

Question 11 pts

Your 50 year-old male African American (AA) patient was found to have a blood pressure of 160/96 upon arrival to your clinic. He does not have any other medical conditions. For the following 24 hours of self-reported vital signs, it remained between 160-170 systolic and 90-100 diastolic without treatment. After finding all basic metabolic panel (BMP) lab values to be within normal limits, your first choice of antihypertensive is most likely which of the following agents?

Group of answer choices

metoprolol

lisinopril

carvedilol

amlodipine

Question 21 pts

As the nurse practitioner working in a primary care clinic, you have been notified from a hospitalist that your long-term patient with a history of HFrEF (heart failure with reduced ejection fraction) with an ejection fraction of 40% two years ago who is also not on optimal medical therapy has been diagnosed with a myocardial infarction this admission and received emergent placement of a drug-eluting stent to the left anterior descending artery. As the patient's medical home who will manage this patient after discharge, which of the following would you expect to be a priority in the patient's care for their heart failure after an acute MI?

Group of answer choices

Ordering a Holter monitor for 7 days post-discharge

Ordering aspirin and clopidogrel for 3 months at discharge

Ordering a new transthoracic echocardiogram and order a Lifestest if EF is less than 35%

Ordering a new transthoracic echocardiogram and order a Lifestest if EF is less than 45%

Question 31 pts

An otherwise healthy African American adult male has been diagnosed with hypertension. He has been restricting his salt intake, eating a DASH (Dietary Approaches to Stop Hypertension) diet, and exercising more, but his blood pressure is still elevated. Which is the BEST medication to prescribe him?

Group of answer choices

Alpha blocker

Calcium channel blocker

Beta blocker
Angiotensin-converting-enzyme inhibitor

Question 41 pts

Your patient presents with pale, waxy legs, weak peripheral pulses, and states he is having difficulty walking great distances due to the pain in his calves. The most appropriate non-invasive test to evaluate his leg vascular flow quality is which of the following exams?

Group of answer choices

Ankle Brachial Index (ABI)

Angiogram of the leg with runoff
Exercise stress test
Bilateral popliteal blood pressures

Question 51 pts

The most important diagnostic factor in evaluating angina pectoris is the patient's:

Group of answer choices

History

Echocardiogram
Cardiac MRI
Physical examination

Question 61 pts

An adult patient recently placed on angiotensin-converting enzyme (ACE) inhibitor for hypertension returns with a report of a dry, persistent cough. On examination, no indication of a respiratory problem is noted. Which of the following is the most appropriate intervention?

Group of answer choices

Continue the ACE inhibitor and prescribe a mild antitussive
Obtain a chest X-ray with posterior-anterior and lateral views
Switch to an angiotensin II receptor blocker
Continue the current treatment regimen

Question 71 pts

An otherwise healthy patient reports episodes of palpitations lasting less than 5 minutes and occurring 3-5 times daily. The patient describes a

substernal flip-flop sensation with a sudden rapid heart rate, ending with a forceful beat. Holter monitoring would most likely document:

Group of answer choices

Atrial flutter

Sinus tachycardia

Premature ventricular contraction (extrasystole)

Paroxysmal supraventricular tachycardia

Question 81 pts

Recommendation for lipid check in adolescent with type 1 DM?

Group of answer choices

10 years

2 years

5 years

1 year

Question 91 pts

Which of the following medications is not considered part of optimal medical therapy for a 54 year-old male patient with a diagnosis of heart failure with reduced ejection fraction (HFrEF) with an EF of 30%, known coronary artery disease, and normal renal function?

Group of answer choices

Carvedilol (Coreg)

Diltiazem (Cardizem)

Aspirin

Spironolactone (Aldactone)

Question 101 pts

A 50-year-old woman with a history of hypertension presents with dyspnea on exertion and orthopnea. On examination, she has jugular venous distention and bilateral crackles on lung auscultation. What is the most likely diagnosis?

Group of answer choices

Chronic obstructive pulmonary disease

Acute myocardial infarction

Pulmonary embolism

Congestive heart failure

Question 111 pts

A 33-year-old woman presents with intermittent palpitations, anxiety, and heat intolerance. Her thyroid function tests reveal low TSH and high free T4. What is the most likely diagnosis?

Group of answer choices

- Graves' disease
- Hypothyroidism
- Hyperthyroidism**
- Thyroiditis

Question 121 pts

An adult female who recently returned from a business trip to Japan presents for a recheck appointment. The only remarkable laboratory result is for thyroid-stimulating hormone (TSH), at 0.3 microunits/mL (normal = 0.4-6 microunits/mL). The patient reports that her neck hurts; examination reveals thyroid tenderness. Which of the following laboratory tests should the nurse practitioner order now?

Group of answer choices

- Triiodothyronine (T3) and free triiodothyronine (FT3)
- Triiodothyronine (T3) and free thyroxine (FT4)**
- Triiodothyronine (T3) resin uptake assay
- Triiodothyronine (T3) only

Question 131 pts

An adult patient diagnosed with type 2 diabetes mellitus presents for a recheck. The patient follows a carbohydrate counting diet and walks 30 minutes 5 times weekly. Current fasting blood glucose = 116 mg/dL [normal = less than 99 mg/dL] and A1c = 6.3% [normal = less than 7.0%]. In accordance with the American Diabetes Association, the nurse practitioner would recommend that the next follow-up appointment be scheduled for:

Group of answer choices **6 months.**

- 1 year.
- 9 months.
- 2 months.

Question 141 pts

Pheochromocytoma is best diagnosed by which of the following tests:

Group of answer choices

24-hour urine for catecholamines/metanephrines and plasma metanephrines

Blood pressure values and adrenal CT/MRI

Adrenal CT/MRI

Plasma metanephrines with blood pressure values

Question 151 pts

Which of the following is the most common cause of Cushing's Syndrome?

Group of answer choices

ACTH-producing pituitary adenoma

Ectopic ACTH secretion

Adrenal adenoma

Long term excessive glucocorticoid use

Question 161 pts

All the following are factors associated with a development of type II diabetes EXCEPT:

Group of answer choices

delivering an infant greater than 9 lbs.

peripheral vascular disease

positive family history

weight greater than 20% of ideal body weight

Question 171 pts

Patients on levothyroxine should be monitored for signs of which one of the following:

Group of answer choices

Pedal edema and discomfort

Increased constipation and cramping

Angina pectoris and dysrhythmias

Focal deficits and hyperreflexia

Question 181 pts

A 50-year-old man presents with fatigue, muscle weakness, and hyperpigmentation of the skin. Laboratory tests show low sodium, high potassium, and low cortisol levels. What is the most likely diagnosis?

Group of answer choices

Addison's disease

Pheochromocytoma

Primary hyperaldosteronism

Cushing's syndrome

Question 191 pts

A patient has a 3 cm pituitary mass noted on CT. What is your next step in evaluating the patient?

Group of answer choices

Start Cabergoline

Refer to surgery

Repeat MRI in 3 months

Screen for hormone deficiencies

Question 201 pts

Patients on levothyroxine should be monitored for signs of:

Group of answer choices

Angina pectoris and dysrhythmias

Memory deficits and hyperreflexia

Ankle edema and discomfort Increased

nausea and constipation

Question 211 pts

Which is best performed to assess the risk for fall in an 88-year old adult?

Group of answer choices

Clock-drawing test

PHQ-2 questionnaire

Global screening assessment

Get up and go test

Question 221 pts

A 90-year-old female is brought to the clinic by her neighbor. She states that everything is fine, but the nurse practitioner notes that she has poor hygiene and bruises on her trunk. The neighbor is concerned that the patient often has no money to buy food, despite income from social security and a coal

miner's pension. The nurse practitioner suspects abuse. Which of the following is the nurse practitioner obligated to do next?

Group of answer choices

Tell the neighbor to check on the woman daily and report back.

Call the patient's family and inquire about the concerns.

Report the case to the proper authorities.

Document the data and report the information to risk management.

Question 231 pts

A 92-year-old presents with a decline in personal care and increasing forgetfulness. They had a CVA a three years ago with mild cognitive changes then which has slowly progressed. The more likely diagnosis in this case is?

Group of answer choices

Progressive vascular dementia

Alzheimer's dementia

Mini-strokes

Lewy-body dementia

Question 241 pts

A frail elderly patient presents with constipation. Which of the following normal physiologic changes seen with aging is the most likely cause?

Group of answer choices

Increased absorption of calcium

Decreased bowel muscle tone

Increased bile secretion

Decreased pancreatic secretions

Question 251 pts

How should a nurse practitioner evaluate if palliative care is effective?

Group of answer choices

Advanced directives have been discussed and signed.

The illness or disease is in remission.

The symptoms causing discomfort are lessened.

An out of hospital "Do not resuscitate" order is in place.

Question 261 pts

A 56-year-old male on your service has been diagnosed with colon cancer which is localized. What is the primary management that you should expect to prepare your patient for?

Group of answer choices

Surgery

Radiation

Ostomy formation

Chemotherapy

Question 271 pts

A 26-year-old female presents with abdominal distention, bloating, and intermittent crampy abdominal pain relieved by defecation. She has 4 to 6 loose stools a day when stressed. Between bouts of diarrhea, she often has constipation. Physical examination results are normal. The CBC was normal. The most likely diagnosis is:

Group of answer choices

inflammatory bowel disease.

diverticulitis.

viral gastroenteritis.

irritable bowel syndrome.

Question 281 pts

A 64-year-old female with a past medical history significant for hepatitis C and Cirrhosis presents to your office with abdominal pain and distention. Exam reveals tense ascites. Which is indicated for treatment?

Group of answer choices

Transfer to the hospital for large Volume paracentesis

Midodrine 10mg PO TID

Furosemide 40mg PO BID

Labetalol 200mg PO BID

Question 291 pts

Your patient is suspected to have colon cancer. Which labs/marker are important to be performed on this patient?

Group of answer

choices CA-125

BRCA 1 and 2

AFP