

**Nursing Process #1 Test #1 Chapters 6-10****Multiple Choice**

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

- \_\_\_\_\_ 1. The patient is describing moderate incisional pain that was not relieved by the last dose of hydromorphone (Dilaudid) given 90 minutes earlier. The patient is not due for another dose of medication for another 2 1/2 hours. The nurse repositions the patient, asks what type of music she likes, and puts on the music channel on the television, setting it to play that type of music. The nurse is attempting to utilize which health care model?
- Health Promotion Model
  - Health Belief Model
  - Holistic Health Model
  - Basic Human Needs Model
- \_\_\_\_\_ 2. The nurse is caring for a patient who has been sullen and quiet for the past three days. Suddenly, he says, "I'm really nervous about surgery tomorrow, but I'm more worried about how it will affect my family." What should the nurse do?
- Stop what he/she is doing (if possible) and ask the patient to expand on his statement.
  - Tell the patient that whatever happens is out of his control, so he shouldn't worry.
  - Contact hospital clergy to come and talk with the patient.
  - Assure the patient that everything will be all right and continue what she/he is doing.
- \_\_\_\_\_ 3. Which statement is true relative to caring for a Hindu patient who is dying?
- Anointing of the sick is a common right of the dying.
  - A close kin will stay with the patient to hear his last wishes.
  - The family will place a drop of water on the patient's lips.
  - The family will turn his head eastward or to the right.
- \_\_\_\_\_ 4. The nurse is caring for a Chinese patient who is reluctant to answer questions about her health background. The nurse asks the patient if she would like her husband present when health questions are asked. The nurse does this knowing that the Chinese culture is a collectivistic and patrilineal culture. What does this mean?
- Kinship is limited to the side of the mother.
  - The husband becomes part of the wife's clan after marriage.
  - Kinship extends to both the father's side and the mother's side of the family.
  - Kinship is limited to the side of the father.

- \_\_\_\_\_ 5. It is essential for family members to realize that a family's beliefs, values, and practices strongly influence the health-promoting behaviors of its members, and to understand that
- Family environment in early life has a strong influence on later health practices.
  - All families place a high value on good health and health practices.
  - American families are part of the same culture with the same values and beliefs.
  - Economic status has little effect on a family's ability to access adequate health care.
- \_\_\_\_\_ 6. The National Coalition for Cancer Survivorship has defined a cancer survivor as a person who has
- Been cancer free for 3 years after diagnosis.
  - Had cancer until he or she dies.
  - Been cancer free for 5 years after diagnosis.
  - Had cancer but is declared cancer free.
- \_\_\_\_\_ 7. The nurse is caring for a member of the Jewish faith who needs to undergo a critical procedure on Saturday. The patient is refusing the procedure because it is scheduled to be done on the Sabbath. The nurse impresses on the patient the urgency of the procedure, stating that delaying the procedure would put his life at risk. The patient continues to refuse. What should the nurse do?
- Seek permission from the patient to contact the patient's rabbi.
  - Have the procedure done against patient wishes.
  - Have a family member sign the permit.
  - Cancel the procedure.
- \_\_\_\_\_ 8. The nurse is preparing a smoking cessation class and is amazed at how many people still smoke even with the information on lung cancer so readily available. She believes that her class will convert many smokers to nonsmokers once they get all the latest information. The nurse is a believer in which of the following health care models?
- Basic Human Needs Model
  - Holistic Health Model
  - Health Promotion Model
  - Health Belief Model
- \_\_\_\_\_ 9. Caring is a universal phenomenon that involves
- Focusing only on human relationships with one another.
  - Excluding outside phenomena in favor of family relationships.
  - What matters to a person.
  - Being disconnected.
- \_\_\_\_\_ 10. The nurse is working in a clinic that is designed to provide health education and immunizations. As such, this clinic is designed to provide
- Secondary prevention.
  - Primary prevention.
  - Diagnosis and prompt intervention.
  - Tertiary prevention.

- \_\_\_\_\_ 11. The nurse is caring for a patient who has successfully undergone cancer therapy and will be discharged home soon. The patient is concerned about going home and not knowing what to do. The nurse reassures the patient, telling him that
- He has received the proper cancer treatment, and he will need nothing else.
  - She alone will develop a plan of care that will tell exactly what needs to be done.
  - He will be part of a team that will provide any support and care that he may need.
  - If he has any issues, he can call his doctor and the doctor will know what to do.
- \_\_\_\_\_ 12. Caring is central to nursing practice, but technological advances for rapid diagnosis and treatment should lead the nurse to realize that
- Technology and caring cannot coexist when related to patient care.
  - Technology becomes a powerful tool when it works with caring.
  - Caring is the essence of nursing and is isolated from technology.
  - Technology has replaced caring as nurses' primary focus.
- \_\_\_\_\_ 13. According to the World Health Organization, what is the best definition for "health"?
- Strictly personal in nature
  - Simply the absence of disease
  - Involving the total person and environment
  - Status of pathological state
- \_\_\_\_\_ 14. In performing a cultural assessment, knowledge of a patient's country of origin and its history and ecological contexts is known as
- Social organization.
  - Ethnohistory.
  - Biocultural history.
  - Religious and spiritual beliefs.
- \_\_\_\_\_ 15. When focusing on older adults, the nurse must be aware that
- Elders have the same social networks as younger people.
  - Caregivers may be spouses or middle-age children.
  - Caregiver stress is minimal when caring for a parent.
  - Elder abuse happens in lower socioeconomic classes only.
- \_\_\_\_\_ 16. The patient is admitted to the emergency department of the local hospital from home with reports of chest discomfort and shortness of breath. She is placed on oxygen, has labs and blood gases drawn, and is given an electrocardiogram and breathing treatments. What level of preventive care is this patient receiving?
- Secondary prevention
  - Health promotion
  - Tertiary prevention
  - Primary prevention

- \_\_\_\_\_ 17. Why is cancer survivorship especially difficult for family members in the “sandwich generation”?
- They are the primary caregivers of children with cancer, and hence, “make their sandwiches.”
  - They are caught in the middle of caring for their own immediate family, as well as a parent with cancer.
  - They are totally dependent on their parents who have cancer but are still the providers, and hence, “make the sandwiches.”
  - They are cancer survivors who are in between (“sandwiched”) treatments and require a great deal of support.
- \_\_\_\_\_ 18. The patient is to have thoracentesis at the bedside but tells the nurse that he is afraid and would like to cancel. The nurse sits with the patient and asks him to describe his fears. She then explains the procedure and assures the patient that she will be with him during the procedure. The patient agrees to have the procedure, and during the procedure, the nurse stays with the patient, explaining each step and providing encouragement. How has the nurse helped this patient?
- Providing family care
  - Providing touch
  - Providing a presence
  - Listening
- \_\_\_\_\_ 19. The patient has lung cancer and voices concerns about his cancer treatment. He wants to know how chemotherapy will affect his sexuality. What is the nurse’s best reply?
- “How cancer treatment affects sexuality depends on how active you are and your age.”
  - “Chemotherapy will work in the lungs and should have no effect on your sexuality.”
  - “That is something that you should ask your doctor. He can direct you.”
  - “Sexual changes are common with cancer therapy. Let me get someone who can answer your questions.”
- \_\_\_\_\_ 20. As nurses caring for cancer survivors, it is important to understand that
- Caucasians have more post-treatment symptoms than minority patients.
  - Cancer treatment is lifelong, and follow-up ensures that needs are met.
  - Treatment outcomes are the same regardless of ethnic background.
  - Many long-term cancer survivors suffer needlessly and die.
- \_\_\_\_\_ 21. When working with cancer survivors, the nurse must understand that cancer survivors
- Seek a balance between independence and interdependence.
  - Are at much lower risk for developing a new cancer.
  - Face depression that is devastating and destroys one’s sense of life.
  - Experience similar long-term impact regardless of cultural beliefs.

- \_\_\_\_\_ 22. The patient has had a colostomy placed but has not yet been able to look at it. The nurse is given the task of teaching the patient how to care for it. The nurse sits with the patient, and together they form a plan on how to approach dealing with colostomy care. Which caring process is the nurse performing?
- Maintaining belief
  - Enabling
  - Knowing
  - Doing for
- \_\_\_\_\_ 23. The health care model that utilizes Maslow's hierarchy as its base is the \_\_\_\_\_ Model.
- Health Promotion
  - Health Belief
  - Basic Human Needs
  - Holistic Health
- \_\_\_\_\_ 24. The nurse is caring for a patient who has emigrated from another country. The patient is in need of abdominal surgery but seems reluctant to sign the surgical permits. What is one tactic that the nurse should use?
- Determine the family social hierarchy.
  - Encourage the patient to sign the permits.
  - Call the physician so that surgery can be canceled.
  - Impress on the patient that her life is in jeopardy.
- \_\_\_\_\_ 25. The nurse is caring for an elderly patient who has no apparent family. When questioned about his family and his definition of family, the patient states, "I have no family. They're all gone." When asked, "Who prepares your meals?" he states, "I do, or I go out." Given the three different approaches to family nursing practice, which would be most appropriate for this patient?
- Family as context
  - Family as system
  - Family as patient
  - Combination of "family as context" and "family as patient"
- \_\_\_\_\_ 26. Care that includes the nurse learning about cultural issues involved in the patient's health care belief system and enable patients and families to achieve meaningful and supportive care is known as
- Culturally congruent care.
  - Cultural imposition.
  - Culturally competent care.
  - Ethnocentrism.
- \_\_\_\_\_ 27. The term "ethics" refers to the ideals of right and wrong behavior. As such, the "ethics of care" creates a professional relationship in which the nurse
- Must ignore unequal family relationships because they are personal.
  - Must become the patient's advocate based on the patient's wishes.
  - Must make decisions for the patient solely using intellectual principles.
  - Uses only analytical principles to determine what is best for the patient.

- \_\_\_\_\_ 28. The nurse is providing diabetic diet teaching to a Hispanic man and his wife. When the nurse is discussing foods that are acceptable, the wife continues to interrupt with statements like, “Oh, he doesn’t eat that,” or, “All he eats is rice and beans.” What should the nurse do?
- Ask the wife to leave so he/she can focus on teaching the patient.
  - Refer the patient and his wife to a dietitian familiar with Spanish food choices.
  - Explain how “rice and beans” are not acceptable foods on a diabetic diet.
  - Provide a diet plan with only food alternatives selected by the patient.
- \_\_\_\_\_ 29. To increase quality and years of healthy life, *Healthy People 2020* focuses on four areas. One of those areas is
- Creating social and physical environments that promote good health.
  - Allowing people to continue current behaviors to reduce the stress of change.
  - Focusing on illness treatment to provide fast recuperation.
  - Focusing only on individual health changes that will lead to better communities.
- \_\_\_\_\_ 30. The nurse is caring for a young woman with breast cancer. The stress between the woman and her husband is obvious, as is anxiety among the children. What is the nurse’s best action in this situation?
- Support the husband, and explain that the husband knows what’s best.
  - Take the children away and recommend foster care.
  - Help find or develop an educational program for the patient and her husband.
  - Encourage the patient to agree with her husband even if she disagrees.
- \_\_\_\_\_ 31. The nurse is caring for a cancer survivor who has been hospitalized in the intensive care unit (ICU) for an unrelated and stable problem. The ICU has posted visiting hours, but some of the patient’s family is from out of town and would like to see her even though it is not time. The patient has also voiced a desire to see her family. The nurse allows the family to visit even though it is not the “official” visiting time. Why would the nurse do this?
- Disagrees with the established time for visiting
  - Believes that the visit will help relieve psychological stress
  - Realizes that the patient is dying because she is in the ICU
  - Feels there is no real reason to have limited visiting hours.
- \_\_\_\_\_ 32. When initiating the care of families, one factor that helps organize the family approach to the nursing process is that the nurse
- Views all patients as unique individuals.
  - Realizes that families have little impact on individuals.
  - Realizes that individuals have an impact on families.
  - Understands that individuals have little impact on families.

- \_\_\_\_\_ 33. The nurse has cared for a patient for several days. The patient is terminal and is very near death. The nurse notices the heart rate on the monitor decreasing and then the absence of a pattern. The family is standing at the patient's bed, and when the nurse checks the patient and finds no pulse or blood pressure, the family begins sobbing and hugging each other. Some hold the patient's hand. The nurse is overwhelmed by the presence of grief and leaves the room to cry in the nurses' lounge. What is the nurse demonstrating?
- Protective touch
  - Task-oriented touch
  - Caring touch
  - None of the above
- \_\_\_\_\_ 34. When the nurse views the family as context, the primary focus is on the health and development of an individual member existing within a specific environment (i.e., the patient's family). Although the focus is on the individual's health status, the nurse should
- Plan care to meet not only the patient's needs, but those of his family as well.
  - Assess how much the family provides the patient's basic needs.
  - Assess family patterns versus individual characteristics.
  - Maintain distinctions between "family as patient" and "family as context."
- \_\_\_\_\_ 35. Nurses and other health care providers need to become more vigilant in recognizing cancer survivors and attempting to link them with the support and resources that they require because
- Survivorship care plans are reviewed with the patient after the patient goes home.
  - All health care agencies provide survivorship care plans.
  - The plan does not deal with future cancer care.
  - Many survivors are discharged with no survivor plan.
- \_\_\_\_\_ 36. Different approaches may be taken to family nursing practice. When the nurse is caring for a patient who needs constant care in the home setting and for whom most of the care is provided by the patient's family, what is the best approach for the nurse to take?
- Patient as individual
  - Family as context
  - Family as system
  - Family as patient
- \_\_\_\_\_ 37. Despite significant improvements in the overall health status of the U.S. population over the past few decades, disparities among ethnic and racial minorities have
- Remained a serious challenge locally and nationally.
  - Decreased faster than anticipated.
  - Disappeared in relation to non-Hispanic white populations.
  - Decreased as education levels equal those of non-Hispanic whites.
- \_\_\_\_\_ 38. In comparing American culture with Asian cultures, which of the following statements is true?
- Asian communication can be ambiguous.
  - Asian communication is direct to avoid conflict.
  - American communication patterns downplay autonomy.
  - American culture supports collectivism.

- \_\_\_\_\_ 39. Risk factors can be placed in the following interrelated categories: genetic and physiological factors, age, physical environment, and lifestyle. The presence of any of these risk factors means that
- The disease is guaranteed not to develop if the risk factor is controlled.
  - Risk modification will have no effect on disease prevention.
  - A person with the risk factor will get the disease.
  - The chances of getting the disease are increased.
- \_\_\_\_\_ 40. The nurse is caring for a patient who has been trying to quit smoking. She has been smoke free for 2 weeks but had two cigarettes last night and at least two this morning. What should the nurse anticipate?
- The patient will need to adopt a new lifestyle for change to be effective.
  - The patient must pick up her attempt right where she left off.
  - The patient will return to the contemplation or precontemplation phase.
  - The patient does not want to and never will quit smoking.
- \_\_\_\_\_ 41. The nurse is working on a committee to evaluate the need for increasing the levels of fluoride in the drinking water of the community. In doing so, the nurse is fostering the concept of
- Active health promotion.
  - Illness prevention.
  - Wellness education.
  - Passive health promotion.
- \_\_\_\_\_ 42. With respect to the concept of caring, most nursing theories
- Recognize Leininger's theory and reject culture as a caring force.
  - Stress the universality of the expression of caring.
  - Identify caring as highly relational involving patient and nurse.
  - Embrace the disease orientation to health care as Watson does.
- \_\_\_\_\_ 43. When dealing with the concept of "touch," the nurse realizes what with regard to contact touch?
- Occurs only when tasks are being performed
  - Is used only to protect the patient
  - Involves only skin-to-skin contact
  - Involves eye contact
- \_\_\_\_\_ 44. Many variables influence a patient's health beliefs and practices. Internal and external variables influence how a person thinks and acts. An example of an internal variable would be
- Cultural background.
  - Socioeconomic factors.
  - Perception of functioning.
  - Family practices.



- \_\_\_\_\_ 45. Balancing employment and family life creates a variety of challenges in terms of child care and household work for both parents. This has major implications in health care because
- Fathers now participate more fully in day-to-day parenting responsibilities.
  - Maternal employment has been demonstrated to be harmful for children.
  - The number of single-parent families has decreased since 1970.
  - Maternal employment has shifted the majority of household tasks to the male.
- \_\_\_\_\_ 46. The nurse is admitting a patient with uncontrolled diabetes mellitus. It is the fourth time the patient is being admitted in the last 6 months for high blood sugars. During the admission process, the nurse asks the patient about her employment status and displays a nonjudgmental attitude. Why does the nurse do this?
- Employment status is an internal variable that impacts compliance.
  - Noncompliant patients thrive on the disapproval of authority figures.
  - A person's compliance is affected by economic status.
  - External variables have little effect on compliance.
- \_\_\_\_\_ 47. In trying to determine patients' perception of caring, several studies have suggested that
- The nurse's effectiveness in performing tasks defines her profession.
  - The affective dimension of nursing care is of primary importance.
  - All patients have the same needs and similar personalities.
  - Patients value both task performance and the affective dimension of nursing.
- \_\_\_\_\_ 48. The nurse is caring for a Native American who has had recent surgery. In the patient's culture, it is a sign of weakness to complain of pain. In the nurse's culture, people who are having pain ask for pain medicine. The nurse has assumed that the patient has not been having pain and does not need medication because he has not complained of pain. What is the nurse doing?
- Practicing discrimination by not giving the patient pain medicine
  - Operating from an emic worldview of the patient's cultural beliefs
  - Striving to provide culturally congruent care by allowing the patient to suffer
  - Utilizing cultural imposition by not asking the patient about his pain
- \_\_\_\_\_ 49. An argument for passing "universal health care" legislation is that it would help fulfill the *Healthy People 2020* goal of
- Promoting healthy behaviors.
  - Eliminating health disparities in America.
  - Prolonging healthy life in America.
  - Increasing quality of life in America.
- \_\_\_\_\_ 50. Leininger (1991) identified three nursing decision and action modes to achieve culturally congruent care. These modes are "cultural care preservation or maintenance," "cultural care accommodation," and "cultural care repatterning." When assessing patients during the admission process, the nurse utilizes
- These action modes in a distinct order.
  - All these action modes simultaneously.
  - Only one action mode per patient.
  - These action modes individually, one at a time.