

Chapter 02: Phenomena of Concern to the Clinical Nurse Specialist

Multiple Choice

Identify the choice that best completes the statement or answers the question.

- ___ 1. Which sleep medication has been associated with some high-profile sleep-walking and sleep-driving incidents?
- A. Ambien
 - B. Lunesta
 - C. Restoril
 - D. Sonata
- ___ 2. Which class of analgesics is associated with increased time awake?
- A. Benzodiazepines
 - B. Beta blockers
 - C. NSAIDS
 - D. Opioids
- ___ 3. Which form of delirium occurs most frequently as a disruption in a patient's circadian rhythm?
- A. Altered mental status
 - B. Organic brain syndrome
 - C. ICU psychosis
 - D. Sundowning
- ___ 4. Which of the following is not mistaken for delirium?
- A. Depression
 - B. Mania
 - C. Old age
 - D. Schizophrenia
- ___ 5. Which type of delirium is often associated with alcohol withdrawal?
- A. Hyperactive delirium
 - B. Hypoactive delirium
 - C. Mixed delirium
 - D. Subdued delirium
- ___ 6. The focus of treating delirium is:
- A. calming and quieting the environment.
 - B. discontinuing medications.
 - C. restraining the patient.
 - D. reversal of the cause.
- ___ 7. The medication risperidone has a black box warning for patients with dementia-related psychosis because:
- A. it causes worsening motor function.
 - B. it carries a high risk for death.
 - C. it may cause renal failure.
 - D. it may aggravate Parkinson's symptoms.
- ___ 8. The most effective treatment for delirium is:
- A. emphasis on mobility activities.
 - B. encouraging family visits.
 - C. prevention.

D. nonpharmacologic sleep protocols.

- ___ 9. A person who is morbidly obese has a body mass index (BMI) of:
A. 25.
B. 30.
C. 35.
D. 40.
- ___ 10. Cardiovascular complications associated with obesity include:
A. coronary artery disease.
B. obstructive sleep apnea.
C. stroke.
D. all of the above
- ___ 11. Antidepressants that have shown promise prescribed off-label for obesity include Prozac and:
A. Adapin.
B. Effexor.
C. Paxil.
D. Wellbutrin.
- ___ 12. In obese patients, if neck circumference is more than 16 inches, it is an indicator that the patient may have which condition?
A. Cushing's syndrome
B. Hypothyroidism
C. Insulinoma
D. Obstructive sleep apnea
- ___ 13. Zeglin describes five phases of becoming bedridden. Which phase occurs when there is a fall and/or a hospital stay?
A. Phase I
B. Phase II
C. Phase III
D. Phase IV
- ___ 14. Muscle mass can decrease by what percentage per week of absolute bedrest?
A. 5%
B. 7%
C. 9%
D. 11%
- ___ 15. The National Highway Traffic Safety Administration estimates which number of automobile accidents are caused by drowsiness each year?
A. 50,000
B. 100,000
C. 150,000
D. 200,00
- ___ 16. Which of the following is considered to be a major cause of patient insomnia during hospitalization?
A. Bright lights
B. Noise of hospital work
C. Televisions
D. Visitors

- _____ 17. Which percentage of sleep times in young adults is deep sleep?
- A. 10%
 - B. 20%
 - C. 30%
 - D. 40%
- _____ 18. Older adults have increased sleep latency. This means:
- A. they sleep longer.
 - B. they take longer to fall asleep.
 - C. they have trouble staying asleep.
 - D. they have trouble waking up.

**Chapter 02: Phenomena of Concern to the Clinical Nurse Specialist
Answer Section**

MULTIPLE CHOICE

- | | |
|------------|--------|
| 1. ANS: A | PTS: 1 |
| 2. ANS: C | PTS: 1 |
| 3. ANS: D | PTS: 1 |
| 4. ANS: D | PTS: 1 |
| 5. ANS: A | PTS: 1 |
| 6. ANS: D | PTS: 1 |
| 7. ANS: B | PTS: 1 |
| 8. ANS: C | PTS: 1 |
| 9. ANS: D | PTS: 1 |
| 10. ANS: D | PTS: 1 |
| 11. ANS: D | PTS: 1 |
| 12. ANS: D | PTS: 1 |
| 13. ANS: B | PTS: 1 |
| 14. ANS: A | PTS: 1 |
| 15. ANS: B | PTS: 1 |
| 16. ANS: B | PTS: 1 |
| 17. ANS: B | PTS: 1 |
| 18. ANS: B | PTS: 1 |