

Health Alteration 1 Quiz #1 Chapters 1-4**Multiple Choice**

Identify the choice that best completes the statement or answers the question.

- _____ 1. The nurse is caring for a newly admitted patient. Which intervention is the **best** example of a culturally appropriate nursing intervention?
- Insist family members provide most of the patient's personal care.
 - Maintain a personal space of at least 2 feet when assessing the patient.
 - Ask permission before touching a patient during the physical assessment.
 - Consider the patient's ethnicity as the most important factor in planning care.
- _____ 2. When assessing for formation of a possible blood clot in the lower leg of a patient, which action should the nurse take **first**?
- Compress the nail beds to determine capillary refill time.
 - Visually inspect the leg.
 - Feel for the temperature of the leg.
 - Check the patient's pedal pulses using the fingertips.
- _____ 3. A nurse is caring for a group of patients on the medical-surgical unit with the help of one float registered nurse (RN), one unlicensed assistive personnel (UAP), and one licensed practical/vocational nurse (LPN/LVN). Which assignment, if delegated by the nurse, would be inappropriate?
- Measurement of a patient's urine output by UAP
 - Check for the presence of bowel sounds and flatulence by UAP
 - Administration of oral medications by LPN/LVN
 - Care of a patient with diabetes by RN who usually works on the pediatric unit
- _____ 4. The nurse is planning a teaching session with a patient newly diagnosed with migraine headaches. To assess a patient's readiness to learn, which question should the nurse ask?
- "What information do you think you need right now?"
 - "What kind of work and leisure activities do you do?"
 - "Do you have any religious beliefs that are inconsistent with the planned treatment?"
 - "Can you describe the types of activities that help you learn new information?"
- _____ 5. An older Asian patient, who is seen at the health clinic, is diagnosed with protein malnutrition. What **priority** action should the nurse include in the teaching plan?
- Ask the patient to record the intake of all foods and beverages for a 3-day period.
 - Encourage the patient to increase the dietary intake of meat, cheese, and milk.
 - Suggest the use of liquid supplements as a way to increase protein intake.
 - Focus on the use of combinations of beans and rice to improve daily protein intake

- _____ 6. A Hispanic patient complains of abdominal cramping caused by *empacho*. Which action should the nurse take **first**?
- Massage the patient's abdomen until the pain is gone.
 - Administer prescribed medications to decrease the cramping.
 - Offer to contact a *curandero(a)* to make a visit to the patient.
 - Ask the patient what treatments are likely to help.
- _____ 7. While admitting a patient to the medical unit, the nurse determines that the patient is hard of hearing. How should the nurse use this information to plan teaching and learning strategies?
- The patient will have problems understanding information.
 - Motivation and readiness to learn will be affected.
 - Written materials should be provided with verbal instructions.
 - The family must be included in the teaching process.
- _____ 8. A nurse asks the patient if pain was relieved after receiving medication. What is the purpose of the evaluation phase of the nursing process?
- To determine if interventions have been effective in meeting patient outcomes
 - To decide whether the patient's health problems have been completely resolved
 - To establish if the patient agrees that the nursing care provided was satisfactory
 - To document the nursing care plan in the progress notes of the medical record
- _____ 9. The nurse plans to complete a physical examination of an alert, older patient. Which adaptations to the examination technique should the nurse include?
- Organize the sequence to minimize the position changes.
 - Avoid the use of touch as much as possible.
 - Speak softly and slowly when talking with the patient.
 - Use slightly more pressure for palpation of the liver.
- _____ 10. The nurse documenting the patient's progress in the care plan in the electronic health record before an interdisciplinary discharge conference is demonstrating competency in which QSEN category?
- Patient-centered care
 - Evidence-based practice
 - Quality improvement
 - Informatics and technology
- _____ 11. The nurse plans health care for a community with a large number of recent immigrants from Vietnam. Which intervention is the **most** important for the nurse to implement?
- Contraceptive teaching
 - Tuberculosis screening
 - Colonoscopy information
 - Hepatitis testing

- _____ 12. A patient with a bacterial infection has a nursing diagnosis of deficient fluid volume related to excessive diaphoresis. Which outcome would the nurse recognize as most appropriate for this patient?
- Patient has a balanced intake and output.
 - Patient's bedding is changed when it becomes damp.
 - Patient understands the need for increased fluid intake.
 - Patient's skin remains cool and dry throughout hospitalization.
- _____ 13. During the health history interview, a patient tells the nurse about periodic fainting spells. Which question by the nurse will **best** elicit any associated clinical manifestations?
- "Do the spells tend to occur at any special time of day?"
 - "How frequently do you have the fainting spells?"
 - "Do you have any other symptoms along with the spells?"
 - "Where are you when you have the fainting spells?"
- _____ 14. A nurse is caring for a patient with heart failure. Which task is appropriate for the nurse to delegate to experienced unlicensed assistive personnel (UAP)?
- Determine whether the patient is ready to increase the activity level.
 - Obtain the patient's blood pressure and pulse rate after ambulation.
 - Instruct the patient about the need to alternate activity and rest.
 - Monitor for shortness of breath or fatigue after ambulation.
- _____ 15. An older Asian American patient tells the nurse that she has lived in the United States for 50 years. The patient speaks English and lives in a predominantly Asian neighborhood. Which action by the nurse is **most** appropriate?
- Include a *shaman* when planning the patient's care.
 - Involve the patient's oldest son to assist with health care decisions.
 - Ask the patient about any special cultural beliefs or practices.
 - Avoid direct eye contact with the patient during care.
- _____ 16. A patient who is paralyzed on the left side of the body after a stroke develops a pressure ulcer on the left hip. Which nursing diagnosis is most appropriate?
- Impaired skin integrity related to altered circulation and pressure
 - Ineffective tissue perfusion related to inability to move independently
 - Risk for impaired tissue integrity related to left-sided weakness
 - Impaired physical mobility related to left-sided paralysis
- _____ 17. Which strategy should be a **priority** when the nurse is planning care for a diabetic patient who is uninsured?
- Obtain less expensive medications.
 - Teach about the impact of exercise on diabetes.
 - Assist with dietary changes as the first action.
 - Follow evidence-based practice guidelines.

- _____ 24. The nurse educator teaches students how to be more assertive. Which teaching strategy, if implemented by the nurse educator, would be **most** effective?
- Lecture-discussion
 - Role playing
 - Printed materials
 - Peer teaching
- _____ 25. A staff nurse expresses frustration that a Native American patient always has several family members at the bedside. Which action by the charge nurse is **most** appropriate?
- Ask about the nurse's personal beliefs about family support during hospitalization.
 - Remind the nurse that family support is important to this family and patient.
 - Have the nurse explain to the family that too many visitors will tire the patient.
 - Suggest that the nurse ask family members to leave the room during patient care.
- _____ 26. A patient is diagnosed with heart failure after being admitted to the hospital for shortness of breath and fatigue. Which teaching strategy, if implemented by the nurse, is **most** likely to be effective?
- Teach the patient at each meal about the amounts of sodium in various foods.
 - Discuss the importance of medication control in maintenance of long-term health.
 - Assure the patient that the nurse is an expert on management of heart failure.
 - Refer the patient to a home health nurse for instructions on diet and fluid restrictions.
- _____ 27. While the nurse is taking the health history, a patient states, "My mother and sister both had double mastectomies and were unable to be very active for weeks." Which functional health pattern is represented by this patient's statement?
- Health perception–health management
 - Cognitive-perceptual
 - Activity-exercise
 - Coping-stress tolerance
- _____ 28. The nurse considers a nursing diagnosis of ineffective health maintenance related to low motivation for a patient with diabetes. Which finding would the nurse **most** likely use to support this nursing diagnosis?
- The patient occasionally forgets to take the daily prescribed medication.
 - The patient states that dietary changes have not made any difference at all.
 - The patient does not perform capillary blood glucose tests as directed.
 - The patient cannot identify signs or symptoms of high and low blood glucose.

Name: _____

ID: B

- _____ 29. The nurse records the following general survey of a patient: "The patient is a 50-year-old Asian female attended by her husband and two daughters. Alert and oriented. Does not make eye contact with the nurse and responds slowly, but appropriately, to questions. No apparent disabilities or distinguishing features." What additional information should the nurse add to this general survey?
- a. Reasons for contact with the health care system
 - b. Nutritional status
 - c. Intake and output
 - d. Comments of family members about his condition
- _____ 30. The nurse working in a clinic in a primarily African American community notes a higher incidence of uncontrolled hypertension in the patients. To correct this health disparity, which action should the nurse take **first**?
- a. Assess the perceptions of community members about the care at the clinic.
 - b. Schedule teaching sessions about low-salt diets at community events.
 - c. Obtain low-cost antihypertensive drugs using funding from government grants.
 - d. Initiate a regular home-visit program by nurses working at the clinic.