

NR602 - Primary Care of the Childbearing & Childrearing Family Practicum

Exam Study Guide - Midterm (Weeks 1-4)

Exam Format: Non-Cumulative exam

Question Type: Multiple Choice

Number of Questions: 75 Questions

Time Allotted: 1.2 minutes per question

Testing Timeframe: The exam will only be available starting on Wednesday Week 4 at 12:01 am MT until **Saturday** Week 4 at 11:59 pm MT.

1. Exam Coverage

Content Areas:

- Week One: Primary Care Foundations in Pediatric and Women's Health
 - Nurse Practitioner Roles (Pediatric NP, Primary Care NP, Acute Care NP)
 - Tertiary Care
 - Quaternary Care
 - Immunizations
 - 2 Mo "2 Be Dr. Hip"
 - Hep B
 - Dtap
 - Rotavirus
 - Hib
 - IPV
 - PCV
 - 4 Mo "4 Dr. Hip"
 - Dtap
 - Rotavirus
 - Hib
 - IPV
 - PCV
 - 6 Mo "Be Dr. Hip in 6 Months:
 - Hep B
 - Dtap
 - Rotavirus
 - HIB
 - IPV
 - PCV
 - Influenza (start at 6 months)

- Vaccines for Children (VIC)
- Sudden Infant Death Syndrome (SIDS) Prevention
- Lead Poisoning
- Infant sleeping position
- Primary, Secondary, Tertiary Prevention
- Burns
- Immunity

- Week Two: Pediatric Well-Child Assessment and Growth and Development Milestones
 - Newborn assessment (including eye screenings)
 - Newborn digestive system and nutrition
 - Well-Child Visits
 - Anticipatory guidance
 - Screening for abuse
 - Privacy and mandatory reporting
 - Gender identity development
 - Pediatric Assessment
 - Pediatric physical exam
 - Growth and development
 - Weight Gain
 - 7% weight loss after birth is considered normal!
 - >10% weight loss is a concern
 - A 2-week-old Old should be back to birth weight
 - 6-Month-old: Double birth weight
 - 12-Month-Old: Triple Birth Weight
 - Length:
 - 0-6 months old 1 inch per month
 - 6-12 months old ½ in per month
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 - Development milestones and screenings (motor skills, weight)
 - Pediatric Milestones

	MOTOR	Language	Development
3 Months	Hands to Mouth	COO's and Smiles	Moro Reflex Disappears (3-4 months) Posterior Fontanelle Closes (2-3 Months)
6 Months	Sitting and rolling both ways	Babbling	Palmar Grasp Disappears (5-6 Months)

			Strabismus Resolves (4-6 Months)
9 Months	Pulls themselves up to stand	Imitating Sounds	Pincer Grasp
12 Months	FIRST STEPS AND FIRST WORDS!		ANTERIOR Fontanelle closes (12-18 Months)
18 Months	Walking and going up and down stairs	20 words and four body parts	Separation Anxiety first at 9 months and again at 18 months.
24 Months	Kicking and throwing balls	50 words, can understand 50% of their language	Preemies development ally caught up by 2 years old!
3-5 Years Old	<ul style="list-style-type: none"> • 3-Year-Old: Can understand 75% of their words, copy a circle, ride a tricycle, bow-legged resolves • 4-Year-Old: Can understand 100% of their words, draws a cross, plays make believe, uses buttons • 5-Year-Old: Conversational, tells and understands 		

○ Tanner stages

- Puberty in male vs female
 - Male
 - Female
- Common growth and development health problems (developmental delays)
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- Endocrine/Metabolic (Adrenal insufficiency, Hypothyroidism)
 - Adrenal Insufficiency
 - Hypothyroidism

- Adolescent sexuality, gender identity, and gender expression
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- HEEADSS
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- Non-suicidal self-injury (NSSI)
 - Group of repetitive behaviors with the intent of purposefully causing physical harm to oneself, but not with the intent of ending one's own life.
 - Behavior:
 - Scraping, hitting, burning, or ripping of skin, subdermal tissue, or hair, hindering healing (does not include scab picking), and head banging
 - Begins Mid to late adolescence
 - Management:
 - Suicide and mental health assessment
- Gender dysphoria
 - Distress experienced by some individuals whose gender identity does not correspond with their assigned sex at birth
- Fetal alcohol spectrum disorder
 - Prenatal exposure to alcohol
- Genetic testing
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- Down's Syndrome
 - Three copies of chromosome 21
 - Chromosome mutations usually result in multiorgan, large effects
- Fragile X
 - Caused by an expansion of a trinucleotide (three-base-pair) repeat sequence (CGG) in the FMR1 gene from a normal 5 to 40 times to over 200 times.
- Marfan Syndrome
 - From joint hypermobility and limb elongation to aortic and heart disease, vision problems, caused by a dislocated lens in either one or both eyes, as well as varying severity, timing of onset, and rate of progression.
- Cri-du-cat syndrome
 - Cat Meowing
- Week Three: Fever, Eye, Ear, Nose, Mouth, Throat, and Respiratory Conditions
 - Fever
 - Dermatologic disorders (skin rashes: Contact dermatitis, scabies, chiggers, Pediculosis, Nevi, port wine stain)
 - Contact Dermatitis
 - Scabies