



# AGPCNP Nurse Exam Prep

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## Practice Questions

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**1. A 65-year-old male patient contacts the clinic reporting a persistent cough, mild fever, sputum production, and fatigue lasting for a week. He asks if he should take the leftover Amoxicillin 500 mg tablets from a bronchitis episode five months ago. What should the nurse practitioner advise?**

- A. Call in an order for Amoxicillin 500 mg TID for 7 days.
- B. Send the patient to the lab for a chest X-ray.
- C. Tell the patient to restart the Amoxicillin 500 mg he has on hand and call in the rest of the prescription.
- D. Advise the patient to schedule an in-person appointment for further evaluation.

**2. Assess the statement regarding the pharmacokinetics in older adults.**

- A. Renal and hepatic function improves with age, enhancing drug clearance
- B. Older adults often experience prolonged drug half-lives due to decreased renal clearance
- C. Older adults have significantly increased metabolic rate leading to faster drug clearance
- D. Older adults show faster drug absorption because of increased gastric motility

**3. Which screening tool is most appropriate for assessing the risk of falls in elderly patients?**

- A. The Ishihara chart
- B. The Mini-Mental State Examination (MMSE)
- C. The Snellen chart
- D. The Timed Up and Go (TUG) test

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**4. Which ethnic group is at a higher risk for developing type 2 diabetes mellitus?**

- A. Pacific Islanders
- B. Hispanics
- C. Caucasians
- D. Alaskan Natives



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5. A 65-year-old patient presents with severe burning pain and itching in a band-like pattern on one side of their torso. Given this description, which condition is most likely?

- A. Psoriasis
- B. Scabies
- C. Herpes zoster
- D. Dermatitis

6. Review the table below to identify which medications need cautious monitoring due to potential adverse cardiovascular effects in older adults. Medication Common Use  
Potential Cardiovascular Risk  
Ibuprofen Pain relief Increased blood pressure  
Lisinopril Hypertension Hypotension  
Duloxetine Depression Increased heart rate

- A. Lisinopril
- B. The use of acetaminophen, which decreases heart rate
- C. Duloxetine
- D. Ibuprofen

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7. Which cranial nerve is primarily evaluated during the assessment of the gag reflex?

- A. CN VII
- B. CN XII
- C. CN IX
- D. CN III

8. In examining the following table on communication approaches, identify which approach relates to someone who incorporates multiple cultural identities.

Communication Approach Description  
Bi-cultural Utilizing communication styles from two different cultures  
Multi-cultural Incorporating communication styles from many cultural backgrounds  
Mono-cultural Using communication styles from a single culture  
Cross-cultural Exchanging communication styles between different cultures

- A. Multi-cultural
- B. Bi-cultural
- C. Mono-cultural
- D. Cross-cultural



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**9. Examine the table below to identify which pathogens are primarily involved in causing skin and soft tissue infections in adult populations. Pathogen Infection Type Common Treatment**  
**Staphylococcus aureus Skin abscess Antibiotics**  
**Streptococcus pyogenes Cellulitis Penicillin**  
**Streptococcus pneumoniae Pneumonia Macrolides**  
**Mycobacterium leprae Leprosy Dapsone**

- A. Streptococcus pneumoniae
- B. Mycobacterium leprae
- C. Staphylococcus aureus
- D. Streptococcus pyogenes

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**10. When discussing the impact of Medicare Part D on prescription drug coverage for an elderly patient recently diagnosed with a chronic illness, which of the following is the most accurate statement?**

- A. Medicare Part D covers prescription drugs, but patients may have to pay a co-payment or coinsurance.
- B. Medicare Part D automatically covers all costs for prescribed medications.
- C. Patients do not need to enroll in Medicare Part D for prescription drug coverage.
- D. Medicare Part D is not available for beneficiaries with chronic illnesses.

**11. According to the latest guidelines, patients with diabetic nephropathy should receive specific treatment to prevent disease progression. Which class of antihypertensive medication is recommended for patients with diabetic nephropathy?**

- A. Beta-blockers or loop diuretics
- B. Angiotensin receptor blockers (ARBs) or beta-blockers
- C. Angiotensin-converting enzyme inhibitors (ACEIs)
- D. Calcium channel blockers (CCBs) or thiazide diuretics

**12. A lone elevation of alkaline phosphatase (ALP) in the blood is most indicative of which condition in adults?**

- A. Bone disease
- B. Heart disease
- C. Kidney failure
- D. Diabetes



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**13. All of the following statements are true regarding the management of type 2 diabetes in adults except:**

- A. Lifestyle modification is often the first line of management for type 2 diabetes.
- B. Oral medications, such as metformin, are commonly used in managing type 2 diabetes.
- C. Patients with poorly controlled diabetes are at increased risk for cardiovascular events.
- D. Every adult patient with type 2 diabetes should be on a long-acting insulin initially.

**14. Which of the following medications should be avoided in patients with severe liver dysfunction?**

- A. Diphenhydramine (Benadryl)
- B. Acetaminophen (Tylenol)
- C. Ibuprofen (Advil)
- D. Loratadine (Claritin)

**15. What is the most common cause of anemia in older adults in the United States?**  
Condition Primary Cause Common Impact on Health Iron deficiency anemia Lack of iron  
Fatigue, weakness Vitamin B12 deficiency anemia Low vitamin B12 levels Neurological  
issues, fatigue Anemia of chronic disease Chronic illness impact Reduced energy, poor  
concentration

- A. Anemia of chronic disease
- B. Iron deficiency anemia
- C. Vitamin B12 deficiency anemia
- D. Hemolytic anemia

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**16. When reviewing nutritional studies, which of the following provides the strongest evidence for a dietary intervention's effectiveness in reducing cardiovascular disease risk?**

- A. A prospective cohort study following individuals on different diets for a decade to assess heart disease incidence
- B. A cross-sectional survey analyzing dietary patterns and self-reported heart health outcomes
- C. A systematic review of randomized controlled trials on dietary interventions for cardiovascular disease prevention
- D. An expert opinion article about the benefits of a Mediterranean diet on heart health

**17. Which of the following chronic conditions has the highest mortality rate in older adults in terms of cardiovascular health?**

- A. Atrial fibrillation
- B. Ischemic heart disease
- C. Congestive heart failure
- D. Hypertension

**18. An elderly patient with a long history of smoking presents with persistent dyspnea and a chronic productive cough. The adult gerontology nurse suspects chronic obstructive pulmonary disease (COPD). What is the first-line pharmacological treatment for this condition?**

- A. Oral corticosteroids
- B. Antibiotics
- C. Inhaled corticosteroids
- D. Inhaled bronchodilators

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**19. A 65-year-old patient presents with a diagnosis of hypertension. The patient has a blood pressure reading consistently between 140-160/90-100 mmHg, experiences occasional headaches, and is currently being treated with lisinopril daily and hydrochlorothiazide PRN. This patient is considered to have a hypertension classification of:**

- A. Prehypertension
- B. Normal
- C. Stage 2 Hypertension
- D. Stage 1 Hypertension



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**20. In the management of an adult patient with osteoporosis, which of the following foods should be recommended for being richest in calcium?**

- A. Whole grains, nuts, dried beans
- B. Low-fat dairy products
- C. Red meat and poultry
- D. Fruits and vegetables

**21. Which of the following is not a typical side effect of calcium channel blockers in the management of hypertension?**

- A. Cough
- B. Peripheral edema
- C. Bradycardia
- D. Constipation

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**22. In the table below, identify which physical findings are indicative of a potential basilar skull fracture following head trauma.**

Finding	Description	Indication
Periorbital ecchymosis	Bruising around the eyes	Indicates potential fracture
Battle's sign	Bruising behind the ear	Indicates potential fracture
Simple laceration	Cut on the skin	Clear nasal discharge
Clear fluid from nose		Indicates potential fracture

- A. Battle's sign and simple laceration
- B. Periorbital ecchymosis and Battle's sign
- C. Simple laceration
- D. Periorbital ecchymosis and simple laceration

**23. Which of the following medications requires regular blood monitoring due to its narrow therapeutic index and potential for toxicity in elderly patients with renal impairment?**

- A. Metformin
- B. Lisinopril
- C. Amlodipine
- D. Digoxin



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**24. When planning care for an elderly patient recently diagnosed with cognitive decline, which team member is typically responsible for coordinating long-term support options for the patient and their family?**

- A. The family therapist
- B. The hospital social worker
- C. The geriatric care manager
- D. The primary care physician

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**25. Metformin is indicated for all of the following conditions except:**

- A. Type 1 diabetes
- B. Type 2 diabetes
- C. Polycystic ovary syndrome (PCOS)
- D. Prediabetes

**26. A 65-year-old patient with type 2 diabetes mellitus has been prescribed metformin for over a year. What long-term effect should they be educated to monitor for?**

- A. Rapid weight gain
- B. Hypercalcemia
- C. Increased blood pressure
- D. Vitamin B12 deficiency

**27. Identify the antihypertensive medication that is categorized as a beta blocker from the options below.**

- A. Amlodipine
- B. Hydrochlorothiazide
- C. Atenolol
- D. Lisinopril

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**28. A health care provider's DEA number is designed to:**

- A. Verify the provider's educational background
- B. Serve as a tax identification number
- C. Provide an overview of the provider's work history
- D. Allow the provider to issue prescriptions for controlled substances

**29. What is the primary key to ensuring patient compliance with treatment plans?**

- A. Effective communication
- B. Prescribing medication
- C. Follow-up appointments
- D. Patient surveys

**30. What component of wound healing is most critical for the formation of new tissue?**

- A. Lipids creating a protective barrier
- B. Collagen deposition
- C. Keratin proliferation
- D. Calcium build-up



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## Answer Key & Explanations

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**1. D — Advise the patient to schedule an in-person appointment for further evaluation.**

Answer: Advise the patient to schedule an in-person appointment for further evaluation. It is crucial to assess the patient in-person, especially given the symptoms of persistent cough, fever, and fatigue, which could suggest a more serious condition or a secondary infection requiring different treatment. Patients should also be educated on the importance of completing full antibiotic courses to prevent resistance and ensure proper treatment of infections.

**2. B — Older adults often experience prolonged drug half-lives due to decreased renal clearance**

Answer: Older adults often experience prolonged drug half-lives due to decreased renal clearance.

Explanation: In older adults, both renal and hepatic functions often decline, leading to slower drug metabolism and excretion. This can result in prolonged drug half-lives and potential drug accumulation.

**3. D — The Timed Up and Go (TUG) test**

The Timed Up and Go (TUG) test is used to assess mobility and the risk of falls in elderly patients. The patient is asked to stand from a seated position, walk a short distance, turn around, walk back to the chair, and sit down. The time taken to complete the task is measured, with longer times indicating a higher risk of falls. The Ishihara chart is used for detecting color blindness and is not relevant for assessing fall risk. The Mini-Mental State Examination (MMSE) is used for cognitive assessment and does not directly measure fall risk. The Snellen chart is used for visual acuity testing and is not related to fall assessment.

**4. B — Hispanics**

Answer: Hispanics. Type 2 diabetes mellitus is more prevalent among Hispanic populations due to a combination of genetic, lifestyle, and socioeconomic factors. African Americans and Native Americans also show higher prevalence rates compared to Caucasians.

**5. C — Herpes zoster**

Answer: Herpes zoster. Herpes zoster, also known as shingles, is characterized by a painful, burning rash that typically appears in a band-like pattern along the path of a nerve on one side of the body. It occurs when the varicella-zoster virus, which causes chickenpox, reactivates later in life. The pattern and nature of the rash are important diagnostic features. Unlike dermatitis or psoriasis, shingles involves nerve inflammation leading to burning pain and is usually confined to one dermatome.

**6. D — Ibuprofen**

Ibuprofen, commonly used for pain relief, can lead to increased blood pressure, especially in older adults who may already be at risk of cardiovascular complications. Close monitoring of cardiovascular status is essential when prescribing this medication.

**7. C — CN IX**

The correct answer is CN IX (Glossopharyngeal nerve). The gag reflex involves pharyngeal sensation, which is mainly detected and transmitted by the glossopharyngeal nerve, allowing assessment of its functionality. The glossopharyngeal nerve is crucial for swallowing and saliva secretion.



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**8. A — Multi-cultural**

Answer: Multi-cultural. A multi-cultural communication approach involves incorporating styles from multiple cultural backgrounds. It is crucial for healthcare professionals to understand and accommodate diverse cultural identities in their interactions. Bi-cultural communication involves two cultural styles, while mono-cultural revolves around just one. Cross-cultural communication refers to the exchange of styles between cultures but does not necessarily combine them.

**9. C — Staphylococcus aureus**

Staphylococcus aureus is a common cause of skin abscesses and other skin and soft tissue infections. Streptococcus pyogenes can also cause skin infections like cellulitis but is not as commonly associated with abscesses as Staphylococcus aureus. Streptococcus pneumoniae is primarily linked with respiratory infections, not skin infections. Mycobacterium leprae is the causative agent of leprosy.

**10. A — Medicare Part D covers prescription drugs, but patients may have to pay a co-payment or coinsurance.**

Answer: Medicare Part D covers prescription drugs, but patients may have to pay a co-payment or coinsurance. Medicare Part D is a federal program to subsidize the costs of prescription drugs for Medicare beneficiaries. It does not cover all costs, and enrollees are responsible for co-payments, deductibles, and coinsurance, depending on their plan.

**11. C — Angiotensin-converting enzyme inhibitors (ACEIs)**

Answer: Angiotensin-converting enzyme inhibitors (ACEIs). ACEIs are recommended for treating patients with diabetic nephropathy to slow the progression of kidney damage.

**12. A — Bone disease**

Answer: Bone disease ALP is an enzyme related to the bile ducts; however, a lone elevation in ALP is often linked to bone disease, including Paget's disease and bone cancers. In liver disease, elevations in ALP typically coincide with other liver function tests such as ALT and AST.

**13. D — Every adult patient with type 2 diabetes should be on a long-acting insulin initially.**

The correct answer is: Every adult patient with type 2 diabetes should be on a long-acting insulin initially. In the management of type 2 diabetes, initial treatment typically focuses on lifestyle modifications and oral medications, such as metformin. Insulin therapy is not the first choice for every patient and is usually considered when other interventions do not achieve adequate glycemic control. Management involves monitoring of blood glucose levels, lifestyle changes, and possibly medications to maintain good control and prevent complications.

**14. B — Acetaminophen (Tylenol)**

Acetaminophen should be avoided in patients with severe liver dysfunction because it is metabolized by the liver. High doses or prolonged use can lead to further liver injury, while Ibuprofen, Loratadine, and Diphenhydramine have less direct hepatic toxicity.

**15. A — Anemia of chronic disease**

Answer: Anemia of chronic disease Anemia of chronic disease is the most prevalent type of anemia among older adults in the United States. It is often associated with chronic infections, inflammatory diseases, and cancer. It results from the body's response to chronic illness and inflammation rather than nutritional deficits. Iron deficiency anemia is the most common type of anemia worldwide but not in the United States among older adults. Vitamin B12 deficiency anemia is also common but occurs less frequently than anemia of chronic



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disease.

**16. C — A systematic review of randomized controlled trials on dietary interventions for cardiovascular disease prevention**

The correct answer is: A systematic review of randomized controlled trials on dietary interventions for cardiovascular disease prevention. In evidence-based medicine, systematic reviews and meta-analyses of RCTs are considered the highest level of evidence due to their comprehensive evaluation of multiple studies. This level of evidence helps determine the effectiveness of dietary interventions by minimizing bias and providing reliable conclusions. The levels of evidence rankings are: - Meta-analysis and/or systematic reviews (Cochrane/Medline/CINAHL/PubMed) - RCTs (used for testing and medical treatment effectiveness, subjects assigned at random to either a control or treatment group) - Experimental studies (control group, intervention group, randomization) - Cohort/case-control studies - Retrospective chart reviews - Expert/specialty society opinions

**17. B — Ischemic heart disease**

Answer: Ischemic heart disease Ischemic heart disease, also known as coronary artery disease, is characterized by reduced blood flow to the heart. It is the leading cause of mortality among cardiovascular conditions in older adults. Chronic conditions such as hypertension and cardiac arrhythmias like atrial fibrillation play significant roles in the development and progression of ischemic heart disease. Congestive heart failure, while serious, has a lower direct mortality rate compared to ischemic heart disease.

**18. D — Inhaled bronchodilators**

Inhaled bronchodilators are considered the first-line treatment for chronic obstructive pulmonary disease (COPD). They help open airways and make breathing easier. Oral corticosteroids may be used during acute exacerbations of COPD, and antibiotics are reserved for bacterial infections. Inhaled corticosteroids can be used in combination therapy for patients with more severe COPD.

**19. C — Stage 2 Hypertension**

Answer: Stage 2 Hypertension. The classification for hypertension is as follows: Normal BP is <120/80 mmHg. Prehypertension is 120-139/80-89 mmHg. Stage 1 Hypertension is 140-159/90-99 mmHg. Stage 2 Hypertension is  $\geq 160/\geq 100$  mmHg. This patient's blood pressure readings and treatment plan align with Stage 2 Hypertension classification.

**20. B — Low-fat dairy products**

Low-fat dairy products are high in calcium and are recommended for patients managing osteoporosis. These products help maintain bone health. Red meat and poultry have lower calcium content. While fruits and vegetables contribute essential nutrients, they are not the highest sources of calcium. Whole grains, nuts, and dried beans are rich in other minerals like magnesium but offer lower calcium content compared to dairy.

**21. A — Cough**

Answer: Cough Calcium channel blockers are commonly used to treat hypertension and other cardiovascular conditions. Common side effects include peripheral edema, bradycardia, and constipation. Cough is not a typical side effect of calcium channel blockers; it is more commonly associated with ACE inhibitors.

**22. B — Periorbital ecchymosis and Battle's sign**

Periorbital ecchymosis, also known as raccoon eyes, and Battle's sign are both signs indicative of a basilar skull fracture. They result from blood tracking through tissue planes following a fracture at the base of the skull. Simple lacerations are external and typically not related to skull fractures. A clear nasal discharge can



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indicate cerebrospinal fluid leak associated with a basilar skull fracture.

### 23. D — Digoxin

Answer: Digoxin. Digoxin has a narrow therapeutic index, making it essential to monitor blood levels to avoid toxicity, especially in elderly patients with renal impairment.

### 24. C — The geriatric care manager

Answer: The geriatric care manager Geriatric care managers play a vital role in monitoring the care plan and managing services for elderly patients. They liaison with healthcare providers, family members, and community resources to ensure comprehensive support for patients with cognitive decline. They coordinate long-term care options, integrating both medical and non-medical services as needed.

### 25. A — Type 1 diabetes

Answer: Type 1 diabetes Metformin is primarily used to manage type 2 diabetes and is also effective for conditions such as polycystic ovary syndrome (PCOS) and prediabetes. It is not used for type 1 diabetes as it requires insulin therapy.

### 26. D — Vitamin B12 deficiency

Metformin is a common medication for managing type 2 diabetes, but prolonged use can lead to vitamin B12 deficiency due to its interference with B12 absorption in the intestines. Patients should monitor for symptoms of deficiency, such as fatigue and neuropathy, and periodically have their B12 levels checked. Rapid weight gain, hypercalcemia, and increased blood pressure are not typical long-term effects of metformin therapy.

### 27. C — Atenolol

Atenolol is a beta blocker, which works by blocking beta-adrenergic receptors, reducing heart rate and blood pressure. Lisinopril is an ACE inhibitor, amlodipine is a calcium channel blocker, and hydrochlorothiazide is a thiazide diuretic.

### 28. D — Allow the provider to issue prescriptions for controlled substances

The DEA number is a unique identifier for health care providers authorized by the Drug Enforcement Administration to prescribe controlled substances. It is critical for practitioners who provide these prescriptions.

### 29. A — Effective communication

Effective communication is key to ensuring patient compliance with treatment plans. Clear and open dialogue between healthcare providers and patients helps to clarify treatment goals, address concerns, and reinforce the importance of adherence to prescribed plans.

### 30. B — Collagen deposition

Collagen deposition is essential in wound healing as it provides a scaffold for the formation of new tissue and contributes to the strength and integrity of the newly healed area. Keratin proliferation, calcium build-up, and lipid barriers are not significant factors in tissue formation during wound healing.



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