

1. Which of the following components of a clinical question represents the “P” in the PICOT format for asking clinical questions?
  - A) The nurse's preparation for patient teaching prior to surgery
  - B) Early ambulation versus aggressive anticoagulant therapy
  - C) Individuals who require peritoneal dialysis
  - D) Deep vein thrombosis
  
2. An unacceptably high number of patients on a geriatric, subacute medicine unit have developed pressure ulcers during their period of care. The nurses on the unit have agreed on a goal of reducing the incidence of these wounds by 50% over the next 10 weeks. This goal represents which component of the PICOT format for asking clinical questions?
  - A) O
  - B) P
  - C) I
  - D) C
  
3. Which of the following scenarios represents the most common obstacle that nurses encounter when attempting to gain the knowledge necessary for EBP?
  - A) A nurse identifies several articles relevant to a clinical question, but the methodology of each is significantly flawed.
  - B) A nurse is overwhelmed by the number of hits during a CINAHL search.
  - C) Current research that relates to the nurse's clinical question does not exist.
  - D) The research that the nurse locates is rooted in a medical, not nursing, perspective.
  
4. A nurse has attempted to begin the process of implementing EBP in the area of falls prevention but has become disillusioned by the possibility of having to read a vast number of publications. Which of the following strategies should the nurse implement in response to this problem?
  - A) Narrow the scope of the clinical question
  - B) Restrict the information search to publications from the past 24 months
  - C) Seek recommendations for information sources from trusted colleagues
  - D) Limit the search to articles that relate the findings of randomized control trials (RCTs)

5. A pediatric nurse provides care for many children who present to the emergency department (ED) with signs and symptoms of asthma. Which of the following questions is a background question that the nurse can utilize in the process of providing EBP?
- A) What evidence exists to recommend the use of nebulizers over metered-dose inhalers (MDIs)?
  - B) What patient populations respond best to nebulized bronchodilators?
  - C) How effective are nebulizers compared to metered-dose inhalers at reducing bronchospasm?
  - D) Are nebulizers provided to patients in the ED more often than metered-dose inhalers?
6. Which of the following statements is true of foreground questions?
- A) They focus on issues that can be addressed by applying scientific evidence.
  - B) They have a broad, rather than narrow, scope.
  - C) They can be answered by examining electronic information sources instead of print sources.
  - D) They are rooted in the current practices of a nurse's clinical setting.
7. An oncology nurse is engaged in increasing the quality of EBP that is provided on the cancer unit of the local hospital. Which of the following questions would the nurse consider to be an adequate and useful foreground question?
- A) "Are benzodiazepines and analgesics provided before patients have a bone marrow biopsy?"
  - B) "What is the clinical rationale for using bone marrow biopsy to gauge and predict the course of a patient's cancer?"
  - C) "Does guided imagery reduce the anxiety of patients who undergo bone marrow biopsy?"
  - D) "How often is bone marrow biopsy performed on the unit?"
8. Which of the following clinical questions would be most justified in lacking a comparison?
- A) An examination of the antipyretic qualities of cool bed-bathing
  - B) A study on the perceived meaning of hope among palliative patients
  - C) A study on the influence of prenatal care on preventing perineal tearing during delivery
  - D) An examination of the effect of rehydration using lactated Ringer's on patients' energy levels

9. Which of the following clinical questions would be considered to be a “meaning” question?
- A) “What factors underlie parents' decisions to refuse immunizations for their children aged 3 months to 24 months?”
  - B) “What factors, apart from asbestos exposure, may contribute to ex-miners' diagnoses of mesothelioma?”
  - C) “How do pregnant women with high-risk pregnancies who have been prescribed bed-rest perceive their situations?”
  - D) “Are cigarette warning labels an effective deterrent to cigarette smoking among females aged 11 to 15 years?”
10. Which of the following considerations should be prioritized when choosing a patient population during the formulation of a clinical question?
- A) The patient population should be as narrow a range as possible.
  - B) The population in the clinical question should closely match the demographics of the nurse's geographic region.
  - C) A specific and defensible rationale should exist for the choice of patient population.
  - D) The patient population in the clinical question should mirror the populations in prominent studies related to the issue.
11. In the context of the PICOT format for formulating clinical questions, which of the following may be considered to be an intervention?
- A) Levels of patient hygiene in an assisted-living facility
  - B) The incidence and prevalence of stomach cancer among low-income males aged 65 to 85
  - C) The prevalence of wound dehiscence among postmastectomy patients
  - D) Occupational exposure to airborne silicon dust
12. Which of the following symptoms could be best clustered into a single outcome for the purposes of crafting a concise clinical question?
- A) Increased anxiety, increased serum cholesterol, and low rating of overall well-being
  - B) Hypotension, tachycardia, and decreased level of consciousness
  - C) Increased temperature, decreased mobility, and confusion
  - D) Increased neonatal bilirubin levels and the mother's choice to feed with formula rather than breastfeed

13. Which of the following clinical questions can be best addressed by a meta-synthesis of qualitative studies?
- A) “What is the meaning of spiritual support in hospice patients who are younger than 50?”
  - B) “What is the effectiveness of physical activity compared with beta-blockers in reducing the blood pressure of adult, African-American men?”
  - C) “Is the use of a stroke team in the emergency department, rather than standard assessment and treatment, associated with improved outcomes among patients diagnosed with stroke?”
  - D) “Are single-occupancy hospital rooms, rather than shared rooms, associated with increased patient satisfaction reports?”
14. Which of the following principles can help a nurse rank levels of evidence when answering clinical questions of all types and scopes?
- A) Quantitative research supersedes qualitative research.
  - B) Randomized control trials must be included when answering clinical questions.
  - C) Sources of evidence must be peer-reviewed.
  - D) Syntheses are the highest level of evidence.
15. Which of the following groups would most likely be considered a self-selected cohort?
- A) Obese, Hispanic females
  - B) Cigarette smokers
  - C) Patients with hypertension who take diuretics
  - D) Teenage females

## **Answer Key**

1. C
2. A
3. B
4. A
5. D
6. A
7. C
8. B
9. C
10. C
11. D
12. B
13. A
14. D
15. B