

AANP ACTUAL EXAM QUESTIONS & ANSWERS LATEST UPDATE

A 65-year-old woman presents for a follow-up examination after a new patient visit. She has not seen a healthcare provider for several years. She is a smoker and her hypertension is now adequately controlled with medication. Her mother died at age 40 from a heart attack. The fasting lipid profile shows cholesterol = 240 mg/dL, HDL = 30, and LDL = 200. In addition to starting Therapeutic Lifestyle Changes, the nurse practitioner should start the patient on:

1. bile acid sequestrant.
2. a statin drug.
3. a cholesterol absorption inhibitor.
4. low-dose aspirin.

Correct Answer:

A statin drug

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The most commonly prescribed medication for mild systemic lupus erythematosus (SLE) is:

1. azathioprine (AZA).
2. belimumab (Benlysta).
3. ibuprofen (Advil).
4. cyclophosphamide (Cytoxan).

Correct Answer:

ibuprofen (advil)

The most common sign of cervical cancer is:

1. postcoital bleeding.
2. strong odor from vaginal discharge.
3. itching in the vaginal area.
4. molluscum contagiosum.

Correct Answer:

postcoital bleeding

The nurse practitioner prescribes amitriptyline (Elavil) for a patient with neuropathic pain secondary to diabetes mellitus. On follow-up, the patient complains of urine retention and dry mouth. The practitioner would:

1. discontinue amitriptyline and begin ibuprofen (Motrin).
2. refer to physical therapy.
3. start methocarbamol (Robaxin).
4. discontinue amitriptyline and begin gabapentin (Neurontin).

Correct Answer:

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discontinue amitriptyline and begin gabapentin (neurontin)

A 17-year-old male with rheumatoid arthritis is being treated with an NSAID and omeprazole (Prilosec). The patient complains of headache, abdominal pain, and gas. These symptoms are most likely:

1. associated with the omeprazole.
2. related to the underlying condition.
3. the result of the NSAID.
4. caused by viral gastroenteritis.

Correct Answer:

associated with the omeprazole

The medication of choice for the initial treatment of juvenile rheumatoid arthritis is:

1. acetaminophen.
2. prednisone.
3. aspirin.
4. ibuprofen.

Correct Answer:

ibuprofen

A 12-year-old with sickle cell anemia has recently experienced a sickle cell crisis and presents for a follow-up examination after a recent hospitalization. It is most important to continue monitoring growth, development, and:

1. white blood cell levels.
2. fecal occult blood test.
3. hemoglobin levels.
4. urine dipsticks.

Correct Answer:

hemoglobin levels

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A 90-year-old female is brought to the clinic by her neighbor. She states that everything is fine, but the nurse practitioner notes that she has poor hygiene and bruises on her trunk. The neighbor is concerned that the patient often has no money to buy food, despite income from social security and a coal miner's pension. The nurse practitioner suspects abuse. Which of the following is the nurse practitioner obligated to do next?

1. Report the case to the proper authorities.
2. Tell the neighbor to check on the woman daily and report back.
3. Document the data and report the information to risk management.
4. Call the patient's family and inquire about the concerns.

Correct Answer:

report the case to proper authorities

In most cases, the first manifestation of Alzheimer's disease is:

1. impaired judgment.
2. decrease in short-term memory.
3. disorientation in time and place.
4. decrease in long-term memory.

Correct Answer:

decrease in short-term memory

The optimal treatment for latent tuberculosis is:

1. rifampin (Rifadin) for 5 months.
2. isoniazid (Nydravid) for 9 months.
3. pyrazinamide for 6 months.
4. ethambutol for 6 months.

Correct Answer:

isoniazid (nydravid) for 9 months

Unilateral spontaneous serous or serosanguineous discharge from a single duct of a breast is most often caused by:

1. intraductal papilloma.
2. mucinous breast lesions.
3. Paget's disease.
4. ductal carcinoma in situ.