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Question: 607

A healthcare provider is evaluating the effectiveness of a telemedicine program designed for pediatric patients. Which of the following metrics would best assess the program's impact on patient outcomes?

- A. The total number of telemedicine visits conducted
- B. The number of healthcare providers participating
- C. The percentage of patients who report improved health status
- D. The amount of time spent on each consultation

Answer: C

Explanation: The percentage of patients reporting improved health status directly measures the program's impact on patient outcomes.

Question: 608

A nurse practitioner is part of a committee focused on health equity in pediatric care. What is the most effective approach to ensure that health equity initiatives are successfully implemented?

- A. Engage community stakeholders in the planning and implementation process
- B. Focus solely on increasing funding for health services
- C. Limit the program to urban areas with high needs
- D. Monitor only quantitative outcomes of the initiatives

Answer: A

Explanation: Engaging community stakeholders is crucial for understanding the unique needs of the population and ensuring that health equity initiatives are culturally relevant and effective.

Question: 609

A 3-year-old child is admitted to the ICU with pneumonia and requires mechanical ventilation. The current settings are: tidal volume 8 ml/kg, respiratory rate 20 breaths/min, and PEEP of 5 cm H₂O. The latest arterial blood gas shows pH 7.28, PaCO₂ 60 mmHg, and PaO₂ 55 mmHg. What is the most appropriate adjustment to improve the child's ventilation?

- A. Increase the respiratory rate to 30 breaths/min
- B. Increase the tidal volume to 10 ml/kg
- C. Decrease the PEEP to 2 cm H₂O
- D. Change the mode to CPAP

Answer: A

Explanation: Increasing the respiratory rate can help improve ventilation in a patient with hypercapnia and acidosis, aiming to reduce PaCO₂ levels.

Question: 610

A nurse practitioner is working with a multidisciplinary team to develop a care plan for a child with behavioral health issues. Which of the following roles is essential to include in the team to address the child's social needs?

- A. Social worker
- B. Speech-language pathologist
- C. Occupational therapist
- D. Pediatrician

Answer: A

Explanation: A social worker is essential for addressing the child's social needs, such as family dynamics and community resources, which impact overall health and well-being.

Question: 611

A 1-year-old child presents with fever and a rash. The lab results show an elevated white blood cell count and elevated C-reactive protein. What is the most likely diagnosis?

- A. Bacterial infection
- B. Viral exanthem
- C. Allergic reaction
- D. Autoimmune disease

Answer: A

Explanation: The combination of fever, rash, elevated white blood cell count, and C-reactive protein suggests a bacterial infection, which requires prompt evaluation and treatment.

Question: 612

A 15-year-old boy sustains a traumatic injury during a sports event and presents with hypotension, tachycardia, and altered mental status. Which of the following is the most appropriate initial management step?

- A. Administer intravenous fluids
- B. Begin high-flow oxygen therapy
- C. Perform a rapid trauma assessment
- D. Prepare for immediate surgical intervention

Answer: C

Explanation: A rapid trauma assessment is crucial to identify the extent of injuries and prioritize interventions, including fluid resuscitation and stabilization.

Question: 613

A nurse is discussing the management of a child with a chronic condition and the importance of maintaining a routine. Which of the following components should the nurse emphasize as essential for effective disease management?

- A. Consistent meal times and medication administration
- B. Flexibility in medication schedules based on the child's mood
- C. Only following the prescribed diet during doctor's visits
- D. Ignoring symptoms unless they worsen significantly

Answer: A

Explanation: Consistent meal times and medication administration are critical components of managing chronic conditions effectively and can help stabilize the child's health.

Question: 614

A pediatric patient requires a medication that is typically available only in a hospital setting. The healthcare team discusses using telemedicine to facilitate access. What is the most critical factor to consider in this scenario?

- A. The patient's ability to visit the hospital for medication
- B. The availability of telehealth services in the area
- C. The potential for coordination with the pharmacy for medication delivery
- D. The patient's preference for in-person visits

Answer: C

Explanation: Coordination with the pharmacy for medication delivery is crucial to ensure the patient has access to necessary medications while utilizing telemedicine.

Question: 615

During a wellness visit, a nurse practitioner notices that a 6-year-old child is significantly underweight for their height, with a BMI in the 5th percentile. The child's mother mentions that they primarily consume sugary beverages and snacks. Which intervention should be prioritized to promote healthy eating habits?

- A. Educate the family about the importance of balanced meals and healthy snacks

- B. Refer to a pediatric nutritionist for detailed dietary planning
- C. Schedule a follow-up visit in one month to monitor weight
- D. Suggest switching to low-calorie beverages to reduce sugar intake

Answer: A

Explanation: Education about balanced nutrition is crucial for establishing healthy eating habits in children. While referral and follow-up are important, direct education will empower the family to make immediate changes.

Question: 616

A nurse is preparing to perform tracheostomy care for a child. Which of the following steps should be taken first to ensure patient safety during the procedure?

- A. Assess the child's airway patency and respiratory status.
- B. Gather all necessary supplies and equipment.
- C. Explain the procedure to the child and family.
- D. Suction the tracheostomy tube to clear any secretions.

Answer: A

Explanation: Assessing the child's airway patency and respiratory status is the first step to ensure patient safety before initiating any procedures, including tracheostomy care.

Question: 617

A 11-year-old girl presents with a sudden onset of severe headache, photophobia, and a stiff neck. A lumbar puncture reveals cloudy cerebrospinal fluid with an elevated white blood cell count. What is the most likely diagnosis?

- A. Bacterial meningitis
- B. Viral meningitis
- C. Encephalitis
- D. Subarachnoid hemorrhage

Answer: A

Explanation: The presence of cloudy cerebrospinal fluid and elevated white blood cell count, along with the clinical presentation, indicates bacterial meningitis.

Question: 618

A 36-week gestational age infant is being evaluated for developmental milestones in the NICU. Which of the following milestones should the nurse expect at this age?

- A. Ability to lift head when prone
- B. Ability to roll over from back to stomach
- C. Ability to sit independently
- D. Ability to crawl

Answer: A

Explanation: Infants born at 36 weeks gestation can typically lift their heads when placed in a prone position, which is an important developmental milestone.

Question: 619

A nurse practitioner is reviewing the impact of social determinants of health on pediatric patients. Which of the following factors is considered a social determinant that can significantly affect health outcomes?

- A. Genetic predisposition to diseases
- B. Family history of chronic illness
- C. Availability of advanced medical treatments
- D. Access to nutritious food

Answer: D

Explanation: Access to nutritious food is a key social determinant of health that can significantly influence health outcomes, particularly in pediatric populations, affecting growth and development.

Question: 620

A nurse is assessing a child's airway who is at risk for respiratory compromise. Which of the following signs indicates potential airway obstruction?

- A. Use of accessory muscles during breathing
- B. Clear lung sounds on auscultation
- C. Normal respiratory rate for age
- D. Symmetrical chest expansion

Answer: A

Explanation: The use of accessory muscles during breathing is a sign of respiratory distress and potential airway obstruction, indicating the need for immediate intervention.

Question: 621

A 8-year-old child is brought to the clinic with a history of progressive weakness and loss of motor skills. A muscle biopsy shows dystrophic changes. What is the most likely diagnosis?

- A. Spinal muscular atrophy

- B. Myasthenia gravis
- C. Becker muscular dystrophy
- D. Duchenne muscular dystrophy

Answer: D

Explanation: Dystrophic changes in muscle biopsy are characteristic of Duchenne muscular dystrophy, which typically presents with progressive muscle weakness.

Question: 622

A nurse is providing discharge education for parents of a premature infant diagnosed with retinopathy of prematurity (ROP). Which of the following statements by the parents indicates a need for further teaching?

- A. "We understand that our baby will need follow-up eye exams."
- B. "We can expect our baby to see normally as they grow."
- C. "We should avoid exposing our baby to bright lights."
- D. "We need to monitor for signs of visual impairment."

Answer: B

Explanation: While many infants with ROP may develop normal vision, there is no guarantee, and some may have visual impairment; hence, this statement indicates a misunderstanding.

Question: 623

A nurse is teaching a family about the management of a child with autism spectrum disorder (ASD). Which of the following strategies should the nurse emphasize to support communication development?

- A. Encouraging the child to express emotions verbally at all times
- B. Restricting interaction with peers to minimize stress
- C. Allowing the child to communicate solely through gestures
- D. Using visual aids and structured routines to enhance understanding

Answer: D

Explanation: Using visual aids and structured routines can greatly support communication development in children with ASD by providing clear and consistent cues that enhance understanding.

Question: 624

A 4-year-old child presents with signs of dehydration including dry mucous membranes, a capillary refill time of 4 seconds, and lethargy. Laboratory studies reveal a serum sodium level of 150 mEq/L. What is the most appropriate initial treatment?

- A. Provide oral rehydration solutions
- B. Administer intravenous normal saline
- C. Administer hypotonic saline
- D. Start intravenous D5W

Answer: B

Explanation: The child is significantly dehydrated with a hypernatremic state, necessitating intravenous normal saline to restore volume and correct electrolyte imbalances.

Question: 625

A nurse is preparing to administer ibuprofen to a 6-year-old child weighing 20 kg for fever management. The recommended dose of ibuprofen is 10 mg/kg every 6-8 hours. What is the maximum single dose the nurse can administer?

- A. 150 mg
- B. 100 mg
- C. 200 mg
- D. 300 mg

Answer: B

Explanation: The maximum single dose for ibuprofen at 10 mg/kg for a 20 kg child is calculated as $20 \text{ kg} \times 10 \text{ mg/kg} = 200 \text{ mg}$; however, the maximum single dose typically administered is limited to 100 mg in practice for safety in children.

Question: 626

A nurse is preparing to intubate a 4-year-old child in respiratory distress. Which of the following assessments should the nurse perform prior to intubation to determine the appropriate tube size?

- A. Measure the child's weight
- B. Assess the child's height
- C. Measure the child's neck circumference
- D. Use the formula $(\text{Age} + 16) / 4$

Answer: D

Explanation: The formula $(\text{Age} + 16) / 4$ provides an estimate for the correct endotracheal tube size in pediatric patients, aiding in appropriate intubation.

Question: 627

A nurse is assessing a child who has recently been diagnosed with celiac disease. Which of the following dietary modifications is essential for this child?

- A. Increase intake of gluten-containing grains such as wheat and barley.
- B. Introduce dairy products to enhance calcium intake.
- C. Eliminate all sources of gluten from the diet.
- D. Limit fruits and vegetables due to potential fiber overload.

Answer: C

Explanation: Eliminating gluten from the diet is essential for managing celiac disease, as gluten can cause damage to the intestinal lining.

Question: 628

A 9-year-old girl with a history of asthma is prescribed a short-acting beta-agonist (SABA) for acute wheezing. What is the primary pharmacological action of this medication class?

- A. Bronchodilation
- B. Anti-inflammatory
- C. Mucolytic action
- D. Anticholinergic

Answer: A

Explanation: Short-acting beta-agonists (such as albuterol) primarily act as bronchodilators by relaxing bronchial smooth muscle, providing quick relief from acute asthma symptoms.

Question: 629

A nurse is reviewing a study on the effectiveness of a new analgesic in pediatric patients. The study uses a control group receiving a placebo. What type of evidence-based practice study design is being utilized?

- A. Cohort study
- B. Randomized controlled trial
- C. Case-control study
- D. Cross-sectional study

Answer: B

Explanation: A randomized controlled trial (RCT) is designed to compare the effects of an intervention against a placebo, providing high-quality evidence for efficacy.

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