

NR577 - Primary Care Management of Adolescents and Adults

Exam Study Guide - Midterm

Exam Format: Non-cumulative

Question Type: Multiple Choice

Number of Questions: 75 questions

Time Allotted: 90 minutes

Testing Timeframe: The midterm exam will be available starting on Wednesday, week 4 at 12:01 am MT until Friday, week 4 at 11:59 pm MT.

1. Exam Coverage

Content Areas:

- Week 1: Health Promotion for Adolescents and Adults
 - Week 2: Reproductive Health: Part 1
 - Week 3: Reproductive Health: Part 2
 - Week 4: Disease of the Cardiovascular and Pulmonary Systems
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2. Key Concepts to Study

Week 1: Health Promotion for Adolescents and Adults

- Principles of primary care
- Adolescence: goals of adolescence, Bright Futures, morbidity and mortality
- Adolescent assessments: Tanner Stages for Males and Females and HEADSS assessment
- Health promotion for adolescents and adults: Vaccines and screening guidelines



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Week 2: Reproductive Health: Part 1

- Symptoms of early pregnancy
- Signs of pregnancy
- Naegele's Rule
- Prenatal education
- Vaccinations during pregnancy
- Different types of contraceptive options
- Infertility/Causes of infertility
- Clinical presentation for PCOS
- Diagnostic criteria for PCOS
- Classifications of amenorrhea
- Classifications of abnormal urine bleeding
- Diagnostic testing for abnormal uterine bleeding
- Common symptoms of perimenopause and menopause
- Symptom management for menopause
- Clinical presentation of genitourinary syndrome of menopause
- Differential diagnosis for postmenopausal bleeding
- Management of postmenopausal bleeding

Week 3: Reproductive Health: Part 2

- Differential diagnosis for common breast disorders
- Common types of breast pain
- Differentiate between different types of nipple discharge
- Diagnostic testing for breast complaints
- Components of a sexual history
- Risk factors for cervical cancer
- Cervical cancer screening recommendations
- Interpreting Pap smear test results
- Etiology of vaginal discharge
- Clinical presentation of vaginal discharge
- Diagnostic testing for vaginal discharge
- Patient education with regards to vaginal discharge
- HIV screening and recommendations

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Week 4: Disease of the Cardiovascular and Pulmonary Systems



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