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Practice Questions

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1. What does CRP stand for in the context of inflammatory diseases?

- A. Continuous reactive peptide
- B. Cytokine response protein
- C. Chronic response peptide
- D. C-reactive protein

2. Which of the following best describes acute pericarditis?

- A. the complete blockage of blood flow in a coronary artery causing myocardial infarction
- B. a temporary spasm of the coronary artery causing chest pain but no permanent damage to the heart muscle
- C. inflammation of the pericardium causing chest pain, fever, and a pericardial friction rub
- D. partial blockage of a coronary artery causing chest pain and reduced blood flow to the heart

3. Which surgical intervention is used to remove inflamed tissue in patients with severe rheumatoid arthritis?

- A. synovectomy
- B. carpal tunnel release
- C. hip replacement
- D. arthroscopy

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4. What is the primary purpose of using disease-modifying antirheumatic drugs (DMARDs) in the treatment of rheumatoid arthritis?

- A. To reduce the overall joint swelling immediately
- B. To slow the progression of the disease
- C. To provide immediate pain relief
- D. To enhance joint mobility instantly



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5. What procedure is also being performed during an endoscopic retrograde cholangiopancreatography (ERCP)?

- A. Biliary stenting
- B. Liver biopsy
- C. Esophagogastroduodenoscopy (EGD)
- D. Colonoscopy

6. After an acute myocardial infarction, which two medications are typically prescribed to reduce inflammation and prevent further cardiac events?

- A. Clopidogrel and ibuprofen
- B. Heparin and beta-blockers
- C. Enoxaparin and nitrates
- D. Aspirin and statins

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7. Which medication is recommended for immediate use in a patient presenting with acute pericarditis who is unable to take NSAIDs?

- A. Aspirin
- B. Prednisone
- C. Colchicine
- D. Ibuprofen

8. Nonsteroidal anti-inflammatory drugs (NSAIDs) and corticosteroids are more commonly called:

- A. Anti-inflammatory medications
- B. Painkillers
- C. Antivirals
- D. Antibiotics

9. Which type of medication is commonly prescribed to reduce inflammation in patients with rheumatoid arthritis?

- A. Antibiotic
- B. Antihypertensive
- C. Antifungal
- D. Nonsteroidal anti-inflammatory drug (NSAID)



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10. Which combination of therapies is most commonly used to manage acute pericarditis?

- A. Nonsteroidal anti-inflammatory drugs (NSAIDs) and colchicine
- B. Corticosteroids and surgery
- C. Complete bed rest and antibiotics
- D. Physical therapy and NSAIDs

11. What is a primary cause of pericarditis?

- A. Hypertension
- B. Atherosclerosis
- C. Diabetes mellitus
- D. Viral infection

12. What role do inflammatory markers play in diagnosing myocarditis, and how are they measured?

- A. Inflammatory markers such as C-reactive protein (CRP) and glucose are elevated in myocarditis. Electrocardiograms can show inflammation and structural abnormalities. Blood tests are used to measure inflammatory markers.
- B. Inflammatory markers like C-reactive protein (CRP) and troponin levels are elevated in myocarditis. An echocardiogram can detect inflammation, and blood tests are used to confirm the diagnosis.
- C. Inflammatory markers such as D-dimer and troponin levels are elevated in myocarditis. Diagnostic imaging like cardiac MRI can show inflammation and blood tests are used to measure inflammatory markers.
- D. Inflammatory markers such as C-reactive protein (CRP) and troponin levels are elevated in myocarditis. Diagnostic imaging like cardiac MRI can show inflammation and structural abnormalities. Blood tests are used to measure inflammatory markers and confirm the diagnosis.

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13. What are three advantages of robotic-assisted cardiac surgery?

- A. Reduced blood loss, no incisions, and less trauma
- B. No anesthesia required, smaller incisions, and higher success rates
- C. Enhanced precision, smaller incisions, and faster recovery time
- D. Shorter surgery time, less pain, and can be done on an outpatient basis

14. What does the nurse monitor after coronary artery bypass graft (CABG) surgery in relation to the chest tube insertion site?

- A. Blood pressure, oxygen level, and reflexes
- B. Infection, drainage volume, and bleeding
- C. Clotting, nutrition, and fluids
- D. Arm strength, heart rhythm, and respirations

15. Why is it crucial for a patient to control blood glucose levels before undergoing open heart surgery?

- A. It can delay wound healing and increase infection risk
- B. It can cause immediate postoperative hypoglycemia
- C. It can interfere with anesthesia
- D. It can increase postoperative pain

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16. Patients undergoing coronary artery bypass grafting (CABG) are at risk of complications such as myocardial infarction, _____, and renal failure. Fill in the blank.

- A. Hypoglycemia
- B. Hyperlipidemia
- C. Stroke
- D. Pneumonia

17. A 68-year-old patient with a history of arthritis and recurring episodes of chest pain has a normal EKG. Which diagnostic test should the nurse practitioner use to assess for a myocardial infarction that cannot be identified by EKG changes?

- A. Echocardiography
- B. Troponin levels
- C. EKG stress test
- D. Holter monitor



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18. What is an aortic dissection?

- A. a blockage in the aorta due to the buildup of fatty deposits
- B. the formation of a blood clot in the aorta leading to a loss of blood supply
- C. an irregular heartbeat caused by electrical malfunctions in the aorta
- D. a tear in the inner layer of the aorta causing blood to flow between the layers

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19. What is the medical term for an endovascular procedure used to remove blood clots from arteries?

- A. Endarterectomy
- B. Venoplasty
- C. Thrombectomy
- D. Embolectomy

20. Which of the following is NOT a type of non-steroidal anti-inflammatory drug (NSAID)? I. Ibuprofen II. Aspirin III. Amoxicillin

- A. II
- B. III
- C. I and II
- D. I

21. In the context of gastrointestinal diseases, the medical term for inflammation of the stomach lining is:

- A. Colitis
- B. Hepatitis
- C. Gastritis
- D. Enteritis

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22. Which of the following is the most likely dangerous side effect of an immunosuppressant used in the management of autoimmune diseases?

- A. Diabetes
- B. Increased risk of infections
- C. Liver failure
- D. Heart attack

23. Identify the two primary clinical manifestations of pericarditis.

- A. Elevated blood pressure and chest tightness
- B. Shortness of breath and leg swelling
- C. Chest pain and pericardial friction rub
- D. Increased heart rate and sweating

24. Pericarditis is a condition involving inflammation of what?

- A. Epicardium
- B. Pericardium
- C. Endocardium
- D. Myocardium

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25. Which medical device is primarily used to maintain cardiac output in patients with severe heart failure?

- A. Ventricular assist device
- B. Ventricular assist defibrillator
- C. Venous automated defibrillator
- D. Vestibular automated device

26. During a physical examination, what is a clinical sign indicative of myocarditis?

- A. S3 gallop
- B. Mitral regurgitation
- C. Aortic aneurysm
- D. Bradycardia



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27. A 65-year-old patient presents with sharp, stabbing chest pain that worsens with deep breaths and lying flat. What condition is most likely causing these symptoms?

- A. Gastroesophageal reflux disease
- B. Pulmonary embolism
- C. Pericarditis
- D. Myocardial infarction

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28. Which of the following is NOT commonly used in the management or diagnosis of acute pericarditis?

- A. Nonsteroidal anti-inflammatory drugs (NSAIDs)
- B. Colchicine
- C. Echocardiogram
- D. Electrocardiogram (ECG)

29. Aortic valve stenosis and regurgitation are common complications of _____.

- A. infective endocarditis
- B. rheumatic fever
- C. myocardial infarction
- D. chronic aortic dissection

30. Identify two approaches that can be utilized for cardiac valve repair procedures.

- A. Endoscopic surgery and transesophageal echocardiography
- B. Laryngoscopic surgery and cardiopulmonary resuscitation
- C. Bronchoscopic surgery and open-heart surgery
- D. Robotic-assisted surgery and catheter-based intervention



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Answer Key & Explanations

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1. D — C-reactive protein

CRP stands for C-reactive protein, which is a substance produced by the liver in response to inflammation. Elevated CRP levels can indicate a wide range of inflammatory or cardiac conditions.

2. C — inflammation of the pericardium causing chest pain, fever, and a pericardial friction rub

Acute pericarditis is an inflammation of the pericardium, the thin sac-like membrane surrounding the heart, which can cause chest pain and other symptoms such as fever or a pericardial friction rub.

3. A — synovectomy

Synovectomy is a surgical procedure where the synovial membrane of a joint is removed to reduce pain and improve function in patients with severe rheumatoid arthritis.

4. B — To slow the progression of the disease

DMARDs are used to slow the progression of rheumatoid arthritis by targeting the underlying processes of the disease, thus preventing joint damage and preserving joint function over time. Immediate pain relief and joint mobility are usually managed through other therapies.

5. A — Biliary stenting

During an endoscopic retrograde cholangiopancreatography (ERCP), a biliary stent can be placed to relieve obstructions in the bile or pancreatic ducts, making it a critical non-surgical intervention.

6. D — Aspirin and statins

Aspirin and statins are commonly prescribed after an acute myocardial infarction. Aspirin helps in reducing the risk of blood clots, while statins help in reducing cholesterol levels and inflammation.

7. C — Colchicine

For patients with acute pericarditis who are unable to take NSAIDs, colchicine is recommended. Colchicine reduces inflammation and prevents recurrence of pericarditis. NSAIDs like ibuprofen and aspirin are typically first-line treatments but are not suitable for patients who cannot tolerate them. Prednisone is a corticosteroid and is generally reserved for severe or refractory cases due to its side effect profile.

8. A — Anti-inflammatory medications

NSAIDs and corticosteroids are called anti-inflammatory medications while painkillers are generally referred to as analgesics, antivirals treat viral infections, and antibiotics treat bacterial infections.

9. D — Nonsteroidal anti-inflammatory drug (NSAID)

Nonsteroidal anti-inflammatory drugs (NSAIDs) are commonly prescribed to reduce inflammation in patients with rheumatoid arthritis by inhibiting the enzymes COX-1 and COX-2, which play a key role in the inflammatory process.

10. A — Nonsteroidal anti-inflammatory drugs (NSAIDs) and colchicine

The standard treatment for acute pericarditis typically includes NSAIDs to reduce inflammation and colchicine



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to prevent recurrence.

11. D — Viral infection

One primary cause of pericarditis is a viral infection that affects the pericardium, leading to inflammation and chest pain.

12. D — Inflammatory markers such as C-reactive protein (CRP) and troponin levels are elevated in myocarditis. Diagnostic imaging like cardiac MRI can show inflammation and structural abnormalities. Blood tests are used to measure inflammatory markers and confirm the diagnosis.

Inflammatory markers, specifically C-reactive protein (CRP) and troponin levels, are key indicators in the diagnosis of myocarditis. Elevated levels of these markers suggest inflammation of the heart muscle. Cardiac MRI provides detailed imaging to confirm inflammation and structural abnormalities. Blood tests measure the levels of these markers, aiding in diagnosis.

13. C — Enhanced precision, smaller incisions, and faster recovery time

Robotic-assisted cardiac surgery offers several advantages including enhanced precision, reduced blood loss, smaller incisions, faster recovery time, and less physical strain on the surgeon. These benefits can lead to better overall outcomes and shorter hospital stays for patients. The suitability of the procedure will depend on the patient's specific heart condition and overall health.

14. B — Infection, drainage volume, and bleeding

In relation to the chest tube insertion site after CABG surgery, the nurse monitors for infection, drainage volume, bleeding, and pain. Vital signs, respiratory status, and fluid balance are also monitored post-surgery.

15. A — It can delay wound healing and increase infection risk

High blood glucose levels can delay wound healing and increase the risk of infection, making it important to manage blood glucose levels before open heart surgery. Additionally, controlling glucose levels can help optimize overall surgical outcomes and reduce complications.

16. C — Stroke

The risks associated with coronary artery bypass grafting (CABG) include myocardial infarction, stroke, renal failure, bleeding, and infection. It is essential to monitor the patient for these complications post-operatively.

17. B — Troponin levels

In cases of NSTEMI, the EKG may not show typical ST segment changes. Therefore, troponin levels are crucial as they are sensitive biomarkers indicating myocardial injury. Other tests like EKG stress tests or Holter monitors primarily evaluate electrical or rhythm changes and are not directly indicative of myocardial infarction.

18. D — a tear in the inner layer of the aorta causing blood to flow between the layers

An aortic dissection occurs when there is a tear in the inner layer of the aorta, causing blood to flow between the layers of the aorta wall and forcing the layers apart. This can lead to a rupture or decreased blood flow to organs.

19. C — Thrombectomy

The medical term for an endovascular procedure used to remove blood clots from arteries is thrombectomy. This involves inserting a catheter into the artery and using a device to remove the clot.



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20. B — III

Amoxicillin is an antibiotic used to treat bacterial infections.

21. C — Gastritis

Gastritis is the correct medical term for inflammation of the stomach lining.

22. B — Increased risk of infections

Immunosuppressant drugs work by dampening the immune system response to prevent it from attacking the body's own tissues. However, this action also makes the body more susceptible to infections.

23. C — Chest pain and pericardial friction rub

Pericarditis commonly presents with chest pain and a distinguishable pericardial friction rub heard on auscultation. These are the key symptoms seen in affected patients.

24. B — Pericardium

Pericarditis is an inflammation of the pericardium, which is the thin sac-like membrane surrounding the heart. It can cause sharp chest pain and other symptoms due to the inflamed pericardial layers rubbing against each other.

25. A — Ventricular assist device

Ventricular assist devices (VADs) are medical devices that help pump blood from the heart to the rest of the body in patients with severe heart failure, thereby maintaining cardiac output.

26. A — S3 gallop

An S3 gallop is often heard in patients with myocarditis, indicating altered ventricular function. It is a key clinical sign that helps in diagnosing myocarditis.

27. C — Pericarditis

Pericarditis commonly presents with sharp, stabbing chest pain that worsens with deep breaths and lying flat. This condition is inflammation of the pericardium, which is the sac surrounding the heart.

28. A — Nonsteroidal anti-inflammatory drugs (NSAIDs)

Beta-blockers are generally not used in the management or diagnosis of acute pericarditis. The management typically involves NSAIDs, colchicine, and diagnostic evaluation through echocardiogram and ECG.

29. B — rheumatic fever

Rheumatic fever is a serious inflammatory disease that can cause permanent damage to the heart, including aortic valve stenosis and regurgitation. It is essential for nurse practitioners to recognize the symptoms and complications associated with rheumatic fever to provide appropriate care.

30. D — Robotic-assisted surgery and catheter-based intervention

For the repair of cardiac valves, surgeons may utilize robotic-assisted surgery or catheter-based interventions. These minimally invasive techniques allow for smaller incisions and potentially quicker recovery times.



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