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**AANPCB Adult-Gerontology Primary Care Nurse
Practitioner**



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Question: 1

A 17-year-old girl reports several months of recurrent crampy lower-abdominal pain that tends to ease after a bowel movement. Her stools alternate between looser and firmer, symptoms flare around school examinations, and she has no rectal bleeding, no nocturnal symptoms, and no weight loss. Growth is normal and her abdominal and rectal examinations are unremarkable. Which diagnosis is most likely?

- A. Ulcerative colitis
- B. Celiac disease
- C. Irritable bowel syndrome
- D. Lactose intolerance

Answer: C

Question: 2

A 39-year-old man with limited English proficiency has poorly controlled hypertension. At prior visits his teenage daughter interpreted, and the NP is unsure whether the medication instructions were understood. He reports taking his pills only sometimes and cannot describe the schedule. He has no cognitive concerns.

Which is the most appropriate step to address the communication barrier?

- A. Continue relying on the daughter, who already knows the family situation.
- B. Provide written English-only instructions for him to translate at home.
- C. Simplify to a single daily pill without confirming what he currently understands.
- D. Use a professional medical interpreter to confirm his understanding.

Answer: D

Question: 3

A 40-year-old previously healthy woman with no recent antibiotic use and no comorbidities presents with a few days of fever, productive cough, and focal crackles. Her vital signs are stable and she has no features warranting hospitalization.

Which empiric outpatient antibiotic choice is most appropriate?

- A. A respiratory fluoroquinolone as first-line therapy
- B. A macrolide or doxycycline as monotherapy

- C. A beta-lactam combined with a macrolide
- D. Oral corticosteroids with no antibiotic

Answer: B

Question: 4

A 52-year-old woman reports activity-related knee pain with brief morning stiffness. She has no joint warmth, systemic symptoms, or instability, and she is overweight. Which plan is most appropriate as initial management?

- A. Order a knee MRI to confirm the osteoarthritis diagnosis.
- B. Prescribe a scheduled oral opioid for chronic pain control.
- C. Begin a systemic corticosteroid taper for symptom relief.
- D. Advise structured exercise, weight loss, and a topical NSAID.

Answer: D

Question: 5

A 65-year-old woman presents with steady right-upper-quadrant pain that began after a fatty meal and has now persisted for most of a day. She is febrile and nauseated. On examination she catches her breath during deep palpation beneath the right costal margin (a positive Murphy sign). Which diagnosis is most likely?

- A. Acute calculous cholecystitis
- B. Gastroesophageal reflux disease
- C. Uncomplicated biliary colic
- D. Right lower-lobe pneumonia

Answer: A

Question: 6

A 70-year-old man with extensive lifetime sun exposure has several rough, scaly, pink macules on his balding scalp. Among them is one lesion that has become a firm, tender, enlarging nodule with central ulceration over the past two months. Which lesion feature most warrants biopsy to evaluate for skin cancer?

- A. The rough, scaly texture of the flat pink macules.
- B. The location on sun-exposed balding scalp.
- C. The pink color of the flat lesions.

D. The firm, enlarging, ulcerated nodule.

Answer: D

Question: 7

A 72-year-old woman is seen for a transition visit a few days after hospital discharge for pneumonia. She hands over her new discharge medication list and also has her pre-hospital list. She reports she is feeling better.

What is the most appropriate first step in evaluating her transition of care?

- A. Refer her to pulmonology for ongoing respiratory management.
- B. Schedule her routine annual health-maintenance screenings.
- C. Compare her discharge and pre-hospital medication lists.
- D. Order repeat chest imaging today to confirm radiographic resolution.

Answer: C

Question: 8

An 80-year-old woman with atrial fibrillation and coronary disease develops sudden, severe, diffuse abdominal pain over a few hours. She has vomited once and reports the pain feels far worse than her exam suggests. Her abdomen is soft with only mild diffuse tenderness and no guarding or rigidity. Which diagnosis should be considered most urgently?

- A. Acute mesenteric ischemia
- B. Uncomplicated diverticulitis
- C. Acute gastroenteritis
- D. Simple constipation

Answer: A

Question: 9

An 82-year-old woman on several daily medications is reassessed for suboptimal chronic-disease control. She has mild hand arthritis and mild forgetfulness and reports that she sometimes cannot open her bottles and loses track of which pills she has already taken.

Which is the most appropriate first intervention to support her adherence?

- A. Stop several of her medications immediately without reassessment.
- B. Provide an adherence aid such as a weekly pill organizer.
- C. Tell her to concentrate harder on remembering her daily pills.

D. Increase her medication doses to make up for the missed ones.

Answer: B

Question: 10

The daughter of a 74-year-old woman reports her mother has recently been missing bill payments and has twice taken her medications incorrectly. The patient still bathes, dresses, and feeds herself without help.

Which type of assessment best characterizes the reported difficulties?

- A. An instrumental activities of daily living (IADL) assessment.
- B. A visual acuity screen used on its own.
- C. A basic activities of daily living (ADL) assessment.
- D. A focused assessment of her physical pain symptoms.

Answer: A

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