

# Nursing

AACN-PCCN

*American Association of Critical-Care Nurses: Progressive Care Certified Nurse*

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## Question: 1

Trousseau sign is considered to be positive when carpopedal spasm is produced in response to occlusion of circulation to the extremity for:

- A. Three minutes
- B. One minute
- C. 30 seconds
- D. 90 seconds

**Answer: A**

Explanation:

Correct answer: Three minutes

Trousseau sign is considered to be positive when carpopedal spasm is produced in response to occlusion of circulation to the extremity for three minutes.

Trousseau sign is an indication of latent tetany in which carpal spasm occurs when the upper arm is compressed, as by a tourniquet or a blood pressure cuff. Trousseau sign is positive in conditions such as hypocalcemia and hypomagnesemia.

Reference:

Burns, Suzanne M. AACN Essentials of Progressive Care Nursing, Fourth Edition. Pg 379.

## Question: 2

Which of the following refers to the suffering that occurs when individuals feel compelled to act in ways they think are unethical?

- A. Ethical stress
- B. Moral distress
- C. Ethical distress
- D. Moral stress

**Answer: B**

Explanation:

Correct answer: Moral distress

Moral distress refers to the suffering that occurs when individuals feel compelled to act in ways they think are unethical.

Reference:

Burns, Suzanne M. AACN Essentials of Progressive Care Nursing, Fourth Edition. Pg 191.

### Question: 3

Planning in the process of ethical analysis includes:

- A. Choosing a plan and acting
- B. Anticipating objections
- C. Identification of what harm or good occurred as a result of the action
- D. Identification of the risks and benefits likely to arise from each action

**Answer: D**

Explanation:

Correct answer: Identification of the risks and benefits likely to arise from each action

Planning in the process of ethical analysis includes identification of the risks and benefits likely to arise from each action.

Choosing a plan and acting and anticipating objections are parts of implementation; identifying what occurred as a result of the action is part of evaluation.

Reference:

Burns, Suzanne M. AACN Essentials of Progressive Care Nursing, Fourth Edition. Pg 199.

### Question: 4

Which of the following is an immunosuppressive agent given following cardiac transplantation to patients with renal insufficiency because it is renal sparing?

- A. Muromonab-CD3
- B. No immunosuppressive agents are currently available which are renal sparing
- C. Cyclosporine
- D. Basiliximab

**Answer: D**

Explanation:

Correct answer: Basiliximab

Basiliximab (Simulect) is an immunosuppressant and is an IL-2 antagonist. It is given to patients before cardiac transplantation and then 2 to 4 days postoperatively.

Adverse effects of cyclosporine include nephrotoxicity. Muromonab-CD3 is a monoclonal antibody that may be used to reverse acute rejection following cardiac transplantation, but it is rarely used.

Reference:

Burns, Suzanne M. AACN Essentials of Progressive Care Nursing, Fourth Edition. Pg 487-488.

### Question: 5

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Elements that serve as a foundation for addressing ethical problems include:

- A. Institutional policies, insurance regulations, and government directives
- B. Ethical principles, community standards, and institutional policies
- C. Professional codes and standards, institutional policies, and ethical principles
- D. Patient preferences, professional standards, and community mores

**Answer: C**

Explanation:

Correct answer: Professional codes and standards, institutional policies, and ethical principles

These elements serve as a foundation for addressing ethical problems. Elements such as community mores, insurance regulations, and government directives do not provide foundational support for addressing the problem of ethical decision-making.

Reference:

Burns, Suzanne M. AACN Essentials of Progressive Care Nursing, Fourth Edition. Pg 191.

### Question: 6

An aortic aneurysm dissection begins with a tear in which of the following?

- A. The tunica adventitia
- B. The lamina
- C. The media
- D. The intima

**Answer: D**

Explanation:

Correct answer: The intima

The aorta is made up of three layers: the intima, the media, and the tunica adventitia. Dissection of an aortic aneurysm begins with a tear in the intima. Blood leaves the central aorta through this tear and flows through the medial layer and creates a false lumen. As the volume of blood increases in the media, pressure in the false lumen also increases and compresses the central aorta. The compression can decrease or totally obstruct the flow of blood through the aorta and/or its arterial branches.

The lamina is part of the neural arch of a vertebra.

Reference:

Burns, Suzanne M. AACN Essentials of Progressive Care Nursing, Fourth Edition. Pg 481.

### Question: 7

When reviewing discharge instructions with a patient who is going home with new orders for dabigatran, the nurse includes all of the following information except:

- A. Monitoring parameters will include hemoglobin, hematocrit, aPTT, ecarin clotting time (ECT), and signs of active bleeding

- B. If the patient has difficulty swallowing the capsule, it can be opened and the contents taken with a small bite of soft food such as applesauce
- C. The medication is usually taken twice daily
- D. The medication is indicated for stroke prevention and for the prevention of systemic embolism

**Answer: B**

Explanation:

Correct answer: If the patient has difficulty swallowing the capsule, it can be opened and the contents taken with a small bite of soft food such as applesauce

It is important to note that dabigatran capsules cannot be opened for oral or feeding tube administration.

Dabigatran prevents stroke and blood clots in patients who have nonvalvular atrial fibrillation. This medicine is an anticoagulant (blood thinner). In clinical trials, this medication was superior to warfarin in reducing the risk for systemic embolism and stroke with comparatively lower minor bleed risk. Dabigatran also has the potential for use as VTE prophylaxis after total hip or knee replacement surgery, as well as in the treatment of pulmonary embolism and DVT. The usual dose of dabigatran is 150 mg PO twice daily.

Reference:

Burns, Suzanne M. AACN Essentials of Progressive Care Nursing, Fourth Edition. Pg 185.

### Question: 8

Corticosteroids are immediately given in high doses postoperatively following cardiac transplant, then tapered over the next:

- A. 6 months
- B. 12 months
- C. 3 months
- D. 4 weeks

**Answer: A**

Explanation:

Correct answer: 6 months

Corticosteroids are immediately given in high doses postoperatively following cardiac transplant, then tapered over the next six months.

If the patient experiences two or more episodes of acute rejection, he or she remains on a maintenance dose.

Reference:

Burns, Suzanne M. AACN Essentials of Progressive Care Nursing, Fourth Edition. Pg 488.

### Question: 9

The most common cause of small bowel obstruction is:

- A. Adhesions due to previous surgery
- B. Malignant tumors
- C. Inflammatory bowel disease
- D. Hernias

**Answer: A**

Explanation:

Correct answer: Adhesions due to previous surgery

The most common cause of a small bowel obstruction (SBO) is adhesions due to previous surgery.

Hernias, malignant tumors (peritoneal implants), and inflammatory bowel disease are other causes of SBO. Malignant tumors are the second most common cause of small bowel obstructions.

Reference:

Burns, Suzanne M. AACN Essentials of Progressive Care Nursing, Fourth Edition. Pg 358.

### Question: 10

Which of the following cited the principle of double effect in a decision that distinguished palliative care from assisted suicide?

- A. The United States Senate
- B. The American Nurses Association
- C. The Code for Nurses
- D. The US Supreme Court

**Answer: D**

Explanation:

Correct answer: The US Supreme Court

The principle of double effect states that if an action has both a good and bad effect, a person is justified in taking that action if the intent was the good effect. The bad effect was a possible (but not certain) outcome of the action, and there was no additional course of action which could produce the good effect and avoid the bad one.

Reference:

Burns, Suzanne M. AACN Essentials of Progressive Care Nursing, Fourth Edition. Pg 204.

### Question: 11

The framework of principle-based ethics is one of the most influential perspectives in biomedical ethics today. Inherent in this viewpoint, is the belief that four basic principles and derivative rules are binding, but not absolute, and define the essence of ethical obligations in human society. Which of the following is included in the derivative rules?

- A. Nonmaleficence
- B. Privacy
- C. Justice

D. Beneficence

**Answer: B**

Explanation:

Correct answer: Privacy

The primary principles outlined by the principle-based approach to ethics are:

- Respect for persons (autonomy)
- Nonmaleficence
- Justice
- Beneficence

The derivative rules or imperatives include:

- Privacy
- Confidentiality
- Fidelity
- Veracity

Reference:

Burns, Suzanne M. AACN Essentials of Progressive Care Nursing, Fourth Edition. Pg 194.

### Question: 12

The result of phase I of heart failure is:

- A. Increased vascular volume
- B. Ventricular hypertrophy
- C. Decreased stroke volume
- D. Increased ventricular wall stress

**Answer: C**

Explanation:

Correct answer: Decreased stroke volume

Decreased stroke volume occurs as a result of phase I of heart failure secondary to an initial insult to the myocardium.

As a result of phase II of heart failure, weakened myocytes, ventricular hypertrophy, increased arteriolar resistance, increased ventricular wall stress, and increased vascular volume, occur in an effort to maintain adequate cardiac output.

Reference:

Burns, Suzanne M. AACN Essentials of Progressive Care Nursing, Fourth Edition. Pg 228, 231.

### Question: 13

The plasma protein that becomes the fibrin clot is:

- A. Globulin
- B. Fibrinogen

- C. Prothrombin
- D. Albumin

**Answer: B**

Explanation:

Correct answer: Fibrinogen

Fibrinogen is the plasma protein that becomes the fibrin clot. The fibrinogen level is tested during evaluation for bleeding disorders.

Prothrombin is converted into thrombin in the formation of a fibrin clot.

Reference:

Burns, Suzanne M. AACN Essentials of Progressive Care Nursing, Fourth Edition. Pg 326.

### Question: 14

The most common cause of respiratory failure in acutely ill patients is:

- A. Pneumonia
- B. Pulmonary hypertension
- C. Asthma
- D. Chronic obstructive pulmonary disease

**Answer: A**

Explanation:

Correct answer: Pneumonia

The most common cause of respiratory failure in acutely ill patients is pneumonia.

Pneumonia is the most common respiratory infection and the most common cause of respiratory failure in acutely ill patients.

Reference:

Burns, Suzanne M. AACN Essentials of Progressive Care Nursing, Fourth Edition. Pg 267.

### Question: 15

The management of patients with acute exacerbation of hypertension focuses on three primary goals. Which of the following is not included in these primary objectives?

- A. Maintenance of cerebral perfusion pressure
- B. Evaluation and treatment of target organ damage
- C. Preparation and planning for continuous and consistent outpatient follow up
- D. Reduction of arterial pressure

**Answer: A**

Explanation:



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Correct answer: Maintenance of cerebral perfusion pressure

Maintenance of cerebral perfusion pressure is imperative during treatment of acute, severe hypertensive crises and overly aggressive pharmacological management may lead to cerebrovascular compromise related to a rapid drop in systemic arterial pressure. However, this is not one of the three primary objectives of management for the patient with acute exacerbation of hypertension.

Reference:

Burns, Suzanne M. AACN Essentials of Progressive Care Nursing, Fourth Edition. Pg 240-241.

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