Musculoskeletal

1. As your 85 year old patient’s nurse, you are concerned that her poor coordination might affect how her musculoskeletal system serves its purpose. Which of the following assessments would be appropriate reasoning by the nurse? Select all that apply.
   1. Unilateral arm weakness
   2. Subjective report – history of falls
   3. Paresthesia of the feet
   4. Subjective report – Is able to drive herself to appointments
2. You are assessing your patient’s musculoskeletal system. Which of the following responses would be alarming?
   1. “My last fall was 8 months ago, when I had pneumonia.”
   2. “I have never used an assistive walking device, because I feel that I don’t need one.”
   3. “I take metoprolol either once or twice a day, depending on how I’m feeling.”
   4. “I seldom feel weak in my arms or legs.”
3. Mallory thinks she twisted her ankle one day while playing with Gabriel on the playground. Which of the following would you assess for? Select all that apply.
   1. Color
   2. Pain
   3. Numbness
   4. Paralysis
   5. Tingling
4. Mallory says she hurt her ankle when she jumped off the playground onto the grass. Which of the following would be inappropriate teachings as her nurse?
   1. “You most likely strained your ankle; This is when the muscles and tendons stretch beyond the norm and cause pain.”
   2. “You may benefit from physical therapy in order to regain function and flexibility of your ankle.”
   3. “You should stay off your feet for 48 hours.”
   4. “Wrap your ankle (not too tight!) and rest it under a few pillows.”
5. Mallory follows your RICE treatment. Which of the following actions indicates a need for further education?
   1. Applying ice in twenty minute intervals, placing a cloth between the ice and skin
   2. Wrapping her ankle distally
   3. Uses two pillows at the end of her bed to prop her foot up
   4. Using an appropriate crutch on the affected side
6. Joey comes into your emergency department after a baseball game. He complains of shoulder pain, finger numbness and a tingling sensation. He reports that the pain had a sudden onset while he was batting. What is the most immediate action as the nurse?
   1. Aspirate the fluid
   2. Neurovascular assessment
   3. Send him to x-ray
   4. Closed manipulation
7. Joey states that he is very worried about his shoulder becoming infected and ruining his baseball career forever. His subluxation is not major, so which of the following treatments is the most important and immediate to suggest and educate him on?
   1. Short-term opioid use
   2. Closed reduction
   3. Open reduction
   4. Placement of pins within the affected extremity
8. Your mom suspects she has carpal tunnel in her wrist. Which of the following tests can you suggest for her to perform on her own at home? Select all that apply.
   1. Tinel’s sign: tapping the center of her wrist
   2. Nerve conduction study
   3. Holding hands together at chest, palms facing outward for one minute
   4. Repeating finger movements to see if there is pain
9. Your patient today has a scheduled Arthroscopy at 1100. Which of the following nursing interventions are appropriate for this patient? Select all that apply.
   1. NPO 12 hours pre-op
   2. NV assessment q1h post-op
   3. Compression bandage 2-4 weeks
   4. Assess site for redness, heat, and discharge
10. Suzy got diagnosed with a pathologic fracture in her left tibia. Which of the following statements made by Suzy would indicate a need for further education?
    1. “My fracture is considered closed.”
    2. “My fracture is caused by falling while ice skating yesterday.”
    3. “My fracture is considered linear, because the fracture is vertical along the bone.”
    4. “My history of an eating disorder may have contributed to this fracture.”
11. Your patient is currently implementing skeletal traction. They have been ordered immobile and in traction for the past 2 weeks. Which of the following nursing interventions is most appropriate?
    1. Perform ROM exercises for the upper extremities to prevent atrophy
    2. Educate the patient on pain management techniques
    3. Educate the patient on how to properly use crutches
    4. Assess the patient’s skin q2-4 hours
12. Your 75 year old patient is awaiting surgery for her hip fracture. You are required to set her into Buck’s Traction in order to reduce the fracture while she awaits surgery. Which of the following nursing interventions is correct regarding the set up of traction?
    1. Apply a 10 lb weight at the foot of the bed
    2. Apply a smaller weight at the head of the bed
    3. Place the affected leg in a lifted sling with pins
    4. Turn the patient on her affected side
13. You have three patients today. One is a thirteen year old male with a closed fracture. One is an elderly woman with a hip fracture and UTI. The other is an elderly man with a stage IV pressure ulcer. Which of the following patients would you be most concerned about osteomyelitis?
    1. Thirteen year old male
    2. Elderly woman
    3. Elderly man
    4. All of the above
14. Your patient is five days post-op for wound cleaning and debridement of an open humerus fracture. Which of the following findings would be most alarming to you?
    1. Oral temperature of 100.0
    2. Tenderness of incision site
    3. WBC count of 20,000
    4. Scant sersanginous drainage
15. You suspect osteomyletis in your post-op patient. Which of the following diagnostics would be appropriate to perform? Select all that apply.
    1. Bone biopsy
    2. X ray
    3. ESR
    4. Wound culture
16. Kaylee fractured her arm and it was previously treated with a cast. She has come into your facility with complaints of increasing pain and numbness of her fingers. Upon assessment, you find that her fingers are pallor and her arm is swollen. Which of the following nursing interventions is most appropriate?
    1. Elevate the extremity above the heart
    2. Apply a cold compress (ice) in 20 minute intervals
    3. Remove the cast
    4. Notify PCP
17. Which of the following would be the biggest concern for a post-op fasciotomy patient?
    1. Infection
    2. Pain
    3. Muscle atrophy
    4. Increasing pressure
18. Your patient just returned from a fracture reduction. Which of the following nursing interventions is most appropriate to prevent venous thromboembolism? Select all that apply.
    1. Ice/cold compressions in twenty minute intervals
    2. Compression socks
    3. Elevation
    4. ROM exercises
19. Your patient is a 30 year old male with a femur fraction. You assess him and note that he has an altered LOC and there is redness around the affected extremity. The client said that he felt as if he was going to die. Which of the following complications would you suspect?
    1. Venous thromboembolism
    2. Compartment syndrome
    3. Fat embolism syndrome
    4. Osteomyelitis
20. Meagan is having a rough day at work and she asks you what the best action for her is: “My patient is confused, is having difficulty breathing, and reports having a feeling of doom.” Which of the following responses gives the most accurate response to Meagan’s question?
    1. “Start IV fluids.”
    2. “Check the patient’s vital signs.”
    3. “Get them up and walk around to reorient them.”
    4. “Notify the provider ASAP.”
21. You are educating Jennifer on the different options for an arthroplasty of the hips. Which of the following statements would best educate Jennifer on her surgery?
    1. “Replacing the joints of the hips will improve all joints of the body due to the smooth movement of the hips.”
    2. “Opening the joint area on the front side of the body allows for a faster recovery, however it is more difficult for the surgeons to perform.”
    3. “Most patients end up receiving an anterior incision for their joint replacement due to the faster recovery.”
    4. “This joint replacement will eliminate pain from this area indefinitely.”
22. Jennifer is preparing to go to surgery for her hip replacement. Which of the following preparations should the nurse ensure are complete before the procedure? Select all that apply.
    1. Blood type and cross
    2. CBC
    3. Blood glucose level
    4. Administration of anticoagulants
23. After Jennifer’s surgery, the nurse has educated her on what activities she can and cannot do. Which of the following actions would indicate that Jennifer needs further education?
    1. Jennifer bends over 90\* to pick a pencil off the floor
    2. Jennifer sits with her legs straight out in the chair
    3. Jennifer sleeps with a triangle-shaped pillow in between her legs
    4. Jennifer stands in the cafeteria line with her heels together and toes pointed outward

Ear and Eye Disorders

1. Which of the following changes in the eye would you NOT expect as a normal part of aging?
   1. The pupil size becomes smaller
   2. The lens becomes yellow and cloudy
   3. The cornea becomes less transparent
   4. The optic nerve loses its ability to transmit light signals to the brain
2. Your elderly patient is not completely blind but has poor vision. Which of the following nursing interventions would be appropriate to best insure her safety? Select all that apply.
   1. Rearrange furniture for best flow
   2. Declutter the room
   3. Turn on the light
   4. Clean her glasses and give them to her
3. Gabriel falls while playing in the backyard and covers his left eye and cries. You inspect his injury and find that he has a small splinter of wood laying on top of his eye? As a nurse, what is the most appropriate response?
   1. Cover injury and apply pressure
   2. Nurse Gabriel to calm him down
   3. Rinse the eye with tap water
   4. Keep him reclined at a 45\* angle until hospital arrival
4. A woman comes into the clinic complaining of pink eye. Upon assessment, you find that she has mucopurulent discharge, irritation, and slight swelling. Upon palpation, the post-auricular and deep cervical lymph nodes are not felt, but the pre-auricular lymph node is enlarged. What is the best intervention as her nurse?
   1. Test for STI’s
   2. Request antibiotic eyedrops
   3. Educate the patient on seasonal allergy relief
   4. Request topical steroids
5. Which of the following is the most reasonable goal for a patient with retinopathy?
   1. Return vision to normal
   2. Treat the underlying cause
   3. Prevent blindness
   4. Improve vision with reading glasses
6. Your grandma complains of light flashes and floating objects in her field of vision. She reports no pain, but you notice she cannot see a wide range of peripheral vision. Which of the following suggestions would be best for her eye health?
   1. Educate on signs and symptoms of a precipitating migraine
   2. Light to moderate exercise to improve intraocular blood flow
   3. See her ophthalmologist as soon as possible
   4. Take it easy for a few days and see if it improves with time and rest
7. Blake complains of an earache. She is fussy and Morgan reports a fever of 100.8. What do you suspect is wrong with Blake?
   1. Otitis externa
   2. Otitis media
   3. Swimmer’s ear
   4. Obstruction
8. Meagan is confused about inner ear disorders. Which of the following are defining characteristics for inner ear disorders? Select all that apply.
   1. Vertigo
   2. Social isolation
   3. Sensorineural hearing loss
   4. Tinnitus
9. A client comes into your facility with complaints of vertigo. He states that he feels dizzy and nauseous. Upon assessment, you find that his vertigo is positional. Which of the following collaborative treatments would be most appropriate for this patient?
   1. Antihistamines and antivertigo medications
   2. Antiemetics
   3. Physical therapy
   4. Low sodium diet

Orthopedic Disorders 2

1. Mary noticed a painless, immobile lump on her son’s arm. Upon assessment, he was diagnosed with an osteochondroma. Mary is very anxious about her son’s chronic health. She states she is terrified of cancer. Which of the following statements best educate Jennifer on this tumor?
   1. “These tumors have high rates of metastasis, but treatment is very conventional.”
   2. “These tumors tend to have a gradual onset of pain and swelling, so it is a great thing you found it so early and sought treatment.”
   3. “These tumors have about a five percent chance that they will turn into cancer, so treatment often doesn’t require removal.”
   4. “These tumors tend to grow on the side of the bone rather than inside the bone, so removal is a fairly simple procedure.”
2. Your patient just received an x-ray and MRI to confirm malignant cancer in the bone. Which of the following lab results would you expect to see as well? Select all that apply.
   1. Increased calcium
   2. Increased alkaline phosphatase
   3. Depleted CBC
   4. Hemoglobin of 55
3. Shelby has had scoliosis most of her life. As her sister (and nurse by trade), you know that this condition puts her as risk for which of the following complications in the future?
   1. Intervertebral disk disease
   2. Cauda Equina syndrome
   3. Acute low back pain
   4. Spinal stenosis
4. Your patient is diagnosed with intervertebral disk disease. Which of the following assessment findings would you be likely to find? Select all that apply.
   1. Decreased deep tendon reflexes
   2. Radiating pain to the butt and knee
   3. Lower back pain in the lumbar section
   4. Systemic inflammation
5. The same man with intervertebral disk disease finds out he will be having surgery later this afternoon. Based on what you know as a nurse, which of the following complications most likely occurred?
   1. Successful conservative treatment
   2. Progressive weakness
   3. Osteosarcoma
   4. Cauda Equina syndrome
6. This same patient underwent laminectomy and is back on your unit. Which of the following assessments would not be critical to his care?
   1. Monitor urine output
   2. Monitor for headaches
   3. Monitor blood glucose
   4. Monitor VS
7. Which of the following actions of a patient with rheumatoid arthritis indicates a need for further education?
   1. Getting advised immunizations
   2. Using a heat pad for painful joints during exacerbation
   3. Eating a balanced diet
   4. Exercising but not only until the point of pain

Orthopedic Disorders 3

1. Pawpaw says he had an acute exacerbation of gout a few years ago and asks you how he can prevent this painful arthritis from returning. Which of the following responses would help educate him on this disease?
   1. “Eliminate common triggers, like alcohol and stress.”
   2. “Decrease your fluid intake to prevent the buildup of crystals within joints.”
   3. “Drink a glass of wine each evening.”
   4. “Eat a diet high in purines, such as meat livers.”
2. A woman comes into your clinical with the following complaints: a red rash spreading across her cheeks, hair loss, joint pain, and sensitive eyes and skin. You take blood samples to send off to the lab. Which of the following lab values would you NOT expect to see with this patient?
   1. Positive ANA
   2. Increased ESR
   3. Decreased CRP
   4. Decreased creatinine
3. Your patient has localized systemic sclerosis. Which of the following assessments would be abnormal to find?
   1. Stiff finger joints
   2. Shiny skin of the face
   3. Raynaud’s phenomenon in the fingers
   4. Low urine output
4. Grandpa is sitting in the recliner eating candy corn while he watches the football game. Grandma says he is “getting over some pneumonia” right now and they have a home-health nurse visiting. He begins to cough. What is the most appropriate action for the nurse?
   1. Sit him up in a 90\* angle
   2. Educate him on the proper way to cough and remove phlegm
   3. Administer a cough suppressant
   4. Perform the Heimlich maneuver

Cardiovascular Assessment

1. Your patient has a blockage in the right coronary artery. Which of the following would be a concern to you in means of their heart health?
   1. Decreased blood flow to SA node
   2. Increased mean arterial pressure
   3. Increased heart rate
   4. Increased risk for hypertrophy of myocardial cells
2. If there were to be a blockage in the left coronary artery, it would occur in which of the following? Select all that apply.
   1. Left posterior ascending
   2. “Left Main”
   3. Left circumflex
   4. Left anterior Descending
3. A patient with atherosclerosis would have which of the following effects on cardiac output?
   1. Increased preload and afterload
   2. Preload would stay the same and afterload would increase
   3. Decreased preload and afterload
   4. Preload would increase and afterload would stay the same

1. BC

2. C

3. ABCDE

4. A

5. D

6. B

7. C

8. AC

9. ABD

10. B

11. D

12. A

13. B

14. C

15. ABCD

16. D

17. A

18. BCD

19. C

20. D

21. B

22. AB

23. A

24. D

25. BCD

26. D

27. A

28. B

29. C

30. B

31. ACD

32. A

33. C

34. AB

35. A

36. ABC

37. D

38. C

39. B

40. A

41. C

42. D

43. D

44. A

45. BCD

46. B