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Question: 1

When conducting a physical assessment, which of the following findings would be of concern for an ambulatory care nurse?

- A. Slight tachycardia (heart rate of 100 bpm).
- B. Mildly elevated blood pressure (140/90 mmHg).
- C. Respiratory rate of 18 breaths per minute.
- D. Bilateral pedal edema.

Answer: D

Explanation: Bilateral pedal edema, which refers to swelling in both feet and ankles, can be indicative of various underlying conditions, such as heart failure or kidney disease. It requires further evaluation and intervention by the ambulatory care nurse to determine the cause and provide appropriate care.

Question: 2

Which of the following is an example of primary prevention in ambulatory care?

- A. Administering vaccinations to school-aged children.
- B. Providing smoking cessation counseling to a patient with lung cancer.
- C. Conducting regular blood pressure screenings for adults.
- D. Educating a patient with diabetes on proper foot care.

Answer: A

Explanation: Primary prevention focuses on preventing diseases or injuries before they occur. Administering vaccinations to school-aged children is an example of primary prevention, as it aims to prevent the occurrence of vaccine-preventable diseases by providing immunization at an early age.

Question: 3

In care coordination, which of the following actions demonstrates effective population management?

- A. Providing a patient with a list of community resources for support.
- B. Conducting regular diabetes education classes for a group of patients.
- C. Collaborating with a specialist to develop a patient's care plan.
- D. Referring a patient to a physical therapist for rehabilitation.

Answer: B

Explanation: Conducting regular diabetes education classes for a group of patients is an example of effective population management. It involves providing education and resources to a specific population with a shared health condition, promoting self-management, and improving overall health outcomes.

Question: 4

A patient with a chronic respiratory condition presents to the ambulatory care clinic with increased dyspnea and wheezing. Which medication would the nurse expect to administer initially?

- A. Corticosteroid inhaler.
- B. Anticholinergic inhaler.
- C. Beta-agonist inhaler.
- D. Leukotriene modifier.

Answer: C

Explanation: In the management of acute exacerbations of respiratory conditions, the initial medication choice is a short-acting beta-agonist inhaler.

This medication helps relieve bronchospasm and improve airflow, providing immediate relief to the patient's dyspnea and wheezing symptoms.

Question: 5

A patient presents to the ambulatory care clinic with acute appendicitis symptoms. What is the priority action for the nurse?

- A. Administer intravenous pain medication.
- B. Order a computed tomography (CT) scan.
- C. Prepare the patient for surgical intervention.
- D. Assess the patient's vital signs and abdominal exam.

Answer: D

Explanation: When a patient presents with acute appendicitis symptoms, the priority action for the ambulatory care nurse is to assess the patient's vital signs and perform an abdominal examination. These assessments help determine the severity of the condition and guide further interventions, such as pain management, diagnostic imaging, or surgical referral.

Question: 6

Which of the following interventions is specific to managing diabetes in ambulatory care?

- A. Administering nebulized bronchodilators.
- B. Initiating anticoagulation therapy.
- C. Teaching carbohydrate counting for meal planning.
- D. Performing wound debridement.

Answer: C

Explanation: Teaching carbohydrate counting for meal planning is a disease-specific intervention for managing diabetes in ambulatory care. It helps individuals with diabetes to understand and manage their carbohydrate intake, which is essential for blood glucose control and overall diabetes management.

Question: 7

During a telehealth triage, a patient reports severe abdominal pain, fever, and vomiting. What should the ambulatory care nurse do next?

- A. Advise the patient to go to the nearest emergency department.
- B. Schedule an in-person appointment for further evaluation.
- C. Recommend over-the-counter medication for symptomatic relief.
- D. Assess the patient's vital signs and ask additional questions.

Answer: A

Explanation: The patient's symptoms of severe abdominal pain, fever, and vomiting may indicate a potentially serious condition that requires immediate medical attention. In this case, the ambulatory care nurse should advise the patient to go to the nearest emergency department for further evaluation and treatment.

Question: 8

When evaluating treatment effectiveness for a patient with hypertension, which of the following is the optimal health indicator?

- A. Blood pressure within the target range.
- B. Decreased need for antihypertensive medications.
- C. Reduction in overall cholesterol levels.
- D. Increased exercise tolerance.

Answer: A

Explanation: The optimal health indicator for evaluating treatment effectiveness in a patient with hypertension is achieving and maintaining blood pressure within the target range. Blood pressure control is a key factor in reducing the risk of cardiovascular complications associated with hypertension.



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