

1. Question: Which finding best supports a new diagnosis of heart failure in a client with known coronary artery disease and diabetes?

- A. Clear lung sounds trace protein and urine in a history of obesity.
- B. Normal pro BNP and blood pressure of 140 over 88.
- C. BNP level of 780 and shortness of breath with exertion.
- D. Elevated potassium and peaked T waves.

Answer: C. BNP level of 780 and shortness of breath with exertion

2. Question: Which diagnostic finding is most indicative of reversible myocardial ischemia in a client with suspected stable angina?

- A. Coronary artery calcium score of 300 with no perfusion deficits.
- B. Stress-induced ST segment depression and normalization of perfusion on rest imaging.
- C. Fixed luminal narrowing on coronary angiography without collateral circulation.
- D. Resting echocardiogram showing diffuse hypokinesis and reduced ejection fraction.

Answer: B. Stress-induced ST segment depression and normalization of perfusion on rest imaging.

3. Question: Which assessment finding is most consistent with developing coronary artery disease in an older adult client?

- A. Sudden onset of unilateral lower extremity weakness.
- B. Warm, well-perfused extremities and brisk capillary refill.
- C. Occasional shortness of breath during exertion and an S3 heart sound.
- D. Chronic productive cough and inspiratory wheezes.

Answer: C. Occasional shortness of breath during exertion and an S3 heart sound

4. Question: Which non-pharmacologic intervention is most effective in directly improving lipid profiles?

- A. Regular moderate to vigorous physical activity three to four days a week.
- B. A diet emphasizing high protein, organic vegetables, and low carb intake.
- C. Annual cholesterol screening in adults under 40 with no risk factors.
- D. Reducing caffeine intake.

Answer: A. Regular moderate to vigorous physical activity three to four days a week.

5. Question: Which client is at highest risk for developing coronary artery disease?

- A. A 42-year-old male with hypertension and a family history of early CAD.
- B. A 59-year-old female with mild asthma and seasonal allergies.
- C. A 35-year-old female with no medical history who occasionally exercises.
- D. A 28-year-old male who drinks alcohol daily and follows a vegetarian diet.

Answer: A. A 42-year-old male with hypertension and a family history of early CAD.

6. Question: Which assessment finding is most indicative of peripheral artery disease in a client reporting leg pain with activity?