

1. In addition to resting tremors, bradykinesia, rigidity and asymmetric onset, which of the following is also a primary feature of Parkinson's Disease?
 - a. Improved muscle flexibility
 - b. Downward gaze
 - c. Responsiveness to levodopa pg 509
 - d. A slapping gait

2. According to the current AHA/ASA guidelines recommendation, initiation of blood pressure treatment as secondary stroke prevention measure is indicated for which patient below?
 - a. A patient with a systolic BP 140 mmHg (or higher) and diastolic 90 mmHg (or higher) pg 392
 - b. A patient who is taking eliquis for the treatment of atrial fibrillation
 - c. Any older with history of hyperlipidemia who is taking a statin drug
 - d. A patient with left diastolic heart failure

3. Which of the following is a strategy that family caregivers can use to enhance the health of their older adult family members?
 - a. Avoid the diagnosis and treatment of "extra" health problems to decrease the stress of dealing with new problems
 - b. Alleviate extra visits to the primary care provider to maintain preventative health measures
 - c. Cease activities that the older adult cannot start to avoid frustration
 - d. Make it possible to maintain the familiar environment of "home" for as long as possible. Pg 10 box 1.2

4. Which patient is most at risk for developing irregular sleep-wake phase disorder?
 - a. Older adults who eat red meat in the evening prior to bedtime
 - b. Individuals with dementia or stroke pg 312
 - c. Older adults living alone
 - d. Middle-aged adults who have been hospitalized for more than one week

5. Which of the following older adults is most likely to develop a sleep disorder because of medication?
 - a. An older adult male with hyperlipidemia taking atorvastatin 40 mg orally once a day pg 309 box 31.3
 - b. An older adult male with pernicious anemia taking vitamin B12 supplements mg orally once a day
 - c. An older adult female taking levothyroxine 25 mcg orally once a day (insomnia)
 - d. An older adult taking vitamin C, zinc, and magnesium supplements

6. The FNP has an older adult female who is experiencing dizziness complete the Dizziness Handicap Inventory while in the office to determine the magnitude of functional, emotional, and physical problems associated with vestibular impairment. The

results indicate that the dizziness is having a significant impact on the patient's quality of life. Before prescribing Meclizine (antivert), the FNP recognizes that: pg 222

- a. Meclizine (antivert) can be used to treat all causes of dizziness in older adults
 - b. Meclizine (antivert) often makes dizziness symptoms worse in the older adults
 - c. Meclizine (antivert) is contraindicated for any older adult who has a hemorrhagic stroke
 - d. Meclizine (antivert) is the first-line drug for the treatment of vestibular impairment in older adults
7. Which of the following medication should be used as a first line medication for smoking cessation? pg 44
- a. All of the medications are considered first-line treatments for smoking cessation
 - b. Varenicline (chantix)
 - c. Nicotine replacement therapy with gum
 - d. Buspirone SR
8. An older adult male with dementia is being asked to make a decision about having a surgical procedure. Which of the following questions would be appropriate for the FP to ask the patient to ensure that the patient understands relevant information about the surgical procedure? pg 71 box 8.2
- a. "What do you believe would happen if you decided not to have the surgical procedure?"
 - b. "Tell me how you reached the decision to have the surgery?"
 - c. "Have you made a decision about the treatment options that we discussed?"
 - d. "Tell me in your own words about what I told you about the surgical procedure"
9. The importance of recognizing pre-frailty in older adults along the frailty spectrum is that:
- a. It helps to determine the type of psychiatric medications that may need to be initially prescribed
 - b. It allows for the realization that the older adult will continue to progress to a more frail state
 - c. It predicts the likelihood that the older adult will be placed in a nursing home
 - d. It reduces mortality associated with the progression to frail status pg 293
10. Which of the following is true regarding the use of Levodopa in Parkinson's disease?
- a. A neurological referral is required before the FNP initiates Levodopa administration
 - b. A definite response to Levodopa not necessarily required for a diagnosis of Parkinson's disease
 - c. It usually improves the motor symptoms of Parkinson's disease pg 510
 - d. Levodopa has less of an impact on the improvement of motor symptoms and more impact on the individual's mentation
11. Which is the least likely factor to cause male erectile dysfunction?

- a. Hypogonadism
- b. Vascular disease
- c. Antidepressant medication
- d. Hypothyroidism pg 321

12. Which of the following is an element of informed consent? pg 70

- a. All of the above
- b. Assuring voluntariness
- c. Disclosing information
- d. Assessing competency

13. AR is an older adult male with a long-standing history of Type 2 Diabetes Mellitus who reports nighttime incontinence and swelling in his feet. Four months ago, he was started on Gabapentin 300 mg 1 tab orally three times a day for diabetes-related polyneuropathy. He also has a history of hypertension (taking Metoprolol 25 mg tab orally twice a day), osteoarthritis (taking Acetaminophen 500 mg extra-strength tab orally as needed for back pain) and benign prostatic hypertrophy (taking Tamsulosin 0.4 mg 1 tab once a day). During the medication review, the NP discovers which medication below is most likely contributing to his incontinence?

- a. Metoprolol
- b. Gabapentin
- c. Tamsulosin pg 504 (it over-relaxes bladder muscles)
- d. Acetaminophen

14. J.L. is an older adult female who is diagnosed with an uncomplicated urinary tract infection. Which of the following is considered a first-line treatment option?

- a. TMP/SMZ DS orally twice a day x 14 days
- b. Levofloxacin 750 mg once a day orally x 7 days
- c. Nitrofurantoin 100 mg orally twice a day x 5 days pg 476
- d. Cipro 100 mg twice a day orally x 7 day

15. For most older adults with urinary incontinence, the first line treatment is:

- a. Pharmacological therapy
- b. Surgery
- c. Behavioral therapy pg 238
- d. Minimally invasive procedures

16. A retired older adult male would like to return to the workforce on a part-time basis. When applying at the local hardware store, the manager on duty acknowledged that a part-time position was open, but conveyed concern about the older male being able to perform the required job duties (e.g, lifting and moving heavy objects). Based on this information, what has the manager exhibited?

- a. Ageism pg 7
- b. Racism

- c. Saxisim
 - d. Pessimism
17. An older adult female has opted not to retire at age 65 years and continues to volunteer at her local food bank at least three times a week. Which theory below aligns with her behaviors?
- a. Cognitive development theory
 - b. Disengagement theory
 - c. Activity theory pg 8
 - d. Developmental theory
18. The patient has a history of dementia, however the family states that there is a definite change. What course of action would the AGPCNP consider?
- a. Order vitamin B12 levels and thyroid functioning pg 185
 - b. Potassium level
 - c. Order a non-contrast head CT.
 - d. Order doppler studies
19. The CURB-65 (confusion, urea level, respiratory rate, blood pressure, and age >65 years) tool may be used in the primary care setting to determine if the patient can be treated for community-acquired pneumonia (CAP) in the outpatient setting. What CURB-65 findings below would indicate that the patient may be treated in the outpatient setting rather than being hospitalized?
- a. Patient has a respiratory rate >30 breaths/minutes
 - b. Patient has a respiratory rate >30 breaths/minute and is ≥65 years of age
 - c. Patient is > 65 years of age and has a BP of 90/60 mmHg
 - d. Patient experiences disorientation to person, place and time, a blood pressure 90/60 mmHg
- Pg 166 table 16.3, criteria to meet outpatient is 2 points
20. A.D. is an older adult female with a long-standing history of cardiovascular disease who has recently been diagnosed with major depressive disorder. What is the appropriate treatment approach?
- a. Continue current treatment plan
 - b. Prescribe a benzodiazepine
 - c. Refer for counseling
 - d. Prescribe a serotonin reuptake inhibitor (SSRI) pg 202
21. An older adult male (62 years of age) is receiving his annual wellness exam in the primary care office. While collecting the patient's history, the patient reports that he had a pneumococcal vaccine at age 58 years of age. Based on this information, what should the FNP do?
- a. Administer the pneumococcal vaccine at today's visit and a second dose in one month