Final Exam Study Guide — Fundamentals — Nutritious Nursing

1. When would it NOT be necessary to take your client’s vital signs?
   1. On admission
   2. When you notice your client has difficulty breathing
   3. Pre-cardiovascular medication administration
   4. When the client first wakes up each morning
2. Your client’s temperature was 97.9 degrees Fahrenheit. What would be the most accurate intervention?
   1. Chart the client’s temperature; it’s normal
   2. Disregard it, instead chart 98.6
   3. Check with the client’s previous temperature
   4. Ask another nurse to take vital signs
3. Your client’s temperature is 105.8 degrees Fahrenheit. What would be the best way to describe this?
   1. The client is in a febrile state
   2. The client is in an afebrile state
   3. The client is in a hyperthermia/pyrexia state
   4. The client is in a hypothermia state
4. What interventions are appropriate for a client in a hypothermia state? Select all that apply:
   1. Provide warm, dry clothing
   2. Administer antipyretic as ordered
   3. Supply warm oral or intravenous fluids
   4. Remove excess blankets
5. When taking your client’s blood pressure, which two Korotkoff’s sounds are you listening for?
   1. Phase 1: a sharp tapping
   2. Phase 2: a swishing or whooshing sound
   3. Phase 3: a thump softer than in phase 1
   4. Phase 4: a muffled sound that fades
   5. Phase 5: silence
6. When receiving report from the previous nurse, you learn that your client has Hypertension Stage 1. What blood pressure reading would you expect?
   1. 110/75
   2. 135/84
   3. 147/90
   4. 166/110
7. Which of the following techniques describes medical asepsis? Select all that apply:
   1. Intended to confine a specific microorganism to a specific area
   2. Practices that destroy all microorganisms and spores
   3. Objects referred to as clean or dirty
   4. Used for sterile areas of the body
8. Which stages of infection are contagious? Select all that apply:
   1. Incubation period
   2. Prodromal phase
   3. Clinical illness
   4. Convalescence phase
9. Which of the following is not a risk for nosocomial infections?
   1. A compromised host (patient)
   2. Insufficient hand hygiene
   3. Diagnostic or therapeutic procedures
   4. Sterile technique
10. Your client has impaired secondary defenses against infection. What might your client be diagnosed with?
    1. Dry eyes
    2. Skin tear on right arm (open skin)
    3. HIV/AIDS
    4. E. coli in digestive tract
11. You are educating your client on the benefits of breastfeeding their newborn child. What kind of immunity does the mother pass to her baby?
    1. Natural passive
    2. Natural active
    3. Artificial passive
    4. Artificial active
12. Your client is diagnosed with C. Diff. What would be the best nursing intervention to break the chain of infection?
    1. Eliminating the etiologic agent
    2. Eliminate the reservoir
    3. Block the port of exit
    4. Blocking the port of entry
13. A fellow nurse is performing a sterile procedure. What action indicates a need for further teaching?
    1. She is not wearing a gown
    2. She only touches sterile items
    3. She avoids leaning over the sterile field
    4. The table is waist high
14. Your client’s surgical incision was closed with staples, but when removed, the would reopened. What would be the best intervention?
    1. Call the physician; the client has a tertiary indention
    2. Call the physician; the client has a secondary indention
    3. Document that the client should not ambulate until the wound is healed
    4. Nothing, this is completely normal
15. What is referred to when a client’s closed wound reopens internally?
    1. Infection
    2. Hemorrhage
    3. Dehiscence
    4. Evisceration
16. What is the order of wound healing phases?
    1. Inflammatory, proliferative/reconstruction, maturation/remodeling
    2. Inflammatory, maturation/remodeling, proliferative/reconstruction
    3. Maturation/remodeling, inflammatory, proliferative/reconstruction
17. A previous nurse charted that the client was experiencing purosanguineous exudate. How would you describe this to your client’s family? Select all that apply:
    1. It is thicker and there is a presence of pus
    2. It is mostly watery serum
    3. It is a mix of pus and blood
    4. It is hemorrhagic
18. Your patient has a sore on his bottom. It has partial thickness skin loss involving the dermis and epidermis. What stage pressure ulcer would you document?
    1. Stage I
    2. Stage II
    3. Stage III
    4. Stage IV
19. Which of the following does not put your client at risk for a pressure ulcer?
    1. Incontinence
    2. Adequate nutrition
    3. Immobility
    4. Decreased mental status
20. In order to prevent skin integrity issues, how often do you reposition your immobile client?
    1. Every 2 hours and as needed
    2. Every 4 hours and as needed
    3. Every 2 hours, except when the client is asleep
    4. At the beginning of every shift
21. In what position would your client be in if you needed to provide care for pressure points of the back of the head, shoulder blades, tailbone, and heel?
    1. Supine
    2. Lateral
    3. Prone
    4. Fowler’s
22. Which of the following interventions would be appropriate to provide hygiene for a patient with diabetes? Select all that apply:
    1. Lotion/moisturize the skin if it is dry
    2. Carefully cut the nails straight across with nail clippers
    3. Apply ted hose to ensure good circulation to the feet
    4. Do not keep client in the bath/shower for an extended amount of time
23. Your client left their room to ambulate the halls and visit with family. How would you make his bed?
    1. Tightly and neatly with hospital corners in high position
    2. Neatly with hospital corners, toe pleat and in low position
    3. Unmade and in high position so he can easily get back in
    4. Neatly, without wrinkles, and all side rails raised, in low position
24. You client is ordered to perform ROM exercises every day. Before your first session with the client, what should you take into consideration? Select all that apply:
    1. Genetic makeup
    2. Development patterns
    3. Presence/absence of disease
    4. Physical activity
25. A client with vertigo would have which of the following issues with balance?
    1. Line of gravity
    2. Isometry
    3. Isokinetic
    4. Proprioception
26. A fifteen-year-old boy came into the ER with a head injury. The next day, he is unable to walk or move smoothly. What areas of the brain did he injure? Select 3:
    1. Cerebral cortex
    2. Cerebellum
    3. Brain stem
    4. Basal ganglia
27. Before helping your client with ROM exercises, what would be the most important thing to do?
    1. Wash your hands
    2. Apply PPE
    3. Check patient records/chart/doctor order
    4. Help the patient stretch their muscles
28. Your pregnant client is diagnosed with Lordosis. Is this a life-threatening issue for the fetus?
    1. Yes, because the fetus must receive proper blood supply
    2. Yes, because it can cause muscle atrophy
    3. No, because she is pregnant and this is very common
    4. No, because initial inactivity is welcome
29. Which type of exercise would you encourage your client to perform if you want to increase the muscle tension by applying pressure against a stable resistance?
    1. Isometric exercises
    2. Isotonic exercises
    3. Isokinetic exercises
    4. Isopotential exercises
30. Your fellow nurse is providing nursing interventions to promote mobility. Which action indicates a need for further teaching?
    1. Maintaining client’s joint mobility
    2. Transfers client safely
    3. Supports client during ambulation
    4. Adds tennis balls to the client’s walker for easier walking
31. Your client complains of constipation. What would be the best nursing intervention?
    1. Administer client their prescribed PRN laxative
    2. Help client ambulate and exercise
    3. Change their diet to a liquid only diet
    4. Use a NG tube to suction
32. D
33. C
34. A
35. AC
36. AE
37. B
38. BD
40. D
41. C
42. A