

Chapter 1, Exploring the Growth of Nursing as a Profession

1. Which historical images impeded the development of nursing as a profession? Select all that apply.
 - A. Servant
 - B. Folk
 - C. Ancient
 - D. Religious
 - E. Social

ANS: A, B, D

Rationale: Nursing has carried forward three heritages from the past that some believe impeded the development of nursing as a profession. They are the folk image of the nurse brought forward from primitive times, the religious image of the nurse inherited from the medieval period, and the servant image of the nurse created by the Protestant-capitalist ethic from the 16th to 19th century. Although ancient cultures developed medicine as a science and a profession, writings about early healthcare make little or no mention of nursing or nurses. Ancient images make no mention of nursing or nurses. Social image is not identified as a historical image of nursing.

PTS: 1 REF: 4, History of Healthcare and Nursing

OBJ: Learning Objective: 1

NAT: Client Needs: Safe and Effective Care Environment: Management of Care

TOP: Chapter: 1 KEY: Integrated Process: Teaching/Learning

BLM: Cognitive Level: Apply NOT: Multiple Select

2. Which principles **best** describe Florence Nightingale's beliefs about the nursing profession? Select all that apply.
 - A. Physician-based nursing curriculum
 - B. Theory-based curriculum for students
 - C. Improved conditions for clients
 - D. Lifelong learning
 - E. Voluntary nursing teachers
 - F. Caring

ANS: B, C, D, F

Rationale: Florence Nightingale believed that nurses should spend their time caring for clients, not cleaning, and nurses must continue learning throughout their lifetime. The curriculum would include both theoretic material and practical experience. Teachers would be paid for their instruction. The school matron would have final authority over the curriculum, living arrangements, and all other aspects of the school.

PTS: 1 REF: 6, The Nightingale Influence OBJ: Learning Objective: 2

NAT: Client Needs: Safe and Effective Care Environment: Management of Care

TOP: Chapter: 1 KEY: Integrated Process: Teaching/Learning

BLM: Cognitive Level: Apply NOT: Multiple Select

3. Which recommendation **best** describes the findings of an 1869 report by the American Medical Association regarding nursing education?
 - A. Nurses should provide most of the workforce for hospitals.
 - B. Schools should be under the national medical society.

- C. Every large hospital should have a nursing school.
- D. Nurses should be recruited from shelters.

ANS: C

Rationale: In 1869, the American Medical Association established a committee to study the issue of training for nurses. Its report concluded that every large hospital should have a nursing school and recommended that schools be placed under the guardianship of county medical societies. Although nurses were often recruited from shelters in the early 1800s, this was not included in the report. The report did not describe workforce for hospitals.

PTS: 1 REF: 9, The Establishment of Early Schools

OBJ: Learning Objective: 3

NAT: Client Needs: Safe and Effective Care Environment: Management of Care

TOP: Chapter: 1 KEY: Integrated Process: Teaching/Learning

BLM: Cognitive Level: Apply NOT: Multiple Choice

4. Which factors **best** describe characteristics of early nursing schools around the turn of the century? Select all that apply.
- A. Students commuted long distances
 - B. Attrition rate was low
 - C. Lacked standardized curriculum
 - D. Largely considered an apprenticeship
 - E. Promoted religious image of the nurse

ANS: C, D, E

Rationale: Nursing students were expected to be unselfish, thinking not of themselves but of the happiness and well-being of others. This is in keeping with the “religious image” of the nurse. Initially, nursing education was largely an apprenticeship and resulted in students providing much of the workforce of hospitals. There was no standardization of curriculum and no accreditation. Although some of the early programs provided sleeping quarters in the hospital, nursing students usually were housed in a building next to the hospital. The attrition rate was high in the early schools.

PTS: 1 REF: 10, Characteristics of the Early Schools

OBJ: Learning Objective: 3

NAT: Client Needs: Safe and Effective Care Environment: Management of Care

TOP: Chapter: 1 KEY: Integrated Process: Teaching/Learning

BLM: Cognitive Level: Apply NOT: Multiple Select

5. A nursing student is reading about military influences that brought about significant changes in nursing. Place these influential events in order of occurrence?
- A. Administration of small pox vaccinations
 - B. GI Bill enacted
 - C. Development of The Red Cross
 - D. Invention of ambulances

ANS:

A, D, C, B

Rationale: The American Revolution saw the development of dispensaries with the Philadelphia dispensary being the first place to vaccinate against small pox as preventative medicine. The Civil War saw the invention of ambulances and was instrumental in the development of nursing. The Red Cross was born during the Spanish-American War. The GI bill came into existence at the end of World War II and made it possible for many nurses to enter bachelor and master's degree programs after serving with the military.

PTS: 1 REF: 13, The Military Influence OBJ: Learning Objective: 4
NAT: Client Needs: Safe and Effective Care Environment: Management of Care
TOP: Chapter: 1 KEY: Integrated Process: Teaching/Learning
BLM: Cognitive Level: Apply NOT: Ordered Response

6. The nurse is conducting an in-service that describes the primary difference between nursing and medicine. Which **priority** concept should be included?
- A. Caring framework
 - B. Curative treatment
 - C. Professional opportunities
 - D. Degree of specialization

ANS: A

Rationale: Nursing is concerned with caring for the person from a holistic perspective in a variety of health-related situations. The caring aspects of nursing are well documented in nursing literature (Benner & Wrubel, 1989; Bevis & Watson, 1989; Carper, 1979; Watson, 1979). We think of medicine as being involved with the cure of a client and nursing with the care of that client. Professional opportunities and degree of specialization are not priority concepts in this scenario.

PTS: 1 REF: 15, Distinguishing Nursing From Medicine
OBJ: Learning Objective: 6
NAT: Client Needs: Safe and Effective Care Environment: Management of Care
TOP: Chapter: 1 KEY: Integrated Process: Teaching/Learning
BLM: Cognitive Level: Apply NOT: Multiple Choice

7. Which **priority** information should be included during an in-service about the legal definition of nursing?
- A. Governs collective bargaining
 - B. Identifies approved nursing frameworks
 - C. Outlines major criteria for a profession
 - D. Provides foundation and guidelines for practice

ANS: D

Rationale: Perhaps nothing so affects the definition of nursing as its legal definition found in each state's nursing practice act. This legal definition is critical because it provides the foundation and guidelines for education, licensure, scope of practice, and, when necessary, the corrective actions against people who violate the practice act. The legal definition does not identify nursing frameworks or outline the criteria for a profession. Collective bargaining is not mentioned in the legal definition of nursing.

PTS: 1 REF: 15, Distinguishing Nursing From Medicine
OBJ: Learning Objective: 8
NAT: Client Needs: Safe and Effective Care Environment: Management of Care
TOP: Chapter: 1 KEY: Integrated Process: Communication and Documentation

BLM: Cognitive Level: Apply

NOT: Multiple Choice

8. The nursing student is preparing for graduation. Which ceremony is **most** likely to occur?
- A. Uniform
 - B. Pinning
 - C. Capping
 - D. White coat

ANS: B

Rationale: Primary among these are the capping and the pinning ceremonies. Few schools have capping ceremonies today because most nurses and nursing students no longer wear caps. The second traditional ceremony in nursing, the pinning, was of even greater significance and is continued by many schools today. The pinning heralded the completion of the program. The white coat and uniform ceremonies are not traditional nursing ceremonies.

PTS: 1

REF: 22, Traditions in Nursing

OBJ: Learning Objective: 9

NAT: Client Needs: Safe and Effective Care Environment: Management of Care

TOP: Chapter: 1 KEY: Integrated Process: Teaching/Learning

BLM: Cognitive Level: Apply

NOT: Multiple Choice

9. The nursing student is researching the current nursing shortage. Which **priority** factors should be included? Select all that apply.
- A. Work environment
 - B. Increased clinical space
 - C. Number of males in profession
 - D. Baby boomers
 - E. Retention

ANS: A, D, E

Rationale: Another aspect of any nursing shortage is the retention of current nurses. Some states have identified that there are a large number of RNs not currently working in the profession. Many experts have pointed to working conditions such as mandatory overtime, heavy workloads, and lack of respect in the workplace as reasons for people leaving. Another concern centers on the fact that members of the baby boom generation are beginning to enter their senior years, thus increasing the need for nurses in the healthcare system. The percentage of male nurses has increased, but this is not a cause for concern in the nursing shortage. Limited clinical space (not increasing clinical space) is one cause for the nurse shortage.

PTS: 1

REF: 26, The Image of Nursing Today

OBJ: Learning Objective: 10

NAT: Client Needs: Safe and Effective Care Environment: Management of Care

TOP: Chapter: 1 KEY: Integrated Process: Teaching/Learning

BLM: Cognitive Level: Apply

NOT: Multiple Select

10. The Council on Nurse Education and Practice focuses primarily on which factors? Select all that apply.
- A. Limited number of spaces in nursing schools
 - B. Supply of educationally prepared nursing faculty
 - C. Enhancement and composition of the workforce
 - D. Promotion of interdisciplinary care delivery
 - E. Financing and delivery of nursing service

ANS: C, D, E

Rationale: To provide advice and recommendations to the Secretary of Health and Human Services and Congress on policy matters relating to the nursing work force, the National Advisory Council on Nurse Education and Practice (NACNEP) was established. This group focuses on “support of nursing education and practice, which include enhancement of the composition of the nursing workforce, improvement of the distribution and utilization of nurses to meet the health needs of the Nation, expansion of the knowledge, skills, and capabilities of nurses to enhance the quality of nursing practice, development and dissemination of improved models of organization, financing and delivery of nursing services and promotion of interdisciplinary approaches to the delivery of health services particularly in the context of public health and primary care” (HRSA, n.d.).

PTS: 1 REF: 26, The Image of Nursing Today OBJ: Learning Objective: 10

NAT: Client Needs: Safe and Effective Care Environment: Management of Care

TOP: Chapter: 1 KEY: Integrated Process: Teaching/Learning

BLM: Cognitive Level: Apply NOT: Multiple Select

11. Which factors **best** describe nursing in ancient culture? Select all that apply.
- A. Sound theory of disease was absent.
 - B. Sickness believed to be caused by evil spirits.
 - C. Health rules part of religious codes.
 - D. Formal nursing originated 300 years ago.
 - E. Nursing mentioned in early writings.

ANS: A, B, C

Rationale: Throughout ancient times, suffering and sickness were believed to be caused by evil spirits. Health rules were often part of the religious codes, which gave them authority. A sound theory of disease was absent from most early cultures. Although ancient cultures developed medicine as a science and a profession, writings about early healthcare make little or no mention of nursing or nurses. While nursing as we know it today may go back less than 150 years, the early origins of nursing, like those of medicine, are intertwined with the ancient civilizations and cultures of the world.

PTS: 1 REF: 4, History of Healthcare and Nursing

OBJ: Learning Objective: 2

NAT: Client Needs: Safe and Effective Care Environment: Management of Care

TOP: Chapter: 1 KEY: Integrated Process: Teaching/Learning

BLM: Cognitive Level: Apply NOT: Multiple Select

12. Florence Nightingale changed the approach to public health measures. Which public health measures were instrumental in improving health during the late 1800s? Select all that apply.
- A. Recording health statistics
 - B. Wholesome food
 - C. Constructing hospitals
 - D. Nursing education
 - E. Basic hygiene

ANS: B, C, E

Rationale: When the war ended in 1856, Florence Nightingale returned to England as a national heroine. Her next major project involved working to change the entire approach to health for the British soldier. These activities included constructing hospitals and improving basic hygiene and public health measures for the army. Her focus was on providing cleanliness, wholesome food, fresh air, and separation of people from garbage and sewage both for living environments and for hospital construction (Fig. 1.2). These simple public health measures were revolutionary in the late 1800s.

PTS: 1 REF: 26, The Image of Nursing Today OBJ: Learning Objective: 2
NAT: Client Needs: Safe and Effective Care Environment: Management of Care
TOP: Chapter: 1 KEY: Integrated Process: Nursing Process
BLM: Cognitive Level: Apply NOT: Multiple Select

13. Which statement accurately describes the development of a definition for the term *nursing*?
- A. Nurses cannot agree on a single definition of nursing.
 - B. Nursing is pursued primarily through theoretical concepts.
 - C. A clear distinction is made between nursing and medicine.
 - D. Researchers can pinpoint the period in history when nursing first evolved.

ANS: A

Rationale: Over the years, the profession has worked at establishing a definition of nursing; however, nurses themselves cannot agree on a single definition. There is no particular date or time period when nursing came into being. A major factor that has made it difficult to define nursing is that it is taught as encompassing both theoretic and practical aspects, but it is pursued (and continues to be defined) primarily through practice (not theory) until recently a little-studied area. The formulation of clear and concise definitions of nursing also has been hindered by the lack of an obvious distinction between nursing and medicine.

PTS: 1 REF: 14, Developing a Definition for Nursing
OBJ: Learning Objective: 2
NAT: Client Needs: Safe and Effective Care Environment: Management of Care
TOP: Chapter: 1 KEY: Integrated Process: Teaching/Learning
BLM: Cognitive Level: Apply NOT: Multiple Choice

14. The nurse is documenting nursing interventions using a comprehensive, standardized language. Which of the following systems **best** demonstrate this documentation?
- A. Nursing Interventions Classification (NIC)
 - B. Nursing Outcomes Classification (NOC)
 - C. The Omaha System
 - D. NANDA International (NANDA-I)

ANS: A

Rationale: Started in 1996 at the University of Iowa, the Nursing Interventions Classification (NIC) is a comprehensive, standardized language that describes actions that nurses perform in all settings and in all specialties and includes both physiologic and psychosocial interventions. NANDA-I and NOC provide standardized language for nursing diagnoses and outcomes. The Omaha System was designed as a three-part, comprehensive yet brief approach to documentation and information management for multidisciplinary healthcare professionals who practice in community setting.

PTS: 1 REF: 14, Developing a Definition for Nursing

OBJ: Learning Objective: 12
NAT: Client Needs: Safe and Effective Care Environment: Management of Care
TOP: Chapter: 1 KEY: Integrated Process: Communication and Documentation
BLM: Cognitive Level: Apply NOT: Multiple Choice

15. Which factors influence the need for a special and unique language for the nursing profession? Select all that apply.
- A. Historical data
 - B. Manage information
 - C. Evidence-based decision-making
 - D. Cost of data storage
 - E. Guide clinical decisions

ANS: B, C, E

Rationale: For many, the development of a special language for nursing is an exciting new development. Structured nursing vocabularies allow nurses to use the acquired information to guide evidence-based clinical decisions, manage information in an electronic format, retrieve information for research, and compare clinical outcomes across settings. It also provides a common means of communication (Box 1.2). Historical data and cost are not influential factors in the development of specialized nursing language.

PTS: 1 REF: 31, Defining a Language for Nursing
OBJ: Learning Objective: 12
NAT: Client Needs: Safe and Effective Care Environment: Management of Care
TOP: Chapter: 1 KEY: Integrated Process: Teaching/Learning
BLM: Cognitive Level: Apply NOT: Multiple Select

16. The number and size of nursing schools in the United States grew significantly in the years of the early 20th century. Which influences, or expectations, **best** describe the characteristics of these schools?
- A. Critical thinking, assertiveness, and autonomy
 - B. Religious devotion and subservience to authority
 - C. An understanding of the holistic care
 - D. A thorough knowledge of anatomy

ANS: B

Rationale: The strong militaristic and religious influences over nursing were embodied in the expectations held for nursing students. The nurse in training was expected to yield to the superiors and demonstrate the obedience characteristic of a good soldier with actions governed by the dedication to duty derived from religious devotion (Kalisch & Kalisch, 2004). These expectations superseded the importance of critical thinking, scientific knowledge, or the holistic nature of health.

PTS: 1 REF: 10, Characteristics of the Early Schools
OBJ: Learning Objective: 12
NAT: Client Needs: Safe and Effective Care Environment: Management of Care
TOP: Chapter: 1 KEY: Integrated Process: Teaching/Learning
BLM: Cognitive Level: Apply NOT: Multiple Choice

17. Which of the following events contributed **most** to the development of the nursing profession?
- A. Physicians who were willing to train nurses
 - B. Decreased mortality rates during war time

- C. Increased understanding of infection control
- D. Public funding for the treatment of disease

ANS: B

Rationale: The death and disease that accompanied conflicts such as the Crimean War and the Civil War provided the impetus for much of the development of the nursing profession. Nursing did not primarily grow out of the availability of a female workforce, public funding for health, or increased scientific knowledge.

PTS: 1 REF: 6, The Nightingale Influence OBJ: Learning Objective: 4
NAT: Client Needs: Safe and Effective Care Environment: Management of Care
TOP: Chapter: 1 KEY: Integrated Process: Teaching/Learning
BLM: Cognitive Level: Apply NOT: Multiple Choice

18. Which of the following skills is **most** essential and needed for successful nursing performance?
- A. Critical thinking
 - B. Understanding of nursing theory
 - C. Autonomy
 - D. Recognition of prescriptive authority

ANS: A

Rationale: Critical thinking skills are essential to the successful performance of the diverse tasks expected of a nurse. Nurses in many positions have been required to assume ever-greater levels of responsibility. Although autonomy, an understanding of nursing theory, and recognition of prescriptive authority are important skills for nursing, appropriate client care is dependent on the nurse's ability to use critical thinking. Only recently are nurses beginning to receive the official authority, autonomy, and recognition that should accompany those responsibilities.

PTS: 1 REF: 16, Influences on the Definition of Nursing
OBJ: Learning Objective: 5
NAT: Client Needs: Safe and Effective Care Environment: Management of Care
TOP: Chapter: 1 KEY: Integrated Process: Teaching/Learning
BLM: Cognitive Level: Apply NOT: Multiple Choice

19. Which of these characteristics identify nursing as a profession when applied to sociologic literature? Select all that apply.
- A. Prescriptive authority
 - B. Service to the public
 - C. Code of ethics
 - D. Educational preparation
 - E. Stress and burnout

ANS: B, C, D

Rationale: From approximately the 1950s through the 1970s or mid-1980s, nursing periodically was reviewed against the **characteristics of a profession** that had been established in the sociologic literature. Nursing programs are offered in universities and colleges; the *ANA Code of Ethics* sets standards of ethical nursing practice; there is no question that the nursing profession provides a service to the public, which was identified by Nightingale. This set of characteristics corresponds to those being used by the American Association of Colleges of Nursing (AACN) when they refer to “**professional**” nursing as requiring a baccalaureate degree in nursing or higher. Prescriptive authority is not a criterion for the profession. Stress and burnout are symptoms but do not define characteristics of professional nursing.

PTS: 1 REF: 19, Characteristics of a Profession OBJ: Learning Objective: 5

NAT: Client Needs: Safe and Effective Care Environment: Management of Care

TOP: Chapter: 1 KEY: Integrated Process: Teaching/Learning

BLM: Cognitive Level: Apply NOT: Multiple Select

20. Which factors have contributed to the long-term shortages of nurses? Select all that apply.
- A. Decreased program funding
 - B. Increasing faculty numbers
 - C. Clinical space
 - D. Career changes
 - E. Aging workforce

ANS: C, D, E

Rationale: A number of factors are suggested as contributing to the long-term shortfall of RNs. First of all, nurses are getting older. In the United States, the nursing workforce has grown faster than the growth of the U.S. population, but one-third of nurses are over the age of 50, with many anticipating retirement within the next decade (HRSA Health Professions, 2013). New nurses often enter nursing as a career change in midlife. They will have fewer years in the profession than those who entered as young adults. Nursing schools turn away qualified applicants due to a lack of clinical space and insufficient faculty. Program funding is not a main factor in long-term nursing shortages.

PTS: 1 REF: 26, Nursing's Image and the Nursing Shortage

OBJ: Learning Objective: 10

NAT: Client Needs: Safe and Effective Care Environment: Management of Care

TOP: Chapter: 1 KEY: Integrated Process: Teaching/Learning

BLM: Cognitive Level: Apply NOT: Multiple Select