

NR 601 Midterm Exam

1. A 60-year-old woman presents with a chief complaint of uncomfortable breathing on exertion. She has had a minimally productive cough for several years that does not bother her. On further questioning, she states that her breathing gets much worse when she lies down. The most likely cause of her dyspnea is:

Cardiac

2. A 68-year-old male presents with a chief complaint of episodes of lightheadedness or dizziness. He states that sweating, tachycardia, and some hand trembling are often associated with these episodes. Which one of the following questions should you ask to help confirm the diagnosis?

Are these symptoms related to eating?

3. A 68-year-old male presents with a chief complaint of episodic dizziness. Although not dizzy at present, he states that he has noted onset of dizzy episodes when he rolls over in bed and occasionally when he turns his head rapidly. Episodes last about 3 minutes. The most likely diagnosis is:

Benign positional vertigo

4. A 75-year old resident in the nursing home has end stage dementia and experiences a 10-pound weight loss over the course of 2 months. The resident has become increasingly difficult to feed and often spits out food, pockets food, and frequently drools. The family is concerned about the resident's nutritional status. What is the initial action of the nurse practitioner?

order a swallow evaluation

5. A 77-year-old client being treated for glaucoma asks the nurse practitioner what causes glaucoma. The nurse bases the response on the knowledge that the increase in intraocular pressure is a result of:

a breakdown in the absorption process

6. . A 78-year-old man is being evaluated in the geriatric clinic. His daughter reports that he has been very forgetful lately, and she is concerned that he might be "senile." The advanced practice nurse administers the clock drawing test and the patient draws a distorted circular shape and places the numbers all on one side of the shape. Based on his performance, the nurse concludes that the patient:

needs further evaluation

7. The abrupt onset of symptoms of stress or urge incontinence is most often due to a urinary tract infection

True

8. After first managing the pain being experienced by the client with gout, the treatment focuses on:

Preventing systemic involvement by altering the client's diet

9. Based on current demographic data, which statement identifies a predictive trend regarding the health care needs of society?

More nursing services will be required to serve the needs of the population 85 years of age and older.

10. The caregiver for an older adult with cognitive impairment is concerned about the individual's seeming disinterest in eating. Which suggestion does the nurse practitioner offer based upon a known effect of dementia on a client's nutrition?

Establish a routine of when and where the individual will have their meals.

11. A client is newly diagnosed with type 2 diabetes mellitus. Which diagnostic test will best evaluate the management plan prescribed for this client?

Quarterly hemoglobin A1C

12. Compared with acute pain, persistent chronic pain requires the nurse practitioner to:

Educate the patient to the benefit of specific lifestyle changes

13. Ethnocentrism is defined as:

a belief that one's ethnic group is superior to that of another true

14. The FANCAPES assessment tool focuses on the older adult's:

ability to meet personal needs to identify the amount of assistance needed

15. The following are true statements about bipolar disorders in older adults except

"Bipolar disorder is the most commonly diagnosed psychiatric disorder in older adults."

16. The greatest risk for injury for a client with progressed Parkinson's disease is:

Falls

17. In the elderly population, the fastest growing group is the age range:

85 years or older

18. It has been projected that the cultural group presenting the greatest growth rate among the older adult population will be the:

Hispanic Americans

19. The nurse is teaching a health promotion class at a senior center. Which of the following statements demonstrate that the participant does not understand the topic:

"We need to use caustic soaps and scrub aggressively with a wash cloth bathing to minimize bacteria on the skin."

20. The nurse practitioner educates that client that Healthy People 2010:

offers direction for the achievement of improved quality of life across the life span

21. The nurse practitioner is caring for a client with a newly diagnosed chronic illness. In answering the client's questions, the nurse practitioner most accurately responds when basing the response on the fact that:

chronic illness is lifelong, and coping can be influenced by perceived uncertainty. true

22. The nurse practitioner is developing a class on stroke prevention for a local senior citizens center. What would be an important focus when teaching stroke prevention directed at modifiable risk factors?

Smoking cessation

23. The nurse practitioner provides a client with education regarding the use of My Pyramid. What is the primary advantage of the United States Department of Agriculture's (USDA) My Pyramid to the older adult client?

It's an easy method for identifying and correcting nutritional deficiencies in one's diet.

24. The nurse practitioner shows an understanding of appropriate influenza vaccination guidelines for a client over the age of 65 when stating:

"Regardless of your physical health you really should get a yearly flu shot."

25. The nurse shows understanding of the need to promote healthy skin in the older adult when encouraging the client to all of the following except :

clean the skin with a moisturizing soap

26. Of the following clients, all of whom are 65 years of age or older, the nurse practitioner anticipates that the one who will rate himself or herself as having excellent health will be:

a white female who lives independently in a senior citizen community

27. An older adult client has been voluntarily admitted for treatment of alcohol dependency. In implementing care, the nurse plans which intervention based upon knowledge about alcohol and aging?

Assessing the client for both depression and anxiety

28. An older adult client shares with the nurse that, "I don't know what it is but it seems that I need more light for reading or even watching television as I get older." The nurse explains that aging may cause this change due to the:

Slower ability of the pupil to adjust to changes in lighting.

29. An older adult is admitted to the hospital during the night after a serious fall. When you round on the patient, you note that the patient has been prescribed meperidine (Demerol) for muscle pain. The nurse practitioner:

Changes this medication order as Demerol is contraindicated in older adults

30. An older adult is currently prescribed both aspirin (81 mg) and ibuprofen daily. What instructions are most important for the nurse practitioner to provide to assure the expected outcomes for this client?

Take ibuprofen 30 minutes after the aspirin so as to not interfere with its effectiveness

31. An older adult recently diagnosed with depression asks, "How long will it take for the antidepressant medication to make me feel better?" The nurse practitioner correctly responds:

"It can take up to 3 months for the full effects of the medication to be felt."

32. An older man has a history of medication therapy for hypertension. Which intervention does the nurse practitioner implement when the client reports that, "I've fallen twice in 5 weeks"?

Orthostatic blood pressures

33. Tinnitus is defined as:

a buzzing, clicking, or ringing in the ear

34. Weight loss is frequently caused by ingestion of one or more of the following drugs.

- Antibiotics
- Digoxin
- Nonsteroidal anti-inflammatory drugs (NSAIDs)
- Theophylline
- A, B, and C
- All of the above

Answer: All of the above

35. What information will be included in client education for an older adult who needs to manage their calcium levels?

Take your 1200-1500 mgs of daily calcium spread out between your meals and snacks

36. When best promoting a sense of well-being, the role of the nurse practitioner caring for a terminally ill client is to:

help empower the client to achieve his/her potential for wellness

37. When considering Erikson's developmental stages, the task for later life is referred to as:

ego integrity

38. When diagnosed with diverticulosis, a client asks how this problem occurred. Which assessment data identifies a risk factor for diverticulosis?

Maintains a diet low in fiber.

39. When educating the older adult population about the risks to physical health that chronic alcohol abuse presents, the nurse practitioner is especially careful to include the:

Identification of the signs and symptoms of gastrointestinal bleeding

40. Which assessment data does not support the medical diagnosis of coronary heart disease?

Client reported an unexplained gain of 10 pounds in last 6 months.

41. Which assessment data would not be of particular concern when attempting to manage an older adult's risk for dehydration?

Chronic constipation

42. Which diagnostic laboratory test would the nurse practitioner typically not order for the purpose of evaluating an individual's acute, unexplained weight loss?

Serum Potassium

43. Which intervention is not therapeutic when facilitating communication with a cognitively impaired older client?

Use non-verbal as well as verbal cues to help get your message across to the client

44. Which of the following causes of chest pain are often relieved by sublingual nitroglycerin?

Esophagitis

45. Which of the following culturally diverse male clients will most benefit from educational material related to "Staying Healthy into your 80s"?

Japanese

46. Which of the following drugs does not typically cause constipation?

Magnesium-containing antacid

47. Which of the following drugs do not trigger or aggravate a cough?

Hydrochlorothiazide

48. Which of the following is not a common cause of constipation?

hypercalcemia

49. Which statement correctly describes normal changes of aging?

Individual variations are enormous at every age and in every part of the body.

50. Which statement made by a client recently diagnosed with diverticular disease would indicate that she needs additional teaching regarding dietary considerations?

"I'll have to give up eating right before I go to bed."