

# Contents

<b>INTRODUCTION TO THE CONTINUING EDUCATION (CE)</b>	
<b>CONTACT HOUR APPLICATION PROCESS</b> . . . . .	<b>v</b>
<b>ACKNOWLEDGEMENTS</b> . . . . .	<b>xi</b>
<b>CHAPTER 1. Taking the Certification Examination</b> . . . . .	<b>1</b>
ELIZABETH BLUNT, PHD, MSN, FNP-BC	
General Suggestions for Preparing for the Exam . . . . .	1
About the Certification Exams . . . . .	8
<b>CHAPTER 2. Important Factors Influencing the Nurse Practitioner Role</b> . . . . .	<b>9</b>
ELIZABETH BLUNT, PHD, MSN, FNP-BC	
Legal Dimensions of the Role . . . . .	11
Theory and Principles of Family-Focused Care . . . . .	18
<b>CHAPTER 3. Healthcare Issues</b> . . . . .	<b>27</b>
SHIRLEE DRAYTON-BROOKS, PHD, FNP-BC, APRN-BC	
General Approach . . . . .	27
Epidemiologic Principles . . . . .	28
Human Development . . . . .	33
Health Maintenance . . . . .	41
Models and Theories Related to Health Care . . . . .	42
Health Maintenance Practice . . . . .	43
Safety . . . . .	56
Geriatric Assessment . . . . .	67
Immunization . . . . .	68
Other Healthcare Considerations . . . . .	82
<b>CHAPTER 4. Infectious Diseases</b> . . . . .	<b>87</b>
ELIZABETH PETIT DE MANGE, PHD, MSN, BSN, NP-C, RN	
General Approach . . . . .	87
Viral Infections . . . . .	90
Bacterial and Other Infections . . . . .	111
HIV-Related Issues . . . . .	125
<b>CHAPTER 5. Common Problems of the Skin</b> . . . . .	<b>153</b>
DEBORAH GILBERT-PALMER, EDD, FNP-BC	
General Approach . . . . .	153
Allergy . . . . .	156
Eczematous Conditions . . . . .	161
Acne . . . . .	166

Papulosquamous Eruptions . . . . .	173
Fungal and Yeast Infections . . . . .	174
Bacterial Infections of the Skin . . . . .	181
Viral Skin Infections . . . . .	188
Parasitic Infestations and Bites . . . . .	194
Tumors . . . . .	201
Other Integumentary Conditions . . . . .	206
<b>CHAPTER 6. Eye, Ear, Nose, and Throat Disorders . . . . .</b>	<b>217</b>
LISA NERI, MSN, CRNP	
General Approach . . . . .	217
Disorders of the Eyes . . . . .	219
Ocular Trauma . . . . .	239
Problems of the Ears . . . . .	246
Problems of the Nose/Sinuses . . . . .	258
Problems of the Pharynx . . . . .	268
Problems of the Mouth . . . . .	274
Problems of the Neck . . . . .	278
<b>CHAPTER 7. Respiratory Disorders . . . . .</b>	<b>285</b>
LISA NERI, MSN, CRNP	
General Approach . . . . .	285
Acute Conditions . . . . .	286
Chronic Conditions . . . . .	311
<b>CHAPTER 8. Cardiovascular Disorders . . . . .</b>	<b>333</b>
SHIRLEE DRAYTON-BROOKS, PHD, FNP-BC, APRN-BC	
General Approach . . . . .	333
Common Cardiovascular Disorders . . . . .	335
Congenital Heart Defects . . . . .	380
Cyanotic Congenital Heart Defects . . . . .	391
Peripheral Vascular Disorders . . . . .	394
<b>CHAPTER 9. Gastrointestinal Disorders . . . . .</b>	<b>407</b>
BARBARA RIDEOUT, MSN, APRN-BC	
General Approach . . . . .	407
Gastrointestinal Signs and Symptoms . . . . .	408
Common Gastrointestinal Conditions . . . . .	432
Conditions That May Warrant Surgery . . . . .	455
Conditions of the Rectum and Anus . . . . .	474
Conditions of the Liver . . . . .	479
Other Related Conditions . . . . .	488
<b>CHAPTER 10. Renal and Urologic Disorders . . . . .</b>	<b>495</b>
BARBARA RIDEOUT, MSN, APRN-BC	
General Approach . . . . .	495
Urologic Disorders . . . . .	499
Renal Disorders . . . . .	516

<b>CHAPTER 11. Female Reproductive System Disorders and Conditions</b> . . . . .	<b>525</b>
BARBARA SIEBERT, MSN, CRNP, FNP-BC	
General Approach . . . . .	525
Conditions of the Menstrual Cycle . . . . .	536
Breast Conditions. . . . .	558
Noninfectious Breast Disorders . . . . .	561
Conditions of the Vulva, Vagina, and Cervix . . . . .	568
Abnormal Growths of Uterus and Ovaries . . . . .	582
Polycystic Ovary Syndrome/Polycystic Ovarian Disease . . . . .	586
Other Conditions. . . . .	588
Care of the Maternity Patient. . . . .	591
<b>CHAPTER 12. Male Reproductive System Disorders and Conditions</b> . . . . .	<b>599</b>
BARBARA SIEBERT, MSN, CRNP, FNP-BC	
General Approach . . . . .	599
Disorders of the Prostate Gland . . . . .	601
Disorders of the Scrotal Contents . . . . .	613
Penile Disorders. . . . .	627
<b>CHAPTER 13. Sexually Transmitted Diseases</b> . . . . .	<b>637</b>
MARY ANN KRISMAN-SCOTT, RN, PHD, FNP-BC	
General Approach . . . . .	637
Infections That Cause Vaginitis and Cervicitis in Women and Urethritis in Men . . . . .	639
Viral Infections . . . . .	649
Other STDs. . . . .	655
<b>CHAPTER 14. Musculoskeletal Disorders</b> . . . . .	<b>663</b>
DEBORAH GILBERT-PALMER, EDD, FNP-BC	
General Approach . . . . .	663
Arthritis . . . . .	664
Conditions of the Bones . . . . .	672
Conditions That Cause Hip Pain. . . . .	682
Conditions That Cause Knee Pain . . . . .	687
Conditions That Cause Ankle Pain . . . . .	691
Conditions That Cause Shoulder Pain . . . . .	694
Other Shoulder Injuries and Conditions . . . . .	696
Conditions That Cause Elbow Pain . . . . .	699
Conditions That Cause Wrist Pain . . . . .	702
Other Musculoskeletal Conditions and Injuries. . . . .	706
<b>CHAPTER 15. Neurologic Disorders</b> . . . . .	<b>723</b>
DEBORAH GILBERT-PALMER, EDD, FNP-BC	
General Approach . . . . .	723
General Neurologic and Neurosurgical Disorders . . . . .	725
Seizures and Epilepsy . . . . .	779

<b>CHAPTER 16. Hematologic Disorders</b> . . . . .	<b>795</b>
ELIZABETH PETIT DE MANGE, PHD, MSN, BSN, NP-C, RN	
General Approach . . . . .	795
Normocytic Anemias . . . . .	798
Hypochromic Anemias . . . . .	802
Megaloblastic Anemias . . . . .	805
Other Problems of Iron and Red Blood Cells . . . . .	819
White Blood Cell–Related Problems . . . . .	822
Coagulation Disorders . . . . .	825
<b>CHAPTER 17. Endocrine Disorders</b> . . . . .	<b>829</b>
SHIRLEE DRAYTON-BROOKS, PHD, FNP-BC, APRN-BC	
General Approach . . . . .	831
Disorders of the Pancreas . . . . .	832
Thyroid Disorders . . . . .	849
Adrenal Disorders . . . . .	859
Pituitary Disorders . . . . .	864
Pubertal Disorders . . . . .	870
<b>CHAPTER 18. Psychiatric–Mental Health Disorders</b> . . . . .	<b>879</b>
MARY ANN KRISMAN-SCOTT, RN, PHD, FNP-BC	
General Approach . . . . .	879
Anxiety Disorders . . . . .	880
Mood Disorders . . . . .	885
Substance Use Disorders . . . . .	894
Domestic Violence and Abuse . . . . .	904
Eating Disorders . . . . .	913
Other Disorders . . . . .	918
<b>APPENDIX A. Case Studies and Discussion</b> . . . . .	<b>933</b>
<b>APPENDIX B. Review Questions</b> . . . . .	<b>965</b>
<b>APPENDIX C. Answers to the Review Questions</b> . . . . .	<b>975</b>
<b>INDEX</b> . . . . .	<b>987</b>
<b>ABOUT THE AUTHORS</b> . . . . .	<b>1021</b>