

Volume: 150 Questions

Question: 1

A 6-week-old male infant is brought into the ED by his mother. He has a weeklong history of progressively worsening emesis that is projectile in nature. What is his most likely diagnosis?

- A. Intussusception.
- B. Appendicitis.
- C. Pyloric stenosis.
- D. Pancreatitis.

Answer: C

Explanation: Projectile vomiting in a 6-week-old male is the classic presentation for pyloric stenosis, obstruction of the pyloric sphincter between the gastric pylorus and the small intestine, caused by hypertrophy and hyperplasia of the circular muscle of the pylorus, which obstructs the sphincter.

This diagnosis can be confirmed with an ultrasound.

Question: 2

An 8-year-old male has contracted chicken pox (varicella virus). With which of the following family members can the child have contact?

- A. 20-year -old aunt on chemotherapy.
- B. 35-year -old uncle with HIV.
- C. 95-year-old grandfather on long-term steroid therapy.
- D. 2-year -old brother who has never had varicella but has had the vaccine.

Answer: D

Explanation: The 2-year-old brother, who has had the vaccine, is likely immune to varicella, so contact is safe. All of the other relatives have some form of immunosuppression from infection (HIV) or medications (chemotherapy and steroids) and should avoid contact with the patient.

Question: 3

A 5-year-old girl has a fever, headache, and complaints of a stiff neck. The physician suspects bacterial meningitis. What is the best test culture site to detect the bacteria?

- A. Lumbar puncture.
- B. Clean catch urine.
- C. Blood culture.
- D. Nasal swab.

Answer: A

Explanation: Lumbar puncture is the method of choice for detecting the bacteria causing bacterial meningitis and sending a sample for culture, as meningitis infects the meninges and bacteria is present in the cerebrospinal fluid.

Question: 4

A 2-year-old child has severe dental caries in the upper and lower front teeth, posterior aspects.

What is the most likely cause for this type of caries?

- A. Lack of fluoridation in the water.
- B. Sleeping with water in a nighttime bottle.
- C. Low carbohydrate diet.
- D. Sleeping with sugared liquid in nighttime bottle.

Answer: D

Explanation: Caries in the posterior front teeth is a sign of sleeping with sugared drinks in the nighttime bottle (such as juice) because fluid pools in the mouth when the child falls to sleep.

Question: 5

Which of the following patients will likely need surgical correction of his/ her fracture?

- A. 10-year -old with humeral head fracture.
- B. 5-year -old with tuft fracture of the distal phalanx.
- C. 4-year-old with tuft fracture of the toe.
- D. 16-year -old with radial head fracture.

Answer: A

Explanation: Humeral head fractures usually need open reduction and internal fixation to maintain proper future functioning. Distal phalanx and toe fractures are treated with splints and fracture of the radial head with a sling.

Question: 6

An infant with a chronic respiratory condition should be offered all of the following vaccines EXCEPT:

- A. Hepatitis A.
- B. Hepatitis B.
- C. Hepatitis C.
- D. influenza.

Answer: C

Explanation: A vaccine for Hepatitis C does not currently exist. Hepatitis A, hepatitis B and influenza vaccines are all recommended for the infant.

Question: 7

A 14-year-old boy with leukemia is receiving an IV infusion of packed red blood cells. The client reports that he is feeling anxious and short of breath even though his respiratory rate is 24. What should the nurse do in this situation?

- A. Give a dose of ibuprofen (Motrin).
- B. Give a dose of acetaminophen (Tylenol).
- C. Give a dose of diphenhydramine (Benadryl).
- D. Stop infusion and notify physician.

Answer: D

Explanation: Anxiety and the sensation of breathlessness are signs of possible anaphylactic shock, a reaction to the packed red blood cells, so the nurse should stop the infusion immediately and notify the physician.

Question: 8

As part of counseling for a 7-year-old child with mild persistent asthma, the nurse tells the client's family that the most reliable indicator of worsening asthma is:

- A. coughing.
- B. fever.
- C. decreased peak flow.
- D. fatigue.

Answer: C

Explanation: A decreased peak flow is the most reliable indicator that asthma may be worsening. It is therefore vital that the client's family know what the baseline is so that any deviation can be quickly addressed. Coughing and fever may trigger asthma, so peak flows should be monitored. Fatigue may result from poor oxygenation but alone it is not a reliable indicator of worsening asthma.

Question: 9

A patient is experiencing dizziness, shortness of breath, lightheadedness, and nausea caused by encephalitis. Which of the following descriptions most accurately describes the patient's condition?

- A. Metabolic acidosis.
- B. Respiratory alkalosis.
- C. Metabolic alkalosis.
- D. Respiratory acidosis.

Answer: B

Explanation: Respiratory alkalosis results from hyperventilation, during which extra CO₂ is excreted, causing a decrease in carbonic acid (H₂CO₃) concentration in the plasma. Symptoms include tachycardia, arrhythmias, lightheadedness, nausea, and vomiting.

Question: 10

10-year-old male with sickle cell disease comes into the ED complaining of pain in his legs due to a vasoocclusive crisis. In addition to IV fluids, what is the other initial treatment for this client?

- A. Elevate legs.
- B. Ace wrap to legs.
- C. Nitroglycerine paste.
- D. Pain medication.

Answer: D

Explanation: In addition to IV fluids, the other primary initial treatment for sickle cell crisis resulting in vascular occlusion is pain medication because pain is often severe. Other treatments include oxygen, hydroxyurea (anti-sickling medication), blood transfusions if anemia is pronounced, and antibiotics if the crisis was triggered by an infection.

Question: 11

14-year-old male with renal failure is given an arteriovenous fistula (shunt) for future dialysis.

How does the nurse assess the shunt post-operatively for patency?

- A. Assess for bruit and thrill.
- B. Monitor blood pressure on that arm.
- C. Ease of venipuncture at shunt site.
- D. Rate of flow during dialysis.

Answer: A

Explanation: The patency of an AV shunt is assured by assessing for bruit and thrill. Continuous wave Doppler ultrasound can also assess patency. Venipuncture and blood pressure measurements should never be done on the arm with an AV shunt.

Question: 12

A nurse is admitting a 16-year-old female to the mental health unit with a diagnosis of bulimia and anorexia. What OTC medications should the client's belongings be screened for as they may interfere with treatment?

- A. Imodium.
- B. Acetaminophen (Tylenol).
- C. Laxatives.
- D. Ibuprofen (Motrin).

Answer: C

Explanation: People with eating disorders, such as bulimia and anorexia, often use laxatives as well as diuretics to control weight. New patients should be checked for these items. Bulimics may purge by vomiting after eating.

Question: 13

A 10-year-old is accidentally shot in the forearm by a small caliber firearm. The wound enters the dorsum of the forearm and exits on the ventral side. The patient is ambulatory and has minor pain at the site. What test is likely needed for evaluation of the injury?

- A. Arteriogram.
- B. CT of arm.
- C. MRI of arm.
- D. Ultrasound of arm.

Answer: A

Explanation: An arteriogram is needed to assess the vascular supply in the arm after a gunshot wound to ensure that no injury to the ulnar and radial artery has occurred.

Question: 14

A 17-year-old female with severe acne wants treatment for her condition. What form of treatment requires the patient use 2 forms of contraception and sign a consent form?

- A. Benzoyl peroxide cream.
- B. Tetracycline (Sumycin) pills.
- C. Isotretinoin (Accutane) pills.
- D. Ultraviolet light treatment.

Answer: C

Explanation: Accutane is a vitamin A derivative and can lead to severe birth defects if given to pregnant females. Two forms of contraception and a lengthy consent form are needed. Benzoyl peroxide and ultraviolet light treatment pose no risks to the fetus. Tetracycline has a low risk during the first trimester of pregnancy but can cause discoloration of the child's teeth if taken during the second trimester.

Question: 15

An 8-year-old with suspected appendicitis is evaluated. The physician asks the child to lie on his left side and extend the hip, eliciting pain in the RLQ. What is this test called?

- A. Rovsing's sign.
- B. Psoas sign.
- C. Kernig's sign.
- D. Brudzinski's sign.

Answer: B

Explanation: The Psoas sign consists of extension of the thigh while lying on the left side and causes pain with a posterior pointing appendix. Rovsing's sign also assesses for appendicitis and elicits referred pain in the right lower quadrant with palpation in the left lower quadrant. Kernig's sign and Brudzinski's sign are used to assess for meningitis.

Question: 16

In order to collect proper blood culture samples, which of the following actions should the nurse take?

- A. Sterilize the antecubital fossa with iodine.
- B. Draw sample from femoral site.
- C. Cleanse the site with alcohol.
- D. Shave collection site.

Answer: A

Explanation: In order to minimize contaminants, blood cultures are taken from the antecubital fossa after sterilizing with iodine and wearing sterile gloves. Alcohol cleansing does not sterilize, and shaving can break the skin, increasing the chance of contamination. Samples are not routinely drawn from the femoral site.

Question: 17

The child of a celebrity client is admitted to a nursing floor, and the nurse taking care of this patient notices a medical assistant not involved in the care of the patient looking at her chart. What would be the most appropriate course of action?

- A. Confront medical assistant and make her apologize.
- B. Notify nursing supervisor of HI PAA violation.
- C. Place chart in locked cabinet.
- D. Place chart at end of client's bed.

Answer: B

Explanation: An unauthorized person's looking at any patient's chart is a clear HIPAA violation and must be reported to the supervisor in charge so that appropriate disciplinary action can be

taken.

Question: 18

A 7-year-old female is newly diagnosed with celiac disease. What is the best choice for a carbohydrate food source for this patient?

- A. Baked potato.
- B. Pasta.
- C. Bread.
- D. Saltine crackers.

Answer: A

Explanation: Only the potato is a suitable source of carbohydrate for a person with celiac disease. Celiac disease is an allergic sensitivity to gluten in wheat products. Pasta, bread, and saltine crackers are all made with flour, which contains gluten.

Question: 19

The parents of a newborn male ask you about the benefits of circumcision. It is appropriate to inform them that circumcision seems to decrease the risk of transmission of which of the following sexually transmitted diseases?

- A. Human papillomavirus (HPV).
- B. Syphilis.
- C. HIV.
- D. Hepatitis C.

Answer: C

Explanation: Circumcision has been shown to decrease the rates of transmission of HIV but does not affect rates of syphilis, HPV, or hepatitis C.

Question: 20

A 15-year-old female is diagnosed with a newly acquired infectious disease. Which of the following is NOT a mandatory reportable disease to the health department?

- A. TB.
- B. Varicella.
- C. Syphilis.
- D. Rabies.

Answer: B

Explanation: Varicella (chickenpox) is not a reportable disease, and most children are vaccinated for varicella; however, the CDC requires reporting of TB, syphilis, and rabies as these are public health concerns.

Question: 21

Following an exposure to a TB-infected family member, a twelve-year-old male is screened for TB with a PPD (Mantoux) test. After administration of the test, when should he be brought back for reading of the result?

- A. 24 to 36 hours.

- B. 36 to 48 hours.
- C. 48 to 72 hours.
- D. 72 to 96 hours.

Answer: C

Explanation: PPD tests should be read 48 to 72 hours after administration. Any sign of induration is measured. Induration of 15 mm or blistering is a positive finding for general screening, but if the person has been exposed to someone with active TB, then 10 mm induration is considered positive.

Question: 22

A newborn is scheduled for a chloride sweat test. For which genetic disorder does this test screen?

- A. Muscular dystrophy.
- B. Cystic Fibrosis.
- C. Trisomy 18.
- D. Fragile X.

Answer: B

Explanation: A chloride sweat test is used in the diagnosis of cystic fibrosis, which affects excretion of sodium and chloride in the sweat. A child with cystic fibrosis will have up to 5 times the normal level of sodium and chloride in his sweat.

Question: 23

A teenage female at a school health clinic asks the nurse what she can do to prevent contracting the human papilloma virus (HPV). All of the following would be considered suitable means of prevention EXCEPT:

- A. abstinence.
- B. condom use.
- C. gardasil vaccine.
- D. intrauterine devices.

Answer: D

Explanation: IUD's offer no protection for HPV and only provide birth control. Abstinence, condom use, and Gardasil vaccine, recommended for girls/women ages 9 to 26, all provide protection against HPV.

Question: 24

Which of the following children has a fracture most likely caused by abuse?

- A. 6-month-old with a spiral fracture of the femur.
- B. 5-year-old with a wrist fracture.
- C. 8-year-old with a clavicle fracture.
- D. 15-year-old with an avulsion fracture of the ankle.

Answer: A

Explanation: Spiral fractures in children are considered due to abuse until proven otherwise. These fractures result from a twisting force that the child would not be able to perform on her

own.

Question: 25

Which of the following conditions increases the risk of testicular cancer?

- A. Undescended testes.
- B. Umbilical hernia.
- C. Inguinal hernia.
- D. Hiatal hernia.

Answer: A

Explanation: An undescended testis increases the risk of testicular cancer in adulthood in the affected testis as well as the contralateral testis. Hernias are unrelated to incidence of testicular cancer.

Question: 26

A 2-year-old client with a corneal abrasion needs to be examined. What is the best positioning for this client?

- A. Restrained on papoose board.
- B. Restrained by parent on gurney.
- C. Under sedation in an operative room.
- D. Held on a parent's lap

Answer: D

Explanation: Difficult examinations should be initially attempted while the child is sitting on a parent's lap. This will allow examination while under the calming care of the parent. Restraints are psychologically traumatic and should be used as a last resort only. Sedation in the operating room is not necessary.

Question: 27

Following a diagnosis of cystic fibrosis in their infant child, the parents should be educated in all of the following EXCEPT:

- A. genetic counseling.
- B. sign language.
- C. home chest percussions.
- D. dietary modifications.

Answer: B

Explanation: CF is not directly associated with deafness, so education in sign language is not indicated although repeated treatment with antibiotics (aminoglycosides) can cause sensorineural hearing deficit. Cystic fibrosis is an autosomal recessive disease and the parents should receive genetic counseling about the risk of the disease in future offspring. CF has both pulmonary and pancreatic manifestations so chest percussions and dietary modifications would be appropriate.

Question: 28

Which of the following medications has been linked to the development of Reye's syndrome when

given to febrile children?

- A. Acetaminophen (Tylenol).
- B. Naprosyn (Aleve).
- C. Aspirin.
- D. Ibuprofen (Motrin).

Answer: C

Explanation: Use of aspirin in febrile children has been linked to the development of Reye's syndrome, a severe respiratory condition. Therefore, aspirin is not recommended for use in children. Fever in children is usually treated with acetaminophen or ibuprofen.

Question: 29

A newborn with jaundice is treated with outpatient ultraviolet light therapy. What blood test is tested to ensure that the jaundice is clearing?

- A. Bilirubin.
- B. CBC.
- C. AST.
- D. Amylase.

Answer: A

Explanation: Jaundice is caused by an elevation of bilirubin, which is monitored to ensure treatment success. As red blood cells break down, bilirubin forms and is excreted through the liver, but the infant's liver may be immature and unable to remove bilirubin fast enough, so bilirubin levels in the blood rise. Ultraviolet light helps to break down bilirubin.

Question: 30

A 2-month-old male is being evaluated for gastroesophageal reflux. What is the best test to confirm this diagnosis?

- A. CT scan.
- B. Barium enema.
- C. Upper GI barium series
- D. Night-time Ph probe

Answer: D

Explanation: A nighttime Ph probe requires a special monitoring device be inserted through the nose and down the esophagus to assess for acid reflux into the esophagus, confirming the diagnosis.

Question: 31

A 16-year-old female is undergoing an evaluation for possible juvenile rheumatoid arthritis. What lab test serves as a marker for general inflammation?

- A. Monospot.
- B. Erythrocyte sedimentation rate.
- C. White blood count (WBC).
- D. Mean corpuscular volume (MCV).

Answer: B

Explanation: The erythrocyte sedimentation rate is a non-specific marker for inflammation and would be elevated with rheumatoid arthritis. Monospot tests for the Epstein-Barr virus, which causes mononucleosis. WBC tests for infection, and MCV assesses the average volume of red blood cells.

Question: 32

A 7-year-old female is evaluated for possible leukemia. She is scheduled for a bone marrow biopsy the next morning. What part of the body should be listed on the consent form for the biopsy?

- A. Radius.
- B. Skull.
- C. Posterior pelvis.
- D. Calcaneus (heel).

Answer: C

Explanation: The posterior superior pelvic area is the preferred choice for bone marrow biopsy site because it is a large flat bone. The skull is too thin and the radius and calcaneus too small.

Question: 33

While performing trauma resuscitation on a 5-year-old male, neither peripheral nor central IV access can be obtained. The physician orders an intraosseous line. What is the best site on the body for this line?

- A. Radius.
- B. Proximal anterior tibia.
- C. Skull.
- D. Medial malleolus.

Answer: B

Explanation: An intraosseous line is inserted into the proximal anterior tibia in infants and children to 5 years old for rapid infusion of fluids and medications if another IV site is not accessible. The medial malleolus is used for older children and adults. Other possible sites include the distal femur, clavicle, humerus, and ileum.

Question: 34

A 5-year-old is diagnosed with probable "Fifth's disease" caused by Parvovirus B19 although she does not yet have a rash. Which of the following should the child avoid?

- A. Contact sports.
- B. Tylenol.
- C. Pregnant women.
- D. Spicy food.

Answer: C

Explanation: Parvovirus B19 can cause birth defects if contracted by a pregnant mother, so the child should be counseled to avoid anyone pregnant until the disease resolves. Parvovirus B19 is contagious in the time from onset until the bright red rash occurs on the cheeks and a lacy rash on the body. Once the rash appears, the child is probably no longer contagious and can resume