

ATI PN COMPREHENSIVE PREDICTOR EXAM

(Detail Solutions)

1. Which patient statement is the **most** reliable indicator that an older adult has the correct understanding of health promotion activities?
- a. "I need to increase my fat intake and limit protein."
 - b. "I still keep my dentist appointments even though I have partials now."
 - c. "I should discontinue my fitness club membership for safety reasons." "I'm up-to-date on my immunizations, but at my age, I don't need the
 - d. influenza vaccine."

ANS: B

General preventive measures for the nurse to recommend to older adults include keeping regular dental appointments to promote good oral hygiene, eating a low-fat, well-balanced diet, exercising regularly, and maintaining immunizations for seasonal influenza, tetanus, diphtheria and pertussis, shingles, and pneumococcal disease.

2. A 72-year-old woman was recently widowed. She worked as a teller at a bank for 40 years and has been retired for the past 5 years. She never learned how to drive. She lives in a rural area that does not have public transportation. Which psychosocial change does the nurse focus on as a **priority**?
- a. Sexuality
 - b. Retirement
 - c. Environment
 - d. Social isolation

ANS: D

The highest priority at this time is the potential for social isolation. This woman does not know how to drive and lives in a rural community that does not have public transportation. All of these factors contribute to her social isolation. Other possible changes she may be going through right now include sexuality related to her advanced age and recent death of her spouse; however, this is not the priority at this time. She has been retired for 5 years, so this is also not an immediate need. She may eventually experience needs related to environment, but the data do not

support this as an issue at this time.

MULTIPLE RESPONSE

1. A recently widowed older-adult patient is dehydrated and is admitted to the hospital for intravenous fluid replacement. During the evening shift, the patient becomes acutely confused. Which possible reversible causes will the nurse consider when assessing this patient? (*Select all that apply.*)

- a. Electrolyte imbalance
- b. Sensory deprivation
- c. Hypoglycemia
- d. Drug effects
- e. Dementia

ANS: A, B, C, D

Delirium, or acute confusional state, is a potentially reversible cognitive impairment that is often due to a physiological event. Physiological causes include electrolyte imbalances, untreated pain, infection, cerebral anoxia, hypoglycemia, medication effects, tumors, subdural hematomas, and cerebrovascular infarction or hemorrhage. Sometimes it is also caused by environmental factors such as sensory deprivation or overstimulation, unfamiliar surroundings, or sleep deprivation or psychosocial factors such as emotional distress. Dementia is a gradual, progressive, and irreversible cerebral dysfunction.

MATCHING

A nurse is using different strategies to meet older patients' psychosocial needs.

Match the strategy the nurse is using to its description.

- a. Respecting the older adult's uniqueness
- b. Improving level of awareness
- c. Listening to the patient's past recollections
- d. Accepting describing of patient's perspective
- e. Offering help with grooming and hygiene
- 1. Body image
- 2. Validation therapy
- 3. Therapeutic communication
- 4. Reality orientation
- 5. Reminiscence

**1.ANS:E2.ANS:D3.ANS:A4.ANS
:B5.ANS:C**

MULTIPLE CHOICE

1. Which types of nurses make the best communicators with patients?
- a. Those who learn effective psychomotor skills
 - b. Those who develop critical thinking skills

- c. Those who like different kinds of people
- d. Those who maintain perceptual biases

ANS: B

Nurses who develop critical thinking skills make the best communicators. Just liking people does not make an effective communicator because it is important to apply critical thinking standards to ensure sound effective communication. Just learning psychomotor skills does not ensure that the nurse will use those techniques, and communication involves more than psychomotor skills. Critical thinking helps the nurse overcome perceptual biases or human tendencies that interfere with accurately perceiving and interpreting messages from others. Nurses who maintain perceptual biases do not make good communicators.

2. A nurse believes that the nurse-patient relationship is a partnership and

that both are equal participants. Which term should the nurse use to describe this belief?

- a. Critical thinking
- b. Authentic
- c. Mutuality
- d. Attend

ANS: C

Effective interpersonal communication requires a sense of mutuality, a belief that the nurse-patient relationship is a partnership and that both are equal participants. Critical thinking in nursing, based on established standards of nursing care and ethical standards, promotes effective communication and uses standards such as humility, self-confidence, independent attitude, and fairness. To be authentic (one's self) and to respond appropriately to the other person are important for interpersonal relationships but do not mean mutuality. Attending is giving all of your attention to the patient.

3. A nurse wants to present information about flu immunizations to the older adults in the community. Which type of communication should the nurse use?

- a. Public
- b. Small group
- c. Interpersonal
- d. Intrapersonal

ANS: A

Public communication is interaction with an audience. Nurses have opportunities to speak with groups of consumers about health-related topics, present scholarly