

Chapter 1

The public health nurse is presenting a health promotion class to a group of new mothers.

1. How should the nurse best define health?

- A) Health is being disease free.
- B) Health is having fulfillment in all domains of life.
- C) Health is having psychological and physiological harmony.
- D) Health is being connected in body, mind, and spirit.

Ans: D

Feedback:

The World Health Organization (WHO) defines health in the preamble to its constitution as a “state of complete physical, mental, and social well-being and not merely the absence of disease and infirmity.” The other answers are incorrect because they are not congruent with the WHO definition of health.

A nurse is speaking to a group of prospective nursing students about what it is like to be a nurse. What is one characteristic the nurse would cite as necessary to possess to be an effective nurse?

2.

- A) Sensitivity to cultural differences
- B) Team-focused approach to problem-solving
- C) Strict adherence to routine
- D) Ability to face criticism

Ans: A

Feedback:

To promote an effective nurse-patient relationship and positive outcomes of care, nursing care must be culturally competent, appropriate, and sensitive to cultural differences.

Team-focused nursing and strict adherence to routine are not characteristics needed to be an effective nurse. The ability to handle criticism is important, but to a lesser degree than cultural competence.

With increases in longevity, people have had to become more knowledgeable about their health and the professional health care that they receive. One outcome of this phenomenon is the development of organized self-care education programs. Which of the

3. following do these programs prioritize?

- A) Adequate prenatal care
- B) Government advocacy and lobbying
- C) Judicious use of online communities
- D) Management of illness

Ans: D

Feedback:

Organized self-care education programs emphasize health promotion, disease prevention, management of illness, self-care, and judicious use of the professional health care system. Prenatal care, lobbying, and Internet activities are secondary.

The home health nurse is assisting a patient and his family in planning the patient's return to work after surgery and the development of postsurgical complications. The nurse is preparing a plan of care that addresses the patient's multifaceted needs. To which level of Maslow's hierarchy of basic needs does the patient's need for selffulfillment relate?

4.

- A) Physiologic

B) Transcendence

C) Love and belonging

D) Self-actualization

Ans: D

Feedback:

Maslow's highest level of human needs is self-actualization, which includes selffulfillment, desire to know and understand, and aesthetic needs. The other answers are incorrect because self-fulfillment does not relate directly to them.

The view that health and illness are not static states but that they exist on a continuum is central to professional health care systems. When planning care, this view aids the nurse 5. in appreciating which of the following?

A) Care should focus primarily on the treatment of disease.

B) A person's state of health is ever-changing.

C) A person can transition from health to illness rapidly.

D) Care should focus on the patient's compliance with interventions.

Ans: B

Feedback:

By viewing health and illness on a continuum, it is possible to consider a person as being neither completely healthy nor completely ill. Instead, a person's state of health is everchanging and has the potential to range from high-level wellness to extremely poor health and imminent death. The other answers are incorrect because patient care should not focus just on the treatment of disease. Rapid declines in health and "compliance" with treatment are not key to this view of health.

A group of nursing students are participating in a community health clinic. When providing care in this context, what should the students teach participants about disease prevention?
6.

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- A) It is best achieved through attending self-help groups.
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- B) It is best achieved by reducing psychological stress.
-
- C) It is best achieved by being an active participant in the community.
-
- D) It is best achieved by exhibiting behaviors that promote health.
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Ans: D

Feedback:

Today, increasing emphasis is placed on health, health promotion, wellness, and selfcare. Health is seen as resulting from a lifestyle oriented toward wellness. Nurses in community health clinics do not teach that disease prevention is best achieved through attending self-help groups, by reducing stress, or by being an active participant in the community, though each of these activities is consistent with a healthy lifestyle.

A nurse on a medical-surgical unit has asked to represent the unit on the hospital's quality committee. When describing quality improvement programs to nursing colleagues and members of other health disciplines, what characteristic should the nurse cite?

7.

- A) These programs establish consequences for health care professionals' actions.
-
- B) These programs focus on the processes used to provide care.
-
- C) These programs identify specific incidents related to quality.
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- D) These programs seek to justify health care costs and systems.
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Ans: B

Feedback:

Numerous models seek to improve the quality of health care delivery. A commonality among them is a focus on the processes that are used to provide care. Consequences, a focus on incidents, and justification for health care costs are not universal characteristics of quality improvement efforts.

Nurses in acute care settings must work with other health care team members to maintain quality care while facing pressures to care for patients who are hospitalized for shorter periods of time than in the past. To ensure positive health outcomes when patients return to their homes, what action should the nurse prioritize?

8.

- A) Promotion of health literacy during hospitalization
- B) Close communication with insurers
- C) Thorough and evidence-based discharge planning
- D) Participation in continuing education initiatives

Ans: C

Feedback:

Following discharges that occur after increasingly short hospital stays, nurses in the community care for patients who need high-technology acute care services as well as long-term care in the home. This is dependent on effective discharge planning to a greater degree than continuing education, communication with insurers, or promotion of health literacy.

You are admitting a patient to your medical unit after the patient has been transferred from the emergency department. What is your priority nursing action at this time?

9.

- A) Identifying the immediate needs of the patient
- B) Checking the admitting physician's orders
- C) Obtaining a baseline set of vital signs
- D) Allowing the family to be with the patient

Ans: A

Feedback:

Among the nurse's important functions in health care delivery, identifying the patient's immediate needs and working in concert with the patient to address them is most important. The other nursing functions are important, but they are not the most important functions.

A nurse on a postsurgical unit is providing care based on a clinical pathway. When performing assessments and interventions with the aid of a pathway, the nurse should

10. prioritize what goal?

- A) Helping the patient to achieve specific outcomes
- B) Balancing risks and benefits of interventions
- C) Documenting the patient's response to therapy
- D) Staying accountable to the interdisciplinary team

Ans: A

Feedback:

Pathways are an EBP tool that is used primarily to move patients toward predetermined outcomes. Documentation, accountability, and balancing risks and benefits are appropriate, but helping the patient achieve outcomes is paramount.

Staff nurses in an ICU setting have noticed that their patients required lower and fewer doses of analgesia when noise levels on the unit were consciously reduced. They informed an advanced practice RN of this and asked the APRN to quantify the effects of noise on the pain levels of hospitalized patients. How does this demonstrate a role of the

11. APRN?

- A) Involving patients in their care while hospitalized
- B) Contributing to the scientific basis of nursing practice
- C) Critiquing the quality of patient care
- D) Explaining medical studies to patients and RNs

Ans: B

Feedback:

Research is within the purview of the APRN. The activity described does not exemplify explaining studies to RNs, critiquing care, or involving patients in their care.

12. Nurses now have the option to practice in a variety of settings and one of the fastest growing venues of practice for the nurse in today's health care environment is home health care. What is the main basis for the growth in this health care setting?

- A) Chronic nursing shortage
 - B) Western focus on treatment of disease
 - C) Nurses' preferences for day shifts instead of evening or night shifts
 - D) Discharge of patients who are more critically ill
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Ans: D

Feedback:

With shorter hospital stays and increased use of outpatient health care services, more nursing care is provided in the home and community setting. The other answers are incorrect because they are not the basis for the growth in nursing care delivered in the home setting.

13. Nurses have different educational backgrounds and function under many titles in their practice setting. If a nurse practicing in an oncology clinic had the goal of improving patient outcomes and nursing care by influencing the patient, the nurse, and the health care system, what would most accurately describe this nurse's title?

- A) Nursing care expert
 - B) Clinical nurse specialist
 - C) Nurse manager
 - D) Staff nurse
-

Ans: B

Feedback:

Clinical nurse specialists are prepared as specialists who practice within a circumscribed area of care (e.g., cardiovascular, oncology). They define their roles as having five major components: clinical practice, education, management, consultation, and research. The other answers are incorrect because they are not the most accurate titles for this nurse.

14. Nursing continues to recognize and participate in collaboration with other health care disciplines to meet the complex needs of the patient. Which of the following is the best example of a collaborative practice model?

- A) The nurse and the physician jointly making clinical decisions.
 - B) The nurse accompanying the physician on rounds.
 - C) The nurse making a referral on behalf of the patient.
 - D) The nurse attending an appointment with the patient.
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Ans: A

Feedback:

The collaborative model, or a variation of it, promotes shared participation, responsibility, and accountability in a health care environment that is striving to meet the complex health care needs of the public. The other answers are incorrect because they are not examples of a collaborative practice model.

15. A hospice nurse is caring for a patient who is dying of lymphoma. According to Maslow's hierarchy of needs, what dimension of care should the nurse consider primary in importance when caring for a dying patient?

- A) Spiritual
 - B) Social
 - C) Physiologic
 - D) Emotional
-

Ans: C

Feedback:

Maslow ranked human needs as follows: physiologic needs; safety and security; sense of belonging and affection; esteem and self-respect; and self-actualization, which includes self-fulfillment, desire to know and understand, and aesthetic needs. Such a hierarchy of needs is a useful framework that can be applied to the various nursing models for assessment of a patient's strengths, limitations, and need for nursing interventions. The other answers are incorrect because they are not of primary importance when caring for a dying patient, though each should certainly be addressed.

16. A nurse is planning a medical patient's care with consideration of Maslow's hierarchy of needs. Within this framework of understanding, what would be the nurse's first priority?

- A) Allowing the family to see a newly admitted patient
 - B) Ambulating the patient in the hallway
 - C) Administering pain medication
 - D) Teaching the patient to self-administer insulin safely
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Ans: C

Feedback:

In Maslow's hierarchy of needs, pain relief addresses the patient's basic physiologic need. Activity, such as ambulation, is a higher level need above the physiologic need. Allowing the patient to see family addresses a higher level need related to love and belonging. Teaching the patient is also a higher level need related to the desire to know and understand and is not appropriate at this time, as the basic physiologic need of pain control must be addressed before the patient can address these higher level needs. A medical-surgical nurse is aware of the scope of practice as defined in the state where the nurse provides care. This nurse's compliance with the nurse practice act demonstrates

17. adherence to which of the following?

- A) National Council of Nursing's guidelines for care
 - B) National League for Nursing's Code of Conduct
 - C) American Nurses Association's Social Policy Statement
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D)

Ans: C

Feedback:

Nurses have a responsibility to carry out their role as described in the Social Policy Statement to comply with the nurse practice act of the state in which they practice and to comply with the Code of Ethics for Nurses as spelled out by the ANA (2001) and the International Council of Nurses (International Council of Nurses [ICN], 2006). The other answers are incorrect; the Code of Ethics for nursing is not included in the ANA's white paper. The DHHS has not published a white paper on nursing nor has the NLN published a specific code of conduct.

18. Nursing is, by necessity, a flexible profession. It has adapted to meet both the expectations and the changing health needs of our aging population. What is one factor that has impacted the need for certified nurse practitioners (CNPs)?

- A) The increased need for primary care providers
 - B) The need to improve patient diagnostic services
 - C) The push to drive institutional excellence
 - D) The need to decrease the number of medical errors
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Ans: A

Feedback:

CNPs who are educationally prepared with a population focus in adult-gerontology or pediatrics receive additional focused training in primary care or acute care. CNPs help meet the need for primary care providers. Diagnostic services, institutional excellence, and reduction of medical errors are congruent with the CNP role, but these considerations

are the not primary impetus for the increased role for CNPs.

A nurse is providing care for a patient who is postoperative day one following a bowel resection for the treatment of colorectal cancer. How can the nurse best exemplify the

19. QSEN competency of quality improvement?