



AACN ACCNS-P

CNS Wellness through Acute Care - Pediatric

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Question: 1

A newborn with jaundice is treated with outpatient ultraviolet light therapy. What blood test is tested to ensure that the jaundice is clearing?

- A. Bilirubin.
- B. CBC.
- C. AST.
- D. Amylase.

Answer: A

Explanation:

Jaundice is caused by an elevation of bilirubin, which is monitored to ensure treatment success. As red blood cells break down, bilirubin forms and is excreted through the liver, but the infant's liver may be immature and unable to remove bilirubin fast enough, so bilirubin levels in the blood rise. Ultraviolet light helps to break down bilirubin.

Question: 2

A 2-month-old male is being evaluated for gastroesophageal reflux. What is the best test to confirm this diagnosis?

- A. CT scan.
- B. Barium enema.
- C. Upper GI barium series
- D. Night-time Ph probe

Answer: D

Explanation:

A nighttime Ph probe requires a special monitoring device be inserted through the nose and down the esophagus to assess for acid reflux into the esophagus. confirming the diagnosis.

Question: 3

A 16-year-old female is undergoing an evaluation for possible juvenile rheumatoid arthritis. What lab test serves as a marker for general inflammation?

- A. Monospot.
- B. Erythrocyte sedimentation rate.

- C. White blood count (WBC).
- D. Mean corpuscular volume (MCV).

Answer: B

Explanation:

The erythrocyte sedimentation rate is a non-specific marker for inflammation and would be elevated with rheumatoid arthritis. Monospot tests for the Epstein-Barr virus, which causes mononucleosis. WBC tests for infection, and MCV assesses the average volume of red blood cells.

Question: 4

A 7-year-old female is evaluated for possible leukemia

a. She is scheduled for a bone marrow biopsy the next morning. What part of the body should be listed on the consent form for the biopsy?

- A. Radius.
- B. Skull.
- C. Posterior pelvis.
- D. Calcaneus (heel).

Answer: C

Explanation:

The posterior superior pelvic area is the preferred choice for bone marrow biopsy site because it is a large flat bone. The skull is too thin and the radius and calcaneus too small.

Question: 5

While performing trauma resuscitation on a 5-year-old male, neither peripheral nor central IV access can be obtained. The physician orders an intraosseous line. What is the best site on the body for this line?

- A. Radius.
- B. Proximal anterior tibia.
- C. Skull.
- D. Medial malleolus.

Answer: B

Explanation:

An intraosseous line is inserted into the proximal anterior tibia in infants and children to 5 years old for rapid infusion of fluids and medications if another IV site is not accessible. The medial malleolus is used for older children and adults. Other possible sites include the distal femur, clavicle, humerus, and ilium.

Question: 6

A 5-year-old is diagnosed with probable "Fifth's disease" caused by Parvovirus B19 although she does not yet have a rash. Which of the following should the child avoid?

- A. Contact sports.
- B. Tylenol.
- C. Pregnant women.
- D. Spicy food.

Answer: C

Explanation:

Parvovirus B19 can cause birth defects if contracted by a pregnant mother, so the child should be counseled to avoid anyone pregnant until the disease resolves. Parvovirus B19 is contagious in the time from onset until the bright red rash occurs on the cheeks and a lacy rash on the body. Once the rash appears, the child is probably no longer contagious and can resume normal contacts and activity.

Question: 7

A 13-year-old female is diagnosed with *Clostridium difficile* colitis. What is the most probable cause of this infection?

- A. Recent antibiotic use.
- B. Travel to Central America.
- C. Drinking from a stream.
- D. Eating undercooked pork.

Answer: A

Explanation:

The most common cause for *C. difficile* colitis is recent antibiotic use that disrupts the normal colonic flora, allowing overgrowth of the offending bacteria. *C. difficile* produces a lethal cytotoxin (Toxin B) and an endotoxin with cytotoxic action (Toxin A). which cause fluid to accumulate in the colon and severe damage to mucous membranes.

Question: 8

A 14-year-old male is suspected of having infectious mononucleosis. What Point of Care Testing (POCT) device can be used to confirm this diagnosis?

- A. Urine dip.
- B. Monospot.
- C. Rapid strep test.
- D. Rapid influenza test.

Answer: B

Explanation:

A Monospot test for Epstein-Barr virus is used to confirm infectious mononucleosis. The test requires one drop of serum mixed with a special solution. The test can confirm mononucleosis between 2 and 9 weeks after infection. It is not accurate during the incubation period.

Question: 9

A 12-year-old female immigrant from the Philippines has a positive PPD (Mantoux) skin test. What vaccine given routinely in her native country can cause false positive PPD tests?

- A. Varicella.
- B. Yellow fever.
- C. Influenza.
- D. BCG.

Answer: D

Explanation:

BCG (Bacille Calmette-Guérin) is a tuberculosis vaccine routinely administered to children in countries with high incidences of childhood tuberculous meningitis. PPD can show false positive although PPD may still be used. QuantiFERON-TB@-TB Gold test is not affected by prior BCG vaccination.

Question: 10

Which of the following congenital hernias is more commonly seen in African-American children?

- A. Umbilical hernia.
- B. Inguinal hernia.
- C. Hiatal hernia.
- D. Femoral hernia.

Answer: A

Explanation:

Umbilical hernias are more common in African-American children. They usually resolve with growth of the child by age 4 and do not require surgical correction.

Question: 11

A 13-year-old female has the development of breast buds and sparse long, downy pubic hair. What Tanner stage does this development suggest?

- A. Tanner 1.
- B. Tanner 2.

- C. Tanner 3.
- D. Tanner 4.

Answer: B

Explanation:

Breast buds and sparse downy pubic hair are characteristics of Tanner stage 2. Tanner's 5 stages assess maturity of both males and females based on direct observation of breasts and genitals. Females are evaluated on breast development, onset of menses, and pubic hair distribution. Males are evaluated on penis and testes development and pubic hair distribution.

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