TEST BANK QUESTIONS

The following questions are similar to those that may appear on the NCLEX-RN® exam. Some questions may have one or more correct responses. During this review you should select the best response(s).

CHAPTER 1

1.1 Organize these events in chronological order, beginning with the earliest (1) and ending with the most recent (5):

______ The Order of Deaconesses opens a small hospital in Kaiserswerth, Germany.
______ The Knights of St. Lazarus dedicate themselves to the care of people with leprosy, syphilis, and
chronic skin conditions.
______ Harriet Tubman provides care to slaves fleeing on the Underground Railroad.
______ The Cadet Nurse Corps is established.
______ Florence Nightingale administers to soldiers during the Crimean War.

Answer:

2. The Order of Deaconesses opens a small hospital in Kaiserswerth, Germany.
1. The Knights of St. Lazarus dedicate themselves to the care of people with leprosy, syphilis,
and chronic skin conditions.
4. Harriet Tubman provides care to slaves fleeing on the Underground Railroad.
5. The Cadet Nurse Corps is established.
3. Florence Nightingale administers to soldiers during the Crimean War.

Rationale: Religion played a significant role in the development of nursing. The Crusades saw the formation of several orders of knights who provided care to the sick and injured, including the Knights of St. Lazarus. In 1836, Theodore Fliedner reinstated the Order of Deaconesses and opened a small hospital and training school in Kaiserswerth, Germany, where Florence Nightingale received her training. During the Crimean War (1854–1856), Ms. Nightingale administered to the soldiers following a request by Sir Sidney Herbert of the British War Department. During the American Civil War (1861–1865), Harriet Tubman (among other nurses) administered to the care of slaves and injured soldiers. World War II casualties created an acute shortage of care, and the Cadet Nurse Corps was established in response to the shortage of nurses.

Assessment
Safe, effective care environment—resource management
Application
Learning Outcome 1.1

1.2 In alignment with the contributions of Florence Nightingale, the Vietnam Women’s Memorial was
established to honor which of the following?

1. The memory of Ms. Nightingale
2. Those who brought a human touch to the suffering and dying
3. The image of the angel of mercy
4. Surgical advancements and the use of anesthetic agents

Answer: 2

Rationale: The Vietnam Women’s Memorial was established to “honor the women who served and also for the families who lost loved ones during the war . . . to let them know about the women who provided comfort, care, and a human touch for those who were suffering and dying” (Vietnam Women’s Memorial Foundation, n.d.). Florence Nightingale brought respectability to the nursing profession, and her contributions allowed nurses to be viewed as noble, compassionate, moral, religious, dedicated, and self-sacrificing. The image of the guardian angel or angel of mercy arose in the latter part of the 19th century, largely from Ms. Nightingale’s work. The monument “The Spirit of Nursing” stands in Arlington National Cemetery, honoring nurses who served in World War I—a time of progress in health care, particularly in the field of surgery.

Assessment
Safe, effective care environment
Application
Learning Outcome 1.1

1.3 Public health and health promotion roles for nurses are components of nursing envisioned by which of the
following nurse leaders?

1. Clara Barton
2. Lillian Wald
3. Mary Brewster
4. Florence Nightingale
Answer: 4
Rationale: Florence Nightingale’s vision of nursing included public health and health promotion roles for nurses, but it was only partly addressed in the early days of nursing. Her focus tended to be on developing the profession within the hospitals. Clara Barton is noted for establishing the American Red Cross. She persuaded Congress to ratify the Treaty of Geneva in 1882 so that the Red Cross could perform humanitarian efforts in times of peace. Lillian Wald is considered the founder of public health nursing. She and Mary Brewster were the first to offer trained nursing services to the poor in the New York slums and developed the Visiting Nurse Service, along with the Henry Street Settlement.

Implementation
Safe, effective care environment
Analysis
Learning Outcome 1.1
1.4 Which of the following nurse leaders campaigned for the legislation that allows nurses, rather than physicians, to control the nursing profession?
   1. Mary Breckinridge
   2. Lavinia Dock
   3. Margaret Higgins Sanger
   4. Virginia Henderson
Answer: 2
Rationale: Lavinia Dock was a feminist, writer, and activist. She participated in protest movements for women’s rights that resulted in passage of the 19th Amendment, which allowed women the right to vote. In addition, Dock campaigned for legislation to allow nurses, rather than physicians, to control their profession. Mary Breckinridge established the Frontier Nursing Service. Margaret Higgins Sanger is considered the founder of Planned Parenthood. Virginia Henderson was one of the first modern nurses to define nursing (1966).

Assessment
Safe, effective care environment
Application
Learning Outcome 1.1
1.5 Which of the following themes are common in the definitions of nursing? (Select all that apply.)
   ______ Adaptive
   ______ Client centered
   ______ Goal directed according to the needs of the client
   ______ Diagnosis and treatment of disease
   ______ An art
   ______ A science
Answer:
   x Adaptive
   x Client centered
   ______ Goal directed according to the needs of the client
   ______ Diagnosis and treatment of disease
   x An art
   x A science
Rationale: Adaptive; client centered; art; science; holistic; caring; concerned with health promotion, health maintenance, and health restoration; and a helping profession are themes that are common to many definitions formulated about nursing. In 1973, the American Nurses Association (ANA) described nursing practice as goal oriented and adaptable to the needs of the individual, the family, and the community (not just the client). In 1980, the ANA’s definition was changed to “Nursing is the diagnosis and treatment of the human responses to actual or potential health problems.” Diagnosis and treatment of disease is a definition of the medical model.

Implementation
Safe, effective care environment
Application
Learning Outcome 1.2
1.6 The term patient usually implies that the person is:
   1. Seeking assistance because of illness.
   2. Proactive in his or her health care needs.
   3. A collaborator in his or her care.
   4. Using a service or commodity.
Answer: 1
Rationale: The word patient comes from a Latin word meaning “to suffer” or “to bear.” Usually, people become patients when they seek assistance because of illness or for surgery. Some nurses believe that the word patient
implies passive acceptance of the decisions and care of health professionals, which would be opposite of being proactive in one’s health care needs. The term client presents the recipient of health care as a collaborator in that care, along with the people who are providing service. A consumer is an individual, a group of people, or a community that uses a service or commodity.

Implementation
Safe, effective care environment
Application
Learning Outcome 1.2
1.7 A nurse has decided to focus on educating the community about health promotion and wellness. Which of the following would be an example of this?
1. Initiating prenatal and infant care
2. Holding classes on prevention of sexually transmitted disease
3. Implementing an exercise class for clients who have had a stroke
4. Teaching a class about home accident prevention
Answer: 4
Rationale: Wellness is a process that engages in activities and behaviors that enhance quality of life and maximize personal potential. This involves individual and community activities to enhance healthy lifestyles such as improving nutrition and physical fitness, preventing drug and alcohol misuse, restricting smoking, and preventing accidents in the home and workplace. The goal of illness prevention is to maintain optimal health by preventing disease—which would include immunization, prenatal and infant care, and prevention of sexually transmitted disease. Teaching clients about recovery activities, such as exercises that accelerate recovery after a stroke, would focus on health restoration.

Implementation
Health promotion and maintenance
Application
Learning Outcome 1.3
1.8 Nursing students offer free occult blood screening at a community health fair. This activity would be an example of which area of nursing practice?
1. Promoting health and wellness
2. Illness prevention
3. Restoring health
4. Rehabilitation
Answer: 3
Rationale: Restoring health focuses on the ill client, and it extends from early detection (such as checking for occult blood in feces) through helping the client during the recovery period. Health promotion and wellness activities enhance the quality of life and maximize personal potential. Rehabilitation is an activity of health restoration.

Implementation
Health promotion and maintenance
Application
Learning Outcome 1.3
1.9 A new graduate has started working in a state other than the one in which the nursing education program was located. Which of the following should this nurse consult in order to understand the implications of this change of venue?
1. American Nurses Association (ANA)
2. National League for Nursing (NLN)
3. National Council of State Boards of Nursing (NCSBN)
4. Nurse State Practice Act
Answer: 4
Rationale: Nurse practice acts regulate the practice of nursing in the United States and Canada. Each state and each province has its own act. Nurses are responsible for knowing their state’s nurse practice act as it governs their practice. The ANA is the professional organization of nursing, the NLN is responsible for accrediting schools of nursing, and the NCSBN handles licensure of professional nurses.

Implementation
Safe, effective care environment
Application
Learning Outcome 1.4
1.10 A seasoned nurse who acts as a mentor for a new graduate is practicing which of the standards of professional performance?
1. Collaboration
2. Leadership
3. Collegiality
4. Evaluation

Answer: 3
Rationale: Collegiality describes interaction with and contributions to the professional development of peers and colleagues, which is what a mentoring relationship would involve. Collaboration involves working with the client, the family, and others in the conduct of nursing practice. Leadership provides direction in a professional practice setting, and evaluation involves a comparison between one's own nursing practice and professional practice standards.

Implementation
Safe, effective environment of care

Application
Learning Outcome 1.4
1.11 A nurse is careful to cover the client during a bath. This action describes which of the following nursing roles?
1. Caregiver
2. Communicator
3. Teacher
4. Client advocate

Answer: 1
Rationale: The caregiver role includes those activities that assist the client physically and psychologically while preserving the client’s dignity. As a communicator, the nurse identifies client problems, then communicates these verbally or in writing to other members of the health team. As a teacher, the nurse helps clients learn about their health and the health care procedures they need to perform to maintain or restore their health. A client advocate acts to protect clients and represents their needs and wishes to other health professionals.

Implementation
Safe, effective care environment

Application
Learning Outcome 1.5
1.12 A client wishes to discontinue treatment for his cancer. Acting as the client advocate, the nurse makes this statement to the client’s physician:
1. “The client is making his own decision.”
2. “The client would benefit from additional information about treatment options.”
3. “The family must be involved in this decision.”
4. “Let’s educate the family about the consequences of this decision.”

Answer: 1
Rationale: A client advocate acts to protect the client and may represent the client’s needs and wishes to other health professionals, such as relaying the client’s wishes for information to the physician. Providing additional information to the client about treatment options and bringing the family into the decision-making process would be examples of the nurse acting as teacher or counselor.

Implementation
Psychosocial integrity

Application
Learning Outcome 1.5
1.13 The nurse has assumed the responsibilities of case manager. Which of the following would these include?
1. Managing an acute hospital stay
2. Delegating activities to other nurses
3. Evaluating performance of ancillary workers
4. Identifying areas of client concern or problems

Answer: 1
Rationale: The case manager oversees the care of a specific caseload or may act as the primary nurse to provide some level of direct care to the client and family. Responsibilities may vary from managing acute hospitalizations to managing high-cost clients or case types. Delegating activities to other nurses and evaluating performance of ancillary workers are responsibilities of the nurse manager. Identifying areas of researchable problems would fall to the research consumer.

Evaluation
Safe, effective care environment

Application
Learning Outcome 1.5
1.14 Throughout the course of the nursing program, professionalism is exemplified by the faculty. The student nurse practices professionalism by which of the following?
1. Acquiring characteristics considered to be professional
2. Maintaining specific character and spirit
3. Learning about the influences of Florence Nightingale
4. Promising to uphold the standards of the profession

Answer: 2
Rationale: Professionalism refers to professional character, spirit, or methods. It is a set of attributes and a way of life that implies responsibility and commitment. Florence Nightingale influenced nursing professionalism a great deal, but simply learning about her influence does not constitute professionalism because it refers to a way of life. Professionalization is the process of becoming professional, which is acquiring characteristics considered to be professional and upholding the standards of a profession.

Implementation
Safe, effective care environment
Analysis
Learning Outcome 1.7
1.15 The nurse is caring for several acutely ill clients during the shift. Which of the following is an example of the nurse practicing the professional criteria of autonomy?

1. Delivering medications and prescribed treatments in a timely manner
2. Deciding to prioritize care according to client needs
3. Communicating with peers when help is needed
4. Complaining to the supervisor about high acuity level and staff-to-client ratio

Answer: 2
Rationale: Autonomy in nursing means independence at work, responsibility, and accountability for one’s actions. Making decisions about which client requires care according to needs is an example of autonomy. Carrying out physician orders would be an example of nursing care, but not independence. Communication is important in any profession as well as making concerns known to supervisors, but these are not examples of controlling activity—a hallmark of autonomy.

Evaluation
Safe, effective care environment
Application
Learning Outcome 1.7
1.16 A student nurse has set up study groups, complete with objectives and goals for each session. This student is practicing which attribute of organization?

1. Governance
2. Socialization
3. Service orientation
4. Specialized education

Answer: 2
Rationale: Socialization involves learning to behave, feel, and see the world in a manner similar to other persons occupying the same role. The goal is to instill in others the norms, values, attitudes, and behaviors deemed essential. One of the most powerful mechanisms of professional socialization is interacting with fellow students and becoming bound together by feelings of mutual cooperation, support, and solidarity. Governance is the establishment and maintenance of social, political, and economic arrangements by which practitioners control their practice, working conditions, and professional affairs. Service orientation differentiates nursing from an occupation pursued primarily for profit. Specialized education is an important aspect of professional status and is focused on the course of study and curriculum particular to the profession.

Evaluation
Safe, effective care environment
Application
Learning Outcome 1.7
1.17 Explaining the present economic challenges to students in the community health course, the nurse educator would emphasize the importance of nurses being familiar with which of the following?

1. Emphasis shift from inpatient to outpatient care
2. Consumer representatives on governing boards of nursing associations and regulatory agencies
3. Diagnostic-related groups (DRGs)
4. Advances in science and technology

Answer: 1
Rationale: Economics is one of the social forces currently influencing the profession of nursing. As a result of the shift from inpatient to outpatient care, more nurses are being employed in community-based health settings. Other forces include consumer demands, family structure, and science and technology. DRGs are a classification system that categorically establishes pretreatment billing based on diagnosis. Though this is an aspect of economic factors affecting nursing, it is not the underlying cause of more personnel being employed in community-based settings.
Learning Outcome 1.7

1.18 The community health nurse is working primarily with teenage mothers and their children. The nurse recognizes that these clients have increased vulnerability, mainly due to which of the following?

1. Distance separation from their nuclear families
2. Increased poverty
3. Raising children without the support of family
4. Normal difficulties of adolescence

Answer: 4

Rationale: Teenage mothers have the normal needs of teenagers as well as those of new mothers, with motherhood compounding the difficulties of adolescence. Though many teenage mothers are raising children alone, without the support of the baby’s father or perhaps their own family, and many live in poverty, all are vulnerable because of their age.

Learning Outcome 1.9

1.19 The client questions information gathered from a website. Which of the following is the best response by the nurse to these questions?

1. “Information from the Internet isn’t accurate.”
2. “We’ll have to check this information with your physician.”
3. “Bring your information to the clinic so we can go through it together.”
4. “Don’t trust anything you haven’t received from our office.”

Answer: 3

Rationale: Nurses may need to interpret Internet sources of information to clients and their families. Though not all Internet-based information is accurate, some may be high quality and valid. Nurses need to become information brokers so they, not just the physician, can help clients access and evaluate information to determine its usefulness.

Learning Outcome 1.9

1.20 The nurse practitioner is working with the staff nurse to change the plan of care for a client. This is an example of which of the ANA standards of practice?

1. Assessment
2. Outcomes identification
3. Planning
4. Implementation

Answer: 4

Rationale: Consultation—as in advanced practice nurses and staff nurses working together—is a way for those involved with the client’s care to influence the plan, enhance the abilities of others, and effect change. Consultation is part of Standard 5: Implementation. Assessment deals with data collection. Outcomes identification sets identified goals for a plan specific to the client or situation. Planning prescribes strategies and alternatives to attain expected outcomes.

Learning Outcome 1.9

1.21 The advanced practice nurse refers the client to physical therapy for further rehabilitation. This is an example of which of the ANA standards of practice?

1. Assessment
2. Diagnosis
3. Planning
4. Implementation

Answer: 4

Rationale: Standard 5: Implementation includes prescriptive authority and treatment, which would include a referral for further treatment and therapy in accordance with state and federal laws and regulations. Assessment is data collection. Diagnosis analyzes the assessment data. Planning prescribes strategies and alternatives to reach the expected goals.
Implementation
Safe, effective care environment
Application
Learning Outcome 1.4
1.22 The client recovered to a greater level than what was previously expected. The staff nurse responsible for the client’s care is following which of the ANA standards of practice?
   1. Diagnosis
   2. Planning
   3. Implementation
   4. Evaluation
Answer: 4
Rationale: Evaluation, Standard 6, evaluates the progress toward attainment of outcomes. Since the progress was recovery in this case, and at a greater level than expectations, the nurse would be evaluating the plan of care. Diagnosis analyzes the assessment data to determine problems. Planning involves prescribing strategies and alternatives to attain expected outcomes. Implementation consists of coordinating care, teaching, consultation, prescriptive authority, and treatment/evaluation.

Evaluation
Safe, effective care environment
Analysis
Learning Outcome 1.4
1.23 A practicing RN decides that attending an upcoming workshop about new pharmacological treatments would benefit his or her practice. This RN is modeling which of the standards of professional performance?
   1. Quality of practice
   2. Education
   3. Professional practice evaluation
   4. Research
Answer: 3
Rationale: Standards of professional performance describe a competent level of behavior in the professional role. Professional practice evaluation, Standard 9, is behavior that evaluates one’s own nursing practice in relation to professional practice standards and guidelines, relevant statutes, rules, and regulations. Deciding to enhance one’s current knowledge base, in relationship to one’s own practice, would describe this standard. Quality of practice is a systematic approach to enhance the quality and effectiveness of nursing practice. Education is knowledge attainment and competency that reflects current nursing practice. Research integrates research findings into practice.

Implementation
Safe, effective care environment
Application
Learning Outcome 1.7
1.24 A nurse is working closely with a client regarding a chemotherapy regimen, providing consultation, education, and direction for the client and the client’s family. This nurse would most likely be certified as which of the following?
   1. Nurse practitioner
   2. Clinical nurse specialist
   3. Nurse educator
   4. Nurse entrepreneur
Answer: 2
Rationale: A clinical nurse specialist has an advanced degree or expertise and is considered to be an expert in a specialized area of practice (oncology in this case). The nurse provides direct client care, educates others, consults, conducts research, and manages care. A nurse practitioner has an advanced education, is a graduate of a nurse practitioner program, and usually deals with nonemergency acute or chronic illness and provides primary ambulatory care. The nurse educator is responsible for classroom and often clinical teaching. A nurse entrepreneur usually has an advanced degree, manages a health-related business, and may be involved in education, consultation, or research.

Implementation
Safe, effective care environment
Application
Learning Outcome 1.6
1.25 A nursing program utilizes nurse preceptors in some of its clinical experiences. These nurses are considered proficient in their clinical area. According to Benner’s stages of nursing expertise, these nurses would belong to which stage?
   1. Stage II