

## Nursing Process 1 Midterm

### Multiple Choice

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

- \_\_\_\_\_ 1. In today's society, the nurse is facing more and different challenges. Central to some of these challenges is the concept of globalization, because it has led to
- Decreased poverty and increased diseases of affluence.
  - Decreased urbanization as populations shift to the suburbs.
  - Increased spread of communicable diseases.
  - A more homogeneous mix of nursing staff.
- \_\_\_\_\_ 2. 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
  - Listening
  - Providing touch
  - Providing a presence
- \_\_\_\_\_ 3. When describing relevant family psychosocial factors in middle adulthood that cause stress, the nurse would not include
- Singlehood and feeling isolated.
  - Planning for the future when children leave home.
  - Financial security and certainty.
  - Choices stemming from marital changes.
- \_\_\_\_\_ 4. The nurse is caring for a patient with chronic low back pain. In providing care for this patient, the nurse wonders whether the guidelines utilized for this type of pain are adequate. The nurse wants to determine the best evidence-based practice regarding these guidelines. What is the best database for the nurse to access?
- PsycINFO
  - AHRQ
  - EMBASE
  - MEDLINE
- \_\_\_\_\_ 5. As the initial model for nursing, Nightingale's "descriptive theory" encouraged nurses to
- Think about their patients and patients' environment.
  - Know all about the disease processes affecting their patient.
  - Focus on medication administration and treatments.
  - Combine nursing knowledge with medicine

- \_\_\_\_\_ 6. The patient has been overweight for most of her life. She has tried dieting in the past and has lost weight, only to regain it when she stopped dieting. She is visiting the weight loss clinic/health club because she has decided to do it. She states that she will join right after the holidays, in 3 months. The nurse recognizes that the patient is in which stage of the change process?
- Action
  - Precontemplation
  - Contemplation
  - Preparation
- \_\_\_\_\_ 7. An 18-month-old patient is brought into the clinic for evaluation because the mother is concerned. The 18-month-old child hits her siblings and says only "No" when communicating verbally. According to Piaget's theory, what recommendation should the nurse make a priority?
- Consult the social worker because the child is hitting other children.
  - Remove all toys from the child's room until this behavior ceases.
  - Reassure the mother that the child is developmentally within specified norms.
  - Encourage the mother to seek psychological counseling for the child.
- \_\_\_\_\_ 8. When caring for a patient of a different culture, it is important for the nurse to understand that
- Gender is not a factor when it comes to role expectations.
  - The nurse should protect the patient from family intrusion in her health care decisions.
  - Working within the established family hierarchy produces better outcomes.
  - Women as primary caregivers make independent health decisions.
- \_\_\_\_\_ 9. The student nurse is learning nursing theories but fails to see how they relate to the nursing process. The professional nurse realizes that nursing theory
- Can direct how a nurse uses the nursing process.
  - Has a minor role in professional nursing.
  - Requires the nursing process to develop knowledge.
  - is specific to certain patients only.
- \_\_\_\_\_ 10. The patient had a colostomy placed 1 week ago. When approached by the nurse, the patient and his wife refuse to talk about it and refuse to be taught about how to care for it. The nurse realizes that the patient and his wife are in which stage of adjustment?
- Withdrawal
  - Shock
  - Acceptance
  - Rehabilitation
- \_\_\_\_\_ 11. Ongoing concerns and problems facing cancer survivors and their families are important determinants of adjustment and quality of life. Families generally find themselves ill prepared to deal with cancer because
- Caregiving is predetermined and does not require family decision-making skills.
  - Holding back emotions is an effort to shield others from one's feelings.
  - Educational programs are of no help in dealing with cancer issues.
  - Hiding cancer-related thoughts and concerns helps maintain relationships.

- \_\_\_\_\_ 12. The student nurse has a goal of becoming a certified registered nurse anesthetist (CRNA). It is important for the student to understand that the CRNA
- Works under the guidance of an anesthesiologist.
  - Must have a PhD degree in anesthesiology.
  - Manages gynecological services such as PAP smears.
  - Manages acute medical conditions.
- \_\_\_\_\_ 13. A bill has been submitted to the State House of Representatives that is designed to reduce the cost of health care by increasing the patient-to-nurse ratio from a maximum of 2:1 in intensive care units to 3:1. The nurse realizes that
- National programs have no bearing on state politics.
  - The individual nurse can influence legislative decisions.
  - Focusing on nursing care provides the best patient benefit.
  - Legislation is politics beyond the nurse's control.
- \_\_\_\_\_ 14. The nurse is writing a research article on a patient care topic. The nurse realizes that the section that will get the reader to read the article because of the value of the topic for the reader is the
- Literature review or background.
  - Results.
  - Introduction.
  - Abstract.
- \_\_\_\_\_ 15. To promote parent-child attachment with a healthy newborn, what should the nurse do?
- Isolate the newborn in the nursery during the first hour after delivery.
  - Do not allow the newborn to remain with parents until the second hour after delivery.
  - Never leave the newborn alone with the mother during the first 8 hours after delivery.
  - Encourage close physical contact as soon as possible after birth.
- \_\_\_\_\_ 16. A 62-year-old male patient has had chronic obstructive pulmonary disease (COPD) for many years but has been unable to quit smoking. When approached by the nurse, he states that he would be "better off dead." He states that he has always supported his family, and now the doctor says he can no longer work because of his condition and oxygen dependency. His wife will now have to go to work, and he is sure that she will not make enough money to pay the bills. In preparing the patient for discharge, the nurse should
- Focus the plan of care on maximizing patient function.
  - Assure the patient that things will work out.
  - Contact psychiatric services.
  - Develop a plan of care for the family.

- \_\_\_\_\_ 17. The nurse is caring for a patient who does not speak English. She decides to use an interpreter to explain procedures and to answer questions that the patient may have. In performing the interview, what should the nurse do?
- Direct questions to the interpreter to ask the patient.
  - Direct questions to the patient.
  - Ask the interpreter to ask the patient for clarification at the end.
  - Disregard the age and gender of the interpreter.
- \_\_\_\_\_ 18. The nurse is caring for a patient who is actively bleeding. The physician orders blood transfusions. The nurse notes in the chart that the patient is a Jehovah's Witness and informs the patient of the physician's order. The patient states that she is a Jehovah's Witness and does not want blood products. The nurse contacts the physician to tell him that blood cannot be given to this patient and requests alternative treatment. In doing so, the nurse is operating within which of the following theories?
- Watson's philosophy of transpersonal caring
  - Roy's adaptation theory
  - Leininger's cultural care diversity and universality theory
  - Orem's self-care deficit theory
- \_\_\_\_\_ 19. The instructor is teaching student nurses about identifying members of vulnerable populations when the nursing student asks, "Why is it that not all poor people are considered members of vulnerable populations?" The instructor's best answer would be
- "Poor people are members of a vulnerable population only if they take drugs."
  - "All poor people are members of a vulnerable population."
  - "Members of vulnerable groups frequently have a combination of risk factors."
  - "Poor people are members of a vulnerable population only if they are homeless."
- \_\_\_\_\_ 20. 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?
- Have a family member sign the permit.
  - Have the procedure done against patient wishes.
  - Seek permission from the patient to contact the patient's rabbi.
  - Cancel the procedure.
- \_\_\_\_\_ 21. 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.

- \_\_\_\_\_ 22. The advent of diagnosis-related groups (DRGs) and capitation has brought about many changes in how health care is provided and paid for. Because of these changes, the nurse is aware that today's managed care system has
- Insured full coverage of health care costs.
  - Caused providers to focus on illness prevention.
  - Allowed providers to focus on illness care.
  - Assumed all of the financial risk involved.
- \_\_\_\_\_ 23. The prospective nursing student is trying to decide on which nursing program to attend. She is examining the nursing philosophies of each program. She believes that the essence of nursing is "Caring." Which of the following theories would most likely meet her needs?
- Benner and Wrubel's theory of nursing
  - Orem's self-care deficit theory
  - Rogers' theory
  - Roy's adaptation theory
- \_\_\_\_\_ 24. Care designed to prevent further progression of a disease is termed
- Health promotion.
  - Tertiary prevention.
  - Secondary prevention.
  - Primary prevention.
- \_\_\_\_\_ 25. The nurse is teaching a young adult couple about promoting the health of their 8-year-old child. The nurse knows that the parents understand the developmental stage their child is in according to Erikson when they state, "We should
- Provide proper support for learning new skills."
  - Limit choices and provide harsh punishment for mistakes."
  - Encourage devoted relationships with others."
  - Not leave our child at school for longer than 3 hours at a time."
- \_\_\_\_\_ 26. The nurse is caring for a patient who has a diagnosis that she is not familiar with. The nurse uses reference materials and does a literature search to better understand the diagnosis. The nurse then utilizes this knowledge, along with the nurse's experience and patient preferences, to develop a plan of care. This is an example of the nurse using \_\_\_\_\_ to provide care for her patient.
- Evidence-based practice
  - Applied quality improvement
  - Nursing informatics
  - Research-based practice

- \_\_\_\_\_ 27. The quality improvement committee has been alerted to an increased number of falls in the hospital. Most of these falls have occurred at night and have involved patients who were trying to crawl over bedrails. A literature review brought out that most falls occur because patients are trying to go to the bathroom. The committee created a practice change that bedrails should be left in the down position, and hourly nursing rounds should be conducted. What is the committee's next step?
- Communicate to staff the results of this inquiry.
  - Wait a month before implementing the changes.
  - Evaluate the changes in 1 month.
  - Implement the changes as a pilot study.
- \_\_\_\_\_ 28. When performing a thorough psychosocial assessment on a young adult, what must the nurse realize?
- Although psychologically disturbing, stress does not lead to physical illness.
  - Change is inevitable and is not a factor in stress-related illness.
  - Having a job is the best way to relieve stress.
  - Psychosocial health is often related to job and family stress.
- \_\_\_\_\_ 29. After comparing appropriate play activities for infants and preschool children, the nurse should appropriately offer which of the following activities to an infant?
- Paperback book
  - Set of sock puppets with movable eyes
  - Set of cards to organize and separate into groups
  - Set of plastic stacking rings
- \_\_\_\_\_ 30. The nurse is feeling overwhelmed by the constant changes that are part of nursing and the health care system in general. Understanding that changes are necessary, the nurse needs to be aware that
- Quality improvement depends on active participation of nurses.
  - Belonging to nursing organizations will help bring the right changes.
  - Active participation in nursing organizations will have no effect on change.
  - The nurse has no control over the changes, but needs to accept them.
- \_\_\_\_\_ 31. Which of the following resources guides faculty on structure and evaluation of the nursing curriculum?
- ANA's *Standards of Nursing Practice*
  - Standards of Professional Performance*
  - Essentials of Baccalaureate Education*
  - NLNAC Interpretive Guidelines*
- \_\_\_\_\_ 32. The family is a central institution in American society; however, the concept, structure, and functioning of the family unit continue to change over time. The uniqueness of each family is referred to as family
- Diversity.
  - Resiliency.
  - Form.
  - Durability.

- \_\_\_\_\_ 33. The patient is terminally ill and is under hospice care. The nurse cares for the patient by bathing, shaving, and repositioning him. The family believes that the end is very near and would like a Catholic priest called to provide the patient with the Sacrament of the Sick. The nurse places a call to the Catholic Church the patient attended and arranges for the priest's visit. Under which of the following theories does the nurse's care fall?
- Roy's adaptation theory
  - Watson's philosophy of transpersonal caring
  - Henderson's theory
  - Orem's self-care deficit theory
- \_\_\_\_\_ 34. A specialist in public health nursing requires
- An advanced degree regardless of public health experience.
  - Preparation at the basic entry level.
  - The same level of education as the community health nurse.
  - A graduate level education with a focus in public health science.
- \_\_\_\_\_ 35. Vulnerable populations include those patients who are more likely to develop health problems as a result of
- Unlimited access to health care.
  - Excessive risk.
  - Nontraditional healing practices.
  - Pregnancy.
- \_\_\_\_\_ 36. The patient is about to undergo a certain procedure and has voiced concern about outcomes and prognosis. The nurse caring for the patient underwent a similar procedure a few years earlier and stops to listen to the patient's concerns. Which of the following responses by the nurse may be most beneficial?
- "I had a similar procedure last year and I can tell you what I went through."
  - "I don't think you have anything to worry about. They do lots of these."
  - "If you're really concerned, I can call the doctor and cancel the procedure."
  - "Of course there are no guarantees, but I think you'll be all right."
- \_\_\_\_\_ 37. Which of the following, established by Congress in 1983, eliminated cost-based reimbursement for patients who received Medicare benefits?
- Utilization review (UR) committees
  - Capitation
  - Prospective payment system (PPS)
  - Professional standards review organizations (PSROs)

- \_\_\_\_\_ 38. The nurse is caring for the patient who has had major abdominal surgery and also has a large sacral pressure sore. The nurse implements coughing and deep breathing exercises and consults the wound care specialist to evaluate and prescribe care for the pressure sore, even though no physician order has provided instructions to do so. In doing this, the nurse is implementing the element of
- Autonomy.
  - Nurse practitioner.
  - Accountability.
  - Advanced practice.
- \_\_\_\_\_ 39. The patient is newly diagnosed with diabetes and will be discharged in the next day or so. The nurse is teaching the patient how to draw up and self-administer his insulin. Which nursing theory is the nurse utilizing?
- Rogers' theory
  - Orem's self-care deficit theory
  - Watson's philosophy of transpersonal caring
  - Henderson's theory
- \_\_\_\_\_ 40. The patient is in the hospital with the diagnosis of early-onset Alzheimer's disease. Before the patient is discharged, the community-based nurse is making a visit to the patient's home, where he lives with his daughter and her family. A major focus of this visit will be to
- Stress to the family how difficult it will be to provide care at home.
  - Encourage the family to send the patient to an extended care facility.
  - Demonstrate caregiver techniques for providing care.
  - Teach the family how to have the patient declared incompetent.
- \_\_\_\_\_ 41. 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.
- \_\_\_\_\_ 42. Eliminating disparities in the health status of people from diverse racial, ethnic, and cultural backgrounds has become one of the two most important priorities of *Healthy People 2020* because populations with health disparities have
- Lower mortality rates.
  - Increased incidence of disease.
  - Lower levels of morbidity.
  - Decreased incidence of disease.



- \_\_\_\_\_ 43. The nurse who is teaching a parent about developmental needs of the infant knows that the parent has verbalized understanding of a infant's developmental needs when he states
- "My child is too young to understand words."
  - "My child will begin to speak in sentences by 1 year of age."
  - "While my child is in the hospital, I should let the nurses provide most of the care."
  - "My child will probably enjoy playing peek-a-boo."
- \_\_\_\_\_ 44. The community health nurse differs from the community-based nurse in that the community health nurse
- Is the first level of contact in the health care system.
  - Understands the needs of the population.
  - Focuses on the needs of the individual.
  - Involves the family in decision making.
- \_\_\_\_\_ 45. According to the World Health Organization, what is the best definition for "health"?
- Status of pathological state
  - Involving the total person and environment
  - Simply the absence of disease
  - Strictly personal in nature
- \_\_\_\_\_ 46. The nurse knows that a priority reason for being knowledgeable about biophysical developmental theories is to
- Predict definite patterns of cognitive development.
  - Anticipate how patients' social behaviors develop.
  - Understand how the physical body grows.
  - Describe the process of psychological development.
- \_\_\_\_\_ 47. The community health nurse is providing counseling to a group of teenage girls related to birth control and disease prevention. The nurse does this because
- Focusing on subpopulations leads to community health.
  - The focus is on preventing illness and unwanted pregnancy.
  - Community health nursing focuses on individuals only.
  - Community health nursing excludes direct care to subpopulations.
- \_\_\_\_\_ 48. Nurses working in the Henry Street Settlement in 1893 were among the first nurses to demonstrate autonomy in practice. This was because those nurses
- Had no ability to work in the hospital setting.
  - Focused solely on healing the very ill.
  - Planned their care around research findings.
  - Were required to use critical thinking skills.

- \_\_\_ 49. The patient is to be discharged home from a tertiary care center later in the week; therefore, the nurse
- Anticipates and identifies patient needs.
  - Coordinates referral of patients to services provided by other disciplines.
  - Cares for patients after discharge.
  - Monitors the patient's progress through discharge.
- \_\_\_ 50. The physician is planning to take the patient to surgery in the morning and leaves an order for the nurse to get the patient to sign the surgical permit. The physician's note indicates that the patient has been educated on the procedure. However, the patient tells the nurse, "I have no idea what he's going to do. He rushed in and rushed out so fast, I couldn't ask any questions." The nurse does not allow the patient to sign the permit and calls the physician to inform him of the patient's statement. This is an example of the nurse acting as
- Clinical nurse specialist.
  - Patient advocate.
  - Manager.
  - Patient educator.
- \_\_\_ 51. Which of these toys, if selected by the parent of a 10-month-old child, would indicate that the parent has a correct understanding of infant growth and development?
- Electronic games
  - A game requiring two to four players
  - Small, plastic alphabet letters and magnets
  - Plastic stacking rings
- \_\_\_ 52. Which of these patient statements is the most reliable indicator that an older adult has the correct understanding of health promotion activities?
- "I still keep my dentist appointments even though I have partials now."
  - "I'm up to date on my immunizations, but at my age, I don't need the tetanus vaccine."
  - "I need to increase my fat intake and limit protein."
  - "I should discontinue my fitness club membership for safety reasons."
- \_\_\_ 53. Which of these approaches would be most appropriate for the nurse to use when teaching a 4-year-old patient about a scheduled surgery?
- Give the parents a book to read about the procedure and do not discuss the procedure with the child to decrease anxiety.
  - Allow the child to touch and hold medical equipment such as thermometers and syringes.
  - Set boundaries before teaching by telling the child that she can ask only three questions because time is limited.
  - Insist that the parents wait outside the room to ensure privacy of the child.

- \_\_\_\_\_ 54. 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
- Maintain distinctions between "family as patient" and "family as context."
  - Assess how much the family provides the patient's basic needs.
  - Assess family patterns versus individual characteristics.
  - Plan care to meet not only the patient's needs, but those of his family as well.
- \_\_\_\_\_ 55. When communicating with a newly admitted teenaged patient, the nurse should
- Observe for congruency between the patient's facial expressions and verbal responses.
  - Avoid questioning the patient about cigarette use when she observes a cigarette lighter lying on the bedside table.
  - Ignore the patient's withdrawn behavior.
  - Complete the admission database as quickly as possible by asking yes and no questions.
- \_\_\_\_\_ 56. The nursing instructor will need to provide further instruction to the student who uses which of these statements when describing the differences between cognitive and psychosocial development in children?
- "The school-aged child still requires total assistance in all activities for safety."
  - "The toddler period is a time of potential frustration manifested by temper tantrums."
  - "The toddler may participate in parallel play."
  - "The preschooler develops the ability to play in small groups."
- \_\_\_\_\_ 57. Why is cancer survivorship especially difficult for family members in the "sandwich generation"?
- They are totally dependent on their parents who have cancer but are still the providers, and hence, "make the sandwiches."
  - They are caught in the middle of caring for their own immediate family, as well as a parent with cancer.
  - They are the primary caregivers of children with cancer, and hence, "make their sandwiches."
  - They are cancer survivors who are in between ("sandwiched") treatments and require a great deal of support.
- \_\_\_\_\_ 58. The nurse knows that the young adult patient understands the health risks that affect his/her age group when the patient states
- "I am sure that I am going to get emphysema. Both my mother and my aunt had it. It's genetic."
  - "It's probably safe for me to start smoking. At my age, there's not enough time for cancer to develop."
  - "I don't do drugs. I do drink coffee, but caffeine is not a drug. It is perfectly safe and has no side effects."
  - "Controlling the amount of stress in my life may decrease the risk of illness."

- \_\_\_\_\_ 59. The priority assessment immediately after birth is to
- Open the airway.
  - Assess gestational age.
  - Promote parent-newborn physical contact.
  - Assess infant-parent interactions.
- \_\_\_\_\_ 60. The nurse is interviewing a patient who is being admitted to the hospital. The patient's family went home before the nurse's interview. The nurse asks the patient, "Who decides where to go on vacation?" In asking this, what is the nurse trying to do?
- Make a categorical generalization.
  - Assess the family function.
  - Assess the family form.
  - Assess the family structure.
- \_\_\_\_\_ 61. The nurse has been working in the clinical setting for several years as an advanced practice nurse and has earned her master's degree as a family nurse practitioner. However, she seems unfulfilled and has a strong desire to do research. To fulfill her desire, the nurse most likely would apply to attend a program that would lead to a
- Doctor in the Science of Nursing degree (DSN).
  - Doctor of Philosophy degree (PhD).
  - Doctor of Nursing Practice degree (DNP).
  - Doctor of Nursing Science degree (DNSc).
- \_\_\_\_\_ 62. The National Coalition for Cancer Survivorship has defined a cancer survivor as a person who has
- Been cancer free for 5 years after diagnosis.
  - Been cancer free for 3 years after diagnosis.
  - Had cancer but is declared cancer free.
  - Had cancer until he or she dies.
- \_\_\_\_\_ 63. When utilizing Freud's psychoanalytical/psychosocial theory, the nurse recalls that
- The genital stage precedes the phallic stage of development.
  - Problems evident in adult life are due to early successes and resolution of earlier developmental stages.
  - Development occurs throughout the life span and focuses on psychosocial stages.
  - Adult personality is the result of resolved conflicts between sources of sexual pleasure and the mandates of reality.
- \_\_\_\_\_ 64. A 72-year-old woman was recently widowed. She worked as a teller at a bank for 40 years and has been retired for the past 5 years. She never learned how to drive. She lives in a rural area that does not have public transportation. Which of the following psychosocial changes does the nurse focus on as a priority?
- Social isolation
  - Retirement
  - Housing and environment
  - Sexuality

- \_\_\_\_\_ 65. A patient with gradual, progressive cognitive impairment (dementia) is admitted to the nursing unit after hip replacement surgery. Which of the following is a nursing care principle for care of cognitively impaired older adults?
- Isolate patients to protect others.
  - Assist patient with all ADLs.
  - Maintain physical health.
  - Evaluate the patient's manifestations of standard symptoms.
- \_\_\_\_\_ 66. Which teaching strategy is best to utilize with older adult patients?
- Speak in a high pitch to help patients hear better.
  - Provide several topics of discussion at once to promote independence and making choices.
  - Avoid uncomfortable silences after questions by helping patients complete their statements.
  - Ask patients to recall past experiences that correspond with their interests.
- \_\_\_\_\_ 67. During the American Civil War, which of the following women was active in the Underground Railroad movement and assisted in leading more than 300 slaves to freedom?
- Harriet Tubman
  - Clara Barton
  - Dorothea Dix
  - Mary Ann Ball (Mother Bickerdyke)
- \_\_\_\_\_ 68. 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
- American families are part of the same culture with the same values and beliefs.
  - 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.
  - Economic status has little effect on a family's ability to access adequate health care.
- \_\_\_\_\_ 69. 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?
- Holistic Health Model
  - Basic Human Needs Model
  - Health Belief Model
  - Health Promotion Model

- \_\_\_\_\_ 70. 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?
- Family as context
  - Patient as individual
  - Family as patient
  - Family as system
- \_\_\_\_\_ 71. A patient states that she is pregnant and concerned because she does not know what to expect, and she wants her husband to play an active part in the birthing process. What should the nurse tell the patient?
- The frequency of sexual intercourse is key to helping the husband feel valued.
  - After the birth, the stress of pregnancy will disappear and will be replaced by relief.
  - Lamaze classes can prepare pregnant women and their partners for what is coming.
  - After the baby is born, the wife should accept the extra responsibilities of motherhood.
- \_\_\_\_\_ 72. 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 patient
  - Family as system
  - Family as context
  - Combination of "family as context" and "family as patient"
- \_\_\_\_\_ 73. During middle adulthood, the 50-year-old patient is likely to adapt favorably to a changing body image if he or she
- Decreases the amount of physical exercise.
  - Engages in good hygiene practices.
  - Eats a diet composed of 40% fat.
  - Gets less than 5 hours of sleep per night.
- \_\_\_\_\_ 74. A system is made up of separate components. A closed system
- Is exemplified by the human organism.
  - Interacts with the environment.
  - Does not interact with the environment.
  - Is exemplified by the nursing process.

- \_\_\_\_\_ 75. The student nurse is reporting to her group in post-conference about her observational rotation in the intensive care unit. The student states that “it seems so much easier than floor nursing because everything is automated. There are machines that take vital signs and regulate IVs.” The instructor’s best response is to
- Agree that IV pumps have made IV therapy totally safe.
  - Disagree, stressing the importance of taking vital signs themselves.
  - Agree with the student’s evaluation of ICU nursing.
  - Disagree, stressing the importance of the nurse’s judgment.
- \_\_\_\_\_ 76. The nurse is caring for a patient in hospice. As she observes the family dynamics, she notes that the patient is getting adequate care, but the wife is not sleeping well and needs rest. The nurse also assesses the need for better family nutrition and meals assistance. The nurse discusses these assessments with the patient and his family and formulates a plan of care with them to address these issues. The nurse is utilizing which approach to family nursing practice?
- Family as patient
  - Family as context
  - Family as system
  - Autocratic determination
- \_\_\_\_\_ 77. The nurse is observing his 2-year-old hospitalized patient in the playroom. The nurse is most likely to observe the child
- Participating as the leader of a small group activity.
  - Sitting beside another child while playing with blocks.
  - Seeking out same sex children to play with.
  - Separating building blocks into groups by size and color.
- \_\_\_\_\_ 78. The community-based nurse is caring for a patient who is home bound by arthritis and chronic lung problems. The patient, however, receives many visitors from the neighborhood and from former coworkers, as well as frequent phone calls from extended family. When concerned about how the large number of visitors may be fatiguing the patient, the nurse should
- Restrict the number of visitors for the patient’s welfare.
  - Voice concerns to the patient and proceed according to the patient’s wishes.
  - Allow visitors to come and go freely as they have been.
  - Create visiting hours when the patient may see non-family members.
- \_\_\_\_\_ 79. 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.
  - Family practices.
  - Perception of functioning.
  - Socioeconomic factors.

- \_\_\_\_\_ 80. The patient has quit smoking and has been smoke free for the past 2 years. Of the following stages, which best fits her current stage of change?
- Maintenance
  - Contemplation
  - Action
  - Preparation
- \_\_\_\_\_ 81. 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?
- 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.
  - Determine the family social hierarchy.
- \_\_\_\_\_ 82. 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
  - Caring touch
  - Task-oriented touch
  - None of the above
- \_\_\_\_\_ 83. Which of these statements would be most appropriate for a nurse to state when assessing an adult patient for growth and developmental delays?
- "Are you able to stand on one foot for 5 seconds?"
  - "How many hours a day do you spend watching television or sitting in front of a computer?"
  - "How many times per week do you exercise?"
  - "Would you please describe your usual activities during the day?"
- \_\_\_\_\_ 84. The nurse is caring for a patient who is known as a "frequent flyer," and who has been labeled as "noncompliant" by most of the staff because she does not follow her prescribed regimen for diabetes management. As a prescriber to Orem's theory, the nurse interviews the patient in an attempt to identify the cause of the patient's "noncompliance." This is because Orem's theory
- Is not useful in promoting self-care regimens.
  - Does not allow for environmental influences on care.
  - Allows for development of a plan of care that the patient must follow.
  - Is useful in designing interventions to promote self-care.



- \_\_\_\_\_ 85. A nurse discusses the risks of repeated sun exposure with a young adult patient. Which of these patient responses would be most expected from this patient?
- “I should consider participating in a health fair about safe sun practices.”
  - “I’ll make an appointment with my doctor right away for a full skin check.”
  - “I have a mole that has been bothering me. I’ll call my family doctor for an appointment to get it checked.”
  - “I’ve had this mole my whole life. So what if it changed color? My skin is fine.”
- \_\_\_\_\_ 86. Which statement is true relative to caring for a Hindu patient who is dying?
- The family will place a drop of water on the patient’s lips.
  - 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 turn his head eastward or to the right.
- \_\_\_\_\_ 87. What is the best suggestion a nurse could make to a family requesting help in selecting a local nursing center?
- Have family members evaluate nursing home staff according to their ability to get tasks done efficiently.
  - Make sure that nursing home staff members get patients out of bed every day for the entire day.
  - Suggest choosing a nursing center that is as sanitary as possible. The closer the center is to hospital standards, the better.
  - Explain that it is probably best for the family to visit the center and inspect it personally.
- \_\_\_\_\_ 88. In collecting the best evidence, the gold standard for research is
- The opinion of expert committees.
  - The peer-reviewed article.
  - The randomized controlled trial (RCT).
  - Qualitative research.
- \_\_\_\_\_ 89. The nurse is working in a community clinic when a man and woman bring a 12 year-old boy in, stating that the child fell down a flight of stairs and hurt his arm. The nurse notices several other bruises on the child’s body at varying stages of healing. The boy is placed on the stretcher. When asked how he hurt himself, he states that he does not remember. However, the nurse notices that the boy continuously avoids looking at the man, while the man stares at him constantly. The nurse should
- Confront the man directly.
  - Ask the woman if the man hurt the boy.
  - Ask the man and woman to step out.
  - Ask the boy if the man hurt him.

- \_\_\_\_\_ 90. The nurse is caring for an elderly woman and notices that she is not using her cane properly. Which of the following statements by the nurse would most likely elicit a positive response from the patient?
- “I used to use the cane the same way you are using it: the wrong way. I’ll show you the right way to do it.”
  - “You use the cane the way I did before I was shown a way to keep from tripping over it; do you mind if I show you?”
  - “I don’t know who showed how to use the cane like that, but you’re not doing it right. Let me show you again.”
  - “You’re doing that all wrong. Let me show you how to do it.”
- \_\_\_\_\_ 91. Normal physical findings in a healthy newborn include
- Weight of 4800 grams.
  - Cyanosis of the feet and hands for the first 48 hours.
  - Triangle-shaped anterior fontanel.
  - Sporadic motor movements.
- \_\_\_\_\_ 92. 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
- The plan does not deal with future cancer care.
  - All health care agencies provide survivorship care plans.
  - Many survivors are discharged with no survivor plan.
  - Survivorship care plans are reviewed with the patient after the patient goes home.
- \_\_\_\_\_ 93. The nurse is caring for a patient diagnosed with cancer. The family of the patient asks the nurse for information. What should the nurse do?
- Tell them to take their family member to an NCI cancer center.
  - Inform them that few options are available.
  - Offer information about the different resources available.
  - Refer family members to the physician because it is his/her role to prescribe.
- \_\_\_\_\_ 94. One of the greatest challenges for the nurse caring for older adults is ensuring safe medication use. One way to reduce the risks associated with medication usage is to
- Be aware that medication is absorbed the same way regardless of patient age.
  - Focus only on prescribed medications.
  - Inform the patient that polypharmacy is to be avoided at all cost.
  - Periodically review the patient’s list of medications.
- \_\_\_\_\_ 95. Which of these manifestations, if identified in a school-aged child during a routine assessment, should a nurse associate with a possible developmental delay or problem?
- Curiosity about his or her sexuality
  - Withdrawn demeanor and verbalizes that he has no friends
  - Absence of secondary sex characteristics
  - Lack of peer relationships

- \_\_\_\_\_ 96. As nurses caring for cancer survivors, it is important to understand that
- Treatment outcomes are the same regardless of ethnic background.
  - Cancer treatment is lifelong, and follow-up ensures that needs are met.
  - Many long-term cancer survivors suffer needlessly and die.
  - Caucasians have more post-treatment symptoms than minority patients.
- \_\_\_\_\_ 97. A patient is admitted to a rehabilitation facility following a stroke. The patient has right-sided paralysis and is unable to speak. The patient will be receiving physical therapy and speech therapy. What are these examples of?
- Health promotion
  - Primary prevention
  - Tertiary prevention
  - Secondary prevention
- \_\_\_\_\_ 98. A patient asks the nurse what the term *polypharmacy* means. The nurse defines this term as
- The concurrent use of many medications.
  - The risks of medication effects due to aging.
  - The many adverse drug effects reported to the pharmacy.
  - Multiple side effects experienced when taking a medication.
- \_\_\_\_\_ 99. A 61-year-old obese patient is diagnosed with type 2 diabetes and high blood pressure. The patient states that he is upset about the diet restrictions imposed by the treatment regimen. What is the nurse's best approach?
- Tell the patient about what happened to other patients who did not change their lifestyle.
  - Offer counseling on nutrition and exercise.
  - Tell the patient that he must do what the doctor tells him.
  - Explain that he needs to accept the care provider's advice without question if he wants to get better.
- \_\_\_\_\_ 100. The nursing process is
- A systematic view of a phenomenon specific to inquiry.
  - A method used to inform a system about how it functions.
  - The generation of nursing knowledge for use in practice.
  - A systematic process for the delivery of nursing care.