

APEA 3P EXAM WITH DETAILED ANSWERS (2025 UPDATED).

1. **Most common type of skin cancer in USA:** Skin cancer
2. **Most common type of skin cancer:** basal cell carcinoma
3. **basal cell carcinoma symptoms:** Appearance varies; smooth, shiny bump, pink to pearly white
4. **Basal cell carcinoma common locations:** cheeks, nose, face, neck, arms, back
5. **basal cell carcinoma diagnosis gold standard:** biopsy. if not an option, refer to dermatologist
6. **Actinic keratosis:** Precursor to squamous cell carcinoma
numerous dry, round and pink to red lesions w/ rough and scaly texture
--> does not heal, slow growing in sun exposed areas
7. **Actinic keratosis diagnosis gold standard:** Biopsy.
if not an option, refer to dermatologist
8. **Actinic keratosis treatment gold standard:** small- cryotherapy
large- number 5-FU (5-fluorouracil aka efudex). 5-FU medication Causes skin to ooze, crust, scab and be red
****5-fluorouracil/ efudex-wear sunscreen!!****
9. **squamous cell cancer:** chronic red scaly rough textured lesion w/ irregular borders
crusting or bleeding may be present
10. **Squamous cell carcinoma common locations:** rims of ears, lips, nose, face and top of hands
11. **precursor lesion to squamous cell cancer:** actinic keratosis

12. **squamous cell carcinoma diagnosis by?**: biopsy gold standard. if biopsy is not an option, refer to dermatology .

13. **Risk factors for skin cancer(melanoma and both non-melanoma)**: Blistering sunburn as a child, history of sunburns, light skin, chronic exposure to UV light (sunlight/tanning beds), moles, family hx for skin cancer

14. **Melanoma symptoms (ABCDE)**: asymmetry (shape/uneven texture)
border (irregular/notched/blurred)

color (variegated colors from black, blue, dark to light brown)

diameter (size >6mm size of pencil eraser or larger)

evolving (changes in color/size/shape)

may be itchy

15. **Acral lentiginous melanoma**: Most common type of melanoma in dark skinned individuals (blacks & asians)

--> look for longitudinal brown to black bands under the nailbed. a changing spot or mole in the palms, or the soles of the feet

16. **seborrheic keratosis:** soft, round, wart-like growth that is light tan to black and looks pasted on

asymptomatic & benign

17. **Bacterial Meningitis Bacteria:** Streptococcus pneumoniae- most common strain

Haemophilus influenzae

Neisseria meningitidis

Escherichia coli

*others

18. **Bacterial meningitis symptoms (Classic Triad):** High fever

Nuchal rigidity

rapid change in mental status w/ headache

Triad=neck up

erythematous spot-like rash (petechiae) ecchymosis to purple-colored lesions (purpura) which are non-blanchable

19. **Is bacterial meningitis a reportable disease:** yes!

20. **Treatment for Bacterial meningitis-patient:** IV Abx ASAP, resp/droplet iso

for first 24-48 hrs, hydrate (low maintenance after initial fluid correction),

Maintain

ventilation and reduce increased intra cranial pressure if present (dexamethosone(to reduce inflammation, mannitol to diurese the brain), low stim environment, tx complications that may arrive and support family

21. **Treatment for bacterial meningitis-close encounter:** Close contacts should

be treated w/ rifampin 600 mg q 12 hours x 2 days

**Rifampin changes urine color to reddish orange and can stain contacts

****AVOID RIFAMPIN IN PREGNANCY**

22. Brudzinkski sign (meningeal irritation): Tests for meningeal irritation

Patient supine, raise BACK of head and flex chin towards chest

+ result if pt automatically bends both hips

--Brudzinski and back of head start with B as well as bends--

23. Kernig's sign: Tests for meningeal irritation

patient supine. flex patient's hips and knees in a right angle, then slowly straighten/extend the legs up

+ result if when the patient complains of pain during extension of leg

24. MCV4 (meningococcal vaccine) Age 11-19: Give one dose of menactra or menveo

primary dose given age 12 or younger give a booster at age 16-18

25. MCV4 (meningococcal vaccine) Age 19-21: Give one dose of menactra or menveo if never had either