

Chapter 01: Caring for the Critically Ill Patient

Urden: Priorities in Critical Care Nursing, 8th Edition

MULTIPLE CHOICE

1. What type of practitioner has a broad depth of specialty knowledge and expertise and manages complex clinical and system issues?
 - a. Registered nurses
 - b. Advanced practice nurses
 - c. Clinical nurse leaders
 - d. Intensivists

ANS: B

Advanced practice nurses (APNs) have a broad depth of knowledge and expertise in their specialty area and manage complex clinical and systems issues. Intensivists are medical practitioners who manage the critical ill patient. Registered nurses (RNs) are generally direct care providers. Clinical nurse leaders (CNLs) generally do not manage system issues.

PTS: 1 DIF: Cognitive Level: Remembering OBJ: Nursing Process Step: N/A
 TOP: Caring for the Critically Ill Patient
 MSC: NCLEX: Safe and Effective Care Environment: Coordinated Care

2. What type of practitioner is instrumental in ensuring care that is evidence based and that safety programs are in place?
 - a. Clinical nurse specialist
 - b. Advanced practice nurse
 - c. Registered nurses
 - d. Nurse practitioners

ANS: A

Clinical nurse specialists (CNSs) serve in specialty roles that use their clinical, teaching, research, leadership, and consultative abilities. They are instrumental in ensuring that care is evidence based and that safety programs are in place. Advanced practice nurses (APNs) have a broad depth of knowledge and expertise in their specialty area and manage complex clinical and systems issues. Registered nurses are generally direct care providers. Nurse practitioners (NPs) manage direct clinical care of groups of patients.

PTS: 1 DIF: Cognitive Level: Remembering OBJ: Nursing Process Step: N/A
 TOP: Caring for the Critically Ill Patient
 MSC: NCLEX: Safe and Effective Care Environment: Coordinated Care

3. Which professional organization administers critical care certification exams for registered nurses?
 - a. State Board of Registered Nurses
 - b. National Association of Clinical Nurse Specialist
 - c. Society of Critical Care Medicine
 - d. American Association of Critical-Care Nurses

ANS: D

Chapter 02: Ethical and Legal Issues

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MULTIPLE CHOICE

1. What is the difference between ethics and morals?
 - a. Ethics is more concerned with the “why” of behavior.
 - b. Ethics provides a framework for evaluation of the behavior.
 - c. Ethics is broader in scope than morals.
 - d. Ethics focuses on the right or wrong behavior based on values.

ANS: A

Ethics are concerned with the basis of the action rather than whether the action is right or wrong, good or bad.

PTS: 1 DIF: Cognitive Level: Understanding OBJ: Nursing Process Step: N/A
 TOP: Ethical and Legal Issues
 MSC: NCLEX: Safe and Effective Care Environment: Coordinated Care

2. A patient’s wife has been informed by the practitioner that her spouse has permanent quadriplegia. The wife states that she does not want anyone to tell the patient about his injury. The patient asks the nurse about what has happened. The nurse has conflicting emotions about how to handle the situation. What is the nurse experiencing?
 - a. Autonomy
 - b. Moral distress
 - c. Moral doubt
 - d. Moral courage

ANS: B

The nurse has been placed in a situation initially causing moral distress and is struggling with determining the ethically appropriate action to take. Moral courage is the freedom to advocate for oneself, patients, and peers. Autonomy is an ethical principle. Moral doubt is not part of the American Association of Critical-Care Nurses (AACN) framework *The 4A’s to Rise Above Moral Distress*.

PTS: 1 DIF: Cognitive Level: Understanding OBJ: Nursing Process Step: N/A
 TOP: Ethical and Legal Issues
 MSC: NCLEX: Safe and Effective Care Environment: Coordinated Care

3. Critical care nurses can best enhance the principle of autonomy by performing which action?
 - a. Presenting only the information to prevent relapse in a patient
 - b. Assisting with only tasks that cannot be done by the patient
 - c. Providing the patient with all of the information and facts
 - d. Guiding the patient toward the best choices for care

ANS: C

Patients and families must have all the information about a certain situation to make an autonomous decision that is best for them.

PTS: 1 DIF: Cognitive Level: Applying TOP: Ethical and Legal Issues
 OBJ: Nursing Process Step: Implementation

Chapter 03: Patient and Family Education

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MULTIPLE CHOICE

1. A patient is scheduled for a cardiac catheterization this afternoon. The nurse wants to provide her with some basic information before going in the room to talk about her specific procedure. Which teaching strategy is most appropriate for this situation?
 - a. Discussion
 - b. Demonstration and practice
 - c. Audiovisual media
 - d. Written materials

ANS: C

Media are used to educate patients on a variety of educational needs, such as medications, disease processes, procedures, symptom management, weight monitoring, laboratory tests, diet, surgery, and health maintenance issues. Patient education videos require the patient's attention for only a few minutes and supply the learner with "nice-to-know" and "need-to-know" information. Demonstration and practice is not appropriate for this procedure because the patient is not performing the cardiac catheterization. Discussion and written material will help enhance the learning with the audiovisual media; however, this is not an interactive media.

PTS: 1

DIF: Cognitive Level: Applying

OBJ: Nursing Process Step: Intervention TOP: Patient and Family Education

MSC: NCLEX: Health Promotion and Maintenance

2. A nurse has been progressively working with a patient on the exercises he needs to do at home when he is discharged. The nurse wants to ensure he will remember what to do when he is at home. Which teaching strategy is most appropriate for this situation?
 - a. Discussion
 - b. Demonstration and practice
 - c. Audiovisual media
 - d. Written materials

ANS: D

Written media, such as brochures, pamphlets, patient pathways, and booklets, are common in outpatient and inpatient areas of health care. Demonstration and practice would be useful throughout the hospitalization to make sure the patient is performing the exercises correctly. Discussion and audiovisual media would be appropriate in the assessment and intervention portion of learning; however, written material may be reviewed by the patient after returning home.

PTS: 1

DIF: Cognitive Level: Applying

OBJ: Nursing Process Step: Intervention TOP: Patient and Family Education

MSC: NCLEX: Health Promotion and Maintenance

3. Which is the first step of the education process?
 - a. Gathering data to assist in the assessment of learning needs
 - b. Identifying the major learning needs for the patient

Chapter 04: Psychosocial Alterations

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MULTIPLE CHOICE

1. According to the transactional theories on stress, what does a person do first when confronted by stress?
 - a. Determines coping mechanisms to deal with the stress.
 - b. Determines the perceived degree of threat imposed.
 - c. Determines what the response will be to the stress.
 - d. Denies the stress exists.

ANS: B

An alarm reaction is initiated by the hypothalamus, which, upon receiving sensory and chemical information regarding the presence of a stressor, signals the release of corticotrophin-releasing factor (CRF). During the resistance stage, the person's systems fight back, leading to adaptation and a return of normal functioning. If the stressors continue, exhaustion occurs, a stage in which reserves have been depleted. Reversal of stress exhaustion can be accomplished by restoration of one's reserves through the use of medications, nutrition, and other stress reduction measures.

PTS: 1

DIF: Cognitive Level: Remembering

OBJ: Nursing Process Step: Assessment TOP: Psychosocial Alterations

MSC: NCLEX: Psychosocial Integrity

2. Nearly 25% of people surviving a critical illness and an intensive care unit stay subsequently exhibit symptoms of posttraumatic stress disorder (PTSD). A patient with PTSD may manifest which behavior?
 - a. Intrusive recall of the event
 - b. Feelings that his or her body has betrayed him or her
 - c. Acceptance and ownership of problems
 - d. Disruption in the perception of the body

ANS: A

After an exposure to a traumatic event, people may experience intrusive recall of the distressing event. This recall is often triggered by a noise, sound, sight, smell, event, or memory. Nightmares and distressing memories during which a trauma is reexperienced provoke intense psychological and physiologic distress. People with PTSD can also exhibit numbing responses, including detachment, isolation, restricted affect, and depression.

PTS: 1

DIF: Cognitive Level: Understanding

OBJ: Nursing Process Step: Assessment TOP: Psychosocial Alterations

MSC: NCLEX: Psychosocial Integrity

3. A subjective state in which an individual sees extremely limited or no alternatives and is unable to mobilize energy on his or her behalf is known as:
 - a. despair.
 - b. hopelessness.
 - c. powerlessness.
 - d. loss of control.