

1. 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

2. 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

3. Primary prevention is defined as which of the following?

Interventions designed to prevent disease

4. 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.

5. 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.

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

Have the parent facilitate the exam (e.g., removing clothes, holding the child on lap).

7. The NP is completing the review of systems on a 4-month-old female during a routine encounter. Which statement from the parent may indicate a cardiac problem in the infant and require a more thorough subjective history?

“It often takes the baby more than 30 minutes to finish a bottle.”

8. A 16-year-old male presents to the clinic with a history of a congenital right upper eyelid drooping as represented in this image. He has no complaints and denies injury or trauma. Which cranial nerve (CN) is involved in this condition?

Patient with eyelid drooping CNIII

9. Which cranial nerve (CN) innervates the muscles of the pharynx and provides sensory fibers to portions of the tympanic membrane, auditory canal, pharynx, and the posterior third of the tongue?

CN IX

10. The NP should suspect injury to which cranial nerve (CN) if a patient presents with complaints of photosensitivity and uneven pupils after being struck in the eye with a baseball?

CNIII

11. Which of the following statements is true regarding risks and rapid recognition of suspected stroke? **Select all that apply**

Obesity doubles the risk of stroke even without associated glucose intolerance

Hypertension is the leading risk factor for both ischemic and hemorrhagic stroke

12. The combination of both receptive and expressive aphasia is a characteristic of which type of speech disorder?

global aphasia

13. The NP is assessing a 42-year-old female who presents to the clinic with recurring headaches. What is an effective question to ask the patient?

Do you have any aura prior to the headaches?

14. A 55-year-old female presents to the clinic with a headache. During the interview, which of the following symptoms should prompt the NP to be concerned and investigate further?

The patient reports fever, night sweats, and thinks she lost weight.

15. When grading muscle strength on a scale of 1 to 5, a grade of 3 indicates which of the following?

Active movement against gravity

16. Which musculoskeletal disorder is paired correctly with the associated systemic manifestations?

Lyme disease and expanding erythematous targetoid patch in early illness

17. A 62-year-old female has a diagnosis of rheumatoid arthritis (RA). Which of the following are expected assessment findings consistent with the diagnosis?

Swelling of the synovial tissue in joints and tendon sheaths.

18. A 58-year-old male complains of pain in his knees, hips, hands, wrists, neck, and lower back. Based on the joints involved, the NP suspects that the patient most likely has which condition?

Osteoarthritis

19. A 55-year-old male has a diagnosis of lumbar spinal stenosis. Which sign should the NP expect to find on examination that is most consistent with the diagnosis?

Flexed forward posture with lower extremity weakness

20. What is the action(s) of the erector spinae muscle group?

Extension of the spine

21. A 17-year-old male presents to the clinic for a follow-up appointment. He fractured his left arm 8 weeks ago and remains in a cast. Upon inspection, the NP finds that his shoulder heights are unequal and there is winging of the scapula. The NP suspects contralateral weakness and muscle wasting as the etiology for the winged scapula. Which of the following physical assessment maneuvers should the NP perform to confirm the suspicion?

Compare the strength of the trapezius muscles

22. A 31-year-old female presents to the clinic with a worsening stiff, painful neck. On inspection, the patient's head is laterally deviated toward the shoulder and rotated. Given this specific physical assessment finding, what condition should the NP suspect as a differential diagnosis?

Torticollis

23. During an evaluation of an athletic 30-year-old female, the NP conducts an active range of motion evaluation at the neck. All of the following muscles are being assessed when the patient is asked to extend, flex, and rotate the neck, EXCEPT?

Sacrospinalis

24. A 58-year-old male complains of lower back pain for many years. He denies a recent injury. On examination, the NP finds that the patient has tenderness to palpation over the sacroiliac joint. Which of the following conditions is most consistent with this physical sign?

ankylosing spondylitis

25. Which of the following statements is true regarding prostate cancer screening?

26. **Setting normal cut-offs for prostate-specific antigen (PSA) testing relies on balancing**

27. A 53-year-old African American male presents for discussion of his prostate cancer risk and possible screening for this disease. His father was diagnosed at age 82 years with prostate cancer but died recently at age 87 years from a myocardial infarction before the disease progressed. Family history also reveals that his mother died of ovarian cancer when he was age 10 years, and two of his maternal aunts had breast cancer. Which of the following is true about prostate cancer risk for this patient and subsequent screening?

This patient is at an elevated risk of prostate cancer due to his family history; thus, screening modalities should be discussed between the patient and provider.

28. A 34-year-old female presents to primary care for follow-up regarding anal pain with defecation. A recent referral to GI for anoscopic examination revealed anal fissures that appear to be her source of pain. In addition, today she reports that she has developed episodic abdominal discomfort and sores in her mouth. Which of the following underlying conditions is the NP most likely to find?

Inflammatory bowel disease

29. A 45-year-old female presents to the primary care clinic. She complains of recently experiencing a change in the patterns of her bowel movements. Her PMH is significant for bleeding ulcers as well as Crohn's disease. Her family medical history includes a maternal aunt who died of colon cancer at age 49 years. Which of the following historical elements would be most concerning for colon cancer in this patient?

recent onset of small-caliber stools

30. A 67-year-old female presents to the office for an annual check-up. She retired as a police captain at age 66. Now she enjoys gardening and water aerobics several days a week. She states, "staying active keeps me limber". After a careful history