

NR601 Week 5 quiz--- got a 96%

1. **Question:** A 70-year-old patient has a TSH of 7.8mIU/L and normal free T4. She has no significant symptoms. What is the most appropriate management approach?
 - a. Begin levothyroxine 75mcg daily
 - b. **Monitor TSH levels and reassess symptoms periodically**
 - c. Start desiccated thyroid extract due to age-related risk
 - d. Refer to endocrinology for combination therapy.

2. **Question:** A patient continues to report hypothyroid symptoms despite a normal TSH level of levothyroxine. What is the next best step?
 - a. Add liothyronine (T3) or consider combination therapy
 - b. **Increase the levothyroxine dose**
 - c. Discontinue levothyroxine and monitor labs
 - d. Switch to desiccated thyroid extract immediately

3. **Question:** A 49-year-old patient is newly diagnosed with T2DM. Which of the following referrals should the outpatient nurse practitioner prioritize at diagnosis to support comprehensive diabetes management?
 - a. Cardiology, nephrology, podiatry
 - b. Psychology, nephrology, endocrinology
 - c. **Dietician, ophthalmology, certified diabetes care and education specialist (CDES)**
 - d. Endocrinology, psychology, ophthalmology

4. **Question:** Which of the following patients is most appropriate for levothyroxine therapy based on current treatment guidelines?
 - a. 72-year-old female with TSH of 7.2mIU/L and no thyroid autoantibodies
 - b. 35-year-old male with TSH of 5.5mIU/L and no symptoms
 - c. **29-year-old female with TSH of 11.2mIU/L and fatigue**
 - d. 64-year-old male with TSH of 5.8mIU/L and normal free T4

5. Question: A nurse practitioner is assessing a patient with fatigue, cold intolerance, constipation, and weight gain. These symptoms are most consistent with which condition?

- a. Depression
- b. Anemia
- c. **Hypothyroidism**
- d. Hyperthyroidism

6. Question: A 52-year-old patient newly diagnosed with T2DM has no history of cardiovascular, renal, or hepatic disease. Which of the following is the most appropriate initial pharmacologic treatment based on ADA guidelines?

- a. **Metformin (Glucophage)**
- b. Tirzepatide (Mounjaro)
- c. Pioglitazone (Actos)
- d. Sitagliptin (Januvia)

7. Question: Which of the following accurately defines menopause?

- A. First occurrence of irregular menstrual cycle due to hormonal fluctuations
- B. The time between the last menstrual period and initiation of hormone replacement therapy
- C. **Permanent cessation of menstruation after 12 months of amenorrhea due to loss of ovarian function**
- D. Absence of menses for 6 consecutive months in a woman over 50

8. Question: Which of the following is most likely to cause an immediate onset of menopause?

- a. Daily nicotine use
- b. **Surgical removal of the ovaries**
- c. Thyroid dysfunction
- d. Chemotherapy

9. Question: Which of the following physical exam findings is most consistent with hypothyroidism?

- a. **Alopecia and bradycardia**
- b. Diaphoresis and tremors
- c. Tachycardia and oily skin
- d. Jaundice and petechiae