

1. The nurse is teaching an athletic father how to stimulate his 7-year-old son who has a 'slow-to-warm-up' temperament. Which guidance will be **most** successful?
  - A) Telling him to read stories to the child about famous athletes
  - B) Suggesting he take the child to watch him play softball
  - C) Urging him to sign the child up for little league football
  - D) Proposing wrestling with the child and letting him win
  
2. The nurse is performing a health assessment of a school-age child. Based on the child's developmental level, on which problem would the nurse focus more attention?
  - A) Infections
  - B) Poisonings
  - C) Risk-taking behaviors
  - D) Accidents and injuries
  
3. The nurse is caring for a 2-year-old girl who is wheezing and has difficulty breathing. Which interview question would provide the **most** useful information related to the symptoms of the child?
  - A) Inquiring about child safety in the home
  - B) Asking about the temperament of the child
  - C) Asking about the child's diet
  - D) Asking the parents if they smoke in the home
  
4. The nurse is assessing the 'resilience' of a 16-year-old boy. Which exemplifies an external protective factor that may help to promote resiliency in this child?
  - A) His ability to take control of his own decisions
  - B) His ability to accept his own limitations
  - C) His caring relationship with members of his family
  - D) His knowledge of when to continue or stop with goal achievement
  
5. The nurse is assessing a family to determine if they have access to adequate health care. Which statement accurately describes how certain families are affected by common barriers to health care?
  - A) After a decade of escalation, the percentage of children living in low-income families has been on the decline since 2000.
  - B) White, non-Hispanic children overall are more likely than African American and Hispanic children to be in very good or excellent health.
  - C) The proportion of children between the ages of 6 and 18 who are overweight is decreasing, but a large increase is occurring in African American females.
  - D) The overall health care plan of working families may improve access to specialty care but limit access to preventive services.

6. The nurse working in a free community clinic knows that access to health care is affected negatively by lack of health insurance. What accurately describes the effect of lack of insurance on family health? Select all that apply.
- A) Parents with uninsured children often delay care for their children.
  - B) Parents with uninsured children are less likely to have taken their children to a doctor or dentist in the last 2 years.
  - C) Parents with uninsured children are three times less likely to have a usual place of care for their children.
  - D) The percentage of children without health insurance rose slightly from 11.7% in 2006 to 13% in 2007.
  - E) Currently, the states have improved enrollment in Medicaid and the State Children's Health Insurance Program (SCHIP).
  - F) Despite state efforts to ensure all children, nearly half of children eligible for these public programs are still uninsured.
7. The nurse is assisting low-income families to access health care. The nurse is aware that, in today's society, this **most** accurately defines the diversity of a modern family.
- A) A family consists of parents and their offspring living together.
  - B) A family is whatever the child and family say it is.
  - C) A family is two or more people related or unrelated who are living together.
  - D) A family is two or more genetically related persons living together with separate roles.
8. The nurse caring for families in crisis assesses the affective function of an immigrant family consisting of a father, mother, and two school-age children. Based on Friedman's structural functional theory, what defines this family component?
- A) Meeting the love and belonging needs of each member
  - B) Teaching children how to function and assume adult roles in society
  - C) Ensuring the family has necessary resources with appropriate allocation
  - D) Involving the provision of physical care to keep the family healthy

9. The nurse is counseling a young couple who in 2 months are having their third baby. The nurse uses Von Bertalanffy's general system theory applied to families to analyze the family structure. Which **best** describes the main emphasis of this theory and its application to family dynamics?
- A) It emphasizes the family as a system with interdependent, interacting parts that endure over time to ensure the survival, continuity, and growth of its components.
  - B) It emphasizes the social system of family, such as the organization or structure of the family and how the structure relates to the function.
  - C) It emphasizes the developmental stages that all families go through, beginning with marriage; the longitudinal career of the family is also known as the family life cycle.
  - D) It addresses the way families respond to stress and how the family copes with the stress as a group and how each individual member copes.
10. The nurse volunteering at a homeless shelter to assist families with children identifies homelessness as a risk preventing families from achieving positive outcomes in life. What family theory encompasses this approach to assessing family dynamics?
- A) Duvall's developmental theory
  - B) Friedman's structural functional theory
  - C) Von Bertalanffy's general system theory applied to families
  - D) Resiliency model of family stress, adjustment, and adaptation
11. A 10-year-old girl is living with a foster family. Which intervention is the **priority** for the child in this family structure?
- A) Determining if the child is being bullied at school
  - B) Dealing with mixed expectations of parents
  - C) Establishing who is the child's actual caretaker
  - D) Performing a comprehensive health assessment
12. A mother confides to the nurse that she is thinking of divorce. Which suggestion by the nurse would help minimize the effects on the child?
- A) "Tell the child together using appropriate terms."
  - B) "Reassure him that no one loves him more than you."
  - C) "Do special things with him to make up for the divorce."
  - D) "Share your feelings with the child."

13. The nurse is caring for a child and family who just moved out of a dangerous neighborhood. Which of the following approaches is appropriate to the family stress theory?
- A) Determining who is the decision maker
  - B) Assessing the child's coping abilities
  - C) Finding out how a sibling feels
  - D) Having to explain procedures to a sibling
14. The mother of an 8-year-old girl with a broken arm is the nurturer in the family. Which nursing activity should be focused on her?
- A) Teaching proper care procedures
  - B) Dealing with insurance coverage
  - C) Determining success of treatment
  - D) Transmitting information to family members
15. A parent of four children being interviewed by the nurse states: 'Whatever my husband and I say goes and the kids need to follow our rules without complaining about them.' What type of parenting style does this attitude represent?
- A) Authoritative
  - B) Authoritarian
  - C) Permissive
  - D) Rejecting-neglecting
16. The nurse is teaching discipline strategies to the parents of a 4-year-old boy. Which response from the parents indicates a need for more teaching?
- A) "We should remove temptations that lead to bad behavior."
  - B) "We must explain how we expect him to behave."
  - C) "We should let him know he makes us angry with bad behavior."
  - D) "We must praise him for good behavior."
17. The nurse is teaching parents of a 2-year-old about the extinction method of discipline. What is an example of this method of discipline?
- A) Praising the child for good behavior
  - B) Reprimanding the child
  - C) Spanking the child
  - D) Enforcing a 'time-out'

18. The nurse is teaching discipline strategies to the parents of a 14-year-old girl. Which topic is an example of positive reinforcement discipline?
- A) Unplugging the DVD player for the weekend
  - B) Taking a chore away from her for a week
  - C) Having her clean up the kitchen for a week
  - D) Ignoring her request if she doesn't say "please"
19. The nurse who is scheduled to work in a clinic in a Hispanic neighborhood takes time to research Hispanic cultural norms to better provide culturally competent care. This behavior is an example of which cultural component?
- A) Cultural awareness
  - B) Cultural knowledge
  - C) Cultural skills
  - D) Cultural encounter
20. The nurse accepts an assignment that involves caring for new parents and their infants in a clinic in a predominantly African American neighborhood. In order to apply culturally competent care, the nurse investigates the common beliefs and practices that may affect the health of these parents and infants. What are some examples of these beliefs? Select all that apply.
- A) Strong extended family relationships; mother as head of household; elder family members valued and respected
  - B) Use of complementary modalities with Western health care practices
  - C) View of health as harmony with nature, illness as disruption in harmony
  - D) View of pain and suffering as inevitable; relief achieved through prayers and laying on of hands
  - E) Health viewed as God's will maintainable with a balance of hot and cold food intake
  - F) Restoration of physical, mental, and spiritual balance through healing ceremonies
21. The nurse is caring for a 4-year-old girl of Mexican descent who is recovering in the hospital following a diagnosis of epileptic seizures. The child's mother insists on a visit from her *curandera* to provide healing powers to her daughter. What would be the **best** intervention of the nurse in this situation?
- A) Explain to the mother that hospital policy does not allow visits from unlicensed practitioners.
  - B) Encourage the mother to arrange a visit with her *curandera* when her daughter is released from the hospital.
  - C) Discuss the situation with the child's physician and arrange for a visit from the *curandera* at the hospital if appropriate.
  - D) Distract the child's mother from her demands by focusing on child and family teaching related to her daughter's condition.

22. The pediatric nurse is caring for the families of immigrant migrant workers in a small town community. For which risk factor should the nurse provide screening?
- A) Diabetes
  - B) Depression
  - C) Mental illness
  - D) Child abuse
23. The school nurse is caring for a 10-year-old boy whose single mother's boyfriend is living with them. Which may be an indicator of violence in the home?
- A) He expresses his feeling with art.
  - B) He reports no health issues such as stomachaches.
  - C) He recently started smoking.
  - D) He is involved in after-school activities.
24. The parents of a 14-year-old girl complain about the amount of time she spends on the Internet. Which question would the nurse ask the parents to assess her psychosocial development?
- A) "Do you limit her usage of the Internet to an hour per day?"
  - B) "Does she do her homework and have fun with her peers?"
  - C) "Did you place the computer where you can keep an eye on her?"
  - D) "Did you warn her about protecting her identity online?"
25. The nurse is assessing a toddler for temperament and documents a 'difficult' temperament. Which traits are often seen in this type of personality?
- A) Moodiness
  - B) Irritability
  - C) Even-temperedness
  - D) Overly active
  - E) Regular biologic functions
26. The nurse is talking with a newly married couple who are asking questions about genetic testing. Which statement by the couple indicates the need for further teaching regarding genetics?
- A) "We are thankful that our child's temperament won't be anything like either of our fathers' temperaments."
  - B) "We have a 62. chance of our child being a boy!"
  - C) "Genetic testing will help in identifying at least some genetic disorders."
  - D) "We are glad that heart disease just runs in our family and can't be a genetic disease."
  - E) "Since both of our parents are Asian, we will definitely be having an Asian baby."

27. The nurse is caring for a child of divorced parents on the postoperative unit. Both parents are with the child upon returning from surgery. The nurse hears the parents arguing just outside the child's room. What is the **best** response by the nurse?
- A) "If you are going to argue can you please take it outside?"
  - B) "I'm not sure if you care, but your child can hear you arguing."
  - C) "I know this is a stressful time, but your child can hear you arguing outside the room."
  - D) "It is important that your child gets some rest so arguing outside the room doesn't help."
28. A 14-year-old tells the nurse that he feels like he can never live up to his parents' standards and that they won't even discuss their rules. What parenting style do this child's parents **most** likely practice?
- A) Authoritative
  - B) Rejecting
  - C) Uninvolved
  - D) Authoritarian
29. The mother of a 4-year-old is discussing discipline methods with the nurse. She states that she has never tried using "time-outs" with her child and wonders how and if this method works. Which responses from the nurse are appropriate? Select all that apply.
- A) "I think time-outs are the best method of discipline for this age of child."
  - B) "Time-out is a way of removing positive reinforcement of an unwanted or inappropriate behavior."
  - C) "If you decide to try this method, be sure to use time-out in a nonthreatening, safe area where no interaction occurs with you."
  - D) "Time-out is a method that is recognized by many pediatricians and experts in pediatrics."
  - E) "I never found time-outs to work with my children, regardless of their age."

30. The nurse is caring for a child just admitted to the medical-surgical unit and notes that the patient records indicate the family's religion as Roman-Catholic. Which statements by the nurse are appropriate when considering the patient's religion while providing care? Select all that apply.
- A) "I will add you to the list of patients for hospital clergy to visit."
  - B) "Is there anything I can do to help your family maintain any religious practices during your child's stay here?"
  - C) "I am Catholic too so if you would like to pray I would be happy to pray with you."
  - D) "If there are any religious dietary practices that we should be aware of, please don't hesitate to let our staff know."
  - E) "I have several friends who are Catholic. I'm not sure I understand all of your practices but I will respect them."



## Answer Key

1. A
2. D
3. D
4. C
5. B
6. A, B, E, F
7. B
8. A
9. A
10. D
11. D
12. A
13. B
14. A
15. B
16. C
17. D
18. B
19. B
20. A, C, D
21. C
22. B
23. C
24. B
25. B, D
26. A, D
27. C
28. D
29. B, C, D
30. B, D