FAMILY NURSE PRACTITIONER PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

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How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

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Questions

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1. **Which pharmacologic therapy is appropriate for a patient diagnosed with trichomoniasis?**

   A. Metronidazole (Flagyl)

   B. Ceftriaxone sodium (Rocephin)

   C. Doxycycline hyclate (Vibramycin)

   D. Clotrimazole (Gyne-Lotrimin)

2. **During a well child visit, what condition should be ruled out if a white reflection is seen in a child's pupil while checking for the red reflex?**

   A. Unilateral strabismus

   B. Unilateral cataracts

   C. Retinoblastoma of the left eye

   D. Color blindness of the left eye

3. **What is the condition most likely indicated by frequent episodes of daydreaming and "blacking out" behavior in a child?**

   A. A partial seizure

   B. An absence seizure (petit mal seizure)

   C. A grand mal seizure

   D. A jacksonian seizure

4. **Which foods are recommended for a menopausal woman with osteopenia to increase calcium and vitamin D intake?**

   A. Yogurt and sardines

   B. Spinach and red meat

   C. Cheese and red meat

   D. Low-fat cheese and whole grain

5. **In a fundoscopic exam, how do the sizes of arterioles and veins compare?**

   A. The veins are smaller than the arterioles

   B. The arterioles are larger than the veins

   C. The veins are larger than the arterioles

   D. They are equal in size

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6. Which condition is characterized by marked scalp tenderness and loss of vision?

A. Cluster headache

B. Migraine headache with aura

C. Migraine headache without aura

D. Giant cell arteritis

7. At what age should children start to develop a preference for one hand over the other?

A. Birth to 3 months

B. 3 to 6 months

C. 6 to 12 months

D. 12 to 24 months

8. Which of the following is NOT considered an instrumental activity of daily living (IADL)?

A. Grocery shopping

B. Managing one's finances

C. Using a telephone and a computer

D. Grooming and hygiene

9. Following a positive anti-hepatitis C virus test, which test is most appropriate for follow-up?

A. HCV RNA

B. HCV antibodies

C. HCV core antigen

D. Hepatitis C surface antigen

10. What is the best description of Cullen's sign?

A. A reddish-purple discoloration that is located on the flank area

B. A bluish discoloration or bruising that is located on the umbilical area

C. The onset of hyperactive bowel sound before the onset of ileus

D. The acute-onset subcutaneous bleeding seen during acute pancreatitis

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Answers

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1. A
2. C
3. B
4. A
5. C
6. D
7. C
8. D
9. A
10. B

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Explanations

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1. Which pharmacologic therapy is appropriate for a patient diagnosed with trichomoniasis?

A. Metronidazole (Flagyl)

B. Ceftriaxone sodium (Rocephin)

C. Doxycycline hyclate (Vibramycin)

D. Clotrimazole (Gyne-Lotrimin)

Metronidazole is the appropriate pharmacologic therapy for a patient diagnosed with trichomoniasis because it is an effective antimicrobial agent specifically indicated for the treatment of this sexually transmitted infection. Trichomoniasis is caused by the protozoan parasite Trichomonas vaginalis, and metronidazole is well-known for its efficacy against this organism. The mechanism of action of metronidazole involves the reduction of the nitro group in anaerobic bacteria and protozoa, leading to the production of free radicals that can damage the DNA of the pathogens, thereby inhibiting their growth. Metronidazole is absorbed well by the gastrointestinal tract and is typically administered as a single oral dose or as a longer regimen depending on the clinical scenario. Other options listed do not have the same efficacy for trichomoniasis. Ceftriaxone sodium is a cephalosporin antibiotic primarily used to treat bacterial infections, including gonorrhea, but it does not target the protozoan causing trichomoniasis. Doxycycline hyclate is a tetracycline antibiotic used for various bacterial infections but is not effective against protozoa. Clotrimazole is an antifungal medication used to treat yeast infections and has no activity against

2. During a well child visit, what condition should be ruled out if a white reflection is seen in a child's pupil while checking for the red reflex?

A. Unilateral strabismus

B. Unilateral cataracts

C. Retinoblastoma of the left eye

D. Color blindness of the left eye

In the scenario described, a white reflection seen in a child's pupil during the assessment for the red reflex may indicate a serious underlying condition, most notably retinoblastoma. The absence of a normal red reflex (which typically appears red due to the retina's vascular supply) and the presence of a white reflection (leukokoria) can be a key sign of retinoblastoma, a malignant tumor of the retina that typically affects children. Prompt identification and referral for further evaluation are critical, as retinoblastoma requires timely treatment to optimize visual outcomes and address any potential metastasis. The assessment of the red reflex is a crucial part of pediatric eye examinations, as it can help in early detection of various eye conditions. In contrast, conditions like unilateral strabismus may affect visual alignment but would not present with a white pupil reflection during this test. Unilateral cataracts can also cause a white reflection but are less commonly indicated solely by this finding compared to retinoblastoma, which is much more urgent in nature. Color blindness does not cause any changes in the appearance of the pupil or the red reflex itself. Therefore, identifying retinoblastoma as the leading concern when observing a white reflection in the pupil underscores the importance of thorough eye examinations

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3. What is the condition most likely indicated by frequent episodes of daydreaming and "blacking out" behavior in a child?

A. A partial seizure

B. An absence seizure (petit mal seizure)

C. A grand mal seizure

D. A jacksonian seizure

The condition most likely indicated by frequent episodes of daydreaming and "blacking out" behavior in a child is an absence seizure, also known as a petit mal seizure. These seizures are characterized by brief episodes of staring or daydreaming, during which the child may seem to lose awareness of their surroundings. They often last only a few seconds, and the child typically resumes their activity immediately afterward, often with no memory of the event. In children, absence seizures can be mistaken for daydreaming due to their subtlety and brevity, making them easy to overlook. These seizures occur due to abnormal electrical activity in the brain, particularly in the thalamus. Unlike other types of seizures, absence seizures do not involve convulsions or significant motor activity, which is why they might not immediately raise concern among parents or teachers. The other options present conditions that involve different types of seizure activity. Partial seizures usually have focal onset and may include altered awareness or motor symptoms but are more complex and can involve specific body movements or sensations. Grand mal seizures result in a generalized tonic-clonic activity, characterized by loss of consciousness and violent muscle contractions, which are not consistent with the brief "blacking out" described in the question. Jacksonian seizures,

4. Which foods are recommended for a menopausal woman with osteopenia to increase calcium and vitamin D intake?

A. Yogurt and sardines

B. Spinach and red meat

C. Cheese and red meat

D. Low-fat cheese and whole grain

Yogurt and sardines are excellent choices for a menopausal woman with osteopenia looking to increase her calcium and vitamin D intake. Yogurt is a dairy product that is rich in calcium, which is essential for maintaining bone health and preventing further bone density loss. Many yogurt products are also fortified with vitamin D, which aids in calcium absorption and supports bone health. Sardines, on the other hand, are a type of fatty fish that provide a significant amount of calcium, particularly when the bones are included in the consumption. They are also a good source of vitamin D, contributing to the overall intake needed for optimal bone density and health. The other options do not provide the same level of nutrient benefit. Spinach contains calcium, but it also has oxalates, which can inhibit calcium absorption. Red meat, while nutritious in other respects, is not a significant source of calcium or vitamin D. Whereas cheese does offer calcium, low-fat cheese combined with whole grains would not provide the complete nutrient profile ideal for enhancing bone health as effectively as yogurt and sardines do.

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5. In a fundoscopic exam, how do the sizes of arterioles and veins compare?

A. The veins are smaller than the arterioles

B. The arterioles are larger than the veins

C. The veins are larger than the arterioles

D. They are equal in size

In a fundoscopic exam, the correct view is that the veins are larger than the arterioles. This observation is essential for assessing the health of the vascular system in the retina. The size difference is due to the distinct functions and structures of these blood vessels. Arterioles, which carry oxygenated blood away from the heart, are normally smaller and have thicker walls to handle higher blood pressure. In contrast, veins are larger in diameter, providing a lower resistance pathway for the return of deoxygenated blood to the heart. Recognizing this difference aids in diagnosing various conditions, as changes in the relative sizes of these vessels can indicate pathological changes, such as hypertension or edema in the retinal circulation. The comparison of their sizes is a key aspect of the fundoscopic evaluation when assessing for potential retinal diseases and other systemic conditions that affect blood vessel health.

6. Which condition is characterized by marked scalp tenderness and loss of vision?

A. Cluster headache

B. Migraine headache with aura

C. Migraine headache without aura

D. Giant cell arteritis

The condition characterized by marked scalp tenderness and loss of vision is giant cell arteritis (GCA). This inflammatory disease primarily affects the large and medium-sized arteries, particularly those in the head, such as the temporal arteries. One of the hallmark symptoms of GCA is scalp tenderness, which occurs due to inflammation of the arteries supplying the scalp. Patients may experience pain when combing their hair or touching their scalp. Loss of vision is another serious complication associated with GCA, often resulting from inflammation of the ophthalmic artery, which can lead to irreversible vision loss if not treated promptly. Early recognition and treatment of giant cell arteritis are crucial to prevent these complications, making awareness of its symptoms essential for healthcare providers. In contrast, cluster headaches, migraines with aura, and migraines without aura do not typically present with scalp tenderness and vision loss. While migraines can cause significant headache pain and visual disturbances, they lack the specific combination of scalp sensitivity and potential loss of vision that defines giant cell arteritis. Understanding these distinctions can assist in the timely diagnosis and management of GCA in clinical practice.

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7. At what age should children start to develop a preference for one hand over the other?

A. Birth to 3 months

B. 3 to 6 months

C. 6 to 12 months

D. 12 to 24 months

Children typically start to develop a preference for one hand over the other between the ages of 6 to 12 months. This developmental stage is marked by an increase in use of one hand, which often reflects emerging motor skills and cognitive development. By this age, infants have usually begun to engage in more intentional reaching and grasping of objects, which leads to the beginnings of hand dominance. While some infants may show slight preferences or tendencies as early as 3 to 6 months, it is during the later months of the first year that a clearer hand preference begins to emerge. By 12 to 24 months, this hand dominance often becomes more pronounced, but the initial inclination typically arises in the 6 to 12 month range. Understanding this timeline helps caregivers and health professionals appreciate the normal progression of motor skills and supports early identification of any potential developmental concerns.

8. Which of the following is NOT considered an instrumental activity of daily living (IADL)?

A. Grocery shopping

B. Managing one's finances

C. Using a telephone and a computer

D. Grooming and hygiene

Instrumental activities of daily living (IADLs) are tasks that enable an individual to live independently and manage their life in the community. They typically include activities that are not fundamental but are essential for maintaining an independent lifestyle. Examples of IADLs include grocery shopping, managing finances, and using a telephone or computer—activities that require higher cognitive functioning and more complex decision-making than basic self-care tasks. Grooming and hygiene fall into the category of activities of daily living (ADLs), which encompass basic self-care tasks such as bathing, dressing, eating, and toileting. These tasks represent the fundamental daily needs for personal care and are vital for maintaining physical health and well-being. Therefore, the activity of grooming and hygiene does not align with the definition of instrumental activities of daily living. This distinction helps to clarify the difference between basic self-care and more complex community-based tasks that support independence.

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9. Following a positive anti-hepatitis C virus test, which test is most appropriate for follow-up?

A. HCV RNA

B. HCV antibodies

C. HCV core antigen

D. Hepatitis C surface antigen

After a positive anti-hepatitis C virus (anti-HCV) test, the most appropriate follow-up test is HCV RNA. This testing is crucial because it confirms the presence of the virus itself, indicating whether the infection is active and assessing the viral load. A positive anti-HCV test signifies that the patient has been exposed to the hepatitis C virus, but it does not differentiate between a resolved infection and an active one. Therefore, further assessment with the HCV RNA test is necessary to determine if there is an active infection that may require treatment. In clinical practice, detecting HCV RNA is vital for managing hepatitis C, as it informs the provider about the need for intervention and helps guide treatment decisions. High levels of HCV RNA indicate active replication of the virus, while undetectable levels could suggest either a resolved infection or low-level viremia. The other tests such as HCV antibodies check for previous exposure but don't clarify whether the virus is currently active. HCV core antigen is less commonly used in routine practice compared to HCV RNA testing, and hepatitis C surface antigen is not a standard test for hepatitis C. Thus, HCV RNA is the definitive follow-up test in this scenario.

10. What is the best description of Cullen's sign?

A. A reddish-purple discoloration that is located on the flank area

B. A bluish discoloration or bruising that is located on the umbilical area

C. The onset of hyperactive bowel sound before the onset of ileus

D. The acute-onset subcutaneous bleeding seen during acute pancreatitis

Cullen's sign is characterized by a bluish discoloration around the umbilical area, which may indicate the presence of intra-abdominal bleeding. This sign can be seen in conditions such as pancreatitis, ectopic pregnancy, or ruptured abdominal aortic aneurysms, where bleeding leads to tissue necrosis and subsequent bruising in the skin surrounding the navel. This discoloration occurs due to the accumulation of blood within the subcutaneous tissue, leading to the distinctive blue hue. In contrast, other descriptions provided pertain to different signs or symptoms of various medical conditions. The reddish-purple discoloration mentioned relates to Grey Turner's sign, which indicates flank bruising and is more associated with retroperitoneal bleeding. Hyperactive bowel sounds are more indicative of conditions that irritate the gastrointestinal tract, such as early obstruction or infectious processes. Acute-onset subcutaneous bleeding, while relevant to the context of bleeding disorders or certain acute conditions, does not specifically define Cullen's sign. Understanding the specific characteristics of these signs can aid in the clinical assessment and management of abdominal and systemic pathologies.

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Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

https://fnp.examzify.com

We wish you the very best on your exam journey. You've got this!

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