

Chapter 1: Multiple Roles

1. Jennifer is reviewing class notes she made during her PN program 8 years ago. This is an example of which phase of transition?
 - a. The neutral zone
 - b. A new beginning
 - c. Transformative learning
 - d. Ending, losing, letting go

2. Which of the following characteristics of learning is at the highest level?
 - a. Reaction to the information
 - b. Analysis of the information
 - c. Use of the information in various situations
 - d. Recall of factual information on an examination

3. John's learning inventory showed a high auditory preference. Which of the following would be most beneficial?
 - a. Highlighting the book content
 - b. Taking detailed notes during class
 - c. Participating in a seminar discussion
 - d. Completing a computer-assisted lesson

4. A personal factor to consider for efficient time management is the individual's
 - a. spirituality.
 - b. work schedule.
 - c. social obligations.
 - d. course requirements.

5. Which of the following is least effective in managing test anxiety?
 - a. Allocating sufficient study time
 - b. Joining a compatible study group
 - c. Reviewing notes in the car before taking the test
 - d. Getting sufficient sleep after reviewing the content the previous evening

Answer Key: 1. D, 2. C, 3. C, 4. A, 5. C

Chapter 2: Professional Practice Parameters

1. Janna is a RN on a telemetry unit who just reviewed a client's lab work and sees a new irregular EKG pattern on Mr. Jameson's monitor. Which of the following is her initial action and is consistent with her scope of practice?
 - a. Order repeat lab studies.
 - b. Call the admitting physician.
 - c. Repeat a comprehensive admitting assessment.
 - d. Evaluate Mr. Jameson's current vital signs and physiological status.
 - e. Conduct a focused assessment on Mr. Jameson's knee replacement surgical site.
2. Donna is a RN licensed to practice in South Carolina but is currently on assignment in Utah on a practice privilege based on the NLC license. Which of the following is a concern?
 - a. Her home in Florence, SC.
 - b. The policies and procedures of the travel agency.
 - c. Adherence to Advisory opinions from the Utah Board Nursing.
 - d. Additional current RN licenses in Louisiana, New York, and California.
 - e. Her adherence to the SC Board of Nursing continuing competency requirements.
3. Which of the following is a standard of practice for the RN but not for the LPN?
 - a. Makes independent nursing decisions.
 - b. Conducts a focused nursing assessment.
 - c. Seeks clarification of orders, when needed.
 - d. Documents nursing care and client responses.
 - e. Provide nursing care consistent with the client's cultural preferences.
4. The concept of career ladders primarily places value on all of the following EXCEPT
 - a. salary scales.
 - b. continuing education.
 - c. additional knowledge.
 - d. additional skills and abilities.
 - e. acceptable client-centered care.
5. Which of the following is one of the core competencies expected of all healthcare professionals?
 - a. Conducting research studies
 - b. Promoting quality improvement
 - c. Using the electronic health record
 - d. Effectively working in disciplinary teams

Answer Key: 1. D, 2. C, 3. A, 4. A, 5. B

Chapter 3: Nursing Theory

1. In Maslow's Hierarchy, which needs are considered as the most powerful?
 - a. Basic
 - b. Physiologic
 - c. Environmental
 - d. Self-actualization
 - e. Love and belonging

2. Jonathan is 2 years old. According to Erikson's theory, positive function at this developmental age is
 - a. Trust vs. Mistrust.
 - b. Industry vs. Inferiority.
 - c. Generativity vs. Stagnation.
 - d. Identity vs. Role Confusion.
 - e. Autonomy vs. Shame and Doubt.

3. The healthy newborn who demonstrates a positive sucking reflex is at which stage of Piaget's theory of cognitive development ?
 - a. Sensorimotor
 - b. Preoperational
 - c. Concrete Operations
 - d. Representational Thought

4. Which of the following nursing models views nursing as an external regulatory force to restore equilibrium?
 - a. Goal Attainment
 - b. Human Becoming
 - c. Behavioral Systems
 - d. Unitary Human Beings
 - e. Culture Care Diversity and Universality

5. Pender's Health Promotion Model focuses on which of the following?
 - a. Caring
 - b. Adaptation
 - c. Human Becoming
 - d. Holistic Human Functioning
 - e. Culture Care Diversity and Universality

Answer Key: 1. B, 2. E, 3. A, 4. C, 5. D

Chapter 4: Ethics

Case situation #1: Barbara needs more time to tell her father that he cannot return home and live alone after his stroke. He needs to go to a skilled nursing facility for care and rehabilitation. She had promised 5 years ago when her mother died that he could come and live with her. But that was before becoming a single parent to two school-age children. Her father keeps asking the nurse when he can go home. Identify the ethical issue involved for each of the following individuals.

1. Barbara is faced with the dilemma of
 - a. Justice.
 - b. Privacy.
 - c. Veracity.
 - d. Autonomy.
 - e. Consistency.

2. Barbara's father is faced with the dilemma of
 - a. Justice.
 - b. Fidelity.
 - c. Full-disclosure.
 - d. Confidentiality.

3. The nurse is faced with which of the following ethical dilemmas?
 - a. Veracity
 - b. Autonomy
 - c. Determination
 - d. Conditional consent

Case situation #2:

John is working in the ICU and notices that Mr. Jones has no advance directives. Mr. Jones is recovering from a myocardial infarction and is stable, but his family is noticeably anxious about his recovery. Mrs. Jones has been sent home to get some rest but has left instructions that Mr. Jones not be "worried" about his condition or that his insurance has been cancelled. The physician informed Mr. and Mrs. Jones that he should be able to return to work in the future but should consider a job less strenuous than that as a house roofer.

4. Mrs. Jones is faced with the dilemma of
 - a. Justice.
 - b. Privacy.
 - c. Fatigue.
 - d. Full-disclosure.

5. Mr. Jones is faced with the dilemma of

- a. Beneficence.
- b. Confidentiality.
- c. Nonmaleficence.
- d. Self-determination.

6. The nurse John is faced with which of the following ethical dilemmas?

- a. Fidelity.
- b. Veracity.
- c. Beneficence.
- d. Confidentiality.

Answer Key: 1. C, 2. C, 3. A, 4. D, 5. D, 6. A

Chapter 5: Decisions and Approaches: Effective Communication Skills

1. Jane is interviewing a new client and his wife to obtain a comprehensive health history. Identify the phase of the nurse–client relationship that is taking place in this encounter.
 - a. Initial
 - b. Working
 - c. Termination
 - d. Assessment
 - e. Therapeutic
2. Now, Jane asks the client, “tell me more about the chest pain that you had earlier today.” This is an example of which of the following techniques?
 - a. Probing
 - b. Focusing
 - c. Reflection
 - d. Appropriate questions
3. In the acute care environment, there are many influences on how the client perceives both verbal and nonverbal communication. This describes which of the following?
 - a. Noise
 - b. Control
 - c. Influence
 - d. Metacommunication
4. A nurse demonstrates critical thinking with which of the following affective components?
 - a. Analyzing
 - b. Flexibility
 - c. Predicting
 - d. Logical reasoning
 - e. Information seeking
5. Which of the following is NOT a primary consideration for the nurse in developing therapeutic communication with the individual client and the family members?
 - a. Nonverbal cues
 - b. Active listening
 - c. Linguistic abilities
 - d. Developmental level
 - e. Translating by family

Answer Key: 1. A, 2. B, 3. D, 4. B, 5. E

Chapter 6: The Imperative for Safe Nursing Care and Use of the Nursing Process

1. Jonell has been diagnosed with postpartum depression following the birth of her son. The nurse introduces Jonell to a group leader of a support group that meets twice weekly. This is an example of
 - a. Primary Prevention.
 - b. Secondary Prevention.
 - c. Tertiary Prevention.
 - d. Secondary Intervention.
 - e. Family Care Planning.

2. Which of the following is a risk factor for client safety in the nursing work environment?
 - a. Adequate staffing
 - b. Extended hospital stays
 - c. Appropriate staffing skill mix
 - d. Rapid increases in technology
 - e. Limited interruptions of work

3. Which has the IOM identified as one of the rules for the 21st Century Health System?
 - a. Quality is controlled.
 - b. Needs are anticipated.
 - c. Risk management is anticipated.
 - d. The physician is the source of control.
 - e. Safety is an individual professional characteristic.

4. Which of the following is recommended for safety according to the “Do Not Use List”?
 - a. cc
 - b. iu
 - c. qd
 - d. unit

5. A procedure is identified on the unit as the cause of a sentinel event for Mr. Jones. This is an example of which of the following?
 - a. “Near Miss”
 - b. Safety Culture
 - c. Safety Initiative
 - d. Risk Identification
 - e. Risk Management Program

Answer Key: 1. C, 2. D, 3. B, 4. D, 5. B

Chapter 7: Assessment

1. The client tells you, “my wife brought me here today because I have passed out a couple of times after we went out to dinner last week.” This is which part of the health appraisal?
 - a. Past History
 - b. Lifestyle Habits
 - c. Present Problem
 - d. Chief Complaint
 - e. Activity-Exercise Pattern

2. Which of the following is included in the Review of Systems?
 - a. Medication listing
 - b. Psychosocial history
 - c. Primitive reflexes present
 - d. Ankles swell occasionally
 - e. Rales on inspiration bilaterally

3. Becky is using percussion with Ms. R. who has been diagnosed with emphysema. Which of the following sounds does she expect to hear over the lower lungs?
 - a. Flatness
 - b. Dullness
 - c. Tympany
 - d. Hyperresonance
 - e. Hyperventilation

Match the following client situations with the applicable Functional Health Pattern (FHP). FHPs may be used more than once, but select the best one for the assessment findings and do not add additional information.

4. Obesity
5. Long-term marital conflict
6. Inability to practice religion
7. Seborrheic dermatitis on chest
8. Ineffective use of metered-dose inhaler
9. Mild scoliosis, uses brace
10. 3-month-old with thrush
11. 80-year-old with limited flexibility in knees, uses cane
12. 90-year-old has just entered a nursing home and feels “abandoned”
 - a. Elimination Pattern
 - b. Value-Belief Pattern
 - c. Activity-Exercise Pattern

- d. Role-Relationship Pattern
- e. Nutrition-Metabolic Pattern
- f. Cognitive-Perceptual Pattern
- g. Coping–Stress Tolerance Pattern
- h. Self-perception–Self-concept Pattern
- i. Health Perception–Health Management Pattern

Answer Key: 1. C, 2. D, 3. D, 4. E, 5. D, 6. B, 7. E, 8. F, 9. H, 10. E, 11. C, 12. H.

Chapter 8

Diagnosis and Planning

1. Select the best etiology to complete this nursing diagnosis:

Urinary retention related to _____ as evidenced by voiding more than 6 times per day and less than 50 ml at each visit to the restroom.

- a. bladder problems
- b. multiple sclerosis
- c. urinary incontinence
- d. side effects of antihistamines

[Rationale: The etiology identifies the cause of the defining characteristics. It should be specific rather than vague (A). A medical diagnosis may be included in the etiology after the phrase secondary to (B). The etiology should not be another nursing diagnosis (C).]

2. Bluebird : Mosquito :: Owl : Mouse is an example of a/an

- a. etiology.
- b. analogy.
- c. taxonomy.
- d. metaparadigm.

3. An analogy shows which type of relationship?

- a. Holistic
- b. Conceptual
- c. Comparative
- d. Unpredictable

4. Select the correctly stated actual nursing diagnosis for a client experiencing an acute exacerbation of paranoid schizophrenia.

- a. Risk for disturbed thought processes related to changes in neurotransmission secondary to chronic mental illness as evidenced by reports of auditory hallucinations.
- b. Disturbed thought processes related to altered neurotransmission secondary to paranoid schizophrenia as evidenced by auditory hallucinations of demon voices.
- c. Disturbed thought processes as evidenced by reports of auditory hallucinations of demon voices related to paranoid schizophrenia.
- d. Chronic confusion related to auditory hallucinations as evidenced by reports of demon voices.

[Rationale: A corrected formatted actual diagnosis contains the diagnostic label, followed by the etiology [which may also include a medical diagnosis after the term secondary to], and defining characteristics. An actual diagnosis would not include the phrase Risk for (A). The medical diagnosis does not stand alone for the etiology (C). The client is not necessarily confused (D).]

5. When formulating desired nursing goals and outcomes for a client's plan of care, the nurse should FIRST
 - a. seek the client's input.
 - b. consult a nursing diagnosis book.
 - c. determine the planned discharge date.
 - d. educate the client about the health problem.

6. A client has this nursing diagnosis: *Ineffective therapeutic regimen management related to lack of transportation and residing in rural area as evidenced by four missed appointments in April and May for monitoring heart failure.* Select the BEST outcome.
 - a. The client will attend all clinic appointments on time.
 - b. The client will move to a new residence where bus service is available.
 - c. The client will correctly state the time and place of the next appointment.
 - d. By June 1, the client will have reliable transportation to and from clinic appointments.

[Rationale: Outcomes are measurable and include a target date.]

7. A nurse completes the assessment for a newly hospitalized client. What is the nurse's next action?
 - a. Determine goals for the client's care.
 - b. Formulate the nursing diagnoses.
 - c. Designate measurable outcomes.
 - d. Evaluate the assessment.

8. Risk nursing diagnoses have which elements? You may select more than one answer.
 - a. Diagnostic label from NANDA list
 - b. Functional health pattern
 - c. Defining characteristics
 - d. Begin with Risk for
 - e. Etiology

Answer Key: 1. D, 2. B, 3. C, 4. B, 5. B, 6. D, 7. B, 8. A, D, E

Chapter 9: Implementation

1. Janet and her client have agreed upon a plan to address enhanced ambulation following surgery. This is an example of
 - a. delegation.
 - b. intervention.
 - c. coordination.
 - d. collaboration.

2. Theresa is visiting a sixth grade science class to discuss healthy nutrition. Which of the following teaching methods would best address this audience?
 - a. Role playing.
 - b. Group discussion
 - c. Computer-assisted instruction
 - d. Demonstration–Return Demonstration

3. The charge nurse takes one client but gives the other RN five clients to care for and the two LPNs four clients each. This is an example of which of the following?
 - a. Delegation
 - b. Supervision
 - c. Assignment
 - d. Collaboration
 - e. Coordination

4. Which of the following is the initial stage of transformative learning for the adult?
 - a. A change of perspective
 - b. Integrating a new perspective
 - c. Action on a new understanding
 - d. Critical reflection of a situation

5. Which of the following is an independent nursing action with a client preparing for discharge?
 - a. Discontinuing the IV
 - b. Administering Furosemide p.o.
 - c. Discussing the side effects of Lasix
 - d. Giving the client his discharge orders

Answer Key: 1. B, 2. B, 3. C, 4. D, 5. C

Chapter 10: Evaluation

Eloise fell on her patio and sustained a left fractured femur. She was 1 day postoperative following fixation of the hip with three pins. The incision site is clean and dry with no sign of infection. She still describes her pain at 4 on a scale of 10 and has been requesting her medication every 4 hours. Hydrocodone 5 mg/500 mg is ordered every 4 to 6 hours, as needed. However, she does not want to ambulate even to the bathroom. She describes her fear of falling and is having difficulty with using her walker. She is due to be discharged home tomorrow, and you need to now consult with a home health agency for the family because she lives alone and has requested in-home care. Consider the following diagnostic labels:

- Impaired physical mobility
- Acute pain

1. Evaluate which of the following is a first priority NANDA diagnosis statement?
 - a. Risk for falls
 - b. Activity intolerance
 - c. Risk for constipation
 - d. Compromised family coping
 - e. Deficient diversional activity
2. Identify an area to address with Eloise for a nursing diagnosis of deficient knowledge?
 - a. Wound care
 - b. Use of assistive devices
 - c. Nutritional supplements
 - d. Nursing home placement
3. What would be your next step to help Eloise in pain management?
 - a. Teach her about guided imagery.
 - b. Ask the physician to order acetaminophen.
 - c. Extend her Hydrocodone order to every 6 hours.
 - d. Ask Eloise about her perceptions and usual techniques.
 - e. Administer her pain medications routinely every 4 hours.
4. The family wants Eloise to go to a skilled nursing facility because they live in another state. What is your response?
 - a. Refer the family to the social worker.
 - b. Interview Eloise on her home environment.
 - c. Discuss her discharge plans with the physician.
 - d. Provide the family with information on local facilities.

5. Which of the following NIC nursing interventions is appropriate?
- a. Self-care assistance
 - b. Bleeding precautions
 - c. Behavior modification
 - d. Abuse protection support

Answer Key: 1. A, 2. B, 3. D, 4. B, 5. A

Chapter 11: Evidence-Based Practice

1. Jane is concerned that her client does not understand the research protocol for the study that he has agreed to participate in. Which of the following basic human rights is in question?
 - a. Fidelity
 - b. Veracity
 - c. Beneficence
 - d. Confidentiality
 - e. Self-determination

2. Which of the following is an example of evidence-based research?
 - a. Pilot study
 - b. Literature review
 - c. Qualitative study
 - d. Practice guidelines
 - e. Critique of a primary research study

3. _____ research is based on the strict rules of the scientific method.
 - a. Practical
 - b. Empirical
 - c. Qualitative
 - d. Naturalistic

4. Professional accountability for all RNs demands all of the following EXCEPT
 - a. using critical thinking skills.
 - b. participating in investigations.
 - c. attending educational sessions.
 - d. leading research investigations.
 - e. reading the professional literature.

5. Which of the following is the correct order of the knowledge transformation?
 - a. Discovery, evidence summary, translation, integration, evaluation
 - b. Evaluation, integration, evidence summary, translation, evaluation
 - c. Translation, evidence summary, integration, evaluation, discovery
 - d. Evidence summary, discovery, translation, integration, evaluation
 - e. Discovery, translation, evaluation, integration, evidence summary

Answer Key: 1. E, 2. D, 3. B, 4. D, 5. A

Chapter 12: Planning Your Future

1. The active evaluation of a system that focuses on change based on data efficacy is the definition of
 - a. quality.
 - b. systematic change.
 - c. quality improvement.
 - d. continuous quality improvement.

2. Janice is a home-care nurse working with her care team to coordinate resources to achieve the client's care goals. Janice's role is an example of which of the following?
 - a. Visioning
 - b. Leadership
 - c. Management
 - d. Client advocacy

3. Which of the following NOT one of the ANA (2004) standards of professional performance?
 - a. Research
 - b. Management
 - c. Collaboration
 - d. Resource utilization
 - e. Professional practice evaluation

4. Which of the following BEST describes the expected standard on quality of practice for the RN?
 - a. Participating in research studies
 - b. Motivating others to make changes
 - c. Showing active leadership for quality improvement
 - d. Adhering to the professional code of ethics
 - e. Selecting appropriate continuing education courses

5. An interdisciplinary care conference is being led by the case manager to evaluate the client's progress toward the set treatment goals. This is an example of which of the following behaviors?
 - a. Advocacy
 - b. Leadership
 - c. Management
 - d. Collaboration
 - e. Quality improvement

Answer Key: 1. D, 2. C, 3. B, 4. C, 5. D