Final Exam Study Guide — Nutritious Nursing

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| 1. Your patient just received a diagnosis of cancer. You show compassion and empathy in order to show what type of knowing?
2. Empirical knowing
3. Personal knowing
4. Aesthetic knowing
5. Ethical knowing
6. Therapeutic relationships do which of the following? Select all that apply.
7. Gather data
8. Teach and persuade
9. Eliminate autonomy
10. Provide a helping and comforting relationship

Review PCA |
| 1. Your client is a Hispanic male who speaks only Spanish. What is important to know about his care?
2. His culture is transmitted genetically
3. His family customs are transmitted through time and socially
4. Every Hispanic culture treats the aspect of healthcare similarly
5. Race plays a large aspect of culture
6. Your Hispanic patient has a fear of the other nurse because she is African American. What does this situation best describe?
7. Stereotypes
8. Ethnocentrism
9. Prejudice
10. Xenophobia
11. Your neighbors are from India, but speak fluent English and are actively engaged in your neighborhood activities. What phrase best describes this?
12. Assimilation
13. Acculturation
14. Worldview
15. Integration
16. Which of the following statements are true about ethnicity?
17. It is based on age and education
18. It provides a sense of ‘us’
19. It requires at least 4 members of society
20. It is a part of culture
21. Why is it good to show ethnocentrism in daily life?
22. It shows pride in one’s culture at the expense of others
23. Shows that one’s culture should be the norm
24. It shows a sense of patriotism
25. It incorporates prejudice in society
26. Which of the following examples describes ethnocentric labeling?
27. Diagnosis of “Type 2 Diabetes”
28. Calling someone “retarded”
29. Answering a survey as “middle class”
30. Giving someone weight loss advice
31. When using the LEARN model, how can you take into account the client’s cultural norms?
32. Negotiate
33. Acknowledge
34. Explain
35. Recommend
36. You are changing the linens of the bed of a sick client. You find an old looking figurine and beads in the bed. What is the best approach?
37. Ask the family how you can provide care while still maintaining their spiritual beliefs
38. Set it on the bedside table
39. Don’t change the dirty bed; just leave everything as you found it
40. Leave it in the dirty linens

Review LEARN Model |
| 11. Which of the following factors influences communication? a. The classroom  b. The teacher standing in front of you sitting c. You avoid making eye contact d. All of the above12. The patient is very aggravated and yells at the nurse for bringing him medicine. Which of the following describes an assertive nurse’s response? a. The nurse leaves the situation, allowing the patient to cool off b. The nurse accuses the patient of being rude and throws his medication in the trash in front of him c. The nurse states the importance of the medication and how if he takes it, it will positively benefit his health condition d. The nurse forces the patient to take his medication via IV access13. By developing a therapeutic relationship with your patients, you: a. empower them to do for themselves b. emotionally detach yourself c. understand that these events of their life have little meaning d. empower them to do for you14. In order to show that you care about your client’s feelings, you should incorporate which of the following therapeutic communication techniques? a. Seek clarification b. Reflect and interpret c. Focusing questions d. Open-ended questionsReview DESC |
| 15. Your client describes how sad she is about her cancer diagnosis, and begins to cry. What Non-Verbal style factor is she demonstrating? a. Therapeutic silence b. Facilitative body language c. Appropriate disclosure d. Congruent non-verbal behaviors16. How can you converge or accommodate to your fourteen-year-old patient? a. “Do you need to go potty?” b. “Have you had a bowel movement today?” c. “This laxative with distend your colon. Let me know if you’re feeling any movement.” |
| 17. A patient arrives to your unit, but no one told you that a new patient was coming so you are left unprepared. What kind of communication failure does this describe? a. System failure b. Reception failure c. Sender failure d. Transmission failure18. What is the importance of the International Council of Nurses (ICN)? a. They ensure confidentiality b. They compile research for best practice guidelines c. They incorporate standardized tools d. They involve medicare 19. In order to meet QSEN, nurses need to be competent in which of the following areas? Select all that apply. a. Patient-Centered Care b. Teamwork c. Safety d. Informatics |
| 20. Your work group decides to work independently on the project. This describes what type of norms? a. Group norms b. Functional norms c. Universal norms d. Standard norms21. In your work group, you meet each other for the first time, then the tallest nurse begins to delegate tasks. What development stage is your group in? a. Forming b. Adjourning c. Norming d. StormingReview Roles of group membersReview Group Think |
| 22. What is client centered care? (CCC) Select all that apply.1. An approach to practice established through the formation of therapeutic relationships
2. Fosters relationships between all care providers
3. Focuses on the care providers’ needs
4. Focuses on individual preference, values, beliefs, and needs
5. Which of the following is not a guiding principle of CCC?
6. Presence
7. Purpose
8. Positive regard
9. Sympathy
10. You and your patient decide that showers on Tuesdays, Thursdays and Sundays are best. What is this demonstrating?
11. Voluntary consent
12. Being an advocate
13. Mutuality
14. Validation
15. You ask your 75 year old patient what he thinks of the procedure you are about to perform. What are you demonstrating?
16. Voluntary consent
17. Being an advocate
18. Mutuality
19. Validation
20. You are discussing with your client their plan of treatment and reviewing the care plan you created. Which phase of therapeutic relationships are you currently in?
21. Preinteraction phase
22. Orientation phase
23. Identification phase
24. Mutuality phase

Review phases of therapeutic relationships |
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| 37. Alex got a tricycle for Christmas. He learns to try new things but isn’t very good at pedaling or steering. What stage is he in, according to Erikson?1. Industry vs. inferiority
2. Identity vs. role confusion
3. Initiative vs. guilt
4. Mastery vs. purpose

38. Alex is now 6 and goes to school. Since he is in the industry vs. inferiority stage, what should you be sure to do as a parent? Select all that apply.1. Give tasks that he can reasonably do
2. Give external validation
3. Allow him to try different roles to decide which fits best
4. Give internal validation
5. Which of the following is false about caring for hospitalized children?
6. Communication requires patience, imagination, and creative applications
7. Children’s ability to understand is influenced by their cognitive and developmental level
8. Nurses need to develop an understanding of how the child feels in their perspective
9. Children do not respond well to caregivers to take extra time to relate to them
10. Which statement best describes Erikson and Piaget’s development stages? Select all that apply.
11. Erikson focuses on cognitive development
12. Piaget focuses on psychosocial
13. Erikson focuses on psychosocial
14. Piaget focuses on cognitive development
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| 1. Which of the following is not a role of the parent?
2. Leadership
3. Warmth
4. Control
5. Mutual partnership
6. Mom and Dad have set rules for their child, but are also very warm and comforting. Which parenting style do they reflect?
7. Authoritative
8. Authoritarian
9. Permissive
10. Indifferent
11. Which of the following is false about Bowen’s Family Systems Theory?
12. During times of crisis, families function as an interactive emotional unit
13. Members develop automatic communication patterns
14. Once anxiety heightens within the system, dysfunctional communication patterns can emerge
15. Negative emotional energy that fuels dysfunctional communication will fade after emotions settle
16. You need to deliver bad news to a family. Which of the following interventions would not be appropriate?
17. Withholding important information that might be too upsetting
18. Having a physician lead the conversation
19. Use the SBAR tool to orient them to the situation and background
20. Using language they understand and staying with them
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| 1. What is successful aging?
2. Decreased quality of life
3. Relinquishing the central components of self-definition
4. Poor opportunities for health, participation and security
5. Adapting to age related changes flexibly
6. Your nursing home has a Sundown program for those who have dementia. What is this program preventing/alleviating?
7. Poor memory
8. Slurred speech
9. Reversed sleep schedule
10. Behaviors, anxiety and demanding behaviors occurring later in the day
11. What is the best nursing care to give to a patient with dementia?
12. Focus on difficult behavior
13. Restrain
14. Persist when the client is tired
15. Identify emotions behind client’s words
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| 1. Meagan is giving you report on your assigned patient. She states that he is a 77-year-old man with presbycusis. How should you alter your care?
2. Exaggerate your words
3. Use Braille
4. Extend your arm and allow the client to take your arm
5. Use facial expressions, hand signals and gestures
6. Meagan is giving you report on your assigned patient. She states that he is a 77-year-old man with presbyopia. How should you alter your care?
7. Exaggerate your words
8. Check that they have their newest eyewear prescription
9. Use facial expressions, hand signals and gestures
10. Use small, cursive print items
11. Your patient is a small autistic child with receptive aphasia. What do you know about them so far? Select all that apply.
12. They are completely unable to speak
13. They have trouble processing what they hear
14. They have problems reading, writing, and following directions
15. They cannot organize their words into meaningful phrases

Review Aphasia |
| 1. Your patient is actively dying. What symptoms would you NOT report to the oncoming nurse?
2. Increased pain
3. Cheyne-Stokes respirations
4. Decreased pharyngeal secretions
5. Hallucinations
6. Bringing in Hospice for a dying patient would be an example of which type of nursing care?
7. Palliative Care
8. Collaborative Care
9. Supportive Care
10. Quality of Death Care
11. After Amy’s grandma died suddenly, she experienced waves of symptoms, like shortness of breath, emptiness in stomach, weakness and intense pain. These symptoms would occur, then she would return back to normal. What pattern of grieving is she experiencing? Select all that apply.
12. Anticipatory Grief
13. Somatic Distress
14. Acute Grief
15. Traumatic Grief
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| 1. Which response is best for saying “No” to a client who wants to smoke in their room?
	1. “My supervisor said no and it’s really bad for you and I might get in trouble…”
	2. “No, you cannot smoke in your room because it is against hospital policy, but I understand your frustration. Would you like me to see about getting you an order for a nicotine patch?”
	3. “I said no, so stop asking me!”
	4. “I… I… I don’t think you can smoke in—in here…”
2. Which of the following situations is least likely to cause stress in a patient?
	1. An invasive procedure
	2. The cost of hospital stay
	3. Keeping their daily study routine
	4. The change in scenery from home to hospital
3. Your supervisor asks you to cover a shift this weekend, but you’re not sure if you want to or not. What kind of conflict is this?
	1. Intrapersonal
	2. Intra-group
	3. Interpersonal
	4. Both A and C
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| 57. Which of the following are aspects of self-concept? Select all that apply.* 1. Clearly defined
	2. Internally consistent
	3. Is not influenced by experiences
	4. Is temporally stable
1. You and your friends do not eat Chinese food because everyone knows that you’re allergic to soy sauce. What kind of self awareness is this?
	1. Open self
	2. Blind self
	3. Hidden self
	4. Unknown self
2. You feel shame for something you did in the past, and so you’ve kept it secret for years. What kind of self awareness is this?
	1. Open self
	2. Blind self
	3. Hidden self
	4. Unknown self
3. The nurse is educating their client on their disease, but you notice that she is doing a bad job and is not providing good information. From the nurse’s perspective, what kind of self awareness is this?
	1. Open self
	2. Blind self
	3. Hidden self
	4. Unknown self
4. Which of the following is false regarding open self?
	1. The larger the open self is, the more one knows about themselves
	2. There is greater flexibility
	3. They are able to interpret realistically
	4. They have destructive coping with health situations
5. Which of the following statements are true about self-awareness? Select all that apply.
	1. It requires unflinching self-scrutiny and total honesty
	2. It requires a reflective process that seeks to understand
	3. It requires to recognize emotional reactions/responses as they happen
	4. It helps nurses work from strengths and cope more effectively to minimize personal weaknesses
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| 63. Which of the following would be good nursing tools to educate your client on their disease? Select all that apply.* 1. Lecture/discussion
	2. Demonstration
	3. Role playing
	4. Printed material
1. Which of the following implications are true about educating clients?
	1. Learners remember what is taught last the best
	2. Individualize the lesson that is appropriate for the audience
	3. Use a standard, canned method for all clients
	4. Clients will remember the information if told once
2. What should you take into consideration when educating an adult client? Select all that apply.
	1. What the learner wants
	2. The client’s real-life experience
	3. The client’s readiness to learn
	4. Impractical applications for the client
3. What is the best environment for your client to learn in?
	1. Threatening environment (ie hospital)
	2. Distracting
	3. Comfortable
	4. Crowded with several professionals
4. Which of the following aspects of the teaching process is incorrectly matched?
	1. Assessment / identify learning needs
	2. Diagnosis / learning diagnosis
	3. Goals / implementation of teaching
	4. Intervention / teaching
5. Your patient is a 13 year old male, who refuses to use his inhaler as daily medication regime. What kind of learning needs is he NOT displaying?
	1. A real need for the inhaler
	2. An educational need to know how to use the inhaler correctly
	3. A felt need and recognizing the importance of learning
6. Your patient is a 6 year old who is learning how to control her diabetes. How should you combat her learning experience?
	1. Externally reinforce her with rewards and praise
	2. Let her internally reinforce herself
	3. Assume that she will not understand
	4. Assume that she is not willing to put forth effort to learn
7. Which of the following considerations do you need to take into consideration when assessing the client’s readiness to learn? Select all that apply.
	1. Experiential readiness
	2. Background, skill, ability and development
	3. Cultural factors, home environment, and socioeconomic status
	4. Learning disabilities
	5. Language barriers
	6. Mental status
8. Your patient is an obese man with heart disease. He states “I am just big boned and I will never be healthy.” Which stage is he in, according to Prochaska’s Transtheoretical Model of change?
	1. Pre-contemplation
	2. Avoidance
	3. Preparation
	4. Action
	5. Maintenance
9. Your patient is a 30 year old who wants to begin running and exercising, so he buys new shoes. What stage is he in?
	1. Contemplation
	2. Action
	3. Maintenance
	4. Determination
10. Which of the following would NOT be included in a well-written teaching plan?
	1. Behavioral objectives
	2. Learner outcomes
	3. Appropriate and pertinent objectives
	4. Unguided selection of content
11. What are the three domains of behavioral objectives?
	1. Affective
	2. Physical
	3. Cognitive
	4. Psychomotor
12. Your patient is attempting to lose weight and has identified healthy vegetables that he likes, and then has created a grocery list for when he gets home. What behavioral objectives is he demonstrating?
	1. Cognitive & physical
	2. Cognitive & psychomotor
	3. Affective & physical
	4. Affective & psychomotor
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| 1. Which of the following is false regarding continuity of care?
	1. It requires a distinct process to ensure high quality, safe care
	2. It is multidimensional and comes from more than one source
	3. It is longitudinal and happens over time and space
	4. It is not dependent on other people
2. Dr. Cosper is your primary care physician that you have seen for the past 10 years. You are not feeling well and Dr. Cosper knows what your ‘normal’ state of health is like. What kind of continuity does this describe?
	1. Informational continuity
	2. Relational continuity
	3. Management continuity
	4. Client/provider continuity
3. You are responsible to document which medications your client received so that the next nurse will know. What kind of continuity of care is this?
	1. Informational continuity
	2. Relational continuity
	3. Management continuity
	4. Client/provider continuity
4. Why is it important to communicate in a client’s care? Select all that apply.
	1. Link different care providers
	2. Improve client/provider relationship
	3. Accurate data reporting
	4. Gaps in coordination of services
	5. Safety
5. What of the following describes how well two services work together and communicate?
	1. Informational data sharing
	2. Seamlessness
	3. Interoperability
	4. Intraoperability
6. Erika goes to Dr. Meagan’s office for a migraine. Dr. Meagan then refers Erika to Dr. Grant, who is a neuro specialist. After treatment, Erika follows up with both Dr. Grant and Dr. Meagan, who have communicated and ensured seamless care. Which of the following describe this situation? Select all that apply.
	1. A community based service is linked to a higher level, sub-specialty care
	2. Telemedicine
	3. Informational data sharing
	4. Health care support networks
7. Which of the following is not correct to document with?
	1. EHR – electronic health records
	2. CPOE – computerized provider order entry
	3. TAR – technological access record
	4. HIT – health information technology
8. Which of the following would be an incorrect documentation style?
	1. “The client is responding well to treatment as evidence by improving vital signs of xxx”
	2. “I gave the client a bed bath at 1230 and performed ROM exercises per ordered. Client tolerated and mood is elevated”
	3. “Dr. Smith, MD was phoned at 5025937528 at 0145 without answer.”
	4. “Client’s blood pressure was xxxx 120/80 at 0145.”
9. What is true about electronic medical records? Select all that apply.
	1. They need to include every possible lab
	2. It needs to be easily transferable
	3. It needs to be compatible with any type of device
	4. It is redundant
10. When is HIPPA not applicable?
	1. Non-emergency circumstances
	2. Identifying and determining the cause of death of a deceased person
	3. Independent research
	4. When there is adequate law enforcement
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