

Nursing

ANCC-AMB-BC
Ambulatory Care Nursing Certification

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Question: 1

When the Rinne test for hearing deficits is conducted, sound is normally heard:

- A. Twice as long through the air as through the bone
- B. Twice as long through the bone as through the air
- C. The same duration of time through the air as through the bone
- D. Through the bone but not through the air

Answer: A

Explanation:

The Rinne test evaluates bone and air conduction and is carried out by holding a vibrating tuning fork on the mastoid bone and measuring the time until the sound ceases. Then the vibrating tuning fork is held at the external ear and the time is measured again until the sound ceases. If there is conductive hearing loss, the sound is heard longer through the bone. If there is sensorineural hearing loss, the sound is heard longer through the air.

Question: 2

The best source of information about consumer product recalls, such as for cars seats, is:

- A. Centers for Disease Control and Prevention
- B. Consumer Product Safety Commission
- C. Agency for Toxic Substances and Disease Registry
- D. Environmental Protection Agency

Answer: B

Explanation:

The best source of information about consumer product recalls, such as for car seats, is the Consumer Product Safety Commission, which maintains a database and website. The website contains a list of recall lawsuits that the CPSC has brought in order to seek mandatory recalls. The CPSC provides safety education and descriptions of regulations, laws, and standards. The CPSC is responsible for administering federal laws enacted to protect consumers, such as the Consumer Product Safety Act, the Consumer Product Safety Improvement Plan, the Child Safety Protection Act, and the Poison Prevent Packaging Act.

Question: 3

According to Occupational Safety and Health Administration (OSHA) regulations, if a

workplace-related injury results in hospitalization, loss of an eye, or amputation, OSHA must be notified within:

- A. 72 hours
- B. 48 hours
- C. 24 hours
- D. 12 hours

Answer: C

Explanation:

OSHA must be notified of a workplace-related death within 8 hours. OSHA is part of the Department of Labor and is charged with ensuring safe, healthful working conditions and setting and enforcing workplace standards. OSHA covers most employers in the private sector, but state and federal safety regulations also generally conform to OSHA standards.

Question: 4

A patient who was having lab work prior to chemotherapy became very angry when the needle puncture hurt and insisted to the ambulatory care nurse that the lab technician was incompetent, to which the nurse replied, "It sounds as though that triggered a lot of feelings." This is an example of:

- A. De-escalating
- B. Redirecting
- C. Side-tracking
- D. Placating

Answer: B

Explanation:

If a patient became very angry and focused on an unpleasant event (pain during lab testing) and the nurse stated, "It sounds as though that triggered a lot of feelings," this is an example of redirecting. The nurse is attempting to redirect the patient's thoughts and responses from the event itself to feelings about the event, such as feelings of anger, discomfort, frustration, and fear. This shifts the focus back to the patient and encourages the patient to share feelings.

Question: 5

A patient with obstructive sleep apnea complains of difficulty falling asleep with the CPAP device because the pressure feels uncomfortable. The best suggestion is likely for the patient to:

- A. Wait until very sleepy to apply the mask.
- B. Use the ramp function.
- C. Decrease the pressure.

D. Try a different type of mask.

Answer: B

Explanation:

The ramp function of a CPAP slowly increases the pressure over a period of time to allow the patient to adjust. If the patient feels anxious when wearing the mask, sometimes practicing relaxation exercises can help the patient to fall asleep. In some cases, the mask may be uncomfortable and may be interfering with sleep because it is poorly fitted.

Question: 6

If a young adult patient states, "I just can't let my parents know that I am pregnant. They will be so upset," which of the following is a therapeutic response that shows active empathetic listening?

- A. "You feel afraid that your parents won't be supportive."
- B. "You believe you can't tell your parents."
- C. "What is the worst that could happen if you tell them?"
- D. "I'm sure that your parents will get over it."

Answer: A

Explanation:

If a patient states, "I just can't let me parents know that I am pregnant. They will be so upset," a therapeutic response that shows active empathetic listening is: "You feel afraid that your parents won't be supportive." An empathetic response focuses on the feelings of the patient regarding the situation (in this case the pregnancy), based on both verbal and nonverbal communication. Active listening recognizes that everything the patient says and does communicates and that people can perceive the same thing in different ways.

Question: 7

If an older adult with Alzheimer's begins to exhibit repetitive verbal and physical behavior, such as repeatedly yelling, "Help, help, help, help" and trying to leave, the best way for the ambulatory care nurse to deal with this behavior is usually with:

- A. Physical restraints
- B. Chemical restraints
- C. Diversion
- D. Reasoning

Answer: C

Explanation:

If an older adult with Alzheimer's begins to exhibit repetitive verbal and physical behavior, such as repeatedly yelling, "Help, help, help, help" and trying to leave, the best way to deal with this behavior is usually with diversion. The ambulatory care nurse should try to engage the patient in an activity, such as looking at pictures in a magazine, or give the patient some item or treat to focus on. Reasoning with a patient with advanced Alzheimer's disease is usually not effective, and restraints often make behavior worse.

Question: 8

If a patient has a diagnosis of macular degeneration with vision impairment and the ambulatory care nurse must provide information about treatment, the nurse should:

- A. Provide all information verbally.
- B. Ask the patient about the degree of vision impairment.
- C. Provide information in large print.
- D. Provide both verbal and print information.

Answer: B

Explanation:

If a patient has a diagnosis of macular degeneration with vision impairment and the ambulatory care nurse must provide information about treatment, the nurse should first ask the patient about the degree of vision impairment and then decide on the best method of presentation. Patients with macular degeneration rarely become completely blind, and the degree of vision impairment may vary widely depending on whether the condition affects one eye or both and whether the macular degeneration is wet or dry.

Question: 9

An older patient complains of chronic constipation, which the patient has been self-managing with stimulant laxatives and enemas. The patient has been advised to stop using these treatments. The best initial approach to resolve chronic constipation is:

- A. Increased dietary fiber
- B. Bulk laxatives
- C. Magnesium-containing laxatives
- D. Surfactant laxatives (stool softeners)

Answer: A

Explanation:

If an older patient complains of chronic constipation, which the patient has been self-managing with stimulant laxatives and enemas, and the patient has been advised to stop these treatments, the best initial approach to resolve chronic constipation is increased dietary fiber, with 15 g of fiber per day usually required for effectiveness. The bloating and flatus associated with bran usually subsides within a month of use. If this is not effective, the next approach is a bulk laxative, such as sorbitol, which retains fluid in the bowel and softens the stool.

Question: 10

If an ambulatory care nurse in a correctional facility is interviewing a prisoner who has been diagnosed with antisocial personality disorder and the patient states that the other healthcare providers have repeatedly failed to treat his health problems, the nurse should:

- A. File a complaint.
- B. Tell the patient he is lying.
- C. Attempt to verify the patient's complaints.
- D. Ignore the patient.

Answer: C

Explanation:

If an ambulatory care nurse in a correctional facility is interviewing a prisoner who has been diagnosed with antisocial personality disorder and the patient states that the other healthcare providers have repeatedly failed to treat his health problems, the nurse should attempt to verify the patient's complaints. Patients with antisocial personality disorder tend to be manipulative and deceitful, but no complaints should be dismissed out of hand. Patients with antisocial personality disorder almost never take responsibilities for their problems but blame others and lack insight.

Question: 11

A group in which all members share certain traits, such as all patients with heart disease, is classified as a(n):

- A. Heterogeneous group
- B. Homogeneous group
- C. Task group
- D. Closed group

Answer: B

Explanation:

A group in which all members share a certain trait, such as all patients with heart disease, is classified as a homogeneous group. Although the members may be quite varied (male, female, old, young), they all have the same disorder, and this is the primary focus of the group. The group may be further categorized as closed if no further members are allowed or open if other members can join.

Question: 12

A primary obstacle to implementing shared governance at all levels within the nursing department of an ambulatory care center is:

- A. Differing levels of knowledge/experience
- B. Reluctance to participate
- C. Time required for participation
- D. Distrust of administrative motives

Answer: A

Explanation:

A primary obstacle to implementing shared governance at all levels within the nursing department of an ambulatory care center is the differing levels of knowledge and experience. Since most nursing is carried out within a hierarchical structure in which those at the top make decisions, many nurses have little experience making decisions based on research and careful consideration of alternatives. They may have spent little time working in groups or committees. Staff may need ongoing education in order to fully contribute to shared governance.

Question: 13

If a patient is receiving moderate sedation for an invasive procedure, the patient should:

- A. Respond to verbal commands although sometimes slowly.
- B. Arouse after repeated or painful stimuli.
- C. Not respond to stimuli.
- D. Respond normally.

Answer: A

Explanation:

If a patient is to receive moderate sedation for an invasive procedure, the patient should respond to verbal commands although sometimes slowly. The patient should have no memory of the procedure or discomfort and should require no assistance with respiratory effort. Cardiovascular function should remain normal. Moderate sedation is often referred to as "conscious sedation" and is the type of sedation commonly used for colonoscopy and various other procedures.

Question: 14

According to the Needlestick Safety and Prevention Act (2000), each institution must maintain a needlestick and injury log that includes (1) a description of how the incident occurred and the extent of the injury, (2) the brand and type of product involved, and (3):

- A. Insurance information of the injured party
- B. Referral to the state workers' compensation board
- C. Assignment of blame for the incident
- D. The location where the incident occurred

Answer: D

Explanation:

An injury log must include the location where the incident occurred. All incidents involving needles and sharps must be reported and documented even if no serious injury or illness occurred as a result of the incident. All employees with possible exposure to bloodborne pathogens should receive a hepatitis B vaccination.

Question: 15

In the initial or orientation phase of a group for which the ambulatory care nurse is serving in the role of leader, the nurse is expected to:

- A. Act as facilitator
- B. Resolve conflicts
- C. Foster cohesiveness
- D. Promote trust

Answer: D

Explanation:

In the initial or orientation phase of a group for which the ambulatory care nurse is serving in the role of leader, the nurse is expected to promote trust and encourage participation. The nurse may describe the group processes and rules and review the overall goals of the group, but it's important not to overwhelm a group with too much information during this initial phase when the members are unsure of whom to trust and how to act.

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