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Question: 1

A 7-year-old female is newly diagnosed with celiac disease. What is the best choice for a carbohydrate food source for this patient?

- A. Baked potato.
- B. Pasta.
- C. Bread.
- D. Saltine crackers.

Answer: A

Explanation:

Only the potato is a suitable source of carbohydrate for a person with celiac disease. Celiac disease is an allergic sensitivity to gluten in wheat products. Pasta, bread, and saltine crackers are all made with flour, which contains gluten.

Question: 2

The parents of a newborn male ask you about the benefits of circumcision. It is appropriate to inform them that circumcision seems to decrease the risk of transmission of which of the following sexually transmitted diseases?

- A. Human papillomavirus (HPV).
- B. Syphilis.
- C. HIV.
- D. Hepatitis C.

Answer: C

Explanation:

Circumcision has been shown to decrease the rates of transmission of HIV but does not affect rates of syphilis, HPV, or hepatitis C.

Question: 3

A 15-year-old female is diagnosed with a newly acquired infectious disease. Which of the following is NOT a mandatory reportable disease to the health department?

- A. TB.
- B. Varicella.
- C. Syphilis.

D. Rabies.

Answer: B

Explanation:

Varicella (chickenpox) is not a reportable disease, and most children are vaccinated for varicella: however, the CDC requires reporting of T B, syphilis, and rabies as these are public health concerns.

Question: 4

Following an exposure to a TB-infected family member, a twelve-year-old male is screened for TB with a PPD (Mantoux) test. After administration of the test, when should he be brought back for reading of the result?

- A. 24 to 36 hours.
- B. 36 to 48 hours.
- C. 48 to 72 hours.
- D. 72 to 96 hours.

Answer: C

Explanation:

PPD tests should be read 48 to 72 hours after administration. Any sign of induration is measured.

Induration of 15 mm or blistering is a positive finding for general screening, but if the person has been exposed to someone with active T B, then 10 mm induration is considered positive.

Question: 5

A newborn is scheduled for a chloride sweat test. For which genetic disorder does this test screen?

- A. Muscular dystrophy.
- B. Cystic Fibrosis.
- C. Trisomy 18.
- D. Fragile X.

Answer: B

Explanation:

A chloride sweat test is used in the diagnosis of cystic fibrosis, which affects excretion of sodium and chloride in the sweat. A child with cystic fibrosis will have up to 5 times the normal level of sodium and chloride in his sweat.

Question: 6

A teenage female at a school health clinic asks the nurse what she can do to prevent contracting the human papilloma virus (HPV). All of the following would be considered suitable means of prevention EXCEPT:

- A. abstinence.
- B. condom use.
- C. gardasil vaccine.
- D. intrauterine devices.

Answer: D

Explanation:

IUD's offer no protection for HPV and only provide birth control. Abstinence, condom use, and Gardasil vaccine, recommended for girls/women ages 9 to 26, all provide protection against HPV.

Question: 7

Which of the following children has a fracture most likely caused by abuse?

- A. 6-month-old with a spiral fracture of the femur.
- B. 5-year-old with a wrist fracture.
- C. 8-year-old with a clavicle fracture.
- D. 15-year-old with an avulsion fracture of the ankle.

Answer: A

Explanation:

Spiral fractures in children are considered due to abuse until proven otherwise. These fractures result from a twisting force that the child would not be able to perform on her own.

Question: 8

Which of the following conditions increases the risk of testicular cancer?

- A. Undescended testes.
- B. Umbilical hernia.
- C. Inguinal hernia.
- D. Hiatal hernia.

Answer: A

Explanation:

An undescended testis increases the risk of testicular cancer in adulthood in the affected testis as well as the contralateral testis. Hernias are unrelated to incidence of testicular cancer.

Question: 9

A 2-year-old client with a corneal abrasion needs to be examined. What is the best positioning for this client?

- A. Restrained on papoose board.
- B. Restrained by parent on gurney.
- C. Under sedation in an operative room.
- D. Held on a parent's lap

Answer: D

Explanation:

Difficult examinations should be initially Attempted while the child is sitting on a parents lap. This will allow examination while under the calming care of the parent. Restraints are psychologically traumatic and should be used as a last resort only. Sedation in the operating room is not necessary.

Question: 10

Following a diagnosis of cystic fibrosis in their infant child, the parents should be educated in all of the following EXCEPT:

- A. genetic counseling.
- B. sign language.
- C. home chest percussions.
- D. dietary modifications.

Answer: B

Explanation:

CF is not directly associated with deafness, so education in sign language is not indicated although repeated treatment with antibiotics (aminoglycosides) can cause sensorineural hearing deficit. Cystic fibrosis is an autosomal recessive disease and the parents should receive genetic counseling about the risk of the disease in future offspring. CF has both pulmonary and pancreatic manifestations so chest percussions and dietary modifications would be appropriate.



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