

During a post-hospital discharge visit, you notice your 71 year old female patient has been diagnosed with a "new murmur" found by the hospitalist during their recent hospitalization for CHF exacerbation. In evaluating the patient, during which phase of the cardiac cycle would you anticipate auscultation of a S3 or S4 heart sound?

Diastole

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 most commonly described as the PMI in a healthy adult?

Left 5th intercostal space, midclavicular line

The nurse practitioner assessing the patient with a rapid cardiac rhythm may assess for a pulse deficit by auscultating the patient's heart while watching the EKG rhythm. Where would the S1 heart sounds correlate with the electrocardiographic waves?

Peak of the R wave.

Michael, a 72 year old male patient who previously presented with stable cardiac-type chest pain has underwent a stress test. He presents today to review the stress test results, which show EKG findings of ST segment depression during the exam in leads V3 and V4 as well as some concurrent chest discomfort. Based on these findings, which of the following are NOT priority medical decisions?

Check for thyroid dysfunction

While examining a 53 year old female patient, you auscultate abnormal breath sounds over all fields, 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 will you document is present?

Positive for egophony

While assessing the 19 year old patient for a new onset cough, the nurse practitioner may inspect, auscultate, palpate, and/or percuss.

How does performing percussion of the thorax assist the provider during the physical examination?

To identify if underlying tissue are air-filled, fluid-filled or consolidated

Your 42 year old male patient has been referred to your clinic for establishing care and on his intake survey, you note he has documented diagnosis of interstitial lung disease. You have decided to perform a diaphragmatic excursion test on the patient. Which one of the following results would you expect to see in this patient?

Approximately equal level of change in the descent of the diaphragm bilaterally during maximal inspiration and expiration. with a decreased overall inspiratory capacity

Your 50 year old Caucasian male patient has not seen a primary care giver in 20+ years and is here for a history and physical examination. While examining the head and face, you see your patient has nonpitting periorbital edema, particularly underneath their eyes and very dry, thinned hair, including the lateral third of eyebrows (as pictured below: Sparse hairline,

thin lateral eyebrows, Periorbital edema). Which one of the following would you expect to cause this finding?

Severe hypothyroidism

A 40 year old, female, African American patient presents for history and physical. Upon your initial assessment, you notice she has severe exophthalmos as pictured below. Which one of the following diagnoses below would be the highest on your differential diagnosis of this physical examination finding? (eyes bulging out of her head)

Hyperthyroidism.

Your patient with a suspected diagnosis of COPD has been seen by pulmonology and has undergone a pulmonary function test (PFT) with spirometry. As the patient's primary healthcare provider, you have been asked to explain the findings of the PFT to the patient in a follow-up visit at which time the patient asks what the study was evaluating. To describe the PFT to the patient in more useful terms, you state that the large inspiration of air to the furthest extent they could reasonably accomplish followed by a full exhalation is referred to as which of the following measurements during the PFT?

Forced Vital Capacity.

Your newly established patient states in the past year, they have progressively developed a noticeable bump on their neck and when asked about symptoms, they report feeling very anxious, have developed a tremor, and are commonly feeling palpitations in their chest. On examination, you identify an enlarged thyroid gland suspicious for a goiter. Of the following diagnoses, which is most likely for the patient to develop based on these findings above?

Thyrotoxicosis

Your 32 year old female patient presented for a routine health exam states they have a diagnosis of hyperthyroidism by another provider a year ago. In addition to evaluation with TSH and T4 lab work, which of the following

represent typical signs of hyperthyroidism expected on your exam of this patient?

Tachycardia

Your patient has a diagnosis of Addison's disease. Which of the following might you expect to find during examination?

Low body temperature

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?

All of these are appropriate options.

Your patient with a diagnosis of autoimmune hepatitis is being seen in your clinic for routine liver serology and follow-up examination. Which of the following correctly identifies the normal liver span when percussing the liver of a HEALTHY adult?

6-12 cm in the right midclavicular line.

The 33 year old male patient presents with complaints of abdominal pain after a recent birthday party where other guests also suspected food borne illness and gastroenteritis. To elicit the most accurate evaluation of this patient, which is the order of assessment which should be done for the abdomen?

Inspection, auscultation, palpation, percussion

The 19 year old male patient presents with acute symptoms of abdominal pain and a history of intermittent heartburn and spicy food intolerance, as well as anxiety due to his college athletic performance. You have a concern that the patient may have a perforated gastric ulcer and is experiencing peritonitis. Which of the following exam findings is NOT supportive of this diagnosis?

Absence of pain with withdrawal of palpation.

Your 22 year old male patient states during his review of systems that his scrotum is very enlarged and feels like it is full of worms. He is a powerlifter and works as a trash collector. You suspect the patient likely has which of the following diagnoses?

Varicocele

Your 22 year old female patient is seeing you for complaints of sinus pressure and congestion. Which one of the following sinuses should be palpated during your examination?

Frontal

Your 49 year old male patient presents with weight loss, night sweats, anhedonia, and a CXR showing profoundly enlarged hilar adenopathy. Based on these findings, a diagnosis of lymphoma would be in your working differential. Which one of the following assessment findings when palpating lymph nodes would be INCONSISTENT with this diagnosis?

Non-tender, minimally palpable anterior cervical chain node palpation.

Your new patient intake history of an elderly man includes a history of Ehlers-Danlos with complications of retinal detachment treated with gas pneumopexy. In discussing this history, you recall the transparent mass of gelatinous material where the gas pneumopexy is performed can be found in which chamber(s) of the eye?

Posterior only

While assessing the patient, you covered their right eye while you covered your left eye, then brought a set number of fingers or wiggling fingers into each quadrant of the patient's visual field while you had them identify when

they saw your fingers/movement. A normal exam would be documented as which of the following?

Normal confrontation

Your late adolescent female patient presents with a history of heavy menses and pale conjunctiva. Your review of systems is fairly unremarkable other than she lives in a house built in 1965, has an unrestricted diet, and her family heredity is Italian. She denies any history of chronic health conditions. Initial CBC with differential shows a microcytic hypochromic anemia which has not yet been diagnosed or treated and the red cell distribution width (RDW) is elevated at 15%. Based on the most common cause of microcytic hypochromic anemia, which of the following labs will you order first?

TIBC and Ferritin

A patient of Mediterranean descent who presents with microcytic anemia with normal red cell distribution width should be evaluated using gel electrophoresis to confirm which of the following types of anemia?

Thalassemia

The 43 year old male patient with macrocytic anemia should be evaluated for which of the following lab levels to help narrow down the etiology?

Vitamin B12

While assessing the complete metabolic profile of the 66 year old female patient with end stage renal disease (ESRD) on dialysis, you find a creatinine

of 4.3, BUN of 62, phos of 5.2. On review of the CBC with differential, you would anticipate which of the following levels?

Normal MCH, Hemoglobin 9.6

During your visit with a 19 year old patient for a college health physical, your health history includes a diagnosis of angioedema. What of the following parts of the body are were likely involved?

Face and Lips

Your patient has just been diagnosed with Hepatitis A. Which of the following immunoglobulin are first to be elevated in the serum?

IgM.

Your patient had a history of Hepatitis A approximately one year ago. Which of the following immunoglobulin is most likely to be elevated at this time?

IgG

Your 32 year old female patient presents with a suspected diagnosis of systemic lupus erythematosus (SLE). Which of the useful labs in making the diagnosis of SLE?

Antinuclear antibody.

Which one of the following sweat glands concentrated in the palms of the hands and soles of the feet and is involved in temperature regulation?

Eccrine

Your 53 year old female patient with pale skin and easy freckling presents for a skin survey due to their family history of skin cancer. When screening for