

Guidelines for Nurse Practitioners in Gynecologic Settings, 11th Edition Testbank/Studyguide

Chapter 1. Well-Woman Initial/Annual Gynecologic Exam

1. Due to the effects of cyclic ovarian changes in the breast, when is the best time for breast self-examination (BSE)?

- a. Between 5 and 7 days after menses ceases
- b. Day 1 of the endometrial cycle
- c. Midmenstrual cycle
- d. Any time during a shower or bath

ANS: A

The physiologic alterations in breast size and activity reach their minimal level approximately 5 to 7 days after menstruation ceases. Therefore, BSE is best performed during this phase of the menstrual cycle. Day 1 of the endometrial cycle is too early to perform an accurate BSE. After the midmenstrual cycle, breasts are likely to become tender and increase in size, which is not the ideal time to perform BSE. Lying down after a shower or bath with a small towel under the shoulder of the side being examined is appropriate teaching for BSE. A secondary BSE may be performed while in the shower.

2. Individual irregularities in the ovarian (menstrual) cycle are most often caused by what?

- a. Variations in the follicular (preovulatory) phase
- b. Intact hypothalamic-pituitary feedback mechanism
- c. Functioning corpus luteum
- d. Prolonged ischemic phase

ANS: A

Almost all variations in the length of the ovarian cycle are the result of variations in the length of the follicular phase. An intact hypothalamic-pituitary feedback mechanism would be regular, not irregular. The luteal phase begins after ovulation. The corpus luteum is dependent on the ovulatory phase and fertilization. During the ischemic phase, the blood supply to the functional endometrium is blocked, and necrosis develops. The functional layer separates from the basal layer, and menstrual bleeding begins.

3. How would the physiologic process of the sexual response best be characterized?

- a. Coitus, masturbation, and fantasy
- b. Myotonia and vasocongestion
- c. Erection and orgasm
- d. Excitement, plateau, and orgasm

ANS: B

Physiologically, according to Masters (1992), sexual response can be analyzed in terms of two processes: vasocongestion and myotonia. Coitus, masturbation, and fantasy are forms of stimulation for the physical manifestation of the sexual response. Erection and orgasm occur in

two of the four phases of the sexual response cycle. Excitement, plateau, and orgasm are three of the four phases of the sexual response cycle.

4. Which action would be inappropriate for the nurse to perform before beginning the health history interview?

- a. Smile and ask the client whether she has any special concerns.
- b. Speak in a relaxed manner with an even, nonjudgmental tone.
- c. Make the client comfortable.
- d. Tell the client her questions are irrelevant.

ANS: D

The woman should be assured that all of her questions are relevant and important. Beginning any client interaction with a smile is important and assists in putting the client at ease. If the nurse speaks in a relaxed manner, then the client will likely be more relaxed during the interview. The clients comfort should always be ensured before beginning the interview.

5. The nurse guides a woman to the examination room and asks her to remove her clothes and put on an examination gown with the front open. The woman replies, I have special undergarments that I do not remove for religious reasons. Which is the most appropriate response from the nurse?

- a. You cant have an examination without removing all your clothes.
- b. Ill ask the physician to modify the examination.
- c. Tell me about your undergarments. Ill explain the examination procedure, and then we can discuss how you can comfortably have your examination.
- d. I have no idea how we can accommodate your beliefs.

ANS: C

Explaining the examination procedure reflects cultural competence by the nurse and shows respect for the womans religious practices. The nurse must respect the rich and unique qualities that cultural diversity brings to individuals. The examination can be modified to ensure that modesty is maintained. In recognizing the value of cultural differences, the nurse can modify the plan of care to meet the needs of each woman. Telling the client that her religious practices are different or strange is inappropriate and disrespectful to the client.

6. A woman arrives at the clinic for her annual examination. She tells the nurse that she thinks she has a vaginal infection, and she has been using an over-the-counter cream for the past 2 days to treat it. How should the nurse initially respond?

- a. Inform the woman that vaginal creams may interfere with the Papanicolaou (Pap) test for which she is scheduled.
- b. Reassure the woman that using vaginal cream is not a problem for the examination.
- c. Ask the woman to describe the symptoms that indicate to her that she has a vaginal infection.
- d. Ask the woman to reschedule the appointment for the examination.

ANS: C

An important element of the health history and physical examination is the clients description of any symptoms she may be experiencing. The best response is for the nurse to inquire about the symptoms the woman is experiencing. Women should not douche, use vaginal medications, or

have sexual intercourse for 24 to 48 hours before obtaining a Pap test. Although the woman may need to reschedule a visit for her Pap test, her current symptoms should still be addressed.

7. Preconception and prenatal care have become important components of women's health. What is the guiding principle of preconception care?

- a. Ensure that pregnancy complications do not occur.
- b. Identify the woman who should not become pregnant.
- c. Encourage healthy lifestyles for families desiring pregnancy.
- d. Ensure that women know about prenatal care.

ANS: C

Preconception counseling guides couples in how to avoid unintended pregnancies, how to identify and manage risk factors in their lives and in their environment, and how to identify healthy behaviors that promote the well-being of the woman and her potential fetus.

Preconception care does not ensure that pregnancy complications will not occur. In many cases, problems can be identified and treated and may not recur in subsequent pregnancies. For many women, counseling can allow behavior modification before any damage is done, or a woman can make an informed decision about her willingness to accept potential hazards. If a woman is seeking preconception care, then she is likely aware of prenatal care.

8. Ovarian function and hormone production decline during which transitional phase?

- a. Climacteric
- b. Menarche
- c. Menopause
- d. Puberty

ANS: A

The climacteric phase is a transitional period during which ovarian function and hormone production decline. *Menarche* is the term that denotes the first menstruation. *Menopause* refers only to the last menstrual period. *Puberty* is a broad term that denotes the entire transitional period between childhood and sexual maturity.

9. Which statement indicates that a client requires additional instruction regarding BSE?

- a. Yellow discharge from my nipple is normal if I'm having my period.
- b. I should check my breasts at the same time each month, after my period.
- c. I should also feel in my armpit area while performing my breast examination.
- d. I should check each breast in a set way, such as in a circular motion.

ANS: A

Discharge from the nipples requires further examination from a health care provider. The breasts should be checked at the same time each month. The armpit should also be examined. A circular motion is the best method during which to ascertain any changes in the breast tissue.

10. A blind woman has arrived for an examination. Her guide dog assists her to the examination room. She appears nervous and says, I've never had a pelvic examination. What response from the nurse would be most appropriate?

- a. Don't worry. It will be over before you know it.
- b. Try to relax. I'll be very gentle, and I won't hurt you.

-
- c. Your anxiety is common. I was anxious when I first had a pelvic examination.
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- d. Ill let you touch each instrument that Ill use during the examination as I tell you how it will be used.

ANS: D

The client who is visually impaired needs to be oriented to the examination room and needs a full explanation of what the examination entails before the nurse proceeds. Telling the client that the examination will be over quickly diminishes the clients concerns. The nurse should openly and directly communicate with sensitivity. Women who have physical disabilities should be respected and involved in the assessment and physical examination to the full extent of their abilities. Telling the client that she will not be hurt does not reflect respect or sensitivity. Although anxiety may be common, the nurse should not discuss her own issues nor compare them to the clients concerns.

11. Which female reproductive organ(s) is(are) responsible for cyclic menstruation?

-
- a. Uterus
-
- b. Ovaries
-
- c. Vaginal vestibule
-
- d. Urethra

ANS: A

The uterus is responsible for cyclic menstruation and also houses and nourishes the fertilized ovum and the fetus. The ovaries are responsible for ovulation and the production of estrogen. The vaginal vestibule is an external organ that has openings to the urethra and vagina. The urethra is not a reproductive organ, although it is found in the area.

12. Which body part both protects the pelvic structures and accommodates the growing fetus during pregnancy?

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- a. Perineum
-
- b. Bony pelvis
-
- c. Vaginal vestibule
-
- d. Fourchette

ANS: B

The bony pelvis protects and accommodates the growing fetus. The perineum covers the pelvic structures. The vaginal vestibule contains openings to the urethra and vagina. The fourchette is formed by the labia minor.

13. Which phase of the endometrial cycle best describes a heavy, velvety soft, fully matured endometrium?

-
- a. Menstrual
-
- b. Proliferative
-
- c. Secretory
-
- d. Ischemic

ANS: C