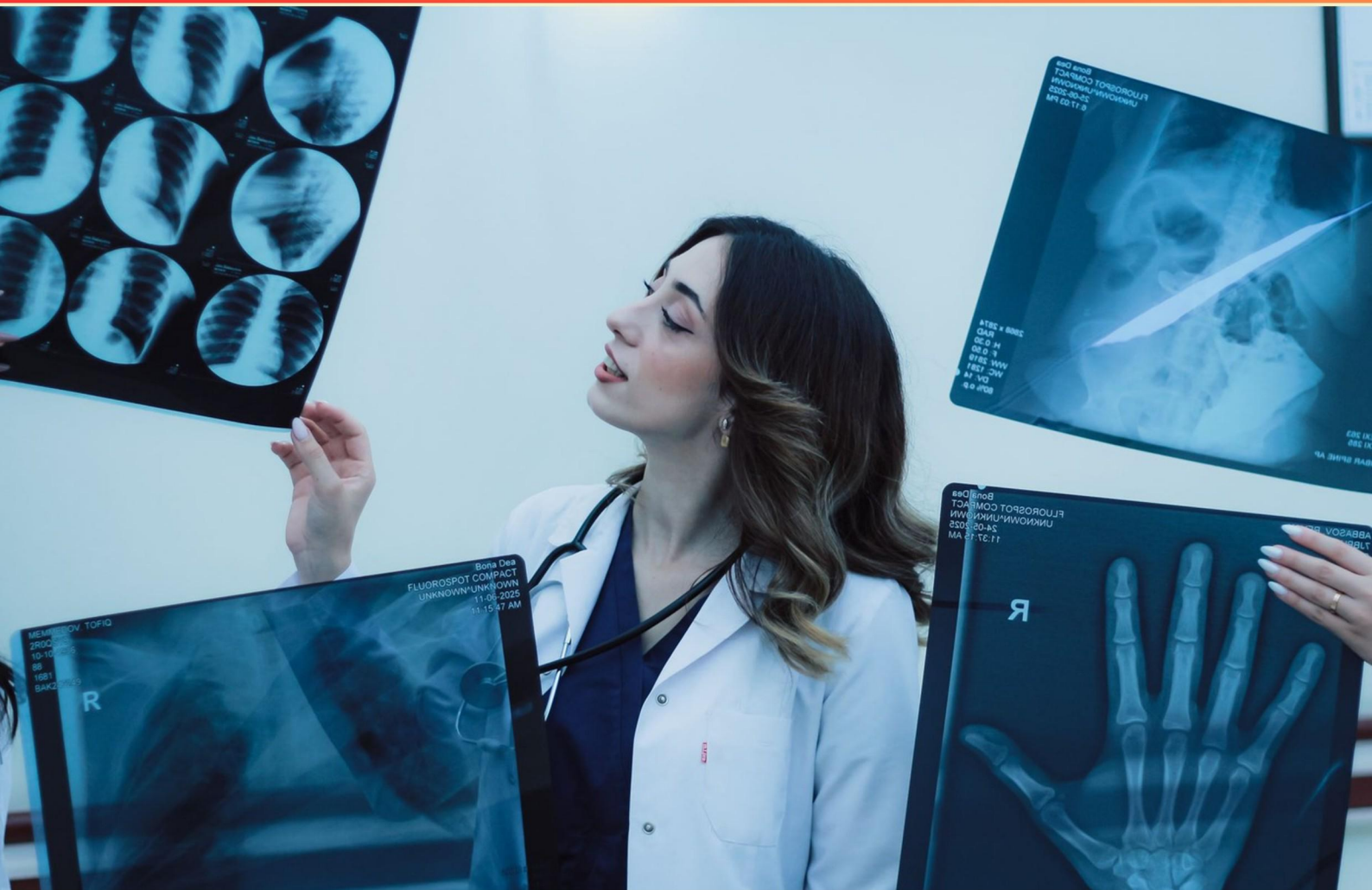


AANP ADULT-GERONTOLOGY PRIMARY CARE NURSE PRACTITIONERS (AGPCNP) PRACTICE TEST (SAMPLE)

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.

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!

Questions

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- 1. If a patient develops an aspirin allergy while on aspirin for a recent TIA, what should the nurse practitioner consider changing to?**
 - A. Valproic acid
 - B. Clopidogrel (Plavix)
 - C. Endarterectomy
 - D. Butalbital

- 2. Which factor is considered most important in understanding an individual's health across the life span?**
 - A. Psychological profile
 - B. Body habitus
 - C. Family history
 - D. Diet history

- 3. A nurse practitioner is examining a patient with hand pain after falling on an outstretched hand. What is the appropriate follow-up evaluation?**
 - A. Place the wrist in a universal wrist splint for 6 weeks
 - B. Check for full ROM in 3 days
 - C. Evaluate strength return in 1 week
 - D. X-ray the wrist again in 2 weeks

- 4. What phenomenon occurs when a patient's morning blood glucose levels increase after an increase in their evening insulin dose?**
 - A. Insulin resistance
 - B. Somogyi effect
 - C. Need for more morning insulin
 - D. Need to increase nighttime insulin

- 5. What is the most common type of hearing loss in older adults?**
 - A. Otitis media
 - B. Heredity
 - C. Conductive
 - D. Sensorineural

- 6. An adult with coronary artery disease presents with increasing shortness of breath. Which finding is most likely associated with their condition?**
- A. Diastolic murmur
 - B. Systolic ejection murmur
 - C. Pericardial friction rub
 - D. Third heart sound
- 7. What is the primary treatment for osteoporosis in older women?**
- A. Calcium supplements
 - B. Vitamin D supplements
 - C. Bisphosphonates
 - D. Estrogen replacement therapy
- 8. The presence of anti-HBs in a patient's blood is most often an indicator of what condition?**
- A. HIV infection
 - B. Immunity to hepatitis B virus
 - C. Acute hepatitis B
 - D. Cirrhosis
- 9. In assessing a patient with anxiety and heart murmur, which test is indicated to evaluate cardiac function?**
- A. EKG, flat plate of the abdomen, lipid profile
 - B. Echocardiogram, Doppler, EKG
 - C. Labs and benzodiazepines
 - D. EEG, Anxiety Scale, and electrolytes
- 10. A 17-year-old presents with a target lesion after camping and has systemic symptoms. What is the preferred pharmacologic management?**
- A. Bactrim
 - B. Azithromycin
 - C. Doxycycline (Doryx)
 - D. Metronidazole

Answers

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

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Explanations

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1. If a patient develops an aspirin allergy while on aspirin for a recent TIA, what should the nurse practitioner consider changing to?

- A. Valproic acid
- B. Clopidogrel (Plavix)**
- C. Endarterectomy
- D. Butalbital

When a patient develops an aspirin allergy, particularly after experiencing a transient ischemic attack (TIA), it is essential to transition to an alternative antiplatelet medication. Clopidogrel (Plavix) is a platelet aggregation inhibitor that can effectively reduce the risk of subsequent cardiovascular events, making it an appropriate alternative to aspirin for the management of patients at risk for strokes or TIAs. Clopidogrel works through a different mechanism than aspirin, which makes it suitable for individuals who cannot tolerate aspirin due to allergies. Clinicians often recommend clopidogrel as a first-line alternative in patients with aspirin intolerance, thereby ensuring continuity in the management of their cardiovascular risk without introducing adverse allergic reactions. In contrast, other options like valproic acid, which is primarily an anticonvulsant and mood-stabilizing medication, would not be appropriate for this indication as it does not possess antiplatelet properties. Endarterectomy is a surgical intervention used to reduce the risk of stroke in patients with carotid artery stenosis, rather than a direct pharmacological alternative for managing an aspirin allergy. Butalbital is a barbiturate that is typically used for headache relief and does not play a role in the prevention of stroke or TIA, making

2. Which factor is considered most important in understanding an individual's health across the life span?

- A. Psychological profile
- B. Body habitus
- C. Family history**
- D. Diet history

Family history is a crucial factor in understanding an individual's health across the lifespan because it encompasses a range of inherited traits and predispositions to various health conditions. Genetic factors can significantly influence the likelihood of developing diseases such as cardiovascular issues, diabetes, and certain cancers. Additionally, family history can provide insight into the onset and progression of these conditions, demonstrating how health trajectories can be affected by genetics. Understanding family history allows healthcare providers to identify individuals at higher risk for certain conditions and can inform screening and preventive measures. It serves as a foundational component of personalized medicine, guiding strategies for intervention and management that are tailored to the individual's risk profile. While psychological profile, body habitus, and diet history are also important to understand overall health, family history has a unique role in identifying hereditary risk factors which can have a profound impact over the lifelong health of an individual.

3. A nurse practitioner is examining a patient with hand pain after falling on an outstretched hand. What is the appropriate follow-up evaluation?

- A. Place the wrist in a universal wrist splint for 6 weeks
- B. Check for full ROM in 3 days
- C. Evaluate strength return in 1 week

D. X-ray the wrist again in 2 weeks

The appropriate follow-up evaluation involves repeating an X-ray of the wrist in 2 weeks. This follow-up is essential to assess for any potential complications that may not have been immediately evident after the initial injury. Common complications from a fall on an outstretched hand can include fractures, particularly of the scaphoid bone, which can result in delayed healing or non-union if not properly identified and managed. Re-evaluating with an X-ray will help determine if there are any fractures that may have been missed initially, as certain fractures may not be visible on the first set of X-rays due to swelling or incomplete ossification. This is critical in patients who present with ongoing pain or significant risk factors for fractures. In comparison, other follow-up options, such as checking range of motion or strength, might assess recovery but do not directly evaluate for potential fractures that require specific treatment. Placing the wrist in a universal splint may provide initial support but does not constitute an evaluation to monitor the progression or healing of any underlying injury, nor does it address the risk of missed fractures. Thus, the focus on radiographic evaluation after an appropriate interval is vital for ensuring that any complications are caught early.

4. What phenomenon occurs when a patient's morning blood glucose levels increase after an increase in their evening insulin dose?

- A. Insulin resistance
- B. Somogyi effect**
- C. Need for more morning insulin
- D. Need to increase nighttime insulin

The phenomenon described in the scenario is known as the Somogyi effect. This occurs when a patient experiences rebound hyperglycemia in the morning as a result of nocturnal hypoglycemia that can be triggered by too much insulin administered in the evening. When the insulin dose is increased in the evening, it can lead to a drop in blood glucose levels during the night. In response to this hypoglycemic episode, the body releases counter-regulatory hormones such as glucagon, epinephrine, and cortisol to raise blood glucose levels back to normal. This rebound effect results in elevated blood glucose levels in the morning, leading to the observation of higher morning glucose levels after an increase in evening insulin. Understanding the Somogyi effect is crucial when managing diabetes, particularly in individuals who may be experiencing swings in blood glucose levels due to insulin dosing. Recognizing this pattern can inform appropriate adjustments in insulin therapy and improve overall glycemic control.

5. What is the most common type of hearing loss in older adults?

- A. Otitis media
- B. Heredity
- C. Conductive
- D. Sensorineural**

Sensorineural hearing loss is the most prevalent type of hearing impairment found in older adults. This form of hearing loss arises from damage to the inner ear structures or the auditory nerve pathways leading to the brain. As individuals age, the sensory hair cells within the cochlea can become damaged or diminish in number, leading to reduced ability to hear high-frequency sounds primarily, which is a common experience among the elderly. While the other options present valid types of hearing loss, they are less commonly seen in older adults. For example, otitis media is more frequently an issue in children; hereditary factors can contribute to hearing loss but are not as predominant as the age-related changes seen in the auditory system; and conductive hearing loss, which involves problems with the outer or middle ear that impede sound transmission, is not as frequent as sensorineural hearing loss in this demographic. Thus, recognizing sensorineural hearing loss as the most common type aligns with the observed trends in the aging population.

6. An adult with coronary artery disease presents with increasing shortness of breath. Which finding is most likely associated with their condition?

- A. Diastolic murmur
- B. Systolic ejection murmur
- C. Pericardial friction rub
- D. Third heart sound**

In the context of an adult with coronary artery disease (CAD) experiencing increasing shortness of breath, the presence of a third heart sound (S3) is most indicative of heart failure or volume overload, which can occur in patients with advanced CAD. The S3 heart sound, often referred to as a "gallop," is associated with the rapid filling of the ventricles during early diastole. This finding can indicate a decreased left ventricular compliance or volume overload, which is commonly seen in heart failure due to ischemic heart disease. Coronary artery disease can lead to reduced coronary blood flow and myocardial ischemia, contributing to heart dysfunction. As the heart struggles to maintain adequate circulation, fluid can back up into the lungs, leading to pulmonary congestion and the patient's reported shortness of breath. The presence of the third heart sound, therefore, can signify that the heart is not efficiently managing the blood volume, which is particularly relevant in the context of heart failure related to CAD. On the other hand, while diastolic murmurs, systolic ejection murmurs, and pericardial friction rubs can be relevant findings in various cardiac conditions, they are less directly associated with the signs of volume overload and heart failure.

7. What is the primary treatment for osteoporosis in older women?

- A. Calcium supplements
- B. Vitamin D supplements
- C. Bisphosphonates**
- D. Estrogen replacement therapy

Bisphosphonates are considered the primary treatment for osteoporosis in older women due to their effectiveness in reducing the risk of fractures. Osteoporosis is characterized by decreased bone density and strength, which significantly increases the likelihood of fractures, particularly in postmenopausal women who experience a rapid decline in estrogen levels contributing to bone loss. Bisphosphonates work by inhibiting osteoclast-mediated bone resorption, thus helping to maintain or increase bone density. Common examples include alendronate and risedronate. These medications have been shown to effectively lower the incidence of vertebral and non-vertebral fractures in clinical studies, making them a cornerstone in the pharmacologic management of osteoporosis. While calcium and vitamin D supplements play important roles in bone health and are often used to support the treatment regime, they do not have the same direct impact on reducing fracture risk in those who already have osteoporosis. Furthermore, while estrogen replacement therapy can help in preventing postmenopausal bone loss, it is not considered the first-line treatment due to concerns over cardiovascular health and breast cancer risks. In summary, bisphosphonates are the most effective and commonly prescribed medications for the treatment of osteoporosis in older women, addressing the underlying pathophysiology of the

8. The presence of anti-HBs in a patient's blood is most often an indicator of what condition?

- A. HIV infection
- B. Immunity to hepatitis B virus**
- C. Acute hepatitis B
- D. Cirrhosis

The presence of anti-HBs, or antibodies to hepatitis B surface antigen, in a patient's blood is a critical marker indicating immunity to the hepatitis B virus. This immunity can result from either a past infection with the virus or successful vaccination against hepatitis B. When a person has been exposed to hepatitis B, their immune system produces anti-HBs as a protective response, effectively clearing the virus and resulting in immunity. Similarly, vaccination stimulates the production of these antibodies without causing infection, serving as protection against future hepatitis B exposure. In the context of the other conditions listed, anti-HBs would not be present in cases of acute hepatitis B, where the body has not yet developed these antibodies due to recent infection. For HIV infection, while there may be immunological changes, anti-HBs is specifically related to hepatitis B. Cirrhosis may develop as a consequence of chronic hepatitis B infection, but the presence of anti-HBs would still indicate that the body has mounted an immune response against hepatitis B, confirming immunity rather than disease status.

9. In assessing a patient with anxiety and heart murmur, which test is indicated to evaluate cardiac function?

- A. EKG, flat plate of the abdomen, lipid profile
- B. Echocardiogram, Doppler, EKG**
- C. Labs and benzodiazepines
- D. EEG, Anxiety Scale, and electrolytes

The echocardiogram, Doppler, and EKG are essential tests for evaluating cardiac function, especially in a patient who presents with both anxiety and a heart murmur. An echocardiogram provides a comprehensive evaluation of the heart's structure and function, allowing for the assessment of cardiac chambers, valves, and any potential abnormalities that might be contributing to the murmur. The Doppler component enables the measurement of blood flow through the heart, which can help identify issues like valvular stenosis or regurgitation. In conjunction with an EKG, which provides information about the electrical activity of the heart, these tests can effectively reveal arrhythmias or other cardiac conditions that could be relevant to the patient's symptoms. The combination of these tests allows for a thorough investigation into both structural and functional aspects of the heart, making it the most appropriate approach for evaluating cardiac function in this scenario.

10. A 17-year-old presents with a target lesion after camping and has systemic symptoms. What is the preferred pharmacologic management?

- A. Bactrim
- B. Azithromycin
- C. Doxycycline (Doryx)**
- D. Metronidazole

*In this scenario, the 17-year-old patient is presenting with a target lesion and systemic symptoms following a camping trip, which raises suspicion for Lyme disease, particularly if the camping location was known for tick exposure. Doxycycline is the preferred treatment for confirmed or suspected Lyme disease in adults and adolescents over 8 years of age due to its effectiveness in eradicating the *Borrelia burgdorferi* bacteria, which causes the disease. Doxycycline is a tetracycline antibiotic that is not only effective against *Borrelia* but also has good tissue penetration, which is important for treating infections that may affect the joints, heart, or nervous system in Lyme disease cases. Furthermore, it has anti-inflammatory properties that may help alleviate some symptoms associated with Lyme disease. In contrast, other options like Bactrim, Azithromycin, and Metronidazole do not target *Borrelia* effectively. Bactrim is generally used for bacterial infections like those caused by *Staphylococcus* or *Streptococcus*, and Azithromycin is typically reserved for respiratory infections and some sexually transmitted infections. Metronidazole is effective against anaerobic bacteria and protozoa but does not have activity against Lyme disease. Thus, the selection of doxycycline is well*

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://aanpagpcnp.examzify.com>

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

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