

NRNP 6540 FINAL EXAM /NRNP WEEK 12 FINAL EXAM 2023-2024 ACTUAL EXAM 100 QUESTIONS AND CORRECT DETAILED ANSWERS|ALREADY GRADED A+

1. A patient asks the nurse practitioner what is meant by health promotion. Which of the following is the nurse practitioner's best response? Health promotion:

1. Includes activities that an individual performs proactively to increase health and well-being.
2. Is a process of keeping track of immunizations.
3. Includes a set of programs that help people cope with the disease.
4. Includes strategies that prolong life. - 1. Selected answer:

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Feedback

1.
Health promotion includes not only preventive and health-protective measures, but also actualization of one's health potential

2.
Immunizations are only one part of health promotion.

3.
Health promotion occurs before the onset of disease.

4.
Quality of life is the important focus of health promotion, not a prolongation of life.

2. The nurse practitioner knows that health promotion is accomplished on a broader scale by:

1. Maintaining current health services.
2. Maintaining federal legislation regarding health care at the current level.
3. Encouraging healthy lifestyle and healthy public policy formulation.

4. Encouraging the advancement of alternative health therapies. - 2. Selected
answer: 3Page: 6

Feedback

1.
Current health policies are ever-changing to improve services for citizens.
2.
Federal legislation is being proposed to increase health services.
3.
The World Health Organization has determined that healthy lifestyle promotion works best when coupled with supportive environments, community action, and healthy public policy formation. 4.
This does not include preventive and health-protective measures, nor actualization of one's health potential.

3. Mr. Thomas comes in for a health examination appointment with his nurse practitioner. He asks why nurse practitioners are qualified to conduct these evaluations. Which of the following is the nurse practitioner's best response? The nurse practitioner:

1. Is concerned about health and not disease.
2. Saves the physician time in the office.
3. Can assess for minor conditions and refer to the doctor for other conditions.
4. Is prepared to assess health holistically. - 3. Selected

answer: 4Page: 6

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Feedback

1.
The nurse practitioner is concerned about health promotion, disease prevention, and early diagnosis.
2.
The nurse practitioner may spend more time with the patient than the doctor is able to.
3.
The nurse practitioner is prepared to diagnose and plan treatment for many conditions.
4.
The nurse practitioner brings a holistic orientation to health and wellness development and possesses knowledge of developmental tasks and the wellness-illness continuum.

4. Mrs. Williams, 80 years old, asks her nurse practitioner to order a new alternative therapy for her. Mrs. Williams believes that this botanical supplement will provide pain relief for her fibromyalgia. The nurse practitioner explains that this therapy is likely not covered by Medicare because:

1. The botanical is expensive and not approved for use.
2. Medicare only covers treatments that are approved according to the stringent guidelines of the U.S. Preventive Services Task Force (USPSTF).

3. There is no reason to use these botanicals when opioids are proven effective.
4. This botanical is not on the Medicare list of approved medications. - 4. Selected answer: 2Page: 6

Feedback

1. Although this botanical may not be approved by the U.S. Food and Drug Administration (FDA), its cost will depend on the distributor.
2. Medicare will only pay for A and B level recommendations that meet the USPSTF stringent evidence guidelines, leaving other beneficial interventions without coverage.
3. Opioids are not recommended for older patients.
4. It is important to use only prescribed and approved medications/treatments.
5. When a patient is seen by a nurse practitioner, the care plan is developed keeping which of the following objectives in mind?

1. Increasing the use of the emergency department for injuries from falls.
2. Maintaining the patient living in his or her home.
3. Increasing safety checks in the home.
4. Increasing use of the Welcome to Medicare visit. - 5. Selected answer: 4Page: 6

Feedback

1. The objective is to decrease the use of the emergency department for falls.
2. There are many factors involved in the decision for an older adult to remain in the home.
3. Although it is useful to conduct home safety checks, they are not part of the Healthy People 2020 objectives.
4. The Healthy People 2020 program has set specific objectives for prevention in older adults; use of the Welcome to Medicare visit is one of those objectives.
6. The focus of advanced nurse practitioners is primary care. This is defined as activities that focus on:
 1. Preventing the occurrence of a disease or condition.
 2. Treating an illness after symptoms appear.
 3. Enabling the patient to recover and convalesce.

4. Enriching the patient's appreciation of life. - 6. Selected
answer: 1Page: 7

Feedback

1.
Primary preventive strategies focus on immunization, well-checks, and other health maintenance activities.
2.
Secondary preventive strategies focus on prevention and treatment of illness.
3.
Tertiary preventive strategies focus on rehabilitation.
4.
Nurse practitioners focus on the wellness-illness continuum.

7. A health promotion topic included in the nurse practitioner visit is physical activity. Which of the following would be a good recommendation for the 75-year-old male? Select all that apply.

1. Skydiving
2. Horseback riding
3. Swimming
4. Dancing
5. Whatever the patient is willing and able to do - 7. Selected

answer: 3, 4, 5Page: 7

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Feedback

1.
Skydiving is risky for older patients who may have cardiovascular issues.
2.
Horseback riding could be risky for an older person who may have neurological or orthopedic issues.
3.
Swimming is a good option if the patient is willing.
4.
Dancing is a good option if the person is able.
5.
When recommending physical activity, the person's functional abilities and desires need to be considered.

8. Understanding that the current life expectancy is 79 years, the nurse practitioner plans a patient's health promotion while considering which of the following? Select all that apply.

1. Patient's health beliefs and goals.
2. Present levels of function.
3. Benefit of treatment.
4. Patient's involvement in a religious community.