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Question: 991

When considering the management of a patient with recurrent bacterial vaginosis, which of the following strategies has been shown to be most effective in reducing recurrence rates?

- A. Long-term metronidazole therapy
- B. Daily probiotics
- C. Use of vaginal boric acid
- D. Avoiding douching and irritants

Answer: D

Explanation: Avoiding douching and irritants is crucial in managing recurrent bacterial vaginosis, as these practices can disrupt the normal vaginal flora and increase recurrence risk.

Question: 992

In caring for a postpartum patient with a known history of thromboembolic events, which assessment should be prioritized to monitor for complications?

- A. Daily weight
- B. Fluid intake and output
- C. Heart rate and rhythm
- D. Extremity temperature and color

Answer: D

Explanation: Monitoring extremity temperature and color is crucial in detecting signs of thromboembolic complications, such as deep vein thrombosis. Daily weight, heart rate, and fluid intake/output are also important but not as specific to this condition.

Question: 993

A 60-year-old patient presents with a scaly patch on the scalp that has persisted for several months, and the patient also has a history of extensive sun exposure. What is the most appropriate next step in management?

- A. Biopsy
- B. Topical antifungals
- C. Topical corticosteroids
- D. Observation

Answer: A

Explanation: Given the persistence of the lesion and the patient's sun exposure history, a biopsy is warranted to rule out squamous cell carcinoma or other skin cancers.

Question: 994

A 60-year-old woman with a family history of cancer seeks genetic counseling. What is the most important factor to assess in her initial consultation?

- A. Her current health status.
- B. Her dietary habits.
- C. The specific cancers in her family and their ages at diagnosis.
- D. Her previous cancer screenings.

Answer: C

Explanation: Understanding the specific cancers in her family and their ages at diagnosis is crucial for assessing her risk and determining if genetic testing is appropriate.

Question: 995

A 40-year-old woman is concerned about her lipid profile. Which lifestyle change has the most significant impact on lowering LDL cholesterol levels?

- A. Increase in refined carbohydrates
- B. Increase in soluble fiber intake
- C. Decreased physical activity
- D. Increase in saturated fat consumption

Answer: B

Explanation: Increasing soluble fiber intake has a well-documented effect on lowering LDL cholesterol levels, making it a critical dietary change for cardiovascular health.

Question: 996

A patient is prescribed a drug that undergoes extensive first-pass metabolism. Which of the following statements best describes how this process affects the bioavailability of the medication when taken orally?

- A. It increases the drug's concentration in systemic circulation.
- B. It completely eliminates the drug's effect.
- C. It has no effect on the drug's concentration in systemic circulation.
- D. It decreases the drug's concentration in systemic circulation.

Answer: D

Explanation: First-pass metabolism refers to the process wherein the concentration of a drug is significantly reduced before it reaches systemic circulation due to hepatic metabolism. Consequently, the bioavailability of the drug is decreased when administered orally.

Question: 997

A 60-year-old female presents with severe hip pain after a fall. Which of the following findings on physical examination would most strongly suggest a hip fracture?

- A. All of the above
- B. External rotation of the affected limb
- C. Pain with hip flexion
- D. Inability to bear weight

Answer: A

Explanation: All listed findings—unable to bear weight, external rotation, and pain with hip flexion—are indicative of a possible hip fracture.

Question: 998

A nurse practitioner is assessing a 60-year-old woman who has a history of hypertension and hyperlipidemia. During the cardiovascular examination, the practitioner notes a diastolic murmur best heard at the left sternal border. What condition might this finding suggest?

- A. Aortic regurgitation
- B. Mitral stenosis
- C. Pulmonic stenosis
- D. Tricuspid regurgitation

Answer: A

Explanation: A diastolic murmur heard at the left sternal border is typically associated with aortic regurgitation, where blood leaks back into the left ventricle from the aorta during diastole.

Question: 999

In preconception counseling, which element is most important to discuss with a patient who has a history of gestational diabetes?

- A. The importance of weight loss prior to pregnancy
- B. The potential need for insulin therapy during pregnancy
- C. The increased risk of developing type 2 diabetes later in life
- D. The benefits of breastfeeding for glucose regulation

Answer: C

Explanation: Discussing the long-term risks of developing type 2 diabetes is crucial as it empowers the patient to make informed lifestyle and health decisions before conception.

Question: 1000

A patient is prescribed a medication with a high first-pass effect. Which of the following routes of administration would bypass this effect most effectively?

- A. Oral
- B. Intramuscular
- C. Sublingual
- D. Subcutaneous

Answer: C

Explanation: Sublingual administration allows the drug to enter systemic circulation directly, bypassing first-pass metabolism in the liver, thus increasing bioavailability.

Question: 1001

A 32-year-old female with recurrent urinary tract infections is concerned about her diet. Which dietary modification could help reduce her risk of UTIs?

- A. Increase sugar intake
- B. Decrease fiber intake
- C. Avoiding citrus fruits
- D. Increase cranberry juice consumption

Answer: D

Explanation: Increasing cranberry juice consumption may help prevent UTIs by preventing bacterial adhesion to the urinary tract lining.

Question: 1002

A patient reports a history of multiple sexual partners. What is the most appropriate follow-up question to assess her risk for sexually transmitted infections (STIs)?

- A. "Have you ever been tested for STIs?"
- B. "Are you currently in a monogamous relationship?"
- C. "What was your last sexual partner's health status?"
- D. "Do you use condoms during intercourse?"

Answer: D

Explanation: Inquiring about condom use is crucial for assessing risk for STIs. Understanding safe sex practices can help tailor preventive counseling and testing recommendations for the patient.

Question: 1003

A patient with chronic low back pain is prescribed a muscle relaxant. Which of the following side effects should the nurse practitioner monitor for?

- A. Hypotension
- B. Sedation
- C. Gastrointestinal bleeding
- D. Renal impairment

Answer: B

Explanation: Sedation is a common side effect of muscle relaxants, and patients should be monitored for drowsiness or impaired coordination.

Question: 1004

A woman at 26 weeks gestation is found to have mild anemia on routine screening. Which of the following is the most appropriate initial management?

- A. Iron supplementation
- B. Referral to a hematologist
- C. Increase dietary iron intake
- D. Blood transfusion

Answer: A

Explanation: Iron supplementation is the first-line treatment for mild anemia in pregnancy, as it helps replenish iron stores and improve hemoglobin levels.

Question: 1005

In assessing a woman's health risks, which lifestyle factor is most closely associated with an increased risk of developing type 2 diabetes?

- A. Inadequate sleep patterns
- B. High alcohol consumption
- C. High-stress levels
- D. Sedentary behavior

Answer: D

Explanation: Sedentary behavior is a significant risk factor for the development of type 2 diabetes, as physical inactivity contributes to obesity and insulin resistance, both of which are critical in diabetes pathophysiology.

Question: 1006

In terms of reproductive options for transgender men, which of the following statements is most accurate regarding fertility preservation methods?

- A. Sperm banking is a viable option prior to starting hormone therapy
- B. Fertility preservation methods are not necessary if testosterone therapy is initiated
- C. Egg freezing is the only option for transgender men who wish to conceive later
- D. There are no effective fertility preservation methods for transgender individuals

Answer: A

Explanation: Sperm banking is a viable option for transgender men prior to starting hormone therapy, allowing them to preserve fertility for future use, while also enabling family planning.

Question: 1007

In the management of a patient with allergic rhinitis, which of the following adjunctive therapies is most beneficial for reducing nasal congestion?

- A. Antihistamines
- B. Leukotriene receptor antagonists
- C. Decongestants
- D. Saline nasal sprays

Answer: C

Explanation: Decongestants are effective for relieving nasal congestion, while antihistamines primarily address sneezing and itching.

Question: 1008

In the context of pregnancy-related hypertension, which of the following blood pressure readings is classified as severe hypertension and may necessitate immediate intervention?

- A. 130/80 mmHg
- B. 160/110 mmHg
- C. 140/90 mmHg
- D. 150/100 mmHg

Answer: B

Explanation: A blood pressure reading of 160/110 mmHg is classified as severe hypertension, which can lead to serious complications such as eclampsia and necessitates immediate medical intervention to ensure maternal and fetal safety.

Question: 1009

A comprehensive skin examination reveals multiple nevi with irregular borders and varying colors. Which of the following characteristics raises the suspicion for melanoma?

- A. Symmetry of the lesions
- B. Diameter greater than 6 mm
- C. Uniform color throughout
- D. Presence of hair within the nevus

Answer: B

Explanation: A diameter greater than 6 mm is a classic warning sign for melanoma, particularly when combined with irregular borders and color variation.





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