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Introduction

Welcome to the *Ambulatory Care Nursing Review Questions, 5th edition*, published by the American Academy of Ambulatory Care Nursing (AAACN). This set of practice test items is designed to assist ambulatory care nurses in assessing their knowledge of the practice of ambulatory care nursing. Professional nurses should take every opportunity to advance their expertise, skills, and knowledge, and use tools such as this publication to assess their knowledge gaps and learn from studying the answers.

All review questions, answers, and their associated page numbers (found in the back of the booklet) are based on the *Core Curriculum for Ambulatory Care Nursing, 4th*

edition (Laughlin & Witwer, 2019), a AAACN publication. Using the *Core Curriculum* as the companion to this set of review questions is highly recommended.

This edition of the *Review Questions* has been updated to reflect the latest test content outline of the Ambulatory Care Nursing Certification Exam of the American Nurses Credentialing Center (ANCC) published in 2017. The 180 multiple-choice items follow the same format as the questions on the ANCC Ambulatory Care Nursing Certification Exam. The multiple-choice items are grouped into five domains of practice corresponding to those on the examination. The content in each of the domains and the percentage of questions are drawn directly from the test content outline as published by ANCC at the time of this writing (see Table 1).

Table 1.
Domains of Practice, ANCC Ambulatory Care Nursing Certification Test Content Outline, 2017

Category	Domains of Practice	Number of Questions	Percent
I	Clinical Practice	76	50.67%
II	Communication	34	22.67%
III	Professional Role	9	6.00%
IV	Systems/Legal and Regulatory	16	10.67%
V	Education	15	10.00%
Total		150	100.00%

Exam Information

For further information about the Ambulatory Care Nursing Certification Exam offered by ANCC, contact ANCC at 800-284-2378 or visit the ANCC website at <https://www.nursingworld.org>.

The exam is computer-based, containing 175 questions, 150 of which are scored and 25 are pilot questions. The test-taker does not know which questions are scored and which are not. Complete application and testing information may be found online at the ANCC website. Nurses can apply throughout the year and take the test any time within a 90-day window after the application is approved by ANCC. The test may be taken at Prometric testing centers (www.prometric.com/ancc).

Further information about the test content, some sample questions, and references used by the test item writers may also be found at the ANCC website <https://www.nursingworld.org>.

The American Academy of Ambulatory Care Nursing offers an array of exam preparation resources:

- *Ambulatory Care Nursing Orientation and Competency Assessment Guide, 3rd edition*
- *Core Curriculum for Ambulatory Care Nursing, 4th edition*
- *Scope and Standards of Practice for Professional Ambulatory Care Nursing, 9th edition*
- *Scope and Standards of Practice for Professional Telehealth Nursing, 6th edition*

Additionally, AAACN offers other exam preparation resources including the *Ambulatory Care Nursing Certification Review Course*. The all-day review course is taught live at the AAACN Annual Conference. The course is also available in the AAACN Online Library (<https://library.aaacn.org/aaacn>), and through a group access program for multiple groups of nurses. The course can also be presented at your location – call the AAACN National Office for details. An *Ambulatory Care Nursing Certification Review Course Syllabus* is also available.

Recommendations for Using These Review Questions

1. Complete all multiple-choice items or focus upon the items specific to one or more of the categories (see Table 1).
2. Read each multiple-choice item carefully and circle your answer on the Answer Sheets provided at the end of this publication.
 - Try to answer the question before reading options.
 - Underline key words.
 - Do not read anything more into the question or options than what is there; do not over analyze.
 - If unsure of the answer, use logic to rule out options that could be correct versus those that are definitely incorrect.
 - Select options that reflect a nursing judgment.
 - If two answers are correct, choose the one that causes the other to occur.
 - Select options that are correct without exception.
 - When evaluating difficult test questions, mark out the options you think are wrong.
 - Avoid options that are true statements, but do not answer the question.
3. Check for the correct answers using the Answer Key located at the end of this publication. For further information about the topic addressed in the question and the rationale for the answer given, reference the *Core Curriculum for Ambulatory Care, 4th edition*, and the page listed.
4. There is no passing score for this assessment. Reward yourself for the items you answer correctly. Review those items that you answer incorrectly to determine your areas for further study.

Reference

- Laughlin, C.B., & Witwer, S.G. (Eds.). (2019). *Core curriculum for ambulatory care nursing* (4th ed.). American Academy of Ambulatory Care Nursing.

68. Which of the following measures might be included in the patient's postoperative instructions to aid in the prevention of respiratory complications?
- Use of vascular compression devices
 - Use of incentive spirometer
 - Over-the-counter multivitamin
 - Use of patient-controlled analgesia pump
69. The postoperative period begins when the patient enters the Post Anesthesia Care Unit (PACU) and ends:
- At discharge.
 - Upon arrival home.
 - When healing is complete.
 - When released by primary provider.
70. Prior to the administration of palliative sedation, the following guidelines should be established **except**:
- Death should be imminent and expected within days or hours.
 - Patient or caregiver should be educated on the expectations and goals of sedation.
 - A do-not-resuscitate order must be in place; however, hydration and other life prolonging therapies may continue.
 - There is confirmation the patient is gravely suffering.
71. Which of the following pharmacologic options may be helpful in addressing anorexia in terminally ill adults?
- Corticosteroids, cannabinoids, and progestational agents
 - Benzodiazepines, opioids, and metoclopramide
 - Benzphetamine, phentermine, and cannabinoids
 - Corticosteroids, pegfilgrastim, and cannabinoids
73. Mr. Peterson starts to question the meaning of his life and the contribution to society he has made. The nurse recognizes there needs to be further investigation and discussion of his feelings. This sense of helplessness, hopelessness, meaninglessness, regret, and fear in patients at the end of life may be an indication of:
- Anxiety and agitation.
 - Emotional incapacitation.
 - Spiritual distress.
 - Existential distress.
74. A terminally ill patient may experience nociceptive pain which is described as:
- A sensation of burning, tingling, or radiating electrical currents.
 - Throbbing, aching, spastic, and cramping.
 - Usually chronic and less responsive to opioid drugs.
 - Perceived pain.
75. The following are benefits of early palliative care referrals **except**:
- It allows time to establish and repair relationships between patient and family.
 - It facilitates immediate discussions about the process of death and dying.
 - Patients referred early to palliative care have fewer emergency visits and hospitalizations.
 - Early palliative care has been shown to increase patient and caregiver satisfaction.
76. CRIES is a validated and acceptable tool for assessing pain in patients less than 3 years of age. CRIES stands for:
- Crying, Restless, Irritable, Emotional, Sad.
 - Crying, Requires oxygen for saturation below 95%, Increased vital signs, Expression, and Sleeplessness.
 - Crying, Restless, Inconsolable, Eating less, Somber.
 - Crying, Respiratory rate, Inconsolable, Emotional, Sleepy.
77. The nurse can help terminally ill patients who may become despondent and withdrawn by:
- Suggesting options for the family to assist with distraction.
 - Providing information about how other patients have coped with terminal illness.
 - Recommending a reduction in pain medication to increase engagement with family.
 - Encouraging grief counseling consistent with patient wishes.

Questions 72 and 73 pertain to the same scenario.

72. Mr. Peterson is a 74-year-old patient with stage IV lung cancer that has metastasized to the bone. In assessing Mr. Peterson, the nurse should be aware of possible barriers to adequate pain management which include:
- Resignation that he has terminal cancer and that nothing helps and nothing can be done.
 - His health care team is open to homeopathic remedies.
 - Mr. Peterson's refusal to accept that complete pain relief is unrealistic considering his prognosis.
 - His use of prayer to help him forget about his pain.

78. Mrs. James, a 43-year-old patient in the clinic, was recently diagnosed with rheumatoid arthritis. Her current symptoms include fatigue, mild pain, and stiffness in her fingers, especially in the morning. Her treatment goals include which of the following?
- Remission, avoiding joint and organ damage, and avoiding disability
 - Preparation for joint replacement surgery which will likely be required in the next year
 - Annual medical visits since her symptoms are mild
 - Medication adherence, reducing physical activity, and annual medical visits
79. Rheumatoid arthritis is more commonly seen in:
- Elderly, thin, Caucasian women.
 - Middle-aged women.
 - Middle-aged Caucasian men.
 - Asian women, usually over the age of 55.
80. Which of the following are appropriate treatments for patients with dementia?
- Exercise, music, cognitive, and behavioral therapies
 - Home evaluation to assess for safety of appliances and presence of smoke detectors
 - Referral to caregiver support resources
 - Use of alternative therapies such as herbal remedies shown to be effective with dementia
81. Dementia care strategies that include providing warm, soft textures; using smooth, slow movements; and remaining in the patient's central field of vision are especially important in what stage of dementia?
- Mild
 - Moderate
 - Late
 - End-stage
82. Which of the following elements is **not** a core dimension of the RN Care Coordination and Transition Management (CCTM[®]) role?
- Advocacy
 - Spiritual care
 - Population health management
 - Patient-centered care planning
83. Mrs. Smith is being dismissed from the hospital setting. She continues to struggle with management of COPD and has no family living nearby. Which of the following would **not** be considered typical transitional care services?
- The nurse plans to work with Mrs. Smith over the next year to help her better manage her condition.
 - The nurse reaches out to Mrs. Smith while in the hospital to let her know of transitional care services.
 - The nurse coaches Mrs. Smith in how to more effectively self-manage.
 - The nurse helps the patient identify community resources that may be beneficial in her care.
84. John, an RN CCTM in a primary care practice, is working with Tara, a 5-year-old patient with severe asthma. John is frustrated because Tara has missed her last two appointments. John is concerned about Tara's well-being. What is the **best** response John should make in this situation?
- John does nothing and follows his clinic's policy that after two "no-shows" no further appointments are made until the patient reaches out.
 - John reviews the electronic health record (EHR) to make sure Tara's family was aware of the appointments.
 - John reviews the EHR and notes that Tara's primary caregiver works day shift at the local nursing home.
 - John uses multiple ways to reach out such as portal and phone to check on Tara's status and identify appointment barriers.
85. Maria is an RN CCTM providing transition services utilizing the Care Transitions Intervention (CTI) model. Which of the following actions by Maria would be most consistent with application of the CTI model?
- Offers to set up medications to ensure adherence to the plan.
 - Sends a portal message to a patient to set up a clinic appointment.
 - Sets up home health services if needed for the patient.
 - Works with the patient to develop a plan of action if symptoms worsen.

Ambulatory Care Nursing Review Questions Answer Sheet #1-90

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