

NURSING PROCESS 2 QUIZ #1**Multiple Choice**

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

- _____ 1. A teen with an anxiety disorder is referred for biofeedback because her parents do not want her on anxiolytics. The nurse recognizes that the teen understands her health education on biofeedback when she states, "Biofeedback will
- Allow me to direct my energies in an intentional way when stressed."
 - Allow me to manipulate my stressed out joints."
 - Help me with my thoughts, feelings, and physiological responses to stress."
 - Let me assess and redirect my energy fields."
- _____ 2. An acquaintance of a nurse asks for a nonmedical approach for excessive worry and work stress. The most appropriate CAM therapy that the nurse can recommend is
- Meditation
 - Ayurvedic herbs
 - Acupuncture
 - Chiropractic therapy
- _____ 3. During a relaxation therapy skills group, the instructor discusses the cognitive skill of learning to tolerate uncertain and unfamiliar experiences. This best describes the skill of
- Mindfulness.
 - Focusing.
 - Passivity.
 - Receptivity.
- _____ 4. In a cardiac dysrhythmia clinic, a patient inquires about using acupuncture to help alleviate stress. The nurse's best answer is which of the following?
- "It is acceptable, but do not use electro-acupuncture."
 - "It is very clearly contraindicated."
 - "Do not allow needles near the heart."
 - "You do not look like you have an infection, so it will be OK."
- _____ 5. A basic foundational principle of chiropractic care is that
- Structure and function coexist.
 - Chiropractic care is risk free.
 - Human beings need external hands-on care to be healthiest.
 - Subluxation will cause permanently restricted joint movement.
- _____ 6. A long-term outcome for an individual who is learning relaxation therapy is
- Identifying tension in his body and consciously releasing the tension.
 - Having no tension in his life.
 - Increasing delta brain activity.
 - Increasing the focus on himself.

- _____ 7. Which of the following individuals is most likely to need the nurse's assistance because of the presence of identity confusion?
- 49-year-old male with stable employment
 - 35-year-old recently divorced mother of twins
 - 22-year-old in third year of college
 - 50-year-old self-employed woman
- _____ 8. Identify the assessments suggestive of an altered self-concept.
- Limping gait and large smile
 - Slumped posture and poor personal hygiene
 - Verbally responds when asked a question
 - Appropriately dressed with clean clothes
- _____ 9. Based on current evidence, the nurse who plans smoking cessation interventions for adolescent girls should focus on interventions directed toward
- Obeying parents and reducing television viewing.
 - Fostering generativity over self-absorption.
 - Role overload, addiction counseling, and depression.
 - Weight management, self-esteem, and stress management.
- _____ 10. A newly hired nurse is struggling with night shift work and caring for multiple family members at home. The nurse manager calls the new nurse in to talk about how the nurse is negatively affecting patient self-concept by ignoring patients' concerns. The nurse manager should focus on the new nurse's
- Role overload.
 - Self-esteem.
 - Ego integrity.
 - Ethics and morals.
- _____ 11. Potential predictors for suicidal thoughts and behaviors in adolescents are
- Stressful life events and a scholarship.
 - Very high self-esteem and work failure.
 - Health problems and developmental milestones.
 - Negative body image and low self-esteem.
- _____ 12. A nurse is caring for a 15-year-old who in the past 6 months has had multiple male and female sexual partners. The nurse knows that the therapeutic statement that would be most effective is
- "I know you feel invincible, but STIs and unwanted pregnancy are a real risk. Let's discuss what you think is the best method for protecting yourself."
 - "Having sexual interaction with both males and females places you at higher risk for STIs. To protect yourself you need to decide which orientation you are."
 - "Your current friends are leading you to make poor choices. You should find new friends to hang out with."
 - "I think it's best to notify your parents. They know what's best for you and can help make sure you practice safe sex."

- _____ 13. Which patient is most in need of a nurse's referral to adoption services?
- A patient considering abortion for an unwanted pregnancy
 - An infertile couple religiously opposed to artificial insemination
 - A woman who suffered miscarriage during her first pregnancy
 - A couple who has been attempting conception for 3 months
- _____ 14. The nurse is caring for a patient who recently had unprotected sex with a partner who has HIV. The nurse informs the patient
- "You should have your blood drawn today to see if you were infected."
 - "If you have the virus, you will have flulike symptoms in 6 months."
 - "Highly active antiretroviral therapy has been shown effective in slowing the disease process."
 - "I will set you up with a support group to help you cope with dying within the next 10 years."
- _____ 15. A mother brings her 4-year-old daughter to clinic. She states that she is upset because she has caught her child masturbating. Which response by the nurse is best for calming the mother?
- "Don't worry. This is normal for a child her age. She will grow out of it."
 - "That is a natural part of development. Your child is exploring and becoming familiar with her body."
 - "Most children have grown out of that phase by now. She might be developmentally delayed."
 - "That is an abnormal behavior for a female child. I'm going to refer you to a specialist."
- _____ 16. A patient who has had several sexual partners in the past month expresses a desire to use a contraceptive. Which contraceptive method should the nurse recommend?
- Spermicide
 - Condom
 - Diaphragm
 - Oral contraceptive
- _____ 17. A patient has been hospitalized from a motor vehicle accident for the past month. The nurse notices that the patient has been becoming withdrawn and asks the patient if something is upsetting him. The patient confides to the nurse that he wants to have sex with his spouse but is afraid to in a hospital. How should the nurse proceed?
- Arrange a schedule with the patient to allow for intimacy at a time when the patient is well rested and able to participate in activity.
 - Educate the patient about the dangers of strenuous activity in his condition.
 - Ask the patient if it would be okay to have a monitor on in the room for his safety.
 - Stress the importance of using barrier contraceptives to prevent infection because he is already susceptible.

- _____ 18. A nursing student is providing education to a group of older adults who are in an independent living retirement village. Which of the following statements made by the nursing student requires the nursing professor to intervene?
- “Avoiding alcohol use will enhance your sexual functioning.”
 - “You do not need to worry about getting a sexually transmitted infection at this point in your life.”
 - “You need to tell your partner how you feel about sex and any fears you may have.”
 - “Using pillows and taking pain medication if needed before having sexual intercourse often helps alleviate pain associated with intercourse and improves sexual functioning.”
- _____ 19. A patient asks the nurse what signs and symptoms are associated with chlamydia. How should the nurse respond?
- The first signs that chlamydia presents are frequency and burning upon urination.
 - Symptoms of chlamydia usually affect only women.
 - Small red blisters appear first and then multiply.
 - Dementia results if chlamydia goes untreated too long.
- _____ 20. A 15-year-old patient is concerned because her mother wants her to receive the HPV vaccination, but the patient is unsure if she wants it. Which response by the nurse is most therapeutic?
- Ask the patient what concerns she may have about the vaccination.
 - Remind her that her mother knows best, and that she should respect her parents’ wishes.
 - Ask the patient how many sexual partners she has had in the past year.
 - Promote the importance of the vaccine, and recommend that the patient get the vaccine as soon as possible.
- _____ 21. A patient expresses concern that her partner no longer finds her attractive and is considering having a three-way to spice up the relationship. Which response is the best option for the nurse in this situation?
- “Please help me understand how you are feeling about your relationship right now.”
 - “If your partner truly loves you, he doesn’t need to have sex with another person.”
 - “Nonmonogamous sex is immoral; here is the number for the local church.”
 - “Have you considered the consequences of adding a third party to a sexual relationship?”
- _____ 22. The word *spirituality* derives from the Latin word *spiritus*, which refers to breath or wind. Today, spirituality is
- Awareness of one’s inner self and a sense of connection to a higher being.
 - Less important than coping with the patient’s illness.
 - Patient centered and has no bearing on the nurse’s belief patterns.
 - Equated to formal religious practice and has a minor effect on health care.

- _____ 23. The nurse is caring for a patient who is terminally ill with very little time left to live. The patient states, "I always believed that there was life after death. Now, I'm not so sure. Do you think there is?" The nurse states, "I believe there is." The nurse has attempted to
- Strengthen the patient's religion.
 - Provide hope.
 - Support the patient's agnostic beliefs.
 - Support the horizontal dimension of spiritual well-being.
- _____ 24. In discussing spiritual well-being, the nurse identifies that the vertical dimension involves
- The positive relationships and connections people have with others.
 - The transcendent relationship between a person and God.
 - Confidence in something for which there is no proof.
 - Providing an attitude of something to live for and look forward to.
- _____ 25. 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.
- _____ 26. In caring for the patient's spiritual needs, the nurse understands that
- Establishing presence is part of the art of nursing.
 - Presence involves "doing for" the patient.
 - A caring presence involves listening to the patient's wishes only.
 - The nurse must use her expertise to make decisions for the patient.
- _____ 27. The nurse is caring for a patient who has been diagnosed with a terminal illness. The patient states, "I just don't feel like going to work. I have no energy, and I can't eat or sleep." The patient shows no interest in taking part in his care. The nurse should
- Not be concerned about self-harm because the patient has not indicated any desire toward suicide.
 - Ignore individual patient goals until the current crisis is over.
 - Encourage the patient to purchase over-the-counter sleep aids to help him sleep.
 - Assess the potential for suicide and make appropriate referrals.
- _____ 28. 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."

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- _____ 29. 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?
- a. Explain to the patient that he is too weak and needs to use the bedpan.
 - b. Insert a rectal tube so that the patient no longer needs to actively defecate.
 - c. Enlist assistance from family members if possible and assist the patient to get up.
 - d. Put the patient on a bedpan and stay with him until he is finished.
- _____ 30. In assessing the spiritual health of her patients, the nurse understands that
- a. Spiritual beliefs change as patients grow and develop.
 - b. Spiritual health in older adults leads to peace and acceptance of others.
 - c. Older adults often express spirituality by focusing on themselves.
 - d. The basis of beliefs among older people is focused on one or two factors.