

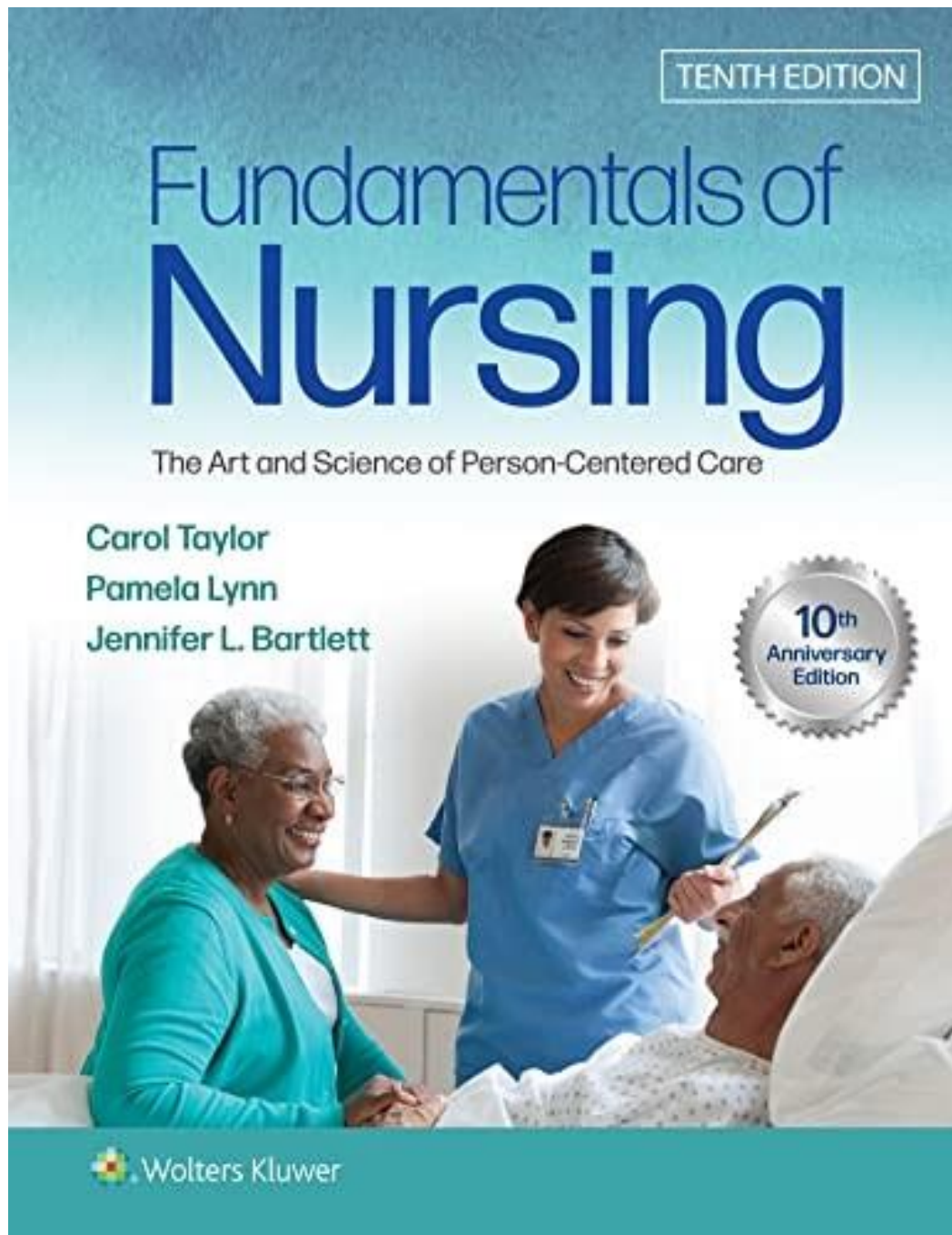
# TEST BANK

## Fundamentals of Nursing: The Art and Science of Person-Centered Care

Carol R. Taylor, Pamela B. Lynn, and Jennifer L. Bartlett

---

10th Edition



# Table of Contents

Chapter 01 Introduction to Nursing and Professional Formation	1
Chapter 02 Theory, Research, and Evidence-Based Practice	7
Chapter 03 Health, Wellness, and Health Disparities	12
Chapter 04 Health of the Individual, Family, Community, and Environment	18
Chapter 05 Culturally Respectful Care	23
Chapter 06 Values, Ethics, and Advocacy	28
Chapter 07 Legal Dimensions of Nursing Practice	34
Chapter 08 Communication	39
Chapter 09 Teaching and Counseling	44
Chapter 10 Leading, Managing, and Delegating	49
Chapter 11 Health Care Delivery System	55
Chapter 12 Interprofessional Collaborative Practice and Care Coordination Across Settings	60
Chapter 13 Blended Competencies, Clinical Reasoning, and Processes of Person-Centered Care	64
Chapter 14 Clinical Judgment	69
Chapter 15 Assessing	76
Chapter 16 Diagnosis-Problem Identification	81
Chapter 17 Outcome Identification and Planning	86
Chapter 18 Implementing	92
Chapter 19 Evaluating	97
Chapter 20 Documenting and Reporting	102
Chapter 21 Informatics and Health Care Technologies	107
Chapter 22 Developmental Concepts	112
Chapter 23 Conception Through Young Adulthood	118
Chapter 24 Middle and Older Adulthood	124
Chapter 25 Asepsis and Infection Control	129
Chapter 26 Vital Signs	135
Chapter 27 Health Assessment	142
Chapter 28 Safety, Security, and Emergency Preparedness	148
Chapter 29 Complementary and Integrative Health	154
Chapter 30 Medications	160
Chapter 31 Perioperative Nursing	166
Chapter 32 Hygiene	172
Chapter 33 Skin Integrity and Wound Care	178
Chapter 34 Activity	184
Chapter 35 Rest and Sleep	190
Chapter 36 Comfort and Pain Management	195
Chapter 37 Nutrition	201
Chapter 38 Urinary Elimination	207
Chapter 39 Bowel Elimination	213
Chapter 40 Oxygenation and Perfusion	219

Chapter 41 Fluid, Electrolyte, and Acid-Base Balance	225
Chapter 42 Self-Concept	231
Chapter 43 Stress and Adaptation	236
Chapter 44 Loss, Grief, and Dying	242
Chapter 45 Sensory Functioning	248
Chapter 46 Sexuality	254



## Chapter 01: Introduction to Nursing and Professional Formation

---

### MULTIPLE CHOICE

1. Which of the following set of terms best describes nursing at the end of the Middle Ages? a. continuity, caring, critical thinking  
b. purpose, direction, leadership  
c. assessment, interventions, outcomes  
d. advocacy, research, education

ANS: B                      PTS: 1

2. Which of the following is a characteristic of nursing practiced from early civilization to the 16th century?  
a. Most early civilizations believed that illness had supernatural causes.  
b. The physician was the priest who treated disease with prayer.  
c. The nurse was a nun committed to caring for the needy and homeless.  
d. Nursing changed from a spiritual focus to an emphasis on knowledge expansion.

ANS: A                      PTS: 1

3. In what time period did nursing care as we now know it begin?  
a. pre-civilization  
b. early civilization to 16th century  
c. 16th to 17th century  
d. 18th to 19th century

ANS: D                      PTS: 1

4. Who is considered to be the founder of professional nursing?  
a. Dorothea Dix  
b. Lillian Wald  
c. Florence Nightingale  
d. Clara Barton

ANS: C                      PTS: 1

5. Which of the following nursing pioneers established the Red Cross in the United States in 1882?  
a. Florence Nightingale

- b. Clara Barton
- c. Dorothea Dix
- d. Jane Addams

ANS: B                      PTS: 1

6. What was one barrier to the development of the nursing profession in the United States after the Civil War?
- a. lack of educational standards
  - b. hospital-based schools of nursing
  - c. lack of influence from nursing leaders
  - d. independence of nursing orders

ANS: A                      PTS: 1

7. Which of the following individuals provided community-based care and founded public health nursing?
- a. Adelaide Nutting
  - b. Lillian Wald
  - c. Sojourner Truth
  - d. Clara Barton

ANS: B                      PTS: 1

8. Which of the following nursing groups provides a definition and scope of practice for nursing?
- a. ICN
  - b. AAN
  - c. ANA
  - d. The Joint Commission

ANS: B                      PTS: 1

9. Teaching a woman about breast self-examination is an example of what broad aim of nursing?
- a. promoting health
  - b. preventing illness
  - c. restoring health
  - d. facilitating coping with disability and death

ANS: B

PTS: 1

10. A nurse caring for a patient with diabetes chooses an appropriate plan of care and devises interventions to accomplish the desired outcomes. This is an example of using which of the following type of nursing skills?
- Technical
  - Cognitive
  - Interpersonal
  - Ethical/Legal

ANS: B

PTS: 1

11. Which one of the following examples of nursing actions would be considered an ethical/legal skill?
- A nurse helps a patient prepare a living will.
  - A nurse obtains a urine sample for a urinalysis.
  - A nurse explains the rationale for a patient's plan of care.
  - A nurse holds the hand of a woman whose baby died in childbirth.

ANS: A

PTS: 1

12. A nurse practitioner is caring for a couple who are the parents of an infant diagnosed with Down's Syndrome. The nurse makes referrals for a parent support group for the family. This is an example of which nursing role?
- Teacher/Educator
  - Leader
  - Counselor
  - Collaborator

ANS: C

PTS: 1

13. A nurse is providing nursing care in a neighborhood clinic to single pregnant teens. Which of the following actions is the best example of using the collaborator role as a nurse?
- Discussing the legal aspects of adoption for teens wishing to place their infants with a family
  - Searching the Internet for information on child care for the teens who wish to return to school
  - Conducting a patient interview and documenting the information on the patient's chart
  - Referring a teen who admits having suicidal thoughts to a mental healthcare specialist

ANS: D

PTS: 1

14. A nurse instructor explains the concept of health to her students. Which of the following statements accurately describes this state of being? a. Health is a state of optimal functioning.  
b. Health is an absence of illness.  
c. Health is always an objective state.  
d. Health is not determined by the patient.

ANS: A                      PTS: 1

15. A nurse incorporates the health promotion guidelines established by the U.S. Department of Health document: *Healthy People 2010*. Which of the following is a health indicator discussed in this document?  
a. cancer  
b. obesity  
c. diabetes  
d. hypertension

ANS: B                      PTS: 1

16. A nurse conducts a smoking-cessation program for patients of a neighborhood clinic. This is an example of which of the following aims of nursing? a. promoting health  
b. preventing illness  
c. restoring health  
d. facilitating coping with disability or death

ANS: B                      PTS: 1

17. Which of the following is a criteria that defines nursing as profession?  
a. an undefined body of knowledge  
b. a dependence on the medical profession  
c. an ability to diagnose medical problems  
d. a strong service orientation

ANS: D                      PTS: 1

18. Although all of the following are nursing responsibilities, which one would be expected of a nurse with a baccalaureate degree? a. providing direct physical care  
b. using research findings to improve practice  
c. administering medications as prescribed



d. collaborating with other healthcare providers

ANS: B

PTS: 1

19. Amy Jones, a high school senior, wants to become a geriatric nurse practitioner. What nursing degree will she need to attain this goal?
- licensed practical nurse
  - associate degree
  - baccalaureate degree
  - masters degree

ANS: D

PTS: 1

20. Why are nursing organizations important for the continued development and improvement of nursing as a whole?
- to provide socialization and networking for members
  - to regulate work activities for members
  - to set standards for nursing education and practice
  - to provide information to nurses about legal requirements

ANS: C

PTS: 1

21. Which of the following organizations has established standards for clinical nursing practice?
- American Nurses Association
  - National League for Nursing
  - International Council of Nurses
  - State Board of Nursing

ANS: A

PTS: 1

22. What is the primary purpose of standards of nursing practice?
- to provide a method by which nurses perform skills safely
  - to ensure knowledgeable, safe, comprehensive nursing care
  - to establish nursing as a profession and a discipline
  - to enable nurses to have a voice in healthcare policy

ANS: C

PTS: 1

23. After graduation from an accredited program in nursing and successfully passing the NCLEX, what gives the nurse a legal right to practice? a. enrolling in an advanced degree program  
b. filing NCLEX results in the county of residence  
c. being licensed by the State Board of Nursing  
d. having a signed letter confirming graduation

ANS: C

PTS: 1

24. A nurse has been tried and found guilty of the felony crime of forgery. How might this affect the nurses license to practice nursing?  
a. It will have no effect on the ability to practice nursing.  
b. The nurse can practice nursing at a less-skilled level.  
c. The license may be revoked or suspended.  
d. The license will permanently carry the felony conviction.

ANS: C

PTS: 1

25. Nurses use the nursing process to focus care on human responses to what?  
a. interactions with the environment  
b. physical effects of disease  
c. outcomes of medical or surgical treatment  
d. actual or potential health problems

ANS: D

PTS: 1

26. Which age group in the population is expanding most rapidly, resulting in changes in the delivery of healthcare?  
a. older adults  
b. young adults  
c. school-aged children  
d. newborns

ANS: A

PTS: 1

27. Which of the following is a current trend affecting nursing education and practice?  
a. over abundance of graduating nurses  
b. office-based care delivery systems  
c. increase in length of hospital stay  
d. increase in chronic health conditions

ANS: D

PTS: 1

**MULTIPLE RESPONSE**

28. Which of the following statements accurately describe an element of nursing? (*Select all that apply*).
- a. The skills involved in nursing are primarily technical in nature.
  - b. The primary focus of nursing is to assist individuals to recover from illness
  - c. The science of nursing is the knowledge base for the care that is given.
  - d. The art of nursing is the collection of knowledge through research.
  - e. Nursing is considered to be both an art and a science.
  - f. Nursing is a profession that used specialized knowledge and skills.

ANS: C, E, F

PTS: 1

29. What nursing activity would meet the broad nursing aim of facilitating coping with disability and death? (*Select all that apply*).
- a. conducting a blood pressure screening program
  - b. teaching testicular self-examination
  - c. referring to a community diabetic support group
  - d. administering intravenous fluids
  - e. admitting a patient to a hospice program
  - f. performing a physical assessment on a patient

ANS: C, E

PTS: 1

## MULTIPLE CHOICE

1. What phrase best describes the science of nursing?
- application of clinical skills
  - body of nursing knowledge
  - holistic patient care
  - art of individualized nursing

ANS: B                      PTS: 1

2. The practice of changing patients' bed clothes each day in acute care settings is an example of what type of knowledge?
- authoritative
  - traditional
  - scientific
  - applied

ANS: B                      PTS: 1

3. A student nurse learns how to give injections from the nurse manager. This is an example of the acquisition of what type of knowledge?
- authoritative
  - traditional
  - scientific
  - applied

ANS: A                      PTS: 1

4. Which of the following sources of knowledge is based on objective data?
- authoritative
  - traditional
  - scientific
  - applied

ANS: A                      PTS: 1

5. A patient undergoing chemotherapy for a brain tumor believes that having a good attitude will help in the healing process. This is an example of what type of knowledge?
- science
  - philosophy
  - process
  - virtue

ANS: B

PTS: 1

6. Which of the following accurately describes Florence Nightingales influence on nursing knowledge?
- She defined nursing practice as the continuation of medical practice.
  - She differentiated between health nursing and illness nursing.
  - She established training for nurses under the direction of the medical profession.
  - She established a theoretical base for nursing that originated outside the profession.

ANS: B

PTS: 1

7. During the first half of the 20th century, a change in the structure of society resulted in changed roles for women and, in turn, for nursing. What was one of these changes?
- More women retired from the workforce to raise families.
  - Women became more dependent and sought higher education.
  - The focus of nursing changed to hands-on training.
  - Nursing research was conducted and published.

ANS: D

PTS: 1

8. Who was the first nurse to develop a nursing theory?
- Clara Barton
  - Dorothea Dix
  - Florence Nightingale
  - Virginia Henderson

ANS: C

PTS: 1

9. A nurse observes that certain patients have less pain after procedures than do others, and forms a theory of why this happens. What is a theory?
- a concept used to directly prove a fact or a group of facts
  - an understanding borrowed from other disciplines
  - a best guess based on intangible ideas
  - a statement of an occurrence based on observed facts

ANS: D

PTS: 1

10. A staff nurse asks a student, Why in the world are you studying nursing theory? How would the student best respond?
- Our school requires we take it before we can graduate.
  - We do it so we know more than your generation did.
  - I think it explains how we should collaborate with others.
  - It helps explain how nursing is different from medicine.

ANS: D                      PTS: 1

11. Why are the developmental theories important to nursing practice?
- They describe how parts work together as a system.
  - They outline the process of human growth and development.
  - They define human adaptation to others and to the environment.
  - They explain the importance of legal and ethical care.

ANS: B                      PTS: 1

12. Breaking the healthcare community into separate entities (such as the medical community, the nursing staff, management, support staff) and analyzing how they work as a whole together is an example of which nursing theory?
- general systems theory
  - adaptation theory
  - developmental theory
  - compartment theory

ANS: A                      PTS: 1

13. There are four concepts common in all nursing theories. Which one of the four concepts is the focus of nursing?
- person
  - environment
  - health
  - nursing

ANS: A                      PTS: 1

14. What is the ultimate goal of expanding nursing knowledge through nursing research?
- learn improved ways to promote and maintain health
  - develop technology to provide hands-on nursing care
  - apply knowledge to become independent practitioners
  - become full-fledged partners with other care providers

ANS: A

PTS: 1

15. What was significant about the promotion of the National Center for Nursing Research to the current National Institute of Nursing Research (NINR)?
- Increased numbers of articles are published in research journals.
  - NINR gained equal status with all other National Institutes of Health.
  - NINR became the major research body of the International Council of Nurses.
  - It decreased emphasis on clinical research as an important area for nursing.

ANS: B

PTS: 1

16. Which of the following terms are part of quantitative research?
- process
  - concept
  - ethnography
  - variable

ANS: D

PTS: 1

17. A nurse uses the process of quantitative research to study the incidence and causes of hospital-acquired pneumonia in her hospital. The statement of what the researcher expects to find in these studies is called the:
- variable
  - data
  - hypothesis
  - instrument

ANS: C

PTS: 1

18. Information is collected for analysis in both quantitative and qualitative research. What is the information called?
- surveys
  - answers
  - interviews
  - data

ANS: D

PTS: 1

19. Which of the following represents the basic framework of the research process? a. Qualitative data
- b. Quantitative data
  - c. Nursing Process
  - d. Nursing Theory

ANS: C                      PTS: 1

20. Which of the following is a responsibility of an institutional review board (IRB)?
- a. secure informed consent for researchers
  - b. review written accuracy of research proposals
  - c. determine risk status of all studies
  - d. secure funding for institutional research

ANS: C                      PTS: 1

21. Before developing a procedure, a nurse reviews all current research-based literature on insertion of a nasogastric tube. What type of nursing will be practiced based on this review? a. institutional practice
- b. authoritative nursing
  - c. evidence-based nursing
  - d. factual-based nursing

ANS: C                      PTS: 1

22. One step in implementing evidence-based practice is to ask a question about a clinical area of interest or an intervention. The most common method is the PICO format. Which of the following accurately defines the letters in the PICO acronym? a. P = population
- b. I = institution
  - c. C = compromise
  - d. O = output

ANS: A                      PTS: 1

23. A beginning student is reading a published research article. Where in the article would the student find the abstract? a. in the introduction
- b. in the methods section
  - c. after the references
  - d. at the beginning



ANS: D

PTS: 1

### MULTIPLE RESPONSE

24. Which of the following examples represents the type of knowledge known as process? (*Select all that apply*).
- A nurse dispenses medications to patients.
  - A nurse changes the linens on a patient's bed.
  - A nurse studies a nursing journal article on infection control.
  - A nurse consults an ethics committee regarding an ethical dilemma.
  - A nurse believes in providing culturally competent nursing care.
  - A nurse monitors the vital signs of a postoperative patient.

ANS: A, B, F

PTS: 1

25. Which of the following are characteristics of nursing theories? (*Select all that apply*).
- They provide rational reasons for nursing interventions.
  - They are based on descriptions of what nursing should be.
  - They provide a knowledge base for appropriate nursing responses.
  - They provide a base for discussion of nursing issues.
  - They help resolve current nursing issues and establish trends.
  - They use complex terminology to resolve specific nursing issues.

ANS: A, C, D, E

PTS: 1

26. A patient in a clinical research study has given informed consent. This means that the patient has certain rights. These rights include which of the following? (*Select all that apply*).
- confidentiality
  - free medical care
  - refusal to participate
  - protection from harm
  - guarantee of treatment
  - consent knowledgeably

ANS: A, C, D, F

PTS: 1

27. Which of the following are examples of characteristics of evidence-based practice? (*Select all that apply*).
- It is a problem-solving approach.

- b. It uses the best evidence available.
- c. It is generally accepted in clinical practice.
- d. It is based on current institutional protocols.
- e. It blends the science and art of nursing.
- f. It is not concerned with patient preferences.

ANS: A, B, E      PTS: 1

---

## Chapter 03: Health, Wellness, and Health Disparities

### MULTIPLE CHOICE

1. What phrase best describes health?
- a. individually defined by each person
  - b. experienced by each person in exactly the same way
  - c. the opposite of illness
  - d. the absence of disease

ANS: A      PTS: 1

2. Which of the following most accurately defines illness?
- a. the inability to carry out normal activities of living
  - b. a pathologic change in mind or body structure or function
  - c. the response of a person to a disease
  - d. achieving maximum potential and quality of life

ANS: C      PTS: 1

3. A patient makes a decision to quit smoking and joins a smoking cessation class. This is an example of which of Dunn's processes that help a person know who and what he or she is? a. being
- b. belonging
  - c. becoming
  - d. befitting

ANS: D      PTS: 1

4. Which of the following statements accurately describes the concepts of disease and illness?
- a. A disease is traditionally diagnosed and treated by a nurse.
  - b. The focus of nurses is the person with an illness.
  - c. A person with an illness cannot be considered healthy.

d. Illness is a normal process that affects level of functioning.

ANS: B

PTS: 1

5. A rapid onset of symptoms that last a relatively short time indicates what health problem? a. a chronic illness
- b. an acute illness
  - c. actual risk factor
  - d. potential for wellness

ANS: B

PTS: 1

6. A nurse caring for patients with diabetes knows that the following is a characteristic of a chronic illness:
- a. It is a temporary change.
  - b. It causes reversible alterations in A&P.
  - c. It requires special patient education for rehabilitation.
  - d. It requires a short period of care or support.

ANS: C

PTS: 1

7. What manifestation is the most significant symptom indicating an illness? a. bleeding
- b. runny nose
  - c. pain
  - d. itching

ANS: C

PTS: 1

8. A nurse calls in to his unit to report he has the flu and will not be at work. What stage of illness behavior is he exhibiting? a. experiencing symptoms
- b. assuming the sick role
  - c. assuming a dependent role
  - d. achieving recovery and rehabilitation

ANS: B

PTS: 1

9. A patient accepts the fact that he needs bypass surgery for a blocked artery and is admitted into the hospital. Which one of the following stages of illness is this patient experiencing? a. Stage 1  
b. Stage 2  
c. Stage 3  
d. Stage 4

ANS: C PTS: 1

10. Which of the following is an example of a characteristic of the Stage 2 of illness?  
a. A person tells his family that he is sick and allows them to take care of him.  
b. A person experiences a headache and sore throat and takes an aspirin.  
c. A person visits a physician to receive treatment for symptoms of an infection.  
d. A person begins rehabilitation following a stroke that left him paralyzed on one side.

ANS: A PTS: 1

11. A 4-year-old child has leukemia but is now in remission. What does it mean to be in remission when one has a chronic illness? a. The chronic disease has been cured.  
b. Nothing further can be done in terms of treatment.  
c. Severe symptoms of the chronic illness have reappeared.  
d. The disease is present, but symptoms are not experienced.

ANS: D PTS: 1

12. What may happen to the family when an illness occurs in one of the family members?  
a. alterations in values and religious beliefs  
b. more public displays of affection  
c. changes in roles for the patient and family  
d. increased resistance to stress

ANS: C PTS: 1

13. A baby is born with Down syndrome, which influences his health illness status. This is an example of which of the following human dimensions? a. Physical  
b. Emotional  
c. Environmental  
d. Sociocultural

ANS: A PTS: 1

14. Which of the following is an example of the sociocultural dimension influencing a person's health illness status?
- A family lives in a city environment where the air pollution levels are high.
  - A father who is a practicing Jehovah's Witness refuses a blood transfusion for his son.
  - A teenager who was in an automobile accident worries that his scars will cause him to lose friends.
  - A single mother of two applies for food stamps in order to feed her family.

ANS: D

PTS: 1

15. A nurse is caring for a 17-year-old female patient whose left leg was amputated after being crushed in a motor vehicle accident. Which of the following interventions might the nurse perform to accommodate the patient's intellectual dimension?
- considering the patient's developmental stage when planning nursing care
  - encouraging friends and relatives to visit often and bring games to distract her
  - teaching her how to care for the stump and explaining the rehabilitation program
  - providing the opportunity for a counselor to come in and talk to her about her loss

ANS: C

PTS: 1

16. Which of the following topics is important when teaching teens and young adults?
- safer sex practices
  - blood pressure control
  - immunization for measles
  - effective hand hygiene

ANS: A

PTS: 1

17. Which of the following statements illustrates the effect of the sociocultural dimension on health and illness?
- Why shouldn't I drink and drive? Everyone else does.
  - My mother has sickle cell anemia, and so do I.
  - I know I have heart problems, so I have changed my diet.
  - I used biofeedback to lower my blood pressure.

ANS: A

PTS: 1

18. A middle-aged woman is 40 pounds over her ideal weight. Which of the following statements best illustrates the effect of her self-concept on health and illness? a. I am just too busy with my kids to bother about a diet.  
b. Why should I lose weight? I'll still be fat.  
c. My sister is thin, but I don't think she looks that good.  
d. My husband loves me this way.

ANS: B                      PTS: 1

19. A camp nurse is teaching a group of adolescent girls about the importance of monthly breast self-examination. What level of preventive care does this activity represent? a. primary  
b. secondary  
c. tertiary  
d. restorative

ANS: A                      PTS: 1

20. A nurse refers a 67-year-old male patient to group counseling for alcohol cessation. According to Rosenstock's health belief model, the patient's knowledge of the diseases that may occur with alcoholism is a: a. demographic variable  
b. sociopsychological variable  
c. structural variable  
d. intellectual variable

ANS: C                      PTS: 1

21. Which of the following models of health promotion and illness prevention was developed to illustrate how people interact with their environment as they pursue health? a. the health promotion model  
b. the health belief model  
c. the health illness continuum  
d. the agent host environment model

ANS: A                      PTS: 1

22. Which of the following factors constitute the environment component of the agent host environment model of health and illness (Leavell and Clark, 1965)? (*Select all that apply*). a. bacteria/viruses  
b. chemical substances  
c. health habits

- d. family history
- e. cultural factors
- f. biologic factors

ANS: E

PTS: 1

23. Nurses use new resources for healthcare practices to promote health and serve as an advocate for patients and families in all settings. Which one of the following resources has been most instrumental in improving access to care for people living in rural or underserved areas of the nation?
- a. telehealth practice
  - b. industrial programs
  - c. community centers
  - d. nontraditional healthcare sites

ANS: A

PTS: 1

24. What is the nurses primary role in promoting health?
- a. educating others about health promotion activities
  - b. avoiding smoking or drinking in public
  - c. being a role model for health promotion
  - d. implementing stress reduction activities

ANS: C

PTS: 1

### **MULTIPLE RESPONSE**

25. Which of the following statements accurately describe how risk factors may increase a person's chances for illness or injury? (*Select all that apply*). a. Risks factors are unrelated to the person or event.
- b. All risk factors are modifiable.
  - c. An increase in risk factors increases the possibility of illness.
  - d. A family history of breast cancer is not a modifiable risk factor.
  - e. School-aged children are at high risk for communicable diseases.
  - f. Multiple sexual relationships increase the risk for sexually transmitted diseases.

ANS: C, D, E, F

PTS: 1

26. Which of the following nursing interventions are examples of health promotion and preventive care on the primary level? (*Select all that apply*). a. A nurse counsels a teenager to stop smoking.
- b. A nurse conducts a health fair for high blood pressure screening.
  - c. A nurse counsels the family of a patient diagnosed with lung cancer.
  - d. A home healthcare nurse arranges for rehabilitation services for a patient.
  - e. A school nurse arranges for a career seminar for graduating seniors.
  - f. A nurse devises a low-calorie diet for an obese teenager.

ANS: A, F                      PTS: 1

27. On which of the following components is Rosenstock's health belief model based? (*Select all that apply*).
- a. perceived susceptibility to a disease
  - b. perceived consequences of treating disease
  - c. perceived seriousness of a disease
  - d. perceived benefits of action
  - e. perceived immunity to disease
  - f. perceived benefits of health insurance

ANS: A, C, D                      PTS: 1

28. Which of the following statements explain why models of health promotion and illness prevention are useful when planning healthcare? (*Select all that apply*).
- a. They help healthcare providers understand health-related behaviors.
  - b. They are useful for adapting care to people from diverse backgrounds.
  - c. They help overcome barriers related to increased number of people without healthcare.
  - d. They overcome barriers to care for the predicted downward trend in minority populations.
  - e. They overcome barriers to care for low-income and rural populations.
  - f. They explain why people take advantage of low-cost screens and healthcare information.

ANS: A, B, C, E                      PTS: 1



## Chapter 04: Health of the Individual, Family, Community, and Environment

---

### MULTIPLE CHOICE

1. According to Maslow's basic human needs hierarchy, which needs are the most basic? a. physiologic  
b. safety and security  
c. love and belonging  
d. self-esteem

ANS: A                      PTS: 1

2. Which of the following is a tenant of Maslow's basic human needs hierarchy?  
a. A need that is unmet prompts a person to seek a higher level of wellness.  
b. A person feels ambivalence when a need is successfully met.  
c. Certain needs are more basic than others and must be met first.  
d. People have many needs and should strive to meet them simultaneously.

ANS: C                      PTS: 1

3. An 80-year-old woman states, I have successfully raised my family and had a good life. This statement illustrates meeting which basic human need? a. safety and security  
b. love and belonging  
c. self-esteem  
d. self-actualization

ANS: D                      PTS: 1

4. A 2-year-old boy arrives at the emergency department of a local hospital with difficulty breathing from an asthmatic attack. Which of the following would be the priority nursing intervention?  
a. giving him his favorite stuffed animal to hold  
b. assessing respirations and administering oxygen  
c. raising the side rails and restraining his arms  
d. asking his mother what are his favorite foods

ANS: B                      PTS: 1

5. A 75-year-old man is being discharged to his home following a fall in his kitchen that resulted in a fractured pelvis. The home health nurse makes a home assessment that will be used to design interventions to meet which priority need?
- sleep and rest
  - support from family members
  - protection from potential harm
  - feeling a sense of accomplishment

ANS: C                      PTS: 1

6. A nurse caring for a patient in a long-term health care facility measures his intake and output and weighs him to assess water balance. These actions help to meet which of Maslow's hierarchy of needs?
- physiologic
  - safety and security
  - love and belonging
  - self-actualization

ANS: A                      PTS: 1

7. What action by a nurse will help a patient meet self-esteem needs?
- verbally negate the patient's negative self-perceptions
  - freely give compliments to increase positive self-regard
  - independently establish goals to improve self-esteem
  - respect the patient's values and belief systems

ANS: D                      PTS: 1

8. A nurse caring for a female patient with TB who is in isolation is aware that the patient's love and belonging needs may not be properly met. Which of the following nursing actions would help to meet these needs?
- respecting the patient's values and beliefs
  - focusing on the patient's strengths rather than problems
  - using hand hygiene and sterile technique to prevent infection
  - encouraging family to visit and help in the care of the patient

ANS: D                      PTS: 1

9. Which of the following statements accurately describes how Maslow's theory can be applied to nursing practice?
- Nurses can apply this theory to the nursing process.

- b. Nurses can identify met needs as healthcare needs.
- c. Nurses cannot use the theory on infants or children.
- d. Nurses use the theory for ill, as opposed to healthy patients.

ANS: A                      PTS: 1

10. Jim and Alice were recently married. Each has previously been married and had two children. What name is given to this type of family?
- a. extended family
  - b. nuclear family
  - c. blended family
  - d. cohabiting family

ANS: C                      PTS: 1

11. Which of the following groups involves all parts of a person's life and is concerned with meeting basic human needs to promote health?
- a. peers
  - b. family
  - c. community
  - d. healthcare providers

ANS: B                      PTS: 1

12. David and Susan are in a committed relationship and live together with their adopted twin boys. Which of the following best describes this type of family?
- a. nuclear family
  - b. extended family
  - c. blended family
  - d. adoptive family

ANS: A                      PTS: 1

13. When providing nursing care to a patient, the nurse provides family-centered nursing care. What is one rationale for this nursing action?
- a. The nurse does not want the patient to feel lonely.
  - b. The patient will be more compliant with medical instructions.
  - c. The family will be more willing to listen to instructions.
  - d. Illness in one family member affects all family members.

ANS: D                      PTS: 1

14. A mother teaches her son to respect his elders. This is an example of which of the following family functions? a. physical  
b. economic  
c. affective and coping  
d. socialization

ANS: D                      PTS: 1

15. What is the purpose of the affective and coping function of the family?  
a. providing a safe environment for growth and development  
b. ensuring financial assistance for family members  
c. providing emotional comfort and identity  
d. transmitting values, attitudes, and beliefs

ANS: C                      PTS: 1

16. A nurse provides health promotion and accident prevention programs for a family with adolescents and young adults. Which of the following is a task of a family at this stage? a. Establish a mutually satisfying marriage.  
b. Adjust to cost of family life.  
c. Maintain supportive home base.  
d. Maintain ties with younger and older generations.

ANS: C                      PTS: 1

17. Friedman, Bowden, and Jones (2003) identified the importance of family-centered nursing care, based on four rationales. Which of the following is one of these rationales? a. The family is composed of dependent members who affect one another.  
b. If a family member is ill, it does not necessarily affect other family members.  
c. A strong relationship exists between the family and health status of members.  
d. The level of health of the family is established early and is not influenced by health promotion.

ANS: C                      PTS: 1

18. Which of the following individuals would the nurse assess as being most at risk for altered family health?  
a. an unmarried adolescent with a newborn

- b. a newly married couple who ask about birth control
- c. a middle-aged man and woman with no children
- d. an older adult, living in an assisted-living community

ANS: A                      PTS: 1

19. What is the major effect of a health crisis on family structure?
- a. adaptation to stress
  - b. change in roles of family members
  - c. respect for family values
  - d. loss of individual identities

ANS: B                      PTS: 1

20. Mrs. Dunn has cared for her husband with Alzheimer's disease for 2 years. She comes to a local health center because she is feeling worn out and stressed. What might be an appropriate nursing diagnosis for Mrs. Dunn?
- a. Dysfunctional Family Processes
  - b. Health-Seeking Behaviors
  - c. Risk for Caregiver Burden
  - d. Risk for Anxiety

ANS: C                      PTS: 1

21. Which of the following statements accurately describes a characteristic of a community?
- a. Communities do not exist in rural areas.
  - b. Communities are formed by the characteristics of people and other factors.
  - c. Communities are not limited by geographic boundaries.
  - d. Communities have little or no effect of the health of residents.

ANS: B                      PTS: 1

22. Which of the following is an example of a community factor that may affect health?
- a. rural setting
  - b. air and water quality
  - c. number of residents
  - d. educational level

ANS: B                      PTS: 1

23. Which of the following factors may be a barrier to healthcare services for those living in rural areas?
- inadequate healthcare insurance
  - lack of knowledge about needed care
  - living long distances from services
  - decreased interest in health promotion

ANS: C                      PTS: 1

24. Which of the following definitions best describes community-based nursing?
- a focus on populations within the community
  - a focus on older adults living in nursing homes
  - care provided in the patients home for chronic illnesses
  - care centered on individual and family healthcare needs

ANS: D                      PTS: 1

25. What is one method by which a nurse can be a role model to promote health in the community?
- by demonstrating a healthy lifestyle
  - by becoming a member of a family
  - by meeting own basic needs
  - by exhibiting self-actualization

ANS: A                      PTS: 1

## **Chapter 05: Culturally Respectful Care**

---

### **MULTIPLE CHOICE**

- How is culture learned by each new generation?
  - ethnic heritage
  - involvement in religious activities
  - formal and informal experiences
  - belonging to a subculture