

## Nursing Process 2 Midterm

### Multiple Choice

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

- \_\_\_\_\_ 1. The nurse is attempting to start an exercise program in a local community as a health promotion project. In explaining the purpose of the project, the nurse explains to community leaders that
- The purpose of weight training is to bulk up muscles.
  - The recommended frequency of workouts should be twice a day.
  - A sedentary lifestyle contributes to the development of health-related problems.
  - An exercise prescription should incorporate aerobic exercise only.
- \_\_\_\_\_ 2. Which medication could cause an abnormal drug interaction in a patient taking an antidepressant medication?
- Ginger
  - Chamomile
  - Digoxin
  - Aspirin
- \_\_\_\_\_ 3. The word *spirituality* derives from the Latin word *spiritus*, which refers to breath or wind. Today, spirituality is
- Equated to formal religious practice and has a minor effect on health care.
  - Less important than coping with the patient's illness.
  - Awareness of one's inner self and a sense of connection to a higher being.
  - Patient centered and has no bearing on the nurse's belief patterns.
- \_\_\_\_\_ 4. 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?
- Compensation
  - Dissociation
  - Denial
  - Conversion
- \_\_\_\_\_ 5. 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.
  - Ethics and morals.
  - Ego integrity.
  - Self-esteem.

Name: \_\_\_\_\_

ID: C

- \_\_\_\_\_ 6. The nurse creates a referral to pastoral care when he/she realizes that the patient is in need of
- Transfer to the psychiatric unit.
  - Psychiatric care.
  - Return to religious affiliation.
  - Spiritual care.
- \_\_\_\_\_ 7. The nurse knows that the purpose of aspiration on IM injections is to
- Reduce the discomfort of the injection.
  - Prolong the absorption time of the medication.
  - Ensure proper placement of the needle.
  - Increase the force of the injection.
- \_\_\_\_\_ 8. An adult is adjusting to the idea of his chronically ill parent moving into the family home. The community health nurse would assess the adult son for which potential stressor secondary to the new family living arrangement?
- Role performance
  - Role overload
  - Role ambiguity
  - Role confusion
- \_\_\_\_\_ 9. The patient is admitted with a stroke. The outcome of this disorder is uncertain, but the patient is unable to move his right arm and leg. The nurse understands that
- Range-of-motion exercises should be started 2 days after the patient is stable.
  - Active range of motion is the only thing that will prevent contractures from forming.
  - Passive range of motion must be instituted to help prevent contracture formation.
  - Range-of-motion exercises should be done on major joints only.
- \_\_\_\_\_ 10. 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?
- Administer enemas twice daily for 7 days.
  - Contact the provider to discontinue pain medication.
  - Massage the patient's abdomen.
  - Use a stimulant laxative and increase fluid intake.
- \_\_\_\_\_ 11. The nurse can assist the patient in becoming more self-aware by using which technique?
- Providing materials for the patient to write complaint letters
  - Assisting the patient to physically punch a pillow when upset
  - Setting up an appointment to allow the patient to vent
  - Allowing the patient to openly explore thoughts and feelings

Name: \_\_\_\_\_

ID: C

- \_\_\_\_\_ 12. The nurse is giving an IM injection. Upon aspiration, the nurse notices blood return in the syringe. What should the nurse do?
- Pull the needle back slightly and inject the medication.
  - Withdraw the needle and prepare the injection again.
  - Administer the injection at a slower rate.
  - Give the injection and hold pressure over the site for 3 minutes.
- \_\_\_\_\_ 13. Many patients find it difficult to incorporate an exercise program into their daily lives because of time constraints. For these patients, it is beneficial to reinforce that many ADLs are used to accumulate the recommended 30 minutes or more per day of moderate-intensity physical activity. When instructing these patients, the nurse explains that
- Housework is not considered an aerobic exercise.
  - Daily chores should begin with gentle stretches.
  - The patient should stick to one chore until it is done before beginning a new one.
  - To strengthen back muscles, the patient should bend using back muscles.
- \_\_\_\_\_ 14. When assessing a patient's feet, the nurse notices that the toenails are thick and separated from the nail bed. The nurse is aware that this condition is caused by
- Friction.
  - Nail polish.
  - Fungi.
  - Nail polish remover.
- \_\_\_\_\_ 15. Of the following disorders, which is caused by a virus?
- Athlete's foot
  - Plantar warts
  - Callus
  - Corns
- \_\_\_\_\_ 16. The nurse knows that caring for two patients with the same last name can lead to a medication error involving which right of medication administration?
- Right patient
  - Right route
  - Right medication
  - Right dose
- \_\_\_\_\_ 17. 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.
- Abnormal
  - Normal
  - Complicated
  - End-of-life

- \_\_\_\_\_ 18. A holistic nurse would be a nurse who
- Provides spiritual literature to patients.
  - Recommends a vegan diet for all patients.
  - Recognizes the mind-body-spirit connection.
  - Knows about resources for fresh herbs.
- \_\_\_\_\_ 19. The structure that is responsible for returning oxygenated blood to the heart is the
- Pulmonary artery.
  - Inferior vena cava.
  - Superior vena cava.
  - Pulmonary vein.
- \_\_\_\_\_ 20. 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.
  - Obtain history of any recent life stressors.
  - Recommend a regular exercise program.
  - Confront the patient on malingering.
- \_\_\_\_\_ 21. The nurse would expect a patient with right-sided heart failure to have which of the following?
- Peripheral edema
  - Basilar crackles
  - Chest pain
  - Cyanosis
- \_\_\_\_\_ 22. The patient is being admitted for elective knee surgery. While the nurse is admitting the patient, she will
- Plan to wait until after the surgery to plan for discharge.
  - Place a generalized discharge plan in the record for later use.
  - Address immediate needs of the patient only and address other needs later.
  - Begin to develop a discharge plan.
- \_\_\_\_\_ 23. The nurse knows that the primary function of the alveoli is to
- Produce hemoglobin.
  - Regulate tidal volume.
  - Carry out gas exchange.
  - Store oxygen.
- \_\_\_\_\_ 24. An order is written for (phenytoin) Dilantin 500 mg IM q3-4h prn for pain. The nurse recognizes that treatment of pain is not a standard therapeutic indication for this drug. The nurse believes that the prescriber meant to write for hydromorphone (Dilaudid). What should the nurse do?
- Administer the medication and monitor the patient frequently.
  - Call the prescriber to clarify and justify the order.
  - Refuse to give the medication and notify the nurse supervisor.
  - Give the patient Dilaudid, as it was meant to be written.

- \_\_\_\_\_ 25. A nurse is caring for a patient who expresses a desire to have an elective abortion. The nurse's religious and ethical values are strongly opposed. How should the nurse best handle the situation?
- Attempt to educate the patient about the consequences of abortion.
  - Continue to care for the patient, and limit conversation as much as possible.
  - Refer the patient to a family planning center or health professional.
  - Inform the patient that because of moral issues, another nurse will have to care for her.
- \_\_\_\_\_ 26. A nurse knows that patient education has been effective when the patient states
- "I must take my parenteral medication with food."
  - "I will rotate the location where I give myself injections."
  - "If I am 30 minutes late taking my medication, I should skip that dose."
  - "Once I start feeling better, I will stop taking my medication."
- \_\_\_\_\_ 27. The nurse is caring for a patient who has diabetes mellitus and circulatory insufficiency, with peripheral neuropathy and urinary incontinence. The nurse realizes that patients with these conditions
- Are at decreased risk of developing infection due to urinary pH level.
  - Also have decreased caloric intake, which results in accelerated wound healing.
  - Have impaired venous return, allowing for greater circulation and less breakdown.
  - Have decreased pain sensation and increased risk of skin impairment.
- \_\_\_\_\_ 28. An 18-year-old male patient informs the nurse that he isn't sure if he is homosexual because he is attracted to both genders. The nurse establishes a trusting relationship patient by saying
- "Those are abnormal impulses. You should seek therapy."
  - "Don't worry. It's just a phase you will grow out of."
  - "At your age, it is normal to be curious about both genders."
  - "Having questions about sexuality is normal. Have you noticed any changes in the way this makes you feel about yourself?"
- \_\_\_\_\_ 29. The nurse is providing education about the importance of proper foot care to a patient who has diabetes mellitus. The nurses understands that this is important for the patient because
- Foot ulcers are the most common precursor to amputation.
  - Poor foot care leads to neuropathy.
  - A strong dorsalis pedis pulse indicates poor blood flow.
  - Plantar warts can develop from foot fungi.
- \_\_\_\_\_ 30. 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?
- Maturation loss
  - Uncomplicated loss
  - Situational loss
  - Perceived loss

Name: \_\_\_\_\_

ID: C

- \_\_\_\_\_ 31. The patient expresses his attraction to the nurse who is caring for him. The patient asks the nurse for her phone number. How should the nurse first attempt to handle the situation?
- Give the patient her number, but ask that he call after work hours.
  - Give the patient false information to appease him.
  - Redefine the boundaries of professionalism.
  - Ask a coworker to take over care for this patient.
- \_\_\_\_\_ 32. Of the following interventions, which would be the most important for preventing skin impairment in a mobile patient with local nerve damage?
- Insert an indwelling urinary catheter.
  - Limit caloric and protein intake.
  - Turn the patient every 2 hours.
  - During a bath, assess for pain.
- \_\_\_\_\_ 33. The nurse is caring for a patient who claims that he does not believe in God, nor does he believe in an "ultimate reality." The nurse realizes that this patient
- Is devoid of spirituality.
  - Believes that what he does is meaningless.
  - Is an atheist/agnostic.
  - Finds no meaning through relationships with others.
- \_\_\_\_\_ 34. In caring for the patient's spiritual needs, the nurse understands that
- Presence involves "doing for" the patient.
  - Establishing presence is part of the art of nursing.
  - A caring presence involves listening to the patient's wishes only.
  - The nurse must use her expertise to make decisions for the patient.
- \_\_\_\_\_ 35. The nurse is caring for a patient who refuses "AM care." When asked why, the patient tells the nurse that she always bathes in the evening. The nurse should
- Defer the bath until evening and pass on the information to the next shift.
  - Tell the patient that she must bathe because that is the "normal" routine.
  - Cancel hygiene for the day and attempt again in the morning.
  - Explain to the patient the importance of maintaining morning hygiene practices.
- \_\_\_\_\_ 36. The nurse is providing oral care to an unconscious patient and notes that the patient has extremely bad breath. The term for "bad breath" is
- Neuropathy.
  - Alopecia.
  - Halitosis.
  - Dental caries.

Name: \_\_\_\_\_

ID: C

- \_\_\_\_\_ 37. Successful critical thinking requires synthesis of knowledge, experience, information gathered from patients, critical thinking attitudes, and intellectual and professional standards. Once the assessment has been done, it is important for the nurse to understand that
- Hygiene needs to become a simple routine.
  - Critical thinking is ongoing.
  - The nursing diagnoses never change.
  - The patient's condition never changes.
- \_\_\_\_\_ 38. A 12-year-old female patient complains that her periods are making her fat. Which response by the nurse is most therapeutic?
- "You are emotional around the time of your period; I promise no one notices this but you."
  - "Try to stop snacking on sweets when you get cravings, and replace them with healthy veggies instead."
  - "Those changes are normal with menstruation; try not to get upset about it."
  - "Does the weight fluctuate throughout the month, getting worse around the time of your period?"
- \_\_\_\_\_ 39. 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 two daughters to visit, and let the wife visit when they leave.
  - Allow the wife and one daughter to enter the ICU, but not the other daughter.
  - Allow the wife and daughters to visit at the patient's request.
- \_\_\_\_\_ 40. The patient has been bedridden for several months owing to severe congestive heart disease. In determining a plan of care for this patient that will address his activity level, the nurse formulates which of the following nursing diagnoses?
- Impaired gas exchange related to decreased cardiac output*
  - Activity intolerance related to physical deconditioning*
  - Fatigue related to poor physical condition*
  - Decreased cardiac output related to decreased myocardial contractility*
- \_\_\_\_\_ 41. The process of exchanging gases through the alveolar capillary membrane is known as
- Disassociation.
  - Ventilation.
  - Diffusion.
  - Perfusion.

Name: \_\_\_\_\_

ID: C

- \_\_\_\_\_ 42. The group leader is overheard saying to the gathering of patients, "Focus on your breathing once again...notice how it is regular...Now focus on your left arm...Notice how relaxed your left arm feels...Notice the relaxation going down the left arm to the hand." The nursing student asks the nursing preceptor what the unit group leader is doing. The best answer is which of the following?
- Meditation
  - Group biofeedback
  - Group psychotherapy
  - Progressive relaxation training
- \_\_\_\_\_ 43. 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?
- Hope
  - Charity
  - Faith
  - Time management
- \_\_\_\_\_ 44. 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
- Encourage the patient to purchase over-the-counter sleep aids to help him sleep.
  - 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.
  - Assess the potential for suicide and make appropriate referrals.
- \_\_\_\_\_ 45. A registered nurse interprets that a scribbled medication order reads 25 mg. The nurse administers 25 mg of the medication to a patient, and then discovers that the dose was incorrectly interpreted and should have been 15 mg. Who is ultimately responsible for the error?
- Pharmacist
  - Physician
  - No fault
  - Nurse
- \_\_\_\_\_ 46. A nurse who grimaces when seeing a patient's colostomy opening while changing the colostomy bag is most likely to have what effect on the patient?
- Assist recovery by using honest communication.
  - Promote development of a negative body image.
  - Develop a kind nickname for the colostomy opening.
  - Motivate the patient to increase physical activity.
- \_\_\_\_\_ 47. When assessing a patient's skin, the nurse needs to know that
- Loss of subcutaneous tissue may increase the rate of wound healing.
  - Moisture on the skin can lead to skin maceration.
  - Restricted movement can increase blood circulation.
  - Paralyzed patients have normal sensory function.



Name: \_\_\_\_\_

ID: C

- \_\_\_ 48. Potential predictors for suicidal thoughts and behaviors in adolescents are
- Negative body image and low self-esteem.
  - Stressful life events and a scholarship.
  - Health problems and developmental milestones.
  - Very high self-esteem and work failure.
- \_\_\_ 49. The patient has been in bed for several days and needs to be ambulated. Before ambulation, the nurse
- Dangles the patient on the side of the bed.
  - Has the patient look down to watch his feet to prevent tripping.
  - Has the patient get up from bed before he has a chance to get dizzy.
  - Removes the gait belt to allow for unrestricted movement.
- \_\_\_ 50. The 1994 Dietary Supplement Health and Education Act impacted herbal therapies in what way?
- Allowed herbs to be sold as dietary supplements
  - Classified herbs as “natural” foods
  - Allowed for labeling of herbal medicines as safe
  - Classified herbs as beneficial, harmful, or neutral
- \_\_\_ 51. An assessment finding example for caregiver strain would be which of the following?
- Caregiver attends religious service.
  - Caregiver can identify respite care provider.
  - Caregiver routinely creates a weekly menu plan.
  - Caregiver has not received medical care when ill.
- \_\_\_ 52. 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
- Delegate complex nursing tasks to licensed professional nurses.
  - Identify limits and scope of work responsibilities.
  - Write for 10 minutes in a journal every day.
  - Use progressive muscle relaxation.
- \_\_\_ 53. 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
- Chiropractic therapy
  - Ayurvedic herbs
  - Meditation
  - Acupuncture
- \_\_\_ 54. The nurse is developing an exercise program for elderly patients living in a nursing home. To develop a beneficial health promotion program, the nurse needs to understand that when dealing with the elderly
- Adjustments to exercise programs may have to be made to prevent problems.
  - No physical benefit can be gained without a formal exercise program.
  - Exercise is of very little benefit because the patients are old
  - It is important to disregard their current interests in favor of exercise.

- \_\_\_\_\_ 55. 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?
- Complicated grief
  - Normal grief
  - Perceived grief
  - Disenfranchised grief
- \_\_\_\_\_ 56. 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 recommend you help the student pack her bags to go home."
  - "You must make an appointment for the student to obtain medications."
  - "I'd better call 911 because your friend is suicidal."
  - "Give her this list of university and community resources."
- \_\_\_\_\_ 57. The organization that facilitates the evaluation of alternative medical treatments is the
- U.S. Department of Health and Human Services.
  - National Center for Complementary and Alternative Medicine.
  - Food and Drug Administration.
  - American Holistic Nurses Association.
- \_\_\_\_\_ 58. A structural curvature of the spine associated with vertebral rotation is known as
- Osteogenesis.
  - Arthritis.
  - Scoliosis.
  - Osteomalacia.
- \_\_\_\_\_ 59. A verbally abusive partner has told his significant other many negative comments over the years. In the crisis center, the nurse would anticipate that the patient may have which of the following self-concept deficits?
- Yearning
  - Role confusion
  - Rigidity
  - Body image
- \_\_\_\_\_ 60. Unlike arthritis, joint degeneration
- Affects mostly non-weight-bearing joints
  - Involves overgrowth of bone at the articular ends.
  - Occurs only from noninflammatory disease.
  - Occurs only from inflammatory disease.

Name: \_\_\_\_\_

ID: C

- \_\_\_ 61. 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?
- Dietary changes
  - Recent parental death
  - Lack of outside playtime
  - Having too many toys
- \_\_\_ 62. The patient is admitted with chronic back pain. The nurse who is caring for this patient should
- Help the patient realize that there is little hope of relief from chronic pain.
  - Look at how pain influences the patient's ability to function.
  - Focus on finding quick remedies for the back pain.
  - Realize that the patient's only goal is relief of the back pain.
- \_\_\_ 63. The nurse is ambulating a patient in the hall when she notices that he is beginning to fall. The nurse should
- Push the patient against the wall and guide him to the floor.
  - Grab the patient and hold him tight to prevent the fall.
  - Gently lower the patient to the floor.
  - Jump back and let the patient fall naturally.
- \_\_\_ 64. 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.
- \_\_\_ 65. Based on current evidence, the nurse who plans smoking cessation interventions for adolescent girls should focus on interventions directed toward
- Role overload, addiction counseling, and depression.
  - Weight management, self-esteem, and stress management.
  - Obeying parents and reducing television viewing.
  - Fostering generativity over self-absorption.
- \_\_\_ 66. A mother brings her 12-year-old daughter into a clinic and inquires about getting her an HPV vaccine that day. The nurse informs the mother that the HPV vaccine
- Will prevent a female from ever getting cervical cancer.
  - Is safe for children over the age of 5 and lasts 10 years.
  - Is recommended only after a female becomes sexually active.
  - Requires a three-injection series to be fully effective.
- \_\_\_ 67. The nurse can best assess the patient's self-concept by evaluating the patient's
- Social networking site.
  - Personal journal
  - Drug abuse history.
  - Nonverbal behavior.

Name: \_\_\_\_\_

ID: C

- \_\_\_\_\_ 68. 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
  - Palliative care
  - Grief evaluation
- \_\_\_\_\_ 69. The nurse is preparing to reposition a patient. Before doing so, the nurse must
- Attempt to manually lift the patient alone before asking for assistance.
  - Not use the agency lift team if a mechanical lift is available.
  - Assess the weight to be lifted and the assistance needed.
  - Attempt a manual lift only when lifting most or all of the patient's weight.
- \_\_\_\_\_ 70. A nurse is caring for a 35-year-old female patient who recently started taking antidepressants after repeated attempts at fertility treatment. The patient tells the nurse, "I feel happier, but my sex drive is gone." Which nursing diagnosis has the highest priority?
- Ineffective coping
  - Deficient knowledge about contraception
  - Sexual dysfunction
  - Risk for self-directed violence
- \_\_\_\_\_ 71. The patient is diagnosed with athlete's foot (tinea pedis). The patient says that she is relieved because it is only athlete's foot, and it can be treated easily. The nurse explains that athlete's foot is
- Treated with salicylic acid or electrodesiccation.
  - Contagious and frequently recurs.
  - Caused by the papillomavirus.
  - Generally isolated to the feet and never recurs.
- \_\_\_\_\_ 72. The patient is eager to begin his exercise program with a 2-mile jog. The nurse instructs the patient to warm up with stretching exercises. The patient states that he is ready and does not want to waste time with a "warm-up." The nurse explains that the warm-up
- Should be performed with high intensity to prepare for the coming challenge.
  - Should not involve stretching exercises because they can lead to injury.
  - Allows the body to readjust gradually to baseline functioning.
  - Prepares the body and decreases the potential for injury.
- \_\_\_\_\_ 73. The patient is brought to the emergency department with possible injury to his shoulder. To help determine the degree of injury, the nurse should evaluate
- Fine motor coordination.
  - The patient's range of motion.
  - Activity tolerance.
  - The patient's gait.

Name: \_\_\_\_\_

ID: C

- \_\_\_ 74. While giving a lecture on attention-deficit/hyperactivity disorder, the nurse encourages which of the following to reduce children's stress regarding homework assignments?
- Prevention of iron deficiency anemia
  - Time management skills
  - Speech articulation skills
  - Routine preventative health visits
- \_\_\_ 75. 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?
- Police department for an investigation
  - Warden for inspection
  - Coroner's office for an autopsy
  - Directly to the inmate's family
- \_\_\_ 76. Identify the assessments suggestive of an altered self-concept.
- Slumped posture and poor personal hygiene
  - Limping gait and large smile
  - Appropriately dressed with clean clothes
  - Verbally responds when asked a question
- \_\_\_ 77. The nurse is caring for a patient who is immobile. The nurse is aware that the patient is at risk for *Impaired skin integrity* because
- Local nerve damage leads to pain sensation.
  - Pressure reduces circulation to affected tissue.
  - Inadequate blood flow leads to decreased tissue ischemia.
  - Patients with limited caloric intake develop thicker skin.
- \_\_\_ 78. A 70-year-old patient is newly admitted to a skilled nursing facility with the diagnoses of Alzheimer's dementia, lipidemia, and hypertension, and a history of pulmonary embolism. Medications brought on admission included lisinopril, hydrochlorothiazide, warfarin, low-dose aspirin, ginkgo biloba, and echinacea. The nurse contacts the patient's medical provider over which potential drug-drug interaction?
- Warfarin and ginkgo biloba
  - Lisinopril and echinacea
  - Lisinopril and hydrochlorothiazide
  - Echinacea and warfarin
- \_\_\_ 79. In assisting the patient to exercise, the nurse should
- Stop the exercise if pain is experienced.
  - Force muscles or joints to go just beyond resistance.
  - Expect that pain will occur with exercise of unused muscle groups.
  - Set the pace for the exercise class.

Name: \_\_\_\_\_

ID: C

- \_\_\_\_\_ 80. 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?
- “You need to tell your partner how you feel about sex and any fears you may have.”
  - “You do not need to worry about getting a sexually transmitted infection at this point in your life.”
  - “Avoiding alcohol use will enhance your sexual functioning.”
  - “Using pillows and taking pain medication if needed before having sexual intercourse often helps alleviate pain associated with intercourse and improves sexual functioning.”
- \_\_\_\_\_ 81. A long-term outcome for an individual who is learning relaxation therapy is
- Increasing delta brain activity.
  - Identifying tension in his body and consciously releasing the tension.
  - Having no tension in his life.
  - Increasing the focus on himself.
- \_\_\_\_\_ 82. 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?
- Epinephrine and norepinephrine
  - ADH and norepinephrine
  - ACTH and epinephrine
  - ADH and ACTH
- \_\_\_\_\_ 83. A 2-year-old child is ordered to have ear irrigation performed daily. The nurse correctly performs the procedure by
- Holding the fluid in the canal for 2 to 3 minutes with a cotton swab.
  - Pulling the auricle down and back to straighten the ear canal.
  - Pulling the auricle upward and outward to straighten the ear canal.
  - Instilling the irrigation solution by holding the syringe just inside the ear canal.
- \_\_\_\_\_ 84. The coordinated efforts of the musculoskeletal and nervous system maintain balance, posture, and body alignment. Body alignment refers to
- The relationship of one body part to another.
  - A low center of gravity balanced over a wide base of support.
  - The result of weight, center of gravity, and balance.
  - The force that occurs in a direction to oppose movement.

Name: \_\_\_\_\_

ID: C

- \_\_\_\_\_ 85. Based on the following data, which person is likely to have the highest self-esteem?
- Latino adolescent female who has strong ethnic pride
  - Adolescent who was suspended twice from high school
  - Caucasian boy who lives below federal poverty level
  - African American adolescent male who has severe acne
- \_\_\_\_\_ 86. 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
- Support the patient's agnostic beliefs.
  - Strengthen the patient's religion.
  - Provide hope.
  - Support the horizontal dimension of spiritual well-being.
- \_\_\_\_\_ 87. The nurse knows that anemia will result in
- Decreased lung compliance.
  - Hypovolemia.
  - Hypoxemia.
  - Impaired ventilation.
- \_\_\_\_\_ 88. The nurse is bathing a patient and notices movement in the patient's hair. The nurse should
- Shave the hair off of the patient's head.
  - Examine the hair without gloves to make picking lice easier.
  - Use gloves or a tongue blade to inspect the hair.
  - Ignore the movement and continue.
- \_\_\_\_\_ 89. 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?
- Quad level
  - Secondary
  - Primary
  - Tertiary
- \_\_\_\_\_ 90. A patient asks about the new clinic in town that is staffed by allopathic and complementary practitioners. The nurse recognizes that the patient is most likely asking about which clinic?
- Naturopathic medical clinic
  - Integrative medical clinic
  - Healing intention clinic
  - Ayurvedic clinic

Name: \_\_\_\_\_

ID: C

- \_\_\_\_\_ 91. 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.”
  - “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.”
  - “Your current friends are leading you to make poor choices. You should find new friends to hang out with.”
- \_\_\_\_\_ 92. An active lifestyle is important for maintaining and promoting health. In developing an exercise program, the nurse understands that
- Physical exercise has no effect on psychological well-being.
  - Regular physical activity is beneficial only for the body part that is exercised.
  - Physical exercise is contraindicated for patients with chronic illnesses.
  - Physical activity enhances functioning of all body systems.
- \_\_\_\_\_ 93. 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?
- “That is a natural part of development. Your child is exploring and becoming familiar with her body.”
  - “That is an abnormal behavior for a female child. I’m going to refer you to a specialist.”
  - “Don’t worry. This is normal for a child her age. She will grow out of it.”
  - “Most children have grown out of that phase by now. She might be developmentally delayed.”
- \_\_\_\_\_ 94. Two 50-year-old men are discussing their Saturday activities. The first man describes how he tutors children as a volunteer at a community center. The other man says that he would never work with children, and that he prefers to work out at the gym to meet young women to date. The second man’s statement reflects which developmental stage?
- Inferiority
  - Self-absorption
  - Mistrust
  - Role confusion
- \_\_\_\_\_ 95. 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
  - Enhancing the patient’s quality of life
  - Providing postmortem care for the patient
  - Teaching the patient the stages of grief



Name: \_\_\_\_\_

ID: C

- \_\_\_\_\_ 96. 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?
- Posttraumatic stress disorder
  - General adaptation syndrome
  - Alarm reaction
  - Developmental crisis
- \_\_\_\_\_ 97. A patient is in need of immediate pain relief for a severe headache. The nurse knows that which medication will be absorbed the quickest?
- Ketorolac (Toradol) 8 mg IM
  - Hydromorphone (Dilaudid) 4 mg IV
  - Morphine 4 mg SQ
  - Tylenol 650 mg PO
- \_\_\_\_\_ 98. 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
- Administer antidiarrheal medications with meals.
  - Assist the teen in meeting dietary restrictions while eating foods similar to those eaten by her friends.
  - Teach the patient about the food pyramid.
  - Admonish the teen and her parents regarding her consistently poor diet choices.
- \_\_\_\_\_ 99. Physiological symptoms of a stress response include all of the following except
- Tachycardia.
  - Elevated blood pressure.
  - Tachypnea.
  - Constricted pupils.
- \_\_\_\_\_ 100. A patient describes practicing a complementary and alternative therapy involving concentrating and controlling his respiratory rate and pattern, recognizing that breath work is to yoga as
- The "zone" is to acupressure.
  - Massage therapy is to Ayurveda.
  - Reiki therapy is to therapeutic touch.
  - Prayer is to tai chi.