

Question 1

A 68-year-old man with hypertension has a blood pressure of 152/88 mmHg at three separate office visits despite lifestyle modifications. What is the most appropriate next step?

- A. Continue lifestyle modifications for another year
- B. Start antihypertensive medication in addition to lifestyle modifications
- C. Refer immediately to cardiology
- D. Recommend bed rest

Answer: B

Question 2

Which medication is generally recommended as a first-line treatment for uncomplicated primary hypertension?

- A. Clonidine
- B. Hydrochlorothiazide
- C. Hydralazine
- D. Digoxin

Answer: B

Question 3

A 72-year-old woman reports dizziness when standing. Her seated BP is 138/76 mmHg and standing BP is 112/68 mmHg. What is the most likely diagnosis?

- A. Essential hypertension
- B. Orthostatic hypotension
- C. White-coat hypertension
- D. Hypertensive urgency

Answer: B

Question 4

Which lifestyle modification has the greatest average effect on lowering blood pressure in overweight adults?

- A. Vitamin supplementation
- B. Weight loss
- C. Increased caffeine intake
- D. High-protein diet alone

Answer: B

Question 5

A patient has a fasting LDL-C of 205 mg/dL. According to current lipid management recommendations, the NP should:

- A. Repeat the lipid panel in one year only
- B. Initiate high-intensity statin therapy after evaluation for secondary causes
- C. Recommend fish oil alone
- D. Avoid medication because the patient is asymptomatic

Answer: B

Question 6

Which finding is most suggestive of heart failure?

- A. Isolated ankle sprain
- B. Bilateral lower-extremity edema with exertional dyspnea
- C. Intermittent tension headaches
- D. Dry skin

Answer: B

Question 7

Which laboratory test is most helpful when evaluating suspected heart failure?

- A. BNP or NT-proBNP
- B. Hemoglobin A1c
- C. PSA
- D. Uric acid

Answer: A

Question 8

A patient with atrial fibrillation has a CHA₂DS₂-VASc score indicating elevated stroke risk. What is the priority management consideration?

- A. Daily aspirin alone for all patients
- B. Stroke prevention with appropriate anticoagulation, if indicated
- C. Immediate pacemaker placement
- D. Antibiotic therapy

Answer: B

Question 9

A 65-year-old smoker presents with chronic cough and progressive dyspnea. Which diagnosis is most likely?

- A. COPD
- B. Migraine
- C. Appendicitis
- D. Peptic ulcer disease

Answer: A

Question 10

Which test confirms persistent airflow obstruction in COPD?

- A. Chest X-ray
- B. Spirometry after bronchodilator administration
- C. CBC
- D. Pulse oximetry alone

Answer: B

Question 11

Which vaccine is recommended for adults aged 65 years and older to reduce the risk of pneumococcal disease?

- A. HPV vaccine only
- B. Age-appropriate pneumococcal vaccination per current CDC recommendations
- C. MMR booster for everyone
- D. Yellow fever vaccine routinely

Answer: B

Question 12

Which symptom is most characteristic of stable angina?

- A. Sharp pain lasting several hours unrelated to activity
- B. Chest discomfort triggered by exertion and relieved by rest
- C. Pain only after meals
- D. Constant pleuritic pain

Answer: B

Question 13

Which medication is commonly prescribed for rapid relief of stable angina symptoms?

- A. Nitroglycerin (sublingual)
- B. Warfarin
- C. Amoxicillin
- D. Omeprazole

Answer: A

Question 14

An older adult presents with acute fever, productive cough, and focal crackles. What is the most likely diagnosis?

- A. Community-acquired pneumonia
- B. Allergic rhinitis

- C. GERD
- D. Sinus headache

Answer: A

Question 15

What is the most important first step in evaluating dizziness in an older adult?

- A. Prescribe meclizine immediately
- B. Obtain a focused history and perform a targeted physical examination
- C. Start antibiotics
- D. Order MRI for every patient

Answer: B

Question 16

Which medication class is associated with an increased risk of hyperkalemia?

- A. ACE inhibitors
- B. Antacids
- C. Acetaminophen
- D. Antihistamines

Answer: A

Question 17

A patient taking warfarin develops black, tarry stools. What is the most appropriate action?

- A. Reassure the patient
- B. Advise immediate medical evaluation for possible gastrointestinal bleeding
- C. Recommend an over-the-counter antacid
- D. Continue the medication without assessment

Answer: B

Question 18

Which intervention has the greatest impact on reducing cardiovascular risk in a patient who smokes?

- A. Vitamin C supplementation
- B. Smoking cessation
- C. Increasing dairy intake
- D. Daily multivitamins

Answer: B

Question 19

Which patient should be evaluated for secondary causes of hypertension?

- A. Blood pressure well controlled on one medication
- B. New-onset severe or resistant hypertension, especially at a young age
- C. Mildly elevated blood pressure after exercise
- D. Normal blood pressure

Answer: B

Question 20

Which finding is most consistent with peripheral arterial disease (PAD)?

- A. Calf pain during walking that improves with rest
- B. Shoulder pain after sleeping awkwardly
- C. Finger swelling after trauma
- D. Low back pain with prolonged sitting

Answer: A

Question 21

Which bedside test is commonly used to screen for peripheral arterial disease?

- A. Romberg test
- B. Ankle-brachial index (ABI)