

# Fundamentals Perspectives on the Art and Science of Canadian Nursing 2nd Edition Gregory Raymond Test Bank

## Chapter 1 An Introduction to Canadian Nursing

### MULTIPLE CHOICE

1. A nurse uses effective strategies to communicate and handle conflict with nurses and other health care professionals. Which Quality and Safety Education for Nurses (QSEN) competency is the nurse demonstrating?

a.	Informatics
b.	Quality improvement
c.	Teamwork and collaboration
d.	Evidence-based practice

ANS: C

Teamwork and collaboration uses effective strategies to communicate and handle conflict. Informatics includes navigating electronic health records. Quality improvement uses tools such as flow charts and diagrams to improve care. Evidence-based practice integrates best current evidence with clinical expertise and patient/family preferences and values for delivery of optimal health care.

PTS:1 DIF:Cognitive Level: Applying (Application)

REF:11

OBJ describe the purpose of professional standards of nursing practice.

TOP: Nursing Process: Implementation MSC: NCLEX: Management of Care

2. A nurse is employed by a health care agency that provides an informal training session on how to properly use a new vital sign monitor. Which type of education did the nurse receive?

a.	In-service education
b.	Advanced education
c.	Continuing education
d.	Registered nurse education

ANS: A

In-service education programs are instruction or training provided by a health care agency or institution designed to increase the knowledge, skills, and competencies of nurses and other health care professionals employed by the institution. Some roles for RNs in nursing require advanced graduate degrees, such as a clinical nurse specialist or nurse practitioner. There are various educational routes for becoming a registered nurse (RN), such as associate, diploma, and baccalaureate. Continuing education involves formal, organized educational programs offered by universities, hospitals, state nurses associations, professional nursing organizations, and educational and health care institutions.

PTS:1DIF:Cognitive Level: Applying (Application)

REF:6

OBJ: Discuss the importance of education in professional nursing practice.

TOP: Nursing Process: Evaluation MSC: NCLEX: Management of Care

3.A nurse listens to a patients lungs and determines that the patient needs to cough and deep breath. The nurse has the patient cough and deep breath. Which concept did the nurse demonstrate?

a.	Accountability
b.	Autonomy
c.	Licensure
d.	Certification

ANS: B

Autonomy is essential to professional nursing and involves the initiation of independent nursing interventions without medical orders. Accountability means that you are professionally and legally responsible for the type and quality of nursing care provided. To obtain licensure in the Canada, RN candidates must pass the NCLEX-RN examination administered by the individual State Boards of Nursing to obtain a nursing license. Beyond the NCLEX-RN, some nurses choose to work toward certification in a specific area of nursing practice.

PTS:1DIF:Cognitive Level: Analyzing (Analysis)

REF: 6 OBJ: Discuss the characteristics of professionalism in nursing.

TOP: Nursing Process: Evaluation MSC: NCLEX: Management of Care

4. A registered nurse is required to participate in a simulation to learn how to triage patients who are arriving to the hospital after exposure to an unknown gas. This is an example of a response to what type of influence on nursing?

a.	Workplace hazards
b.	Nursing shortage
c.	Professionalism
d.	Emergency preparedness

ANS: D

Many health care agencies, schools, and communities have educational programs to prepare for nuclear, chemical, or biological attack and other types of disasters. Nurses play an active role in emergency preparedness. Workplace hazards include violence, harassment, and ergonomics. A person who acts professionally is conscientious in actions, knowledgeable in the subject, and responsible to self and others. There is an ongoing global nursing shortage, which results from insufficient qualified registered nurses (RNs) to fill vacant positions and the loss of qualified RNs to other professions.

PTS:1DIF:Cognitive Level: Applying (Application)

REF:4

OBJ: Discuss the influence of social, political, and economic changes on nursing practices.

TOP: Nursing Process: Evaluation MSC: NCLEX: Safety and Infection Control

5.A nurse is an advanced practice registered nurse (APRN) who cares for geriatrics. This nurse is which type of advanced practice nurse?

a.	Clinical nurse specialist
b.	Nurse practitioner
c.	Certified nurse-midwife
d.	Certified registered nurse anesthetist

ANS: A

The clinical nurse specialist (CNS) is an APRN who is an expert clinician in a specialized area of practice, such as geriatrics or pediatrics. The nurse practitioner (NP) is an APRN who provides health care to a group of patients, usually in an outpatient, ambulatory care, or community-based setting. A certified nurse-midwife (CNM) is an APRN who is educated in midwifery and is certified by the American College of Nurse-Midwives. A certified registered nurse anesthetist (CRNA) is an APRN with advanced education in a nurse anesthesia accredited program.

PTS:1DIF:Cognitive Level: Applying (Application)

REF: 8 OBJ: Describe the roles and career opportunities for nurses.

TOP: Nursing Process: Evaluation MSC: NCLEX: Management of Care

6.A patient does not want the treatment that was prescribed. The nurse helps the patient talk to the primary health care provider and even talks to the primary health care provider when needed. The nurse is acting in which professional role?

a.	Educator
b.	Manager
c.	Advocate

d.	Provider of care
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ANS: C

As an advocate you act on behalf of your patient, securing and standing up for your patients health care rights. As an educator you explain concepts and facts about health, describe the reason for routine care activities, demonstrate procedures such as self-care activities, reinforce learning or patient behavior, and evaluate the patients progress in learning. Most nurses provide direct patient care in an acute care setting, and this describes the role of provider of care. A manager coordinates the activities of members of the nursing staff in delivering nursing care and has personnel, policy, and budgetary responsibility for a specific nursing unit or agency.

PTS:1DIF:Cognitive Level: Applying (Application)

REF: 7 OBJ: Describe the roles and career opportunities for nurses.

TOP: Nursing Process: Evaluation MSC: NCLEX: Management of Care

7.A nurse must follow legal laws that protect public health, safety, and welfare. Which law is the nurse following?

a.	Code of Ethics
b.	Nurse Practice Act
c.	Standards of practice
d.	Quality and safety education for nurses

ANS: B

In the Canada each State Board of Nursing oversees its Nurse Practice Act (NPA), which regulates the scope of nursing practice for the state and protects public health, safety, and welfare. The ANAs Code of Ethics for Nurses: Interpretation and Application (2010) provides a guide (not a law) for carrying out nursing responsibilities to ensure high-quality nursing care and provide for the ethical obligations of the profession. The purpose of a standard of care is to describe the common level of professional nursing care to judge the quality of nursing practice. The Robert Wood Johnson Foundation sponsored the Quality and Safety Education for Nurses (QSEN) initiative to respond to reports about safety and quality patient care by the Institute of

Medicine.

PTS:1DIF:Cognitive Level: Applying (Application)

REF:7

OBJ: Describe the purpose of professional standards of nursing practice.

TOP: Nursing Process: Evaluation MSC: NCLEX: Management of Care

8. A nurse is directing the care and staffing of three cardiac units. The nurse is practicing in which nursing role?

a.	Advanced practice registered nurse
b.	Nurse researcher
c.	Nurse educator
d.	Nurse administrator

ANS: D

A nurse administrator manages patient care and the delivery of specific nursing services within a health care agency. An advanced practice registered nurse has a masters degree in nursing; advanced education in pathophysiology, pharmacology, and physical assessment; and certification and expertise in a specialized area of practice. A nurse educator works primarily in schools of nursing, staff development departments of health care agencies, and patient education departments. The nurse researcher investigates problems to improve nursing care and further define and expand the scope of nursing practice.

PTS:1DIF:Cognitive Level: Applying (Application)

REF: 9 OBJ: Describe the roles and career opportunities for nurses.

TOP: Nursing Process: Evaluation MSC: NCLEX: Management of Care

MULTIPLE RESPONSE

1. A nurse is presenting at an interdisciplinary meeting about the multiple external forces that are

influencing nursing today. Which examples should the nurse include? (Select all that apply.)

a.	Health care reform
b.	Threat of bioterrorism
c.	Population demographics
d.	Role of nurse manager
e.	Nursing shortage

ANS: A, B, C, E

Multiple external forces affect nursing today, including health care reform, demographic changes of the population, increasing numbers of medically underserved, need for emergency preparedness, threat of bioterrorism, workplace issues, and the nursing shortage. Role of nurse manager is not an external force affecting nursing, but is one role of the registered nurse.

PTS:1DIF:Cognitive Level: Analyzing (Analysis)

REF:4

OBJ: Discuss the influence of social, political, and economic changes on nursing practices.

TOP: Nursing Process: Implementation MSC: NCLEX: Management of Care

2.A nurse is teaching the staff about the characteristics of a profession. Which information should the nurse include? (Select all that apply.)

a.	Extended education
b.	Theoretical body of knowledge
c.	Code of ethics for practice
d.	Practice developments
e.	Provision of a specific service

ANS: A, B, C, E

Professions possess the following characteristics:

An extended education of members and a basic liberal education foundation

A theoretical body of knowledge leading to defined skills, abilities, and norms

Provision of a specific service

Autonomy in decision making and practice

A code of ethics for practice

Practice developments are not a characteristic of a profession, but are essential for nurses to stay current by gaining new knowledge about the latest research and practice developments.

PTS:1DIF:Cognitive Level: Analyzing (Analysis)

REF: 5 OBJ: Discuss the characteristics of professionalism in nursing.

TOP: Nursing Process: Implementation MSC: NCLEX: Management of Care

3.A nurse is teaching the staff about Quality and Safety Education in Nursing, which identified six competencies for nursing. Which information should the nurse include in the teaching session? (Select all that apply.)

a.	Informatics
b.	Safety
c.	Health policies
d.	Informatics
e.	Quality improvement

ANS: A, B, D, E

The Robert Wood Johnson Foundation sponsored the Quality and Safety Education for Nurses (QSEN) initiative to respond to reports about safety and quality patient care by the IOM. The QSEN initiative encompasses the competencies of patient-centered care, teamwork and



collaboration, evidence-based practice, quality improvement, safety, and informatics. Health policy is health related issues at the government level, not a competency.

PTS:1DIF:Cognitive Level: Applying (Application)

REF:10 | 11

OBJescribe the purpose of professional standards of nursing practice.

TOP: Nursing Process: Assessment MSC: NCLEX: Safety and Infection Control

4.A nurse wants to become an advanced practice registered nurse (APRN) and have a higher degree of independence. Which advanced roles could the nurse pursue? (Select all that apply.)

a.	Clinical nurse specialist
b.	Nurse manager
c.	Nurse practitioner
d.	Nurse midwife
e.	Nurse anesthetist

ANS: A, C, D, E

The advanced practice registered nurse (APRN) is the most independently functioning nurse. An APRN has a masters degree in nursing; advanced education in pathophysiology, pharmacology, and physical assessment; and certification and expertise in a specialized area of practice. There are four core roles for the APRN: clinical nurse specialist (CNS), nurse practitioner (NP), certified nurse midwife (CNM), and certified RN anesthetist (CRNA). Nurse managers do not require an advanced degree.

Chapter 2 Health Care in Canada and Issues of Health Care Reform

Chapter 3 Complementary and Alternative Medicine: Health and Healing for Clients and

#### MULTIPLE CHOICE

1.A client from the Asian culture tells the nurse that he has blockages in his life force that are

causing him to have a disease. The nurse realizes that within this culture, the life force is considered:

1.	Ayurveda.
2.	Chi.
3.	Prana.
4.	Qi.

ANS: 2

In Chinese culture, the life force is known as chi. Ayurveda is Indian medicine. In Indian culture the life force is known as prana. In the Japanese culture the life force is known as qi.

PTS: 1 DIF: Analyze

REF: History of Complementary and Alternative Therapies

2. The nurse is planning to learn Reiki to become a master practitioner. Which level of learning will the nurse need to achieve in order to become a Reiki master?

1.	Level I
2.	Level II
3.	Level III
4.	Level IV

ANS: 3

Level I Reiki practitioners are prepared to provide healing work at the physiological/physical level, and they work with the patient physically present. Level II Reiki practitioners are prepared to provide healing on the emotional and spiritual levels and in absentia. The masters or Reiki teachers are Level III practitioners. There is no Level IV Reiki practitioner.

PTS: 1 DIF: Analyze REF: Reiki

3.A client tells the nurse that she utilizes biofeedback to combat chronic back pain. The nurse identifies this type of complementary alternative medicine as being:

1.	biological therapy.
2.	mind-body therapy.
3.	body-based therapy.
4.	energy therapy.

ANS: 2

Mind-body therapies are a variety of techniques to facilitate the minds capacity to affect the body and various symptoms. Biofeedback is one type of mind-body therapy. Biological therapies use naturally occurring substances such as herbal medicine. Body-based therapies are based on manipulation or movement of one or more body parts. Energy therapy use energy fields to increase the flow of energy throughout the body.

PTS:1DIF:Analyze

REF:NCCAM Categories of Complementary and Alternative Therapies

4.A client tells the nurse that his health has improved since he starting practicing tai chi. The nurse realizes this alternative medicine approach:

1.	is a modern form of yoga.
2.	uses breathing, movement, and posture.
3.	enhances the flow of prana.
4.	improves the flow of chi through the meridians of the body.

ANS: 4

Tai chi improves the flow of chi through the meridians of the body to enhance health and promote healing. Tai chi is an ancient ritual movement that involves concentration, strength, flexibility, breathing, and the use of symbolic movements. Tai chi originated in China. Yoga originated in the Hindu culture. Yoga uses breathing, movement, and postures to enhance the

flow of prana.

PTS: 1 DIF: Analyze REF: Tai Chi

5. After an assessment, the nurse believes a client would benefit from the care of a chiropractor. Which of the following health problems could be addressed with this form of alternative therapy?

1.	Headache
2.	Sinusitis
3.	Anemia
4.	Kidney stones

ANS: 1

Chiropractic therapy is useful to treat back pain, neck pain, joint pain of the arms or legs, headaches, and other neuromuscular complaints. Chiropractic therapy is not indicated for sinusitis, anemia, or kidney stones.

PTS: 1 DIF: Analyze REF: Chiropractic Therapy

6. When asked about an armband that a pregnant client is wearing, the client tells the nurse that it helps reduce morning sickness. The nurse realizes this client is utilizing which form of alternative medicine?

1.	Acupressure
2.	Acupuncture
3.	Reiki
4.	Guided imagery

ANS: 1

Acupressure is the stimulation of pressure points on the body to affect a body response. Antiemetic armbands are one example of an acupressure device. Acupuncture uses needles to

stimulate identified points to affect a body response. Reiki is the manipulation of energy fields. Guided imagery is the use of relaxation and mental visualization to improve mood or physical well-being.

PTS: 1 DIF: Analyze REF: Acupressure

7.A client tells the nurse that she is having a series of massages to break up scar tissue created from back surgery which have caused uneven hip and shoulder height. The nurse realizes the type of massages the client is receiving would be:

1.	shiatsu.
2.	rolfing.
3.	therapeutic.
4.	relaxation.

ANS: 2

Rolfing is a form of deep tissue massage and manipulation to correct body posture. Usually 10 sessions are required to completely restore the body's alignment. Shiatsu is a combination of acupressure, massage, stretching, and joint manipulation to unblock the flow of chi. Therapeutic massage will not break up scar tissue. Relaxation is not a type of massage.

PTS: 1 DIF: Analyze REF: Rolfing

8.A client tells the nurse that he believes watching old comedy movies has helped him achieve a quick recovery from orthopedic surgery. The nurse realizes this client has been using which of the following forms of complementary alternative medicine?

1.	Meditation
2.	Prayer
3.	Humor
4.	Music

ANS: 3

Humor is a frequently used complementary alternative medicine therapy and one of the therapies most often used to promote wellness. Humor increases the ability to cope with pain, enhance immune function, enhance respiratory function, and reduce preprocedural anxiety.

PTS: 1 DIF: Analyze REF: Humor

9. A client tells the nurse that she is not concerned about recovering from an acute illness since she has several people from her church praying for her health. The nurse realizes this client is utilizing which form of complementary alternative medicine?

1.	Denial
2.	Wishful thinking
3.	Intercessory prayer
4.	Positive thinking

ANS: 3

Intercessory prayer is defined as a group that holds their focused thought for healing on behalf of someone else. Denial, wishful thinking, and positive thinking are not forms of complementary alternative medicine.

PTS: 1 DIF: Analyze REF: Intercessory Prayer

10. A client tells the nurse that he ingests only herbal preparations and not medications prescribed from a physician. Which of the following should the nurse respond to this client?

1	How long have you been using herbal preparations?
.	
2	Are you aware of the side effects of using herbal preparations?
.	
3	They must be working.
.	

4 They are probably less expensive than other medications.  
.

ANS: 2

The nurse must assess the client for herbal use and participate in knowledgeable client education on the potential effects of herbal preparations. The length of time the client has been using herbal preparations may or may not be significant. The nurse should not comment on the effectiveness of the preparations or the cost.

PTS:1DIF:ApplyREF:Herbal Therapies

11.The nurse is providing a client with a massage in order to create which of the following benefits?

1.	Reduce blood glucose level
2.	Increase heart rate
3.	Reduce blood pressure
4.	Enhance appetite

ANS: 3

Massage reduces heart rate, reduces blood pressure, increases energy, and increases immune system activity. Massage does not reduce blood glucose level, increase heart rate, or enhance appetite.

PTS:1DIF:ApplyREF:Massage Therapy

12.A client tells the nurse that she is interested in learning yoga to help with chronic back and leg pain. Which of the following should the nurse respond to this client?

1	Local organizations have yoga classes and training programs that you could attend. .
2	Yoga is not as good acupuncture. .

3	Tai chi is probably better for you.
4	Have you considered weight training?

ANS: 1

Nurses can encourage clients to participate in yoga by finding a local organization that has yoga teachers and training programs. This is what the nurse should respond to the client. Yoga has other benefits that acupuncture may not have. The nurse should not encourage the client to utilize one type of mind-body therapy over another. The client did not express an interest in weight training so the nurse should not make that suggestion.

PTS: 1 DIF: Apply REF: Yoga

13.The client tells the nurse that his practitioner recommended whirlpool baths to relieve chronic back spasms. The nurse realizes the client is participating in which type of complementary alternative medicine approach?

1.	Naturopathy
2.	Homeopathy
3.	Osteopathy
4.	Heroic

ANS: 1

Naturopathy is a medical system that focuses on supporting health rather than fighting diseases. An example of a naturopathic treatment is hydrotherapy. Homeopathy is a medical system that is used for wellness and prevention and utilizes natural substances such as herbs to treat health concerns. Heroic medicine is the use of aggressive medical practices or methods of treatment. Osteopathy uses a full spectrum of medical treatments to include medication, surgery, and manipulation.

PTS: 1 DIF: Analyze REF: Naturopathy



MULTIPLE RESPONSE

1. A client tells the nurse that she uses alternative forms of health care to help with her chronic health problems. The nurse realizes that which of the following would be considered alternative forms of health care? (Select all that apply.)

1.	Acupuncture
2.	Chiropractic
3.	Weight lifting
4.	Cycling
5.	Massage
6.	Yoga

ANS: 1, 2, 5, 6

Complementary alternative medicine therapies are numerous and include acupuncture, chiropractic, massage, and yoga. Weight lifting and cycling are not complementary alternative medicine therapies.

PTS:1DIF:Analyze

REF: Table 14-1 CAM Therapies Used in the Canada

2. A client tells the nurse that he rarely sees a physician and relies upon complementary alternative medicine therapies to address ailments. Which of the following should the nurse be aware of regarding these different types of therapies? (Select all that apply.)

1	Potential benefits of complementary alternative medicine therapies
.	
2	Cost of complementary alternative medicine therapies
.	
3	Frequency of use
.	

4	Drug interactions
.	
5	Location of providers
.	
6	Length of time used
.	

ANS: 1, 2, 4

Nurses need to be knowledgeable about the different potential benefits of complementary alternative medicine therapies including costs, client knowledge, and drug interactions. Frequency of use, location of providers, and length of time used are not necessarily important for the nurse to be aware.

PTS:1DIF:Analyze

REF: Box 14-1 Healthy People 2010 and Complementary and Alternative Therapies

3.A client tells the nurse that her primary care physician is an osteopath. The nurse realizes that this physician will utilize which of the following approaches when providing care to the client? (Select all that apply.)

1.	Hypnosis
2.	Manipulation
3.	Tai chi
4.	Surgery
5.	Yoga
6.	Medications

ANS: 2, 4, 6

Osteopathy originally used manipulative techniques for correcting physical abnormalities thought to cause disease. Osteopathy now uses the full spectrum of medicine, including the use

of surgery and medications in addition to manipulation to treat illnesses.

PTS:1DIF:Analyze

REF: History of Complementary and Alternative Therapies in the Canada

4. The nurse is using guided imagery to help reduce a client's pain level. When using this alternative medicine approach, which of the following client senses can be used? (Select all that apply.)

1.	Visual
2.	Auditory
3.	Kinesthetic
4.	Cognitive
5.	Gustatory
6.	Olfactory

ANS: 1, 2, 3, 5, 6

When using guided imagery, all five senses can be used to include visual, auditory, kinesthetic, gustatory, and olfactory. Cognitive is not one of the five senses.

PTS:1DIF:Apply

REF: Table 14-2 Incorporating All Five Senses into Guided Imagery

5. The nurse has identified the diagnosis of Disturbed Energy Field as appropriate for a client. Which of the following are identified causes for the slowing or blocking of this client's energy field? (Select all that apply.)

1.	Pathological
2.	Socioeconomic
3.	Situational

4.	Treatment-related
5.	Environmental
6.	Maturational

ANS: 1, 3, 4, 6

The nursing diagnosis of Disturbed Energy Field is defined as a disruption of the flow of energy which can be due to pathological, situational, treatment-related, or maturational factors. Socioeconomic and environmental factors do not disrupt the flow of energy.

Chapter 4 Nursing as a Regulated Profession: Standards of Practice

#### MULTIPLE CHOICE

1.The nurse is providing care for a client who is 18 years old. Which of the following ethical principles should be implemented for this client?

1.	Liberty
2.	Agency
3.	Justice
4.	Autonomy

ANS: 4

A person who is at least 18 years of age and can make reasoned choices has autonomy and is free to make decisions regarding his own health care. Liberty is a characteristic of autonomy. Justice is an ethical principle that supports all people seeking health care receiving the best treatment available with dignity and respect. Agency is another characteristic of autonomy that means the capacity for intentional action.

PTS: 1 DIF: Apply REF: Principles of Clinical Ethics

2.A client, being treated with chemotherapy and radiation for terminal cancer, decides to stop any further treatment and enter the hospice program. The nurse realizes this clients decision is