergy, any age-appropriate vaccine can be used without the necessity of administration at a specialty clinic (C). Providers should consider

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observing patients for 15 minutes after vaccination to minimize the risk of injury should they experience syncope. Influenza vaccination is contraindicated for those who experienced a severe adverse reaction following prior administration of the vaccine (D).

3. Correct: C. Cluster headache.

Cluster headaches are characterized by severe, unilateral, periorbital pain that occur in clusters over several weeks and then disappear for weeks to months at a time (C). Headaches can occur once or several times per day and last from 15 to 180 minutes each.

Incorrect:

Tension-type headaches are most commonly described as pressing, nonpulsatile pain that is mild-to-moderate in intensity that occurs bilaterally (A). Migraine headaches are characterized by unilateral pain that pulsates and often accompanied by photophobia and/or phonophobia (B). Headaches associated with elevated intracranial pressure are reported as worse in the morning upon awakening and then lessens as the day progresses (D).

4. Correct: D. High-flow oxygen therapy.

High-flow oxygen therapy has been demonstrated to provide effective treatment for cluster headaches (D). Other abortive treatments can include the use of triptans, ergot alkaloids, and local anesthetics (e.g., lidocaine nasal spray).

Incorrect:

Acetaminophen will not normally provide adequate relief for the intense pain associated with a cluster headache (A). Propranolol, a beta blocker, is not a recommended treatment option for this type of headache, though it is sometimes used as prophylaxis for migraine headaches (B). CGRP

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inhibitors are a new class of agents used in the treatment or prevention of migraine headaches but are not used for the treatment of cluster headaches (C).

5. Correct: C. High-dose systemic corticosteroids.

Giant cell arteritis (GCA) results from inflammation and swelling of medium and large vessels that can decrease blood flow. Approximately 50% of patients will experience visual changes that can lead to permanent vision loss. To prevent serious complications, high-dose systemic corticosteroid therapy should be initiated immediately and continued until the disease appears to be under control (C). Careful dose reduction can then occur with treatment continuing for 6 months to 2 years.

Incorrect:

NSAIDs can be used to help alleviate pain but does not provide an adequate anti-inflammatory effect to treat giant cell arteritis (A). Triptans can be used to treat certain types of headaches but is not effective in GCA (B). TNF-α is used to treat certain autoimmune diseases, such as rheumatoid arthritis, but would not be effective in GCA (D).

6. Correct: C. Impetigo.

Impetigo is a contagious skin infection that can result in the development of bullous or nonbullous lesions. The infection can be triggered by an abrasion, minor trauma, or insect bite and generally starts with the development of papules that rapidly evolve into vesicles surrounded by erythema (C).

Incorrect:

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