

ANCC FAMILY NURSE PRACTITIONER PRACTICE EXAM (SAMPLE)

STUDY GUIDE



Prepare with structure. Pass with confidence



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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. What is a common complication associated with hyperuricemia in patients taking HCTZ?**
 - A. Hyperglycemia
 - B. Hypercalcemia
 - C. Hypoglycemia
 - D. Hypertension
- 2. When should metformin be held in relation to surgery?**
 - A. 24 hours before and 48 hours after
 - B. 12 hours before and 24 hours after
 - C. 36 hours before and 24 hours after
 - D. No need to hold metformin
- 3. What characterizes acne rosacea?**
 - A. Presence of blackheads and whiteheads
 - B. Common in children under 12
 - C. Lack of blackheads and tends to affect adults
 - D. Primarily affecting individuals with dark skin
- 4. What symptom is commonly associated with fibromyalgia?**
 - A. Frequent headaches
 - B. Joint swelling
 - C. Pain in multiple muscles and bones
 - D. Skin rashes
- 5. What are common symptoms of blepharitis?**
 - A. Painless styes and crusty eyelids
 - B. Red, itchy eyelids and dry eyes
 - C. Burning sensation and tingling
 - D. Fluffy white patches on the retina
- 6. What is a significant indicator of retinoblastoma in children?**
 - A. Presence of cotton wool spots
 - B. Absence of light reflex
 - C. Severe itching of the eyelids
 - D. Painful lesions on the eyelids

7. What does STEMI stand for in cardiology?

- A. Standard Elevated Myocardial Infarction
- B. Severe Elevated Myocardial Injury
- C. ST Elevated Myocardial Infarction
- D. Subacute Transient Myocardial Ischemia

8. What type of tissue is affected by a growth plate fracture?

- A. Cartilage
- B. Muscle
- C. Growing tissue
- D. Fatty tissue

9. Which medication class should never be stopped abruptly?

- A. Beta-blockers
- B. Benzodiazepines
- C. Antidepressants
- D. Narcotics

10. Which of the following is considered a presumptive sign of pregnancy?

- A. Fetal heart tones
- B. Breast tenderness
- C. Ultrasonogram
- D. Fetal parts palpation

Answers

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

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Explanations

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1. What is a common complication associated with hyperuricemia in patients taking HCTZ?

- A. Hyperglycemia**
- B. Hypercalcemia
- C. Hypoglycemia
- D. Hypertension

Hyperuricemia, an elevated level of uric acid in the blood, is commonly seen in patients on hydrochlorothiazide (HCTZ), a thiazide diuretic often used in the management of hypertension and edema. One of the notable complications of hyperuricemia is the risk of developing gout due to the precipitation of uric acid crystals in the joints. When focusing on hyperglycemia, it's important to recognize that thiazide diuretics, including HCTZ, can induce insulin resistance, leading to elevated blood glucose levels over time. This effect is particularly crucial for patients with pre-existing diabetes or metabolic syndrome, as they may find it more challenging to manage their blood sugar levels when on HCTZ. In contrast, hypercalcemia, hypoglycemia, and hypertension do not typically result from hyperuricemia induced by HCTZ. While hypertension is the primary condition HCTZ is designed to treat, it is not a complication of hyperuricemia itself. Thus, the association between hyperuricemia and the potential for hyperglycemia makes it the correct choice in this context.

2. When should metformin be held in relation to surgery?

- A. 24 hours before and 48 hours after**
- B. 12 hours before and 24 hours after
- C. 36 hours before and 24 hours after
- D. No need to hold metformin

Metformin should be held 24 hours before and 48 hours after surgery, primarily to minimize the risk of lactic acidosis, particularly in patients undergoing procedures that may involve significant stress, reduced oral intake, or alterations in renal function. Metformin is primarily excreted by the kidneys, and any impairment in renal function during the perioperative period could lead to accumulation of the drug, thus increasing the risk of lactic acidosis, which is a potentially life-threatening condition. This approach is especially important in surgeries that could affect renal perfusion or in situations where the patient's hydration levels may be compromised due to fasting or fluid shifts. Holding metformin for this extended period helps ensure the patient's safety, allowing time for kidney function to stabilize postoperatively before resuming the medication. Other options suggest shorter or less comprehensive withholding periods, which do not align with safe practices regarding the use of metformin in the context of surgical events that add risk to renal function and overall patient safety.

3. What characterizes acne rosacea?

- A. Presence of blackheads and whiteheads
- B. Common in children under 12
- C. Lack of blackheads and tends to affect adults**
- D. Primarily affecting individuals with dark skin

Acne rosacea is primarily characterized by the absence of blackheads and is most prevalent in adults rather than children. This type of rosacea presents with facial redness, flushing, visible blood vessels, and sometimes papules and pustules, rather than the comedonal lesions typically seen in acne vulgaris, which includes blackheads and whiteheads. Acne rosacea often affects individuals with fair skin, particularly those aged 30-50, though it can occur in other populations as well. Recognizing these characteristics of acne rosacea is essential for diagnosis and treatment, as management strategies differ significantly from those used for typical acne. Understanding that acne rosacea lacks the presence of blackheads helps in distinguishing it from other skin conditions and facilitates appropriate therapeutic approaches.

4. What symptom is commonly associated with fibromyalgia?

- A. Frequent headaches
- B. Joint swelling
- C. Pain in multiple muscles and bones**
- D. Skin rashes

Fibromyalgia is characterized primarily by widespread musculoskeletal pain that affects multiple areas of the body. Patients often report chronic pain that can be accompanied by other symptoms such as fatigue, sleep disturbances, and cognitive difficulties. The hallmark of fibromyalgia is indeed the presence of pain in various muscles and bones throughout the body, making the selected answer accurate in describing a key symptom of the condition. Frequent headaches can occur in individuals with fibromyalgia, but they are not as defining as the widespread pain. Joint swelling is more associated with inflammatory conditions like rheumatoid arthritis rather than fibromyalgia, which is not characterized by joint inflammation. Skin rashes are also not a common symptom of fibromyalgia; they are typically associated with conditions like lupus or psoriasis. Understanding the core symptom of fibromyalgia as widespread pain helps in recognizing and differentiating it from other disorders.

5. What are common symptoms of blepharitis?

- A. Painless styes and crusty eyelids
- B. Red, itchy eyelids and dry eyes**
- C. Burning sensation and tingling
- D. Fluffy white patches on the retina

Blepharitis is a common inflammation of the eyelid margins, and it typically presents with characteristic symptoms that include redness of the eyelids, itchiness, and often a sensation of dryness in the eyes. The inflammation can lead to irritation, and patients frequently report symptoms such as burning or grittiness, which are associated with the underlying condition affecting the eyelid glands and the skin along the eyelid. In this context, the mention of red and itchy eyelids directly correlates with the inflammatory nature of blepharitis, while the description of dry eyes aligns with the symptoms that patients frequently experience as a result of disrupted tear film stability or secondary symptoms from the condition. Other options provided describe symptoms that do not align with typical blepharitis. For instance, painless styes are usually associated with other entities such as chalazia or bacterial infections rather than blepharitis. The burning sensation and tingling may be part of the symptom complex, but they are not as definitive as the classic presentation of redness and itching. Fluffy white patches on the retina are indicative of other ocular conditions such as retinal infections or conditions affecting the vitreous humor, which are unrelated to blepharitis. Therefore, the symptoms described in relation to red

6. What is a significant indicator of retinoblastoma in children?

- A. Presence of cotton wool spots
- B. Absence of light reflex**
- C. Severe itching of the eyelids
- D. Painful lesions on the eyelids

The absence of a light reflex, or the presence of a "white pupillary reflex," is a significant indicator of retinoblastoma in children. This condition is characterized by an abnormal growth of retinal cells and can lead to a critical loss of vision if not identified early. In a normal eye, when light is shone into it, a red reflex is observed due to the reflection of light from the retina. However, in cases of retinoblastoma, the tumor can block this reflex, leading to a noticeable absence of light reflex or a white appearance instead. This finding is often referred to as "leukocoria," which can be alarming and prompts further investigation for possible retinoblastoma. In contrast to the correct answer, other symptoms such as cotton wool spots, severe itching, or painful lesions on the eyelids are not direct indicators of retinoblastoma. Cotton wool spots can occur in a variety of ocular conditions and do not specifically signify retinoblastoma. Severe itching of the eyelids might indicate allergic reactions or other benign conditions but is not associated with the presence of a retinal tumor. Painful lesions on the eyelids may suggest local infection or dermatological issues rather than a retinal pathology like retinoblastoma. Therefore

7. What does STEMI stand for in cardiology?

- A. Standard Elevated Myocardial Infarction
- B. Severe Elevated Myocardial Injury
- C. ST Elevated Myocardial Infarction**
- D. Subacute Transient Myocardial Ischemia

STEMI stands for ST Elevated Myocardial Infarction, which is a type of heart attack characterized by a specific elevation in the ST segment of the electrocardiogram (ECG). This elevation indicates that there is a significant amount of damage occurring to the heart muscle due to the lack of blood flow, typically caused by a complete blockage of a coronary artery. The correct term emphasizes the critical nature of the condition, as the elevated ST segment is a key indicator used by healthcare professionals to quickly diagnose and treat patients experiencing an acute myocardial infarction. This is vital since prompt treatment can be necessary to restore blood flow and minimize heart damage. Understanding STEMI is essential for clinicians, as it influences treatment decisions. Rapid identification through ECG helps in the timely initiation of reperfusion therapies, which can dramatically improve patient outcomes. The other choices present variations that do not accurately describe the condition or the associated findings in an ECG. The terminology used in the correct answer reflects the urgency and medical standard of care associated with treating such a serious cardiovascular event.

8. What type of tissue is affected by a growth plate fracture?

- A. Cartilage
- B. Muscle
- C. Growing tissue**
- D. Fatty tissue

A growth plate fracture primarily affects the areas of developing tissue at the ends of long bones, known as the epiphyseal plate or growth plate. This structure is made up of cartilage, which is crucial for bone growth and development during childhood and adolescence. When injuries occur in this area, they can significantly impact the growth potential of the bone if not treated appropriately. The concept of "growing tissue" encompasses the cartilage present in the growth plate, but it also refers to the overall physiological processes occurring in the area. This makes it the most encompassing and accurate description of the tissue affected by a growth plate fracture. Fractures in this region can disrupt normal growth patterns, leading to potential complications, such as differential growth or deformities. Other tissues, like muscle and fatty tissue, are not directly involved in the growth plates and do not adapt or change in response to growth plate injuries in the same way. Therefore, while cartilage is an important component, the term "growing tissue" more comprehensively captures the nature and implications of a growth plate fracture.

9. Which medication class should never be stopped abruptly?

- A. Beta-blockers
- B. Benzodiazepines**
- C. Antidepressants
- D. Narcotics

Benzodiazepines should never be stopped abruptly due to the potential for serious withdrawal symptoms that can occur when the medication is discontinued suddenly. These symptoms may include anxiety, insomnia, agitation, tremors, and even seizures in more severe cases. This risk is particularly heightened after long-term use, as the body becomes acclimated to the presence of the drug. When tapering off benzodiazepines, it is generally recommended to gradually decrease the dosage over time, allowing the body to adjust and reduce the likelihood of withdrawal symptoms. This careful approach is crucial for patient safety and comfort. Other medication classes, such as beta-blockers, antidepressants, and narcotics, also have considerations regarding discontinuation, but the immediate danger of seizures and other acute withdrawal symptoms is more prominently associated with benzodiazepines, making them particularly critical when it comes to abrupt cessation.

10. Which of the following is considered a presumptive sign of pregnancy?

- A. Fetal heart tones
- B. Breast tenderness**
- C. Ultrasonogram
- D. Fetal parts palpation

Breast tenderness is classified as a presumptive sign of pregnancy because it is a symptom that a woman may experience and is directly related to hormonal changes in the body as early as a few weeks after conception. Presumptive signs are subjective and can occur for reasons other than pregnancy; they are signs that the woman perceives but are not definitive indicators of pregnancy. In contrast, fetal heart tones, the detection of fetal parts through palpation, and ultrasonograms are considered positive or definitive signs of pregnancy because they involve objective findings that confirm the presence of a fetus. These signs provide clear evidence of pregnancy and are typically assessed by healthcare professionals through clinical examination or diagnostic imaging. Thus, breast tenderness remains a sign that can suggest pregnancy but is not conclusive on its own.

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://anccfamilynurse.examzify.com>

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

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