

A 35-year-old female with a history of migraines presents to the clinic with worsening symptoms for the past few weeks. She reports waking up at night with headaches and nausea. Her only medication history is oral contraceptive pills (OCPs). Otherwise, she states she is healthy. Which of the following actions if taken by the NP is the best next step?

Take a further history and perform a very careful neurological exam

A grandmother is accompanying her 9-year-old granddaughter during a routine physical examination. She asks you privately if her granddaughter has started puberty yet. During the examination, the NP notes asymmetric projection of the areola and nipple of the right chest to form a secondary mound above the level of the breast. The left breast is underdeveloped. These assessment findings are consistent with which Tanner Stage of development?

IV

Primary prevention is defined as which of the following?

Interventions designed to prevent disease

Based on the U.S. Preventive Services Task Force (USPSTF) recommendations, which of the following statements is true about screening for breast cancer in average-risk women?

Mammography is recommended every 2 years for women aged 50-74 with insufficient evidence for screening women over the age of 75.

Which of the following statements is true regarding recommendations by the eighth Joint National Committee (JNC8) for adults aged 60 and older? Select all that apply.

Target blood pressure should be $\leq 150/90$ mmHg but notes that if treatment results in SBP <140 and is “well tolerated and without adverse effects to health or quality of life, treatment does not need to be adjusted.”

In those aged 80 or older, blood pressure targets of 140 to $<150/70$ to 80 appear optimal for notable reductions in stroke, cardiovascular events, and all-cause mortality.

Which of the following is a useful strategy when examining young children between the ages of 1 and 4?