

# Cheap Nursing CEUs

## Adnexal Masses and Polycystic Ovarian Syndrome (PCOS)

**1. A nurse is teaching a group of adolescent females about the menstrual cycle. The nurse tells the students that progesterone increases during which phase of the menstrual cycle?**

- A. Menses
  - B. Follicular phase
  - C. Ovulation
  - D. Luteal phase
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**2. A patient is concerned that their menstrual cycle is irregular. The nurse educates the patient that a menstrual cycle can become irregular due to which factor?**

- A. Breastfeeding
  - B. Regular exercise
  - C. The use of vitamin supplements
  - D. Cardiovascular disease
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**3. A patient is being seen by their healthcare provider with concerns for frequent miscarriages over the past year. When drawing labs on the patient, the nurse knows that low levels of which female reproductive hormone can cause frequent miscarriages?**

- A. Estrogen
  - B. Follicle stimulating hormone (FSH)
  - C. Progesterone
  - D. Luteinizing hormone (LH)
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**4. A nurse is teaching a course on adnexal masses to a group of nursing students. The nurse states that ovarian cysts are most commonly found in which patient population?**

- A. Females of reproductive age
  - B. Females of menopausal age
  - C. Females on hormonal birth control
  - D. Females who are pregnant
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**5. A 55 year old patient arrives for their annual visit with their gynecologist and expresses concern for ovarian cancer. The patient states they would like testing for ovarian cancer. The nurse provides which statement to the patient about preventative screening for ovarian cancer?**

- A. "A pap smear is routine testing for ovarian cancer."
  - B. "There is currently no recommended preventative screening for ovarian cancer."
  - C. "Only a blood test can detect ovarian cancer."
  - D. "Ovarian cancer is not a concern at your age."
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**6. A patient is being seen by their healthcare provider to monitor a benign ovarian cyst. The patient asks why more is not being done to treat the cyst. Which statement by the nurse provides education on the treatment of benign cysts?**

- A. "All ovarian cysts will eventually need surgical intervention."
  - B. "Once this cyst is gone, you won't need to worry about any others in the future."
  - C. "Benign cysts will often resolve on their own."
  - D. "Only malignant cysts need treatment."
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**7. Why is laparoscopic surgery is recommended for surgical resection of benign cysts?**

- A. Patients typically report a decreased amount of pain
  - B. Patients do not have any incisions
  - C. Patients will have an immediate onset of menopause
  - D. Patients will have a longer hospital stay
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**8. A patient recently diagnosed with ovarian cancer has a tumor that was found on both ovaries and has spread to areas outside the pelvis. What stage is the patient's cancer?**

- A. Stage I
  - B. Stage II
  - C. Stage III
  - D. Stage IV
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**9. What is a risk factor for polycystic ovary syndrome (PCOS)?**

- A. Menopausal age
  - B. Weight loss
  - C. Multiple pregnancies
  - D. Insulin resistance
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**10. A nurse is teaching a group of nursing students about PCOS. What does the nurse tell the students is a primary goal of treating PCOS?**

- A. Preventing ovarian cancer
  - B. Promoting ovulation
  - C. Preventing pregnancy
  - D. Curing all PCOS symptoms
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**11. What is an early symptom of PCOS?**

- A. Irregular menstrual cycles
  - B. Weight loss
  - C. Miscarriage
  - D. Hyperglycemia
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**12. What hormone is elevated in patients with PCOS causing hirsutism?**

- A. Estrogen
  - B. Progesterone
  - C. Testosterone
  - D. Follicle stimulating hormone
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**13. What chronic health condition are patients with PCOS at a higher risk for?**

- A. Chronic kidney disease
  - B. Type 2 diabetes
  - C. Dementia
  - D. Irritable bowel syndrome
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**14. A patient is being seen for abdominal pain and irregular menstrual cycles. The physician states they want to rule out an ovarian cyst. What diagnostic test does the nurse anticipate the physician will order?**

- A. Ultrasound
  - B. CT scan
  - C. Urinalysis
  - D. MRI scan
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**15. A patient has recently been diagnosed with PCOS and has been unsuccessfully trying to get pregnant. The physician has prescribed the patient clomiphene. Which statement by the nurse explains to the patient the purpose for clomiphene?**

- A. "This medication will help reduce the acne and hair growth associated with PCOS."
  - B. "This medication will help regulate insulin resistance."
  - C. "This medication will help promote ovulation."
  - D. "This medication will help prevent new cysts from forming."
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**16. What is a risk factor for adnexal masses?**

- A. Insulin resistance
- B. Obesity
- C. Family history of cardiovascular disease

D. Family history of breast cancer

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**17. A nurse is educating a patient recently diagnosed with a benign ovarian cyst about possible complications. Which statement by the nurse explains the complication of ovarian torsion?**

- A. "Ovarian torsion is when your ovaries are surgically removed."
  - B. "Ovarian torsion is when the ovaries twist cutting off blood supply."
  - C. "Ovarian torsion is not a serious complication of ovarian cysts."
  - D. "Ovarian torsion requires laparoscopic surgery to resolve."
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**18. A patient recently diagnosed with a benign ovarian cyst has been prescribed hormonal birth control by the physician. The patient asks why they need to be on hormonal birth control. Which statement by the nurse explains how hormonal birth control can treat ovarian cysts?**

- A. "Hormonal birth control can prevent new cysts from forming."
  - B. "If you take hormonal birth control, you do not need to come back for monitoring."
  - C. "Hormonal birth control can shrink the current cysts."
  - D. "Hormonal birth control will ensure you never have another ovarian cyst."
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**19. What is the drug of choice to treat insulin resistance in patients with PCOS?**

- A. Hormonal birth control
  - B. Spironolactone
  - C. Clomiphene
  - D. Metformin
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**20. Which criteria indicates an irregular menstrual cycle?**

- A. Bleeding for 3 to 5 days during menses
  - B. Menstrual cycles occurring every 21 to 35 days
  - C. No menstruation for more than 90 days
  - D. Menstruation beginning at 12 years of age
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