

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. Which symptom of depression is more commonly seen in older adults than younger adults?**
 - A. Cognitive impairment
 - B. Loss of interest in usual activities
 - C. Inattention to personal hygiene
 - D. Hopelessness
- 2. Which factor is NOT considered a risk for falls in the elderly?**
 - A. Visual impairment
 - B. Low blood pressure
 - C. High muscle strength
 - D. History of prior falls
- 3. Which opioid medication is the most potent?**
 - A. Codeine
 - B. Morphine
 - C. Oxycodone
 - D. Hydromorphone
- 4. Before starting an exercise program for a healthy 84-year-old, what is the most important initial step?**
 - A. Physical exam
 - B. EKG
 - C. Knee x-rays
 - D. PT stress test
- 5. In assessing an 87-year-old obese female with calf pain, what is the initial assessment you would conduct?**
 - A. Calf circumference and perform Doppler studies
 - B. Popliteal pulses and Doppler studies
 - C. Femoral pulses and skin temperature
- 6. What is a characteristic symptom of trigeminal neuralgia?**
 - A. Electric shock-like unilateral pain
 - B. Jaw pain extending to the neck
 - C. Bilateral burning pain

- 7. Which laboratory finding is typically elevated in a diagnosis of polymyalgia rheumatica?**
- A. Hemoglobin
 - B. Sedimentation rate
 - C. Serum creatinine
 - D. Calcium
- 8. A young adult presents with facial pain and yellow nasal discharge after antibiotic treatment. What should the nurse practitioner do?**
- A. Prescribe oral corticosteroids
 - B. Transilluminate the sinuses
 - C. Change the antibiotic to amoxicillin-clavulanic acid
 - D. Refer to ENT and/or an allergist
- 9. When addressing suspected domestic violence in an adult relationship, what is the appropriate action for a nurse practitioner?**
- A. Just do a physical assessment, not social
 - B. Make an assessment of battering
 - C. Avoid making a battering assessment; it is legal
 - D. Referral to social services only
- 10. What intervention is essential for a patient demonstrating acute angle-closure glaucoma?**
- A. Administer steroids
 - B. Immediate referral to an ophthalmologist
 - C. Perform a comprehensive eye vision test
 - D. Administer topical analgesics

Answers

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

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Explanations

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1. Which symptom of depression is more commonly seen in older adults than younger adults?

- A. Cognitive impairment**
- B. Loss of interest in usual activities
- C. Inattention to personal hygiene
- D. Hopelessness

Cognitive impairment is a symptom of depression that is more frequently observed in older adults than in their younger counterparts. In this demographic, depression can often manifest as confusion, memory problems, or difficulties with concentration, which may be mistaken for normal age-related cognitive decline or even dementia. This can complicate the diagnosis, as it's essential to differentiate between true cognitive decline due to aging, neurodegenerative conditions, and cognitive issues stemming from depressive disorders. In contrast, while loss of interest in usual activities, inattention to personal hygiene, and hopelessness are significant symptoms of depression across all age groups, these symptoms can present similarly in both older and younger individuals. However, cognitive impairment stands out as a manifestation that tends to be more pronounced in older adults, warranting careful assessment and targeted interventions in this population to address both the depression and any underlying cognitive issues effectively.

2. Which factor is NOT considered a risk for falls in the elderly?

- A. Visual impairment
- B. Low blood pressure
- C. High muscle strength**
- D. History of prior falls

High muscle strength is the factor that is not considered a risk for falls in the elderly because it generally contributes to stability and balance. Individuals with stronger muscles are more likely to maintain their physical stability, which is crucial in preventing falls. In contrast, visual impairment can hinder a person's ability to navigate their environment safely, increasing the risk of tripping or losing balance. Low blood pressure, especially postural hypotension, can lead to dizziness upon standing, posing a further risk for falls. A history of prior falls is a recognized risk factor because it often indicates underlying issues with balance, strength, or other health concerns that could lead to future falls. Thus, high muscle strength stands out as an asset rather than a risk factor in the context of fall prevention.

3. Which opioid medication is the most potent?

- A. Codeine
- B. Morphine
- C. Oxycodone
- D. Hydromorphone**

Hydromorphone is recognized as the most potent opioid medication among the options provided. Its potency is significantly higher than that of codeine, morphine, and oxycodone, which is why it is often prescribed in lower doses to achieve effective pain management. Hydromorphone, a semisynthetic opioid, is approximately 5 to 10 times stronger than morphine, making it an effective choice for patients who require opioid therapy but are resistant to lower-potency medications. This potency allows for more effective pain relief in patients with severe pain or those requiring a higher level of analgesia due to their condition. In contrast, while codeine, morphine, and oxycodone are effective pain relievers in their own right, they do not reach the same level of potency as hydromorphone. Codeine is often considered much less potent and is usually metabolized to morphine in the body, which limits its effectiveness for moderate to severe pain. Morphine serves as a standard comparison point in opioid potency, but hydromorphone's favorable potency allows for reduced dosing to achieve similar or superior pain relief. Oxycodone is also a strong analgesic, but it is not as potent on a milligram-to-milligram

4. Before starting an exercise program for a healthy 84-year-old, what is the most important initial step?

- A. Physical exam**
- B. EKG
- C. Knee x-rays
- D. PT stress test

The most important initial step before starting an exercise program for a healthy 84-year-old is a physical exam. A physical exam serves as a comprehensive evaluation of the individual's overall health status and helps identify any underlying conditions that may affect exercise participation. This exam typically includes assessing vital signs, evaluating cardiovascular health, joint mobility, muscle strength, and any existing medical conditions that could pose a risk during exercise. Since older adults can have comorbidities or functional limitations, a thorough physical exam ensures that the exercise program is tailored to their specific needs, promoting safety and effectiveness. While an EKG, knee x-rays, or a physical therapy stress test may be beneficial in specific cases, they are not as universally necessary for all older adults starting an exercise program. Such tests are usually indicated based on findings from a physical exam or if there are specific risk factors that warrant further investigation. Therefore, commencing with a physical exam lays the foundation for a safe and personalized exercise regimen.

5. In assessing an 87-year-old obese female with calf pain, what is the initial assessment you would conduct?

- A. Calf circumference and perform Doppler studies**
- B. Popliteal pulses and Doppler studies
- C. Femoral pulses and skin temperature

In assessing an elderly obese female with calf pain, measuring calf circumference and performing Doppler studies serves as a comprehensive initial assessment. This approach is particularly relevant for identifying venous versus arterial issues causing the calf pain. By measuring the calf circumference, you can identify potential swelling that may indicate conditions such as deep vein thrombosis (DVT) or other venous pathologies. An increase in circumference is often associated with fluid accumulation, which is critical in the elderly population who may be more prone to these conditions. Furthermore, Doppler studies are instrumental in evaluating blood flow and can help determine if there are any venous clots or arterial blockages contributing to the patient's symptoms. This dual assessment provides valuable information necessary for making a diagnosis and is an appropriate first step in the management of calf pain in an elderly patient. The other options, such as checking popliteal and femoral pulses, while providing information about circulation, do not specifically focus on the immediate evaluation of calf pain as effectively as the proposed choice. These options do not incorporate the assessment of calf circumference, which is crucial for identifying swelling indicative of various medical conditions in this demographic.

6. What is a characteristic symptom of trigeminal neuralgia?

A. Electric shock-like unilateral pain

B. Jaw pain extending to the neck

C. Bilateral burning pain

The characteristic symptom of trigeminal neuralgia is electric shock-like unilateral pain. This type of pain is typically described as sudden, sharp, and intense, often triggered by everyday activities such as eating, speaking, or even touching the face. The pain occurs along the distribution of the trigeminal nerve, which is responsible for sensation in the face. This unilateral nature of pain distinguishes it from other conditions, as trigeminal neuralgia usually affects only one side of the face, leading to episodes that can be very debilitating. In contrast, jaw pain extending to the neck is more representative of conditions affecting the temporomandibular joint or other musculoskeletal issues, which do not share the hallmark features of trigeminal neuralgia. Similarly, bilateral burning pain could suggest neuropathic pain syndromes or other underlying conditions, but it does not align with the specific presentation of trigeminal neuralgia that is characterized by the unilateral and electric shock-like nature of the pain. Thus, the distinguishing feature of trigeminal neuralgia is the sharp, sudden, and unilateral electric shock-like pain.

7. Which laboratory finding is typically elevated in a diagnosis of polymyalgia rheumatica?

A. Hemoglobin

B. Sedimentation rate

C. Serum creatinine

D. Calcium

In polymyalgia rheumatica, an elevated sedimentation rate is a key laboratory finding. This condition is characterized by inflammation, and the erythrocyte sedimentation rate (ESR) is a non-specific marker that reflects the presence of inflammation in the body. When inflammation occurs, proteins such as fibrinogen increase, causing red blood cells to clump together and settle more quickly at the bottom of a test tube. A significantly elevated sedimentation rate helps to confirm the diagnosis and monitor disease activity in polymyalgia rheumatica. Other laboratory findings like hemoglobin might not show significant changes or may even be normal, as polymyalgia rheumatica does not typically cause anemia directly. Serum creatinine levels are more related to kidney function and are generally not pertinent to this diagnosis. Calcium levels might be altered in various conditions but are not directly associated with polymyalgia rheumatica itself. Therefore, the increase in the sedimentation rate is a hallmark of the inflammatory process associated with this condition.

8. A young adult presents with facial pain and yellow nasal discharge after antibiotic treatment. What should the nurse practitioner do?

- A. Prescribe oral corticosteroids
- B. Transilluminate the sinuses
- C. Change the antibiotic to amoxicillin-clavulanic acid

D. Refer to ENT and/or an allergist

When a young adult presents with facial pain and yellow nasal discharge after antibiotic treatment, it suggests the possibility of a persistent or worsening condition that might not be responding to initial treatment. In this scenario, referring the patient to an Ear, Nose, and Throat (ENT) specialist or an allergist is the most appropriate step. This approach allows for a comprehensive evaluation of the patient's symptoms, including any underlying structural issues, chronic conditions such as sinusitis, or possible allergic factors contributing to their symptoms. An ENT specialist can provide advanced diagnostic tools, including imaging or more sophisticated assessments of nasal passages and sinuses, to determine if there is an obstruction, chronic disease, or other anomalies that could necessitate different treatment strategies. While changing the antibiotic may be an option if there is suspicion of a resistant infection, the lack of improvement after initial treatment raises further concerns that may not be addressed solely through medication changes. Additionally, oral corticosteroids might reduce inflammation but would not address potential underlying causes that need expert evaluation. Transilluminating the sinuses is a useful physical exam technique but doesn't provide a definitive diagnosis or comprehensive management plan. Thus, a referral to specialist care is the best course for optimal patient management and outcomes.

9. When addressing suspected domestic violence in an adult relationship, what is the appropriate action for a nurse practitioner?

- A. Just do a physical assessment, not social
- B. Make an assessment of battering**
- C. Avoid making a battering assessment; it is legal
- D. Referral to social services only

Making an assessment of battering is the appropriate action for a nurse practitioner when addressing suspected domestic violence in an adult relationship. This action is vital because it allows the practitioner to gather comprehensive information about the patient's situation, including any signs of physical harm or psychological distress that may not be immediately apparent. Conducting a thorough assessment enables the nurse practitioner to understand the severity and specifics of the violence being experienced, which is critical for determining the best course of action for the patient's safety and wellbeing. Additionally, assessing for signs of battering involves not only a physical examination but also a careful and compassionate inquiry into the patient's emotional and social circumstances. This holistic approach is essential because it validates the patient's experiences and provides an opportunity for them to disclose their situation in a safe environment. It also opens up pathways for further interventions, referrals to support services, and safety planning, which are crucial in addressing domestic violence. It is important to recognize that simply conducting a physical assessment without evaluating social factors would not provide the complete picture necessary for proper intervention. Avoiding the assessment altogether or solely referring to social services would neglect the immediate healthcare needs of the patient and risk their safety if the situation is not adequately addressed. Thus, a thorough assessment is a critical first step in the response to suspected

10. What intervention is essential for a patient demonstrating acute angle-closure glaucoma?

- A. Administer steroids
- B. Immediate referral to an ophthalmologist**
- C. Perform a comprehensive eye vision test
- D. Administer topical analgesics

Immediate referral to an ophthalmologist is essential for a patient demonstrating acute angle-closure glaucoma because this condition constitutes a medical emergency that requires prompt evaluation and intervention to prevent permanent vision loss. In acute angle-closure glaucoma, the pressure within the eye can increase rapidly due to the blockage of the drainage pathway, leading to symptoms such as severe eye pain, headache, nausea, vomiting, and blurred vision. The ophthalmologist will be able to provide specialized treatments, which may include medications to lower intraocular pressure, laser therapy, or surgical intervention to correct the angle and restore proper drainage of aqueous humor. Other interventions, such as administering steroids or topical analgesics, may be used in different contexts but are not the primary treatment for this specific condition. A comprehensive eye vision test is also important for overall eye health but does not address the immediate needs of a patient with acute angle-closure glaucoma. Thus, the immediate referral to an ophthalmologist ensures that the patient receives the necessary urgent care to manage the condition effectively.

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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://aanpagpcnp.examzify.com>

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

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