

**Yellow** = what was initially selected

**Green** = after research (our final answer)

- 1) When using a sphygmomanometer, which one of the following would result in an inaccurate, falsely elevated blood pressure?
  - a) Utilizing a cuff that is too wide for a patient's arm
  - b) Using a large blood pressure cuff on a patient with a small arm
  - c) Raising the patient's arm and the brachial artery above the level of the heart
  - d) Utilizing a blood pressure cuff that's too small
  
- 2) Where would you anticipate hearing s3 or s4 heart sounds in the cardiac cycle?
  - a) Diastole
  - b) S3 in systole with S4 in diastole
  - c) S4 in diastole while s3 in systole
  - d)
  
- 3) Where would the S1 heart sounds correlate with the electrocardiographic waves?
  - a) Peak of the R wave.
  - b) At the start of the T wave.
  - c) At the end of the T wave.
  - d) At the start of the P wave.
  
- 4) The point of maximum impulse (PMI) is MOST often palpable in healthy adults when positioned in the supine or left lateral decubitus position. Which one of the following locations is it?
  - a) Left 5th intercostal space, midclavicular line.
  - b) Right 4th intercostal space, midaxillary line.
  - c) Right 2nd intercostal space, midclavicular line.
  - d) Left 2nd intercostal space, midaxillary line
  
- 5) You auscultated abnormal breath sounds, and now assess transmission of voice sounds by having the patient say "ee" while auscultating the chest with the diaphragm of your stethoscope. Normally you should auscultate a muffled "e" sound, however, you hear a nasally "a" sound. Which one of the following is present? O
  - a) Stereognosis.
  - b) Bronchophony
  - c) Bronchophony
  - d) Egophony. Bates pg 327
  
- 6) How does performing percussion of the thorax assist the provider during the physical examination?
  - a) To assess for deep-seated lesion and tumors
  - b) To identify if underlying tissue are air filled, fluid-filled or consolidated
  - c) To assist with the confirmation of cardiac origin of angina.
  - d) To assess for any pain or discomfort prior to palpitation of the chest wall

- 7) You are about to perform a diaphragmatic excursion test on your healthy patient. Which one of the following results would you expect to see in a healthy patient with no abnormalities?
- a) Ascension of 8-12 inches of the diaphragm noted bilaterally on expiration, though often much less on the right side due to the location of the heart and great vessels.
  - b) Much greater descent of the diaphragm on the right side due to the liver present (two-three times larger)
  - c) Absent or no change in movement of the diaphragm noted between full inspiration and full expiration measurement.
  - d) **Approximately equal level of change in the descent of the diaphragm bilaterally during maximal inspiration and expiration**
- 8) A large inspiration of air to the further extent the patient can reasonably accomplish followed by a full exhalation is referred to as which of the following?
- a) Forced Expiratory Volume over 1 second (FEV1)
  - b) Inspiratory Reserve
  - c) Functional Reserve Capacity
  - d) **Forced Vital Capacity (Lehne pg 1681)**
- 9) A large goiter on the neck is most likely related to which of the following diagnoses?
- a) Iodine Excess.
  - b) **Hashimotos Thyroiditis**
  - c) Myxedema Coma
  - d) Thyrotoxicosis
- 10) Your patient states they have a diagnosis of hyperthyroidism. On assessment which of the following represents typical findings of hyperthyroidism?
- a) **Tachycardia (Bates 229)**
  - b) Recent unplanned weight gain
  - c) Hypersomnia
  - d) Lethargy

- 11) While assessing a patient with Addison's disease, you might expect to find which of the following?
- a) **Low body temperature. (McCance 275)**
  - b) **Abdominal striae (seen in Cushings - McCance 2221)**
  - c) Dowager hump.
  - d) Moon face
- 12) The nurse practitioner's evaluation of a patient with Diabetes Mellitus type 2 should include which of the following while evaluating for end organ dysfunction of the disease?
- a) Non-dilated eye exam
  - b) Urinalysis.
  - c) **All of these are appropriate options**
  - d) Renal function panel
- 13) Which of the following correctly identifies the normal liver span when percussing the liver with physical examination?
- a) 6-12 cm in the midsternal line.
  - b) 4-8 in the left midclavicular line
  - c) **4-8 cm in the right midclavicular line.**
  - d) 0 6-12 cm in the right midclavicular line.
- 14) Which of the following correctly identifies the order of the abdomen assessment during physical examination?
- a) **Inspection, auscultation, percussion, palpation.**
  - b) Inspection, auscultation, palpation, percussion
  - c) Percussion, auscultation, palpation, inspection.
  - d) Auscultation, palpation, percussion, inspection.
- 15) All of the following indicate signs of peritonitis and abdomen pain EXCEPT which one?
- a) Guarding
  - b) Rigidity.
  - c) **Absence of pain with withdrawal of palpation**
  - d) Rebound tenderness.
- 16) Which of the following statements is true about assessment of the patient with small bowel obstruction (SBO)? )
- a) None of the above are true statements
  - b) Early SBO presents with hypoactive bowel sounds
  - c) **Early SBO presents with hyperactive bowel sounds**
  - d) Late SBO presents with hyperactive bowel sounds

- 17) Your patient is seeing you for complaints of sinus pressure and congestion. Which one of the following sinuses should be palpated during your examination?
- a) Sphenoid.
  - b) **Frontal**
  - c) Ethmoid.
  - d) Mandibular
- 18) Which one of the following assessment findings when palpating lymph nodes would suggest inflammation or lymphadenopathy?
- a) Fixed nodes
  - b) Stationary or not moveable with palpation.
  - c) Hard nodes
  - d) **Tender nodes**
- 19) Vitreous body, the transparent mass of gelatinous material is normally found in which chamber(s) of the eye?
- a) Anterior only
  - b) **Posterior only**
  - c) None of the above, it's only seen as an abnormal finding with malignancy.
  - d) Both but greater in the anterior chamber
- 20) Having the patient cover their right eye and you covering your left eye, then bringing a set number of fingers or wiggling fingers into each quadrant of the patient's visual field having them identify when they see your fingers/movement is known as which?
- a) Convergence
  - b) Visual acuity
  - c) **Confrontation Bates pg 232**
  - d) Refractory réflex
- 21) Your patient presents with a history of heavy menses and you believe that may have untreated iron deficiency anemia. Which of the following are evaluations which may support this diagnosis?
- a) Elevated RDW, Elevated MCH.
  - b) **Elevated TIBC, Low Ferritin. McCance 2940**
  - c) Low RDW, Elevated MCV.
  - d) Low TIBC, Elevated Iron

- 22) A Mediterranean patient who presents with microcytic anemia with normal red cell distribution width should be evaluated for Thalassemia using which of the following tests?
- a) Gel electrophoresis
  - b) CMP
  - c) TSH and free T4.
  - d) Ferritin and TIBC
- 23) The patient with macrocytic anemia should be evaluated for which of the following?
- a) Ferritin
  - b) Lead level
  - c) TIBC
  - d) Vitamin B12
- 24) While assessing patient with end stage renal disease (ESRD) you would anticipate which of the following levels
- a) Elevated MCH
  - b) Normal MCH
  - c) Low MCV.
  - d) Low RDW, Elevated MCV
- 25) A patient has been diagnosed with angioedema. What of the following parts of the body are most likely involved
- a) Abdomen
  - b) Genetalla
  - c) Chest
  - d) Face and Lips
- 26) Which of the following immunoglobulin are first to respond to a physical threat to the body?
- a) IgG
  - b) IgD
  - c) IgM
  - d) IgA
- 27) Which immunoglobulin is most likely to retain long term and chronic information about a former exposure?
- a) IgG
  - b) IgA
  - c) IgM
  - d) IgD

28) A patient with a suspected diagnosis of systemic lupus erythematosus (SLE) should be evaluated for which of the following?

- a) Antinuclear antibody.
- b) Spectrophotometric assay
- c) Rheumatoid factor lab
- d) Gel electrophoresis

29) ??????????

30) When screening for melanoma, which one of the following findings would be considered a suspicious feature of a mole characteristic of a possible melanoma?

- a) Diameter of 1 cm. O
- b) Symmetry of the lesion, mirror-like image when divided in half
- c) Dual color, particularly white-reddish or blue-black
- d) Regular border

31) Which of the following is a UV B exposure-related pre-cancerous lesion?

- a) Verucca.
- b) Seborrheic dermatitis.
- c) Basal cell carcinoma.
- d) Actinic Keratosis. Pg 239

32) Which of the following represents a concerning finding for melanoma?

- a) Symmetrical nature
- b) Irregular borders.
- c) Diameter of 0.4 cm
- d) Brown color

33) A deficit of which of the following neurotransmitters is related to clinical depression?

- a) Gutamate
- b) GABA
- c) Dobutamine
- d) Serotonin

34) The diagnosis of anxiety in your 38-year-old female patient may be differentiated from hyperthyroidism with the use of which of the following exams?

- a) TSH and free T4
- b) Tensilon test
- c) Free cortisol
- d) Electrocardiogram