

Chapter 1: Core Concepts of Maternal and Pediatric Health Care Across the Continuum

MULTIPLE CHOICE

1. A nurse wishes to improve their cultural sensitivity while working with patients. Which action by the nurse would **best** indicate progress toward this goal?
 - A. Demonstrate good knowledge of different cultural health beliefs
 - B. Effectively respond to the needs of people of different cultures
 - C. Interact respectfully with patients who have differing health beliefs
 - D. Recognize that they will never be the expert in other cultures

ANS: C

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Heading: Cultural Practices

Integrated Processes: Caring

Client Need: Psychosocial Integrity

Cognitive Level: Analysis [Analyzing]

Concept: Diversity; Critical Thinking

Difficulty: Difficult

	Feedback
A.	Cultural competence is the ability to interact effectively with people of different cultures and requires a certain level of knowledge about those cultures.
B.	Cultural competence is the ability to interact effectively with people of different cultures and requires a certain level of knowledge about those cultures.
C.	Cultural sensitivity is a way of approaching people who hold health beliefs different from one's own. A nurse with this characteristic is respectful of and open to others.
D.	Cultural humility is the recognition that one will never master all information about another culture.

2. A nurse manager is evaluating staff members on their cultural competence. Which action **best** demonstrates this characteristic?
 - A. Attends workshops on cultural diversity and health practices
 - B. Participates in community health events with minority populations
 - C. Plans care with the family members within their cultural beliefs
 - D. Uses family members as interpreters to make them feel important

ANS: C

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Heading: Table 1.2 Strategies and Measures to Improve Maternal Health

Integrated Processes: Caring

Client Need: Psychosocial Integrity

Cognitive Level: Evaluation [Evaluating]

Concept: Diversity; Critical Thinking

Difficulty: Difficult

	Feedback
A.	Attending workshops is a good way to learn about diverse cultures, but this action is too limited in scope to demonstrate cultural competence.
B.	Participating in community events with diverse populations can increase cultural knowledge, but this action is too limited in scope to demonstrate cultural competence.
C.	The culturally sensitive nurse can understand and respond to the needs of individuals and families from different cultures. This nurse plans interventions with a solid knowledge of the values and practices of the members of the culture. Being open, listening to the family, and involving them in care demonstrates respect, unifies the nurse–patient relationship, and will motivate the patient (and family) to make positive health changes.
D.	Nurses should use professional interpreters when needed.

3. A patient wishes to use complementary therapy when managing a chronic health condition. Which action by the nurse is **most** appropriate?
- A. Advise the patient that stopping medical treatment may cause it to worsen.
 - B. Inform the patient that there are no complementary therapies for this condition.
 - C. Investigate herbs that can be substituted for prescription drugs.
 - D. Suggest the patient add massage therapy to the medical regimen.

ANS: D

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Heading: Complementary and Alternative Therapies

Integrated Processes: Teaching and Learning

Client Need: Health Promotion and Maintenance

Cognitive Level: Analysis [Analyzing]

Concept: Promoting Health
Difficulty: Moderate

	Feedback
A.	Because the patient is asking about complementary therapy, there is no need to warn them of the effects of stopping treatment.
B.	There are always complementary therapies that can be added to a medical regimen.
C.	Substituting herbs for prescription medication is an example of alternative therapy.
D.	Complementary therapy is nontraditional medical treatment used together with conventional medical treatment. Adding massage to the medical regimen is an example of using complementary therapy.

4. A nurse is working with a family that uses multiple complementary and alternative medicine (CAM) modalities. What action by the nurse is **best**?
- A. Allow the family to continue these practices as desired.
 - B. Assess how these practices reflect religious beliefs.
 - C. Inform the family that most of these practices do not work.
 - D. Provide evidence-based information about the therapies.

ANS: D

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Heading: Complementary and Alternative Therapies

Integrated Processes: Teaching and Learning

Client Need: Health Promotion and Maintenance

Cognitive Level: Application [Applying]

Concept: Family; Promoting Health

Difficulty: Moderate

	Feedback
A.	Although the nurse cannot stop the family from using CAM, they should not pass up the opportunity to provide and discuss information about CAM.
B.	A culturally competent nurse will assess how religious and spiritual beliefs affect health-care practices, but the nurse needs to advocate for the patient/family by providing solid information.
C.	Many CAM practices have demonstrated benefit, so telling the family they don't work is false information.
D.	The nurse working with individuals or families who use CAM practices should respect the beliefs, values, and desires of the patient. The nurse should encourage families to make decisions regarding CAM practices based on evidence and research into their effects. The nurse can best assist in this by providing and

	discussing information.
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5. A nurse is caring for a patient from a culture with which the nurse is totally unfamiliar. What action by the nurse will **best** promote effective communication?
- A. Call for a professional interpreter to translate information.
 - B. Pattern voice tone and eye contact after the patient's behaviors.
 - C. Talk slowly and deliberately using simple language and cues.
 - D. Use nonverbal communication as much as possible with the patient.

ANS: B

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Heading: Cultural Practices

Integrated Processes: Communication and Documentation

Client Need: Psychosocial Integrity

Cognitive Level: Application [Applying]

Concept: Diversity; Critical Thinking

Difficulty: Difficult

	Feedback
A.	There is no indication that this patient does not speak English, so using an interpreter is inappropriate.
B.	In the situation where the nurse is unfamiliar with the patient's culture, the nurse should pattern verbal and nonverbal communication after the patient's own style.
C.	There is no indication that this patient does not speak English, so talking slowly using simple language is inappropriate.
D.	There is no indication that this patient does not speak English, so using mostly nonverbal communication is inappropriate.

6. A nurse manager expects all employees to be patient advocates. Which nursing action **best** demonstrates this nursing role?
- A. Arranging a family-physician conference to clarify treatment plans
 - B. Encouraging treatment options based on personal beliefs and values
 - C. Giving contact information for governmental assistance agencies
 - D. Working on a political campaign to reduce poverty in the state

ANS: A

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Heading: Health Disparities

Integrated Processes: Caring

Client Need: Safe and Effective Care Environment – Management of Care

Cognitive Level: Evaluation [Evaluating]

Concept: Critical Thinking; Nursing Roles

Difficulty: Difficult

	Feedback
A.	In the advocate role, the nurse should promote patient-/family-centered care and work to provide the patient with more control, power, and self-determination in the health-care setting. The nurse who arranges a family-physician conference to clarify treatment plans is advocating for the patient.
B.	The nurse advocate must ensure he or she is speaking for the patient and the patient's desires, not inserting personal values and beliefs into the process.
C.	Giving contact information for assistance agencies is a way of demonstrating advocacy but is too limited in scope to be the best answer.
D.	Working on political campaigns is a way of demonstrating advocacy but is too limited in scope to be the best answer.

7. A patient and family have the nursing diagnosis of impaired verbal communication secondary to a language barrier. What action by the patient/family would **best** indicate that short-term goals for this diagnosis have been met?
- A. Able to communicate long-term desires for health of the patient
 - B. Demonstrates comprehension by head nodding and saying "yes"
 - C. States understanding of condition and treatment via an interpreter
 - D. Understands how nonverbal communication varies between cultures

ANS: C

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Heading: Box 1-2 National Standards on Culturally and Linguistically Appropriate Services

Integrated Processes: Communication and Documentation

Client Need: Psychosocial Integrity

Cognitive Level: Evaluation [Evaluating]

Concept: Promoting Health
Difficulty: Moderate

	Feedback
A.	Communicating long-term desires is a better long-term outcome for this diagnosis.
B.	Nodding the head and saying “yes” do not always indicate agreement, understanding, or approval. In some cultures, this behavior signifies respect.
C.	For a language barrier, using a professional interpreter is not only the best way to manage communication, it is also legally required. The best short-term goal for the patient and family is to obtain understanding of the patient’s illness and treatment and state, through the interpreter, that this is the case.
D.	Understanding the differences in nonverbal communication between cultures is not an appropriate short-term goal.

8. A nurse is working with family members who have been striving to improve their functioning as a family unit. What behavior would suggest to the nurse that the family is meeting its goals?
- A. The children are in multiple activities to develop talents.
 - B. The desire to be understood guides most communication.
 - C. Family members gave up some activities to eat dinner together on most nights.
 - D. The parents have a strong desire for the children to succeed.

ANS: C

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Heading: Bowen Family Systems Theory

Integrated Processes: Nursing Process: Evaluation

Client Need: Psychosocial Integrity

Cognitive Level: Evaluation [Evaluating]

Concept: Family; Critical Thinking

Difficulty: Difficult

	Feedback
A.	Children being involved in multiple activities often cuts into family time and can be disruptive.
B.	Communication should be guided by the desire to understand the other first, then to be understood.
C.	Effective tools for families include ways to enhance family performance. One very effective tool is to put the family first in this very chaotic world. Giving up some activities to eat dinner together shows the family is putting the unit first over individual desires.
D.	A strong desire for the children’s success does not guarantee successful family

	functioning.
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9. A nurse works a great deal with refugees and is frustrated because, as a group, they don't seem to want to implement desired health behaviors. What action by the nurse would be **most** helpful?
- A. Conduct a health screening and educational event each month.
 - B. Provide written information in the group's native language.
 - C. Teach selected group representatives to be lay health educators.
 - D. Try to establish relationships within the refugee community.

ANS: C

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Heading: Family Systems Theory

Integrated Processes: Teaching and Learning

Client Need: Health Promotion and Maintenance

Cognitive Level: Analysis [Analyzing]

Concept: Family; Critical Thinking

Difficulty: Difficult

	Feedback
A.	Regularly occurring health events might improve the nurse's standing in the community, but it would not be the most helpful option.
B.	Written information may or may not be helpful; many refugees are illiterate in their native languages and some languages do not have a written form.
C.	According to family systems theory, each family system contains boundaries that affect how the outside world interacts with the family. Families that have recently immigrated to the United States might have closed boundaries and may only be receptive to health information provided by extended family members or members of their community. Establishing a lay health educator program in which community members can be taught health information with the intent of delivering it to their communities would be a good way to work with these families while respecting their boundaries.
D.	Establishing relationships within the community is advisable but does not go far enough to solve the problem.

10. A patient is dismissed from the hospital and is receiving nursing care at home to help in the recovery from a serious illness and operation. The visiting nurse notes that the family is in a state of disarray and members are disorganized and not communicating. The patient is trying to direct everyone's actions. The nurse calls a family meeting. What action by the nurse is *best*?
- A. Encourage family members to make "to do" lists and assign chores.
 - B. Explain that changes in one person require changes in the others.
 - C. Make a referral to a counselor or mental health nurse practitioner.
 - D. Tell the family members that, for the patient to recover, they must assume the patient's role.

ANS: B

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Heading: Group Theory

Integrated Processes: Teaching and Learning

Client Need: Psychosocial Integrity

Cognitive Level: Application [Applying]

Concept: Family

Difficulty: Moderate

	Feedback
A.	Making lists and assigning chores are simple tasks that might help with organization, but this does not go far enough in solving the problem.
B.	Family systems theory recognizes that changes in one member of a family affects every other member of the family. For the family to function effectively, all members need to adapt to the major changes in one of the members.
C.	The family may or may not need a referral for counseling.
D.	Simply telling the family members a fact does not give them enough information to adapt.

11. A nurse is working with a blended family of 1 year with five children aged 3, 7, 13 (twins), and 19. The parents seem overly stressed and anxious and do not seem to work well as a unit. What can the nurse conclude about this family?
- A. Communication problems are the core of the parents' stress.
 - B. Economic stressors are impacting the parental dyad.
 - C. The family is in too many developmental stages to master any of them.
 - D. There are too many children to give each one adequate attention.

ANS: C

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Heading: Family Theories and Development Frameworks

Integrated Processes: Nursing Process: Assessment

Client Need: Psychosocial Integrity

Cognitive Level: Analysis [Analyzing]

Concept: Family; Critical Thinking

Difficulty: Difficult

	Feedback
A.	Without further information, the nurse cannot conclude that communication problems are the root cause of the issue.
B.	Without further information, the nurse cannot conclude that economic stressors are the root cause of the issue.
C.	In family developmental theory, the age of the child determines the stage the family is in. If there is more than one child, the family is probably in multiple developmental stages at the same time. The family is probably in a combination of beginning families, preschool, school-aged and adolescent, and launching stages. The competing priorities of all these stages pave the way for chaos.
D.	Simply concluding that the family has too many children is judgmental and does not leave any room for interventions.

12. A nurse is working with a patient who is newly married and pregnant and says she is distressed because she and her husband seem to be so different, and they argue over petty issues. What action by the nurse using group theory would be *best*?
- A. Ask the patient if she can remember why she and her husband fell in love.
 - B. Caution her that this level of disagreement will cause stress to the unborn baby.
 - C. Offer the patient a referral to a community counseling center for couples' therapy.
 - D. Reassure her that this is normal and help her brainstorm ways to work cooperatively.

ANS: D

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Heading: Group Theory

Integrated Processes: Teaching and Learning

Client Need: Psychosocial Integrity

Cognitive Level: Application [Applying]
Concept: Family
Difficulty: Moderate

	Feedback
A.	Asking about their early relationship does not give the patient information that will help the present situation.
B.	Warning the patient about the negative effects of stress on her unborn baby sounds judgmental and threatening.
C.	A referral for counseling might be needed at a future date.
D.	According to group theory, groups evolve through the distinct stages of forming, storming, norming, performing, and adjourning. Storming often occurs when a group that has recently formed notices differences in members, leading to chaos or confusion. This couple is in this stage. At this point, the nurse's best action is to reassure the patient and help her brainstorm ways of working together cooperatively, which might include forming rules or procedures that both parties agree to follow.

13. A clinic nurse is using group theory to assess a family whose youngest child recently moved back home after graduating from college and is unable to find a job. Which statement by a parent would indicate to the nurse that goals for norming have been met?
- A. "I'm glad my son stays in his room in the basement all day, so he doesn't bother us."
 - B. "It's hard to decide how much food to buy because we don't know where he's eating."
 - C. "My son is gone a lot of the time, so we really don't notice that he moved back in."
 - D. "We have agreed not to have a curfew as long as we know when he will be home."

ANS: D

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Heading: Group Theory

Integrated Processes: Nursing Process: Evaluation

Client Need: Psychosocial Integrity

Cognitive Level: Evaluation [Evaluating]

Concept: Family; Critical Thinking

Difficulty: Difficult

	Feedback
A.	This response does not show adaptation to the new situation.

B.	This response does not show adaptation to the new situation.
C.	This response does not show adaptation to the new situation.
D.	According to group theory, a healthy family adjusts to changes in its structure by resetting roles and norms. In this family, a launched child has moved back in, disrupting the patterns established when he left. Agreeing to new rules and roles is a sign of adaptation.

14. A student observes as an adult brother and sister lash out at the nurse caring for their hospitalized parent. The parent lives at home but is dependent on the children for care and is obviously neglected. The nurse has informed the children that social work will be involved in their parent's case. How does the nurse explain this interaction?
- A. "Don't worry; they will calm down eventually."
 - B. "Families often get emotional in these situations."
 - C. "They are focusing attention on me, not the problem."
 - D. "This family is obviously highly dysfunctional."

ANS: C

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Heading: Bowen Family Systems Theory

Integrated Processes: Teaching and Learning

Client Need: Psychosocial Integrity

Cognitive Level: Application [Applying]

Concept: Family; Communication

Difficulty: Moderate

	Feedback
A.	Reassuring the student that they will calm down is neither helpful nor accurate as the family members may choose to continue to lash out.
B.	Families often do get emotional, but again, this information is not helpful.
C.	This behavior is known as triangulation and occurs when a dyad diverts attention away from their problems and chooses instead to focus on a third party, in this case the nurse.
D.	This family is dysfunctional, but that does not go far enough to explain the situation.

15. A nurse working with a married couple notes that both parties seem to try to be dominant in their sessions. According to Bowen's family systems theory, which question asked by the nurse would yield the *most* useful information?

- A. "Are you each a first-born, middle child, or youngest sibling?"
- B. "How demonstrative was each of your parents when you were growing up?"
- C. "How many children were in each of your families?"
- D. "What socioeconomic classes did you both grow up in?"

ANS: A

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Heading: Bowen Family Systems Theory

Integrated Processes: Nursing Process: Assessment

Client Need: Psychosocial Integrity

Cognitive Level: Application [Applying]

Concept: Family; Critical Thinking

Difficulty: Difficult

	Feedback
A.	According to this family theory, birth order plays an important role in predicting certain patterns of behavior. Spouses who occupy the same birth order may have difficulty functioning together. In this case, both spouses probably are first-borns with a need for control.
B.	This question may yield helpful information as part of a thorough assessment but is not related to this theory.
C.	This question may yield helpful information as part of a thorough assessment but is not related to this theory.
D.	This question may yield helpful information as part of a thorough assessment but is not related to this theory.

16. A nurse working with a pregnant patient who is a recent immigrant to the United States notes that her husband rarely accompanies her to prenatal visits, and when he does, he sits in the waiting room. What action by the nurse is *best*?
- A. Ask the patient what role men in her culture play in pregnancy.
 - B. Ask the patient why her husband doesn't seem involved.
 - C. Encourage the man to participate to support his wife.
 - D. Research the couple's cultural background and health beliefs.

ANS: A

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Heading: Cultural Practices

Integrated Processes: Communication and Documentation

Client Need: Psychosocial Integrity
 Cognitive Level: Application [Applying]
 Concept: Diversity
 Difficulty: Moderate

	Feedback
A.	Culture affects the roles family members assume during times of illness, pregnancy and childbirth, and death. The best option is to ask the patient what role men in her culture play during pregnancy and childbirth. This can open a discussion of how the patient is coping and if she is getting enough support, either from her mate or friends and family.
B.	Asking why the man doesn't seem involved is judgmental.
C.	Encouraging the man to participate may not be desired by the patient and may be perceived as an intrusion by the man.
D.	The nurse could research the culture, but this would not lead to a discussion until the next visit. It is also important to be aware that there are variations in how people of the same culture behave and believe.

17. The family clinic nurse initiates conversation with a 16-year-old adolescent male who is 5 feet 10 inches and weighs 250 pounds (113.6 kg). Which of the following is the **most** appropriate question for the nurse to ask the adolescent regarding his weight?
- A. "Are you willing to talk about your weight gain this year?"
 - B. "Do you realize your weight puts you into an obese category?"
 - C. "Do you participate in any activities or exercise?"
 - D. "What do you think about your weight right now?"

ANS: D

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Heading: When Talking With an Adolescent About Losing Weight

Integrated Processes: Nursing Process: Assessment

Client Need: Health Promotion and Maintenance

Cognitive Level: Application [Applying]

Concept: Family; Nutrition

Difficulty: Moderate

	Feedback
A.	This question may put the teen on the defensive and close communication.
B.	This question may put the teen on the defensive and close communication.
C.	This question may put the teen on the defensive and close communication.

D.	During adolescence, body weight has a dramatic effect on the development of self-image and self-esteem and can be a sensitive issue for discussion. An important strategy in discussions about weight and weight loss with adolescents is to begin the conversation with expressions of respect that are sensitive to cultural differences related to food choices and eating patterns. Regardless of whether the patient is ready to begin a weight control program, he may still benefit from talking openly about healthy eating and exercise. To open the conversation, the nurse can begin with a simple question to determine if the patient is willing to talk about the issue.
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MULTIPLE RESPONSE

18. A group of student nurses are reviewing the Nurse Practice Act. Which statements indicate that teaching has been effective? *Select all that apply.*

A! "Nurse Practice Acts are the same across the United States."

B! "Roles and responsibilities are specified by type of license."

C! "Information for initial application."

D! "Criteria for renewal of professional license."

E! "Describes required elements for professional nursing programs."

ANS: B, C, D, E

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Heading: Standards of Practice

Integrated Processes: Nursing Process

Client Need: Safe and Effective Care Environment: Management of Care

Cognitive Level: Comprehension [Understanding]

Concept: Regulations

Difficulty: Easy

	Feedback
A.	This is incorrect. Nurse Practice Acts vary from state to state based on legislative action.
B.	This is correct. This is a factual statement.
C.	This is correct. Nurse Practice Act specifies process for initial application for licensure.
D.	This is correct. Nurse Practice Act provides information for the renewal of application for a professional license.
E.	This is correct. This is a factual statement.

19. A nurse is reviewing research studies. Based on the concept of evidence-based practice, which type of research designs would be considered to be Level 1? *Select all that apply.*

- A! "Committee report."
- B! "Randomized clinical trial (RCT)."
- C! "Expert opinion."
- D! "Meta-analysis."
- E! "Case studies."

ANS: B, D

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Heading: Evidence-Based Practice

Integrated Processes: Teaching and Learning

Client Need: Safe and Effective Case Environment

Cognitive Level: Application [Applying]

Concept: Evidence-based Practice; Nursing Roles

Difficulty: Moderate

	Feedback
A.	This is incorrect. This would be an example of level VII.
B.	This is correct. An RCT is an example of the highest EBP level.
C.	This is incorrect. This would be an example of level VII.
D.	This is correct. A meta-analysis is an example of a systematic review that refers to the highest EBP level.
E.	This is incorrect. This would be an example of level IV.

20. Which statements are accurate based on common mortality statistics? *Select all that apply.*

- A! "The birth rate is based on data collection obtained every 2 years."
- B! "Fetal and neonatal fatalities are included in the perinatal mortality rate."
- C! "Neonatal mortality rate includes deaths up to 1 year."
- D! "Infant mortality rate includes all deaths under age 1 year per 1,000 births."
- E! "Maternal mortality rates include only term gestations."

ANS: B, D

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Heading: Box 1-3 Common Mortality Statistics Terms

Integrated Processes: Nursing Process: Assessment

Client Need: Health Promotion and Maintenance

Cognitive Level: Application [Applying]

Concept: Health Care Systems: Assessment: Family

Difficulty: Moderate

	Feedback
A.	This is incorrect. The birth rate is calculated each year based on the number of live births per 1,000 population.
B.	This is correct. The perinatal mortality rate includes fetal and neonatal deaths per 1,000 live births per year.
C.	This is incorrect. The neonatal mortality rate includes the number of infant deaths from time they were born until 28 days per 1,000 live births per year.
D.	This is correct. This is a factual statement.
E.	This is incorrect. The maternal mortality rate is based on the number of maternal deaths per 100,000 live births that occur during a pregnancy or up to 42-days postpartum