

NURSING PROCESS 2 TEST #1

Multiple Choice

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

- _____ 1. A nurse encounters a family that experienced the death of their adult child last year. The parents are talking about the upcoming anniversary of their child's death. The nurse spends time with them discussing their child's life and death. The nurse's action best demonstrates which nursing principle?
- Pain management technique
 - Facilitating normal mourning
 - Grief evaluation
 - Palliative care
- _____ 2. A cancer patient asks the nurse what the criteria are for hospice care. What should the nurse answer?
- Having a terminal illness, such as cancer
 - Needing assistance with pain management
 - Expected to live less than 6 to 12 more months
 - Completion of an advance directive
- _____ 3. A terminally ill patient is experiencing constipation secondary to pain medication. What is the best way for the nurse to improve the patient's constipation problem?
- Massage the patient's abdomen.
 - Contact the provider to discontinue pain medication.
 - Administer enemas twice daily for 7 days.
 - Use a stimulant laxative and increase fluid intake.
- _____ 4. A severely depressed patient cannot state any positive attributes to his or her life. The nurse patiently sits with this patient and assists the patient to identify several activities the patient is actually looking forward to in life. The nurse is helping the patient to demonstrate which spiritual concept?
- Time management
 - Hope
 - Charity
 - Faith
- _____ 5. In preparation for the eventual death of a female hospice patient of the Muslim faith, the nurse organizes a meeting of all hospice caregivers. A plan of care to be followed when this patient dies is prepared. This plan of care would include
- Male health care workers care for the body after death has occurred.
 - Body preparation for autopsy.
 - Body preparation for cremation.
 - Female health care workers care for the body after death has occurred.

- _____ 6. Family members gather in the emergency department after learning that a family member was involved in a motor vehicle accident. After learning of the family member's unexpected death, the surviving family members begin to cry and scream in despair. The nurse recognizes this as the Bowlby Attachment Theory stage of
- Numbing.
 - Disorganization and despair.
 - Bargaining.
 - Yearning and searching.
- _____ 7. After the anticipated demise of a chronically ill patient, the unit nurse is found crying in the staff lounge. The best response to her crying colleague would be
- "It is normal to feel this way. Give yourself some time to mourn."
 - "Your other patients still need you, so hurry back to them."
 - "You're being a bad role model to the unit's nursing students."
 - "Why don't you take a sedative to cope?"
- _____ 8. A family is grieving after learning of a family member's accidental death. The transplant coordinator requests to talk with the family about possible organ and tissue donation. The nurse recognizes that
- All religions allow for organ donation.
 - Life support must be removed before organ and tissue retrieval occurs.
 - The best time for organ and tissue donation is immediately after the autopsy.
 - The transplant coordinator is working in accordance with federal law.
- _____ 9. An Orthodox Jewish Rabbi has been pronounced dead. The nursing assistant respectfully asks family members to leave the room and go home as postmortem care is provided. Which of the following statements from the supervising nurse reflects correct knowledge of Jewish culture?
- "I wish they would go home because we have work to do here."
 - "Family members stay with the body until burial the next day."
 - "I should have called a male colleague to handle the body."
 - "I thought they would quietly leave after praying and touching the Rabbi's head."
- _____ 10. The palliative team's primary obligation to a patient in severe pain includes which of the following?
- Supporting the patient's nurse in her grief
 - Providing postmortem care for the patient
 - Teaching the patient the stages of grief
 - Enhancing the patient's quality of life
- _____ 11. A man is hospitalized after surgery that amputated both lower extremities owing to injuries sustained during military service. The nurse should recognize his need to grieve for what type of loss?
- Maturational loss
 - Situational loss
 - Perceived loss
 - Uncomplicated loss

- _____ 12. “I know it seems strange, but I feel guilty being pregnant after the death of my son last year,” said a woman during her routine obstetrical examination. The nurse spends extra time with this woman, helping her to better bond with her unborn child. This demonstrates which nursing technique?
- Facilitating mourning
 - Providing curative therapy
 - Promoting spirituality
 - Eradicating grief
- _____ 13. The nurse has had three patients die during the past 2 days. Which approach is most appropriate to manage the nurse’s sadness?
- Telling the next patients why the nurse is sad
 - Talking with a colleague or writing in a journal
 - Exercising vigorously rather than sleeping
 - Avoiding friends until the nurse feels better
- _____ 14. A woman is called into her supervisor’s office regarding her deteriorating work performance since the loss of her husband 2 years ago. The woman begins sobbing and saying that she is “falling apart” at home as well. The woman is escorted to the nurse’s office, where the nurse recognizes the woman’s symptoms as which of the following?
- Normal grief
 - Complicated grief
 - Disenfranchised grief
 - Perceived grief
- _____ 15. The father has recently begun to attend his children’s school functions since the death of his wife. This would best be described as which task in the Worden Grief Tasks Model?
- Task I
 - Task II
 - Task III
 - Task IV
- _____ 16. The mother of a recently murdered child keeps the child’s room intact. Family members are encouraging her to redecorate and move forward in life. The visiting nurse recognizes this behavior as _____ grief.
- Normal
 - End-of-life
 - Abnormal
 - Complicated
- _____ 17. Validation of a dying person’s life would be demonstrated by which nursing action?
- Taking pictures of visitors
 - Calling the organ donation coordinator
 - Listening to family stories about the person
 - Providing quiet visiting time

- _____ 18. A couple is informed that their fetus' condition is incompatible with life after birth. Nurses can best help the couple with their end-of-life decision making by offering them which of the following?
- An advance directive to complete
 - Brief discussion and funeral guidance
 - Time and careful explanations
 - Instructions on how to proceed
- _____ 19. A correctional facility nurse is called to the scene of a deceased inmate. The correction officer wants to quickly move the body to the funeral home because he is not comfortable with death. The inmate's body will need to be transported where?
- Coroner's office for an autopsy
 - Police department for an investigation
 - Directly to the inmate's family
 - Warden for inspection
- _____ 20. A dying patient with liver and renal failure requires pain medication. The nurse anticipates that the medication dose will be
- Given at appropriate milligrams per kilogram medication levels.
 - A decreased dose from milligrams per kilogram levels.
 - An increased dose from milligrams per kilogram levels.
 - Given at midrange for dosing at recommended levels.
- _____ 21. A patient cancels a scheduled appointment because she will be attending a Shiva for a family member. Recognizing the importance of this cultural ritual, the nurse's best comment would be which of the following?
- "Congratulations, what's the baby's name?"
 - "I'm so sorry for your loss."
 - "Missionary church outreach is so important."
 - "Can I buy a ticket to this fundraiser?"
- _____ 22. During a follow-up visit, a woman is describing new onset of marital discord with her terminally ill spouse. Using the Kübler-Ross behavioral theory, the nurse recognizes that the spouse is in which stage of dying?
- Denial
 - Bargaining
 - Anger
 - Depression
- _____ 23. Enuresis is reported in a previously toilet trained toddler. While gathering a health history from the grandparent, the nurse asks about which factor as the most likely cause?
- Lack of outside playtime
 - Having too many toys
 - Dietary changes
 - Recent parental death

- _____ 24. Mrs. Harrison's father died a week ago. Mr. Harrison is experiencing headaches and fatigue, and keeps shouting at his wife to turn down the television, although he has not done so in the past. Mrs. Harrison is having trouble sleeping, has no appetite, and says she feels like she is choking all the time. How should the nurse interpret these assessment findings as the basis for a follow-up assessment?
- Mrs. Harrison is grieving and Mr. Harrison is angry.
 - Mrs. Harrison is ill and Mr. Harrison is grieving.
 - Both Mr. and Mrs. Harrison likely are in denial.
 - Both Mr. and Mr. Harrison likely are grieving.
- _____ 25. In a natural disaster relief facility, the nurse observes that an elderly man has a recovery plan, while a 25-year-old man is still overwhelmed by the disaster situation. These different reactions to the same situation would be explained best by which of the following?
- Restorative care
 - Strong financial resources
 - Maturational and sociocultural factors
 - Immaturity and intelligence factors
- _____ 26. A woman who was sexually assaulted a month ago presents to the emergency department with complaints of recurrent nightmares, fear of going to sleep, repeated vivid memories of the sexual assault, and inability to feel much emotion. The nurse recognizes the signs and symptoms of which medical problem?
- General adaptation syndrome
 - Posttraumatic stress disorder
 - Developmental crisis
 - Alarm reaction
- _____ 27. The nurse teaches stress reduction and relaxation training to a health education group of patients after cardiac bypass surgery. The nurse is performing which level of intervention?
- Primary
 - Secondary
 - Tertiary
 - Quad level
- _____ 28. A nurse is teaching guided imagery to a prenatal class. Identify an example of guided imagery from the options below.
- Singing
 - Back massage
 - Sensory peaceful words
 - Listening to music

- _____ 29. After a natural disaster occurred, an emergency worker referred a family for crisis intervention services. One family member refused to attend the services, stating “No way, I’m not crazy.” The best response the nurse can give is which of the following?
- “Many times disasters can create mental health problems, so you really should participate with your family.”
 - “Crisis intervention is a short-term problem-solving type of help, and seeking this help does not mean that you have a mental illness.”
 - “Don’t worry now. The psychiatrists are well trained to help.”
 - “Crisis intervention will help your family communicate better.”
- _____ 30. Pediatric stressors related to self-esteem and changes in family structure reflect which maturational school age category?
- Elementary school age
 - Preadolescence
 - Adolescence
 - Early adulthood
- _____ 31. During the evaluation stage of the critical thinking model applied to a patient coping with stress, the nurse will
- Select nursing interventions to promote the patient’s adaptation to stress.
 - Establish short- and long-term goals with the patient experiencing stress.
 - Identify stress management interventions for achieving expected outcomes.
 - Reassess patient’s stress-related symptoms and compare with expected outcomes.
- _____ 32. An adult male reports new-onset seizurelike activity. An EEG and a neurology consultant’s report rule out a seizure disorder. When considering the ego defense mechanism of conversion, the nurse’s next best action would be to
- Recommend acupuncture.
 - Confront the patient on malingering.
 - Obtain history of any recent life stressors.
 - Recommend a regular exercise program.
- _____ 33. A senior college student contacts the college health clinic about a freshman student living on the same dormitory floor. The senior student reports that the freshman is crying and is not adjusting to college life. The clinic nurse recognizes this as a combination of situational and maturational stress factors. The best comment to the senior student would be
- “I’d better call 911 because your friend is suicidal.”
 - “Give her this list of university and community resources.”
 - “You must make an appointment for the student to obtain medications.”
 - “I’d recommend you help the student pack her bags to go home.”

- _____ 34. Despite working in a highly stressful nursing unit and accepting additional shifts, a new nursing graduate has a strategy to prevent burnout. The best strategy would be for the new nurse to
- Identify limits and scope of work responsibilities.
 - Write for 10 minutes in a journal every day.
 - Use progressive muscle relaxation.
 - Delegate complex nursing tasks to licensed professional nurses.
- _____ 35. A teen with celiac disease continues to eat food she knows will make her ill several hours after ingestion. Given appropriate tertiary level interventions, the nursing intervention would be to
- Teach the patient about the food pyramid.
 - Administer antidiarrheal medications with meals.
 - Assist the teen in meeting dietary restrictions while eating foods similar to those eaten by her friends.
 - Admonish the teen and her parents regarding her consistently poor diet choices.
- _____ 36. A trauma survivor is requesting sleep medication because of “bad dreams.” Concerned about posttraumatic stress disorder, the nurse asks
- “Are you reliving your trauma?”
 - “Are you having chest pain?”
 - “Can you describe your phobias?”
 - “Can you tell me when you wake up?”
- _____ 37. A person states that he was not shoplifting from the store despite very clear evidence on the store surveillance tape. This person is demonstrating which ego defense mechanism?
- Dissociation
 - Conversion
 - Denial
 - Compensation
- _____ 38. An assessment finding example for caregiver strain would be which of the following?
- Caregiver routinely creates a weekly menu plan.
 - Caregiver has not received medical care when ill.
 - Caregiver can identify respite care provider.
 - Caregiver attends religious service.
- _____ 39. A young adult’s chief complaint is “seizure fits.” A chart review shows a negative EEG report and a normal neurological consultation report. A psychosocial history reveals increased family stress, bankruptcy, and a recent divorce. The nurse recognizes that this young man’s pseudo-seizures most likely are an example of which unconscious coping mechanism?
- Compensation
 - Conversion
 - Dissociation
 - Denial

- _____ 40. The nursing student gave a wellness lecture on the importance of accurate assessment and intervention from a personal, family, and community perspective. The other nursing students enjoyed the lecture about which nursing theory?
- Ego defense model
 - Situational model
 - Evidence-based practice model
 - Neuman systems model
- _____ 41. An adult who was in a motor vehicle accident is brought into the emergency department by paramedics, who report the following in-transit vital signs:
Oral temperature: 99.0° F
Pulse: 102 beats per minute
Respiratory rate: 26 breaths per minute
Blood pressure: 140/106
The nurse can identify that which hormones are the likely causes of the abnormal vital signs?
- ADH and ACTH
 - ACTH and epinephrine
 - ADH and norepinephrine
 - Epinephrine and norepinephrine
- _____ 42. The purpose of unconscious ego defense mechanisms is to do which of the following for the individual?
- Protect against feelings of worthlessness and anxiety.
 - Facilitate the use of problem-focused coping.
 - Evaluate an event for its personal meaning.
 - Trigger the stress control functions of the medulla oblongata.
- _____ 43. Identify a sociocultural factor that can lead to developmental problems.
- Family relocation
 - Childhood obesity
 - Prolonged poverty
 - Loss of stamina
- _____ 44. While giving a lecture on attention-deficit/hyperactivity disorder, the nurse encourages which of the following to reduce children's stress regarding homework assignments?
- Time management skills
 - Prevention of iron deficiency anemia
 - Routine preventative health visits
 - Speech articulation skills

- _____ 45. A complex concept that is unique to each individual; is dependent upon a person's culture, development, life experiences, beliefs, and ideas about life; and is a unifying theme in peoples' lives is called
- Spirituality.
 - Religion.
 - Self-transcendence.
 - Faith.
- _____ 46. When caring for a terminally ill patient, the nurse should focus on the fact that
- Spiritual care is possibly the least important nursing intervention.
 - Spiritual needs often need to be sacrificed for physical care priorities.
 - The nurse's relationship with the patient allows for an understanding of patient priorities.
 - Members of the church or synagogue play no part in the patient's plan of care.
- _____ 47. The patient is admitted with chronic back pain. The nurse who is caring for this patient should
- Focus on finding quick remedies for the back pain.
 - Look at how pain influences the patient's ability to function.
 - Realize that the patient's only goal is relief of the back pain.
 - Help the patient realize that there is little hope of relief from chronic pain.
- _____ 48. The patient is in the intensive care unit (ICU), which has strict posted visiting hours and limits the number of visitors to two per patient at any one time. The patient is asking to see his wife and two daughters. The nurse should
- Tell the patient that they will be allowed to visit at the appropriate time.
 - Allow the wife and one daughter to enter the ICU, but not the other daughter.
 - Allow the two daughters to visit, and let the wife visit when they leave.
 - Allow the wife and daughters to visit at the patient's request.
- _____ 49. The patient is having a difficult time dealing with his AIDS diagnosis. He states, "It's not fair. I'm totally isolated from my family because of this. Even my father hates me for this. He won't even speak to me." The nurse needs to
- Assure the patient that his father will accept his situation soon.
 - Use therapeutic communication to establish trust and caring.
 - Point out that the patient has no control and that he has to face the consequences.
 - Tell the patient, "If your father can't get over it, forget it. You have to move on."
- _____ 50. The nurse is caring for a patient who is in the final stages of his terminal disease. The patient is very weak but refuses to use a bedpan, and wants to get up to use the bedside commode. What should the nurse do?
- Explain to the patient that he is too weak and needs to use the bedpan.
 - Insert a rectal tube so that the patient no longer needs to actively defecate.
 - Enlist assistance from family members if possible and assist the patient to get up.
 - Put the patient on a bedpan and stay with him until he is finished.