

The NP is conducting a well-child visit for a 14-year-old adolescent. In alignment with clinical practice guidelines, which of the following best reflects appropriate depression screening practice?

Answers: A - D

A Perform annual depression screening using a validated tool, such as the Beck Depression Inventory



B Delay screening until age 18



C Screen only if the adolescent has a family history of depression or anxiety



D Defer screening unless the adolescent reports symptoms such as persistent sadness or suicidal thoughts



The correct answer is: **A. Perform annual depression screening using a validated tool, such as the Beck Depression Inventory**

Step-by-Step Explanation:

1. **Clinical Practice Guidelines:**

- According to the U.S. Preventive Services Task Force (USPSTF) and the American Academy of Pediatrics (AAP), it is recommended that adolescents aged 12 to 18 years be screened for depression annually in primary care settings when systems are in place to ensure accurate diagnosis and appropriate follow-up.

2. **Screening Tools:**

- Validated tools such as the Patient Health Questionnaire-9 (PHQ-9) modified for adolescents or the Beck Depression Inventory are recommended for this purpose.

A 7-year-old child is brought to the clinic by a parent who reports recent changes in behavior, including frequent nightmares, refusal to go to school, and increased irritability. What is the most appropriate initial clinical response by the NP?

Answers: A - D

A Recommend disciplinary strategies to manage the child's defiance



B Suggest melatonin and a strict bedtime routine to manage sleep disturbances



C Conduct a thorough behavioral and developmental assessment and screen for possible mental health concerns



D Reassure the parent that these behaviors are normal for the child's age and advise observation



The correct answer is: **C. Conduct a thorough behavioral and developmental assessment and screen for possible mental health concerns**

Step-by-Step Explanation:

1. **Presentation:**

- The child has *recent changes in behavior*: frequent nightmares, refusal to go to school, increased irritability.
- These symptoms may indicate an underlying mental health issue such as anxiety, depression, trauma, or other behavioral/emotional concerns.

2. **Best Practice:**

- The initial approach when significant behavioral changes are noted is to conduct a comprehensive assessment.
- Guidelines recommend *thorough evaluation* before assuming the cause is simply discipline, sleep hygiene, or normal development.

A 63-year-old male presents with a 3-day history of productive cough, fever, and fatigue. He reports a 20-year history of smoking. His temperature is 101.8°F, respiratory rate is 22, and auscultation reveals crackles in the right lower lung field. A chest X-ray shows consolidation in the right lower lobe. "What information belongs in the assessment section of the EHR?"

Answers: A - D

A "Start azithromycin 500 mg PO on day 1, then 250 mg daily for 4 days"

B "Community-acquired pneumonia localized to the right lower lobe"

C "Vital signs notable for fever and tachypnea; crackles auscultated in RLL; CXR shows consolidation"

D "Patient reports fatigue, fever, and cough with yellow sputum for the past 3 days"

The correct answer is:

B. "Community-acquired pneumonia localized to the right lower lobe"

Step-by-Step Explanation:

1. **Assessment Section of the EHR** contains the provider's medical diagnoses, interpretations, and clinical judgments based on the objective and subjective findings.
2. **Option B:** States the clinical diagnosis, which fits in the assessment section.
3. **Other options:**
 - **A:** Describes the treatment plan, which belongs to the **Plan** section.
 - **C:** Lists physical findings and test results, which should be in the **Objective** section.
 - **D:** Describes the patient's symptoms, which belong in the **Subjective** section.

During the HEENT portion of an exam, the NP tests a patient's auditory acuity and notes diminished hearing in the right ear. What is the most appropriate next step?

Answers: A - D

A Perform the Romberg test

B Palpate the mastoid process for tenderness

C Conduct Weber and Rinne tests

D Inspect the tympanic membrane with an otoscope

The correct answer is:

C. Conduct Weber and Rinne tests

Step-by-Step Explanation:

1. **Clinical Situation:**
The patient has diminished hearing in one ear, as noted during the HEENT exam.
2. **Next Step:**
The most appropriate next step is to determine the type of hearing loss (conductive vs. sensorineural).
3. **Weber and Rinne Tests:**
 - **Weber Test:** Places a vibrating tuning fork on the midline of the skull to see if sound is heard equally in both ears or is lateralized.
 - **Rinne Test:** Compares air conduction and bone conduction using a tuning fork to differentiate between conductive and sensorineural hearing loss.
4. **Why Not the Other Options?**
 - **A (Romberg test):** Assesses balance, not specifically hearing loss.
 - **B (Palpate mastoid):** Useful if concern for mastoiditis, but not the next initial step for diminished hearing.
 - **D (Otoscope):** Inspection is important, but after confirming the type of hearing loss, further assessment may be guided by those findings.