

ANCC FNP BOARDS EXAM REVIEW

Treatment for polymyalgia rheumatic

- Low dose prednisone for 3 months to 3 years as this is a self-limiting illness

3rd trimester pregnancy normal cardiac changes

- Systolic ejection murmur d/t increased stroke volume d/t increased cardiac output/higher basal heart rate, laterally displaced apical impulse, louder S1 and S2.

Advice for two consecutive days of missing oral contraceptive pills

- 2 pills today, 2 pills tomorrow, continue the pack and use of condoms to prevent pregnancy and STIs

How does one distinguish between an ABD wall mass vs. an intra-abdominal mass?

- ABD wall mass (typically a hernia) will become more prominent with tensing the ABD wall muscles. If it is an intra-abdominal mass, it will be pressed down and become more obvious upon tensing the ABD muscles.

Relative contraindication for COC

- Depression

Absolute contraindications for COC

- Hepatoma of the liver, hx embolic episodes, undiagnosed vaginal bleeding.

Referrals to specialists or rehab are considered what type of relationship?

- Collaborative

How many wet diapers should a full-term infant have per 24 hrs?

- 6 to 10 diapers

Most common childhood cancer

- ALL (Acute Lymphoblastic Leukemia)

What tool should be utilized to diagnose fibromyalgia?

- Widespread Pain Index (American College of Rheumatology)

What WPI score and SS scale score is diagnostic for fibromyalgia?

- A patient is diagnosed with fibromyalgia if the following **THREE CONDITIONS** are met:
 - I. The WPI score is 7 or higher and the SS scale score is 5 or higher or the WPI is 3-6 and the SS scale score is 9 or higher
 - II. The symptoms have been present at a similar level for at least 3 months
 - III. The patient does not have another disorder that would otherwise explain his or her pain

Is TLC (total lung capacity) higher or lower in COPD?

- Conventionally, lung hyperinflation is said to exist when the total lung capacity (TLC) is >120% of the predicted value. Marked elevation of the TLC usually means that increased lung compliance, as a result of emphysema, is a primary determinant of lung hyperinflation.

What populations are fluoroquinolones contraindicated?

- Pregnancy.
- Children.

What 3 agents are used for prophylaxis of Pneumocystis Jirovecii PNA

- Aerosolized pentamidine
- Dapsone
- Bactrim

Testing for celiac dz

- tTG (tissue transglutimase IgA antibody) also consider antigliadin IgA and IgG

Which 2 chronic childhood diagnoses are associated with ALL and AML?

- Down's syndrome
- Neurofibromatosis

1st line drug class for OCD (obsessive-compulsive disorder)

- SSRI

learnexams

S/S anaphylaxis

- **Skin:** pruritus, urticaria, angioedema
- **Resp:** dyspnea, wheezing (bronchospasm), stridor
- **End-organ dysfunction:** hypotension, collapse, syncope, incontinence

S/S pregnancy induced HTN

- Facial, UE edema, blurred vision, proteinuria and HAs

Stepping reflex interval

- Stops at 3-4 months. normal again at 12-24 months.