

TENTH
EDITION

10

FUNDAMENTALS of NURSING

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Fundamentals of Nursing 10th Edition Potter Perry Test Bank

Chapter 1. Nursing Today

MULTIPLE CHOICE

1. Contemporary nursing practice is based on knowledge generated through nursing theories. Florence Nightingales theory introduced the concept that nursing care focuses on:

| | |
|---|--|
| 1 | Psychological needs |
| 2 | A maximal level of wellness |
| 3 | Health maintenance and restoration |
| 4 | Interpersonal interactions with the client |

ANS: 3

Florence Nightingale believed the role of the nurse was to put the clients body in the best state in order to remain free of disease or to recover from disease.

Although Florence Nightingale may have addressed meeting the psychological needs of her clients, it is not the focus of her theory. The goal of Nightingales theory is to facilitate the bodys reparative processes by manipulating the clients environment.

Florence Nightingale thought the human body had reparative properties of its own if it was cared for in a way to recover from disease. Her theory did not focus on achieving a maximal level of wellness.

Florence Nightingale believed the nurse was in charge of the clients health. Although she interacted with her clients by reading to them, her theory of nursing care did not focus upon interpersonal interactions.

DIF: A REF: 2 OBJ: Knowledge

TOP: Nursing Process: Assessment

MSC: NCLEX test plan designation: Safe, Effective Care Environment/Coordinated Care

2. Nursing education programs in the United States may seek voluntary accreditation by the appropriate accrediting commission council of the:

| | |
|---|---------------------------------|
| 1 | National League for Nursing |
| 2 | American Nurses Association |
| 3 | Congress for Nursing Practice |
| 4 | International Council of Nurses |

ANS: 1

The National League for Nursing (NLN) is the professional nursing organization concerned with nursing education. The NLN provides accreditation to nursing programs that seek and meet the NLN accreditation requirements.

The American Nurses Association (ANA) is concerned with the nursing profession and issues affecting health care, including standards of care.

The Congress for Nursing Practice is the part of the ANA concerned with determining the legal aspects of nursing practice, the public recognition of the importance of nursing, and the impact of trends in health care on nursing practice.

The International Council of Nurses (ICN) is concerned about issues of health care and the nursing profession, including the provision of an international power base for nurses.

DIF: A REF: 8 OBJ: Knowledge

TOP: Nursing Process: Assessment

MSC: NCLEX test plan designation: Safe, Effective Care Environment/Coordinated Care

3. The minimum educational requirement for a nurse practitioner is:

| | |
|---|--------------------------|
| 1 | Diploma in nursing |
| 2 | Masters in nursing |
| 3 | Doctorate in nursing |
| 4 | Baccalaureate in nursing |

ANS: 2

A masters degree in nursing is required to become a nurse practitioner.

Diploma programs in nursing require 3 years of education after which the graduate may become a registered nurse, but not a nurse practitioner.

Doctoral programs focus on the application of research findings to clinical practice. The doctoral degree is beyond the masters degree.

The baccalaureate degree program generally requires 4 years of study in a college or university, after which the graduate may become a registered nurse, not a nurse practitioner.

DIF: A REF: 8 OBJ: Knowledge

TOP: Nursing Process: Assessment

MSC: NCLEX test plan designation: Safe, Effective Care Environment/Coordinated Care

4. A group that lobbies at the state and federal level for advancement of nursing role, economic interest, and health care is the:

| | |
|---|-------------------------------------|
| 1 | State Board of Nursing |
| 2 | American Nurses Association |
| 3 | American Hospital Association |
| 4 | National Student Nurses Association |

ANS: 2

The American Nurses Association (ANA) hires lobbyists at the state and federal level to promote the advancement of health care and the economic and general welfare of nurses.

State Boards of Nursing primarily focus on licensure of nurses within their own state.

The American Hospital Association does not focus on nurses economic issues and the advancement of the role of nurses.

The National Student Nurses Association focuses on issues of importance for nursing students.

DIF: A REF: 8 OBJ: Comprehension

TOP: Nursing Process: Assessment

MSC: NCLEX test plan designation: Safe, Effective Care Environment/Coordinated Care

5. A nurse moves from Seattle to Boston and begins working in a hospital. The most important factor for the nurse to consider when moving to another state is the:

| | |
|---|---|
| 1 | Massachusetts Nurse Practice Act |
| 2 | Standard for nursing practice in Boston |
| 3 | Clinical ladder of mobility in the new hospital |
| 4 | Requirement for continuing education units (CEU) in Massachusetts |

ANS: 1

Although most states have similar practice acts, each individual state has its own Nurse Practice Act that regulates the licensure and practice of nursing within that state. Knowledge of the Nurse Practice Act is necessary to provide safe and legal nursing care.

Standards of nursing practice are not specific to a city, but rather to the profession itself.

Although the clinical ladder of mobility may be of interest in regard to professional advancement, it is not the most important factor when practicing nursing in another state.

Knowledge of the Nurse Practice Act in order to provide safe and legal nursing care is of higher importance.

Regardless of where a nurse practices, the nurse should strive to remain current.

DIF: C REF: 8 OBJ: Analysis

TOP: Nursing Process: Assessment

MSC: NCLEX test plan designation: Safe, Effective Care Environment/Coordinated Care

6. A nurse is caring for a client who has chronic renal failure. The nurse states, We will do everything possible to return you to the optimum level of self-care possible. In coordinating an approach to best meet the needs of this client, the nurse is fulfilling the role of:

| | |
|---|--------------|
| 1 | Manager |
| 2 | Educator |
| 3 | Counselor |
| 4 | Communicator |

ANS: 1

The nurse, in caring for this client, will coordinate the activities of other members of the health care team. This client may require the assistance of a nursing assistant to provide personal care until the client is less fatigued. A nutritionist may be necessary for diet evaluation, planning, and teaching. A nurse may provide education on the dialysis therapy and perform the skill necessary until the client is able to do so independently.

The nurse may include patient teaching in the clients care, but more is required to meet the needs of this client.

The nurse is not performing in the role of counselor.

Clear communication will be necessary for the client to understand self-care measures regarding dialysis. The role of communicator does not, however, entirely meet the clients physical needs at this time.

DIF: A REF: 10 OBJ: Comprehension

TOP: Nursing Process: Planning

MSC: NCLEX test plan designation: Safe, Effective Care Environment/Coordinated Care

7. Nurses have the opportunity to work in a wide variety of health care agencies around the world. The practice setting where the majority of nurses continue to work is:

| | |
|---|-----------------|
| 1 | Acute care |
| 2 | Home care |
| 3 | Long-term care |
| 4 | Ambulatory care |

ANS: 1

Most nurses provide direct client care in the hospital setting.

Although opportunities for providing patient care in the clients home are increasing, the majority of nurses are not employed in this setting.

The majority of nurses do not work in nursing homes or extended care settings.

Significantly fewer nurses work in an ambulatory care setting.

DIF: A REF: 10 OBJ: Knowledge

TOP: Nursing Process: Assessment

MSC: NCLEX test plan designation: Safe, Effective Care Environment/Coordinated Care

8. A client is receiving Dilantin to prevent seizure activity. To which allied health care professional should the nurse refer this client in order to minimize the challenges this condition creates?

| | |
|---|------------------------|
| 1 | Physical therapist |
| 2 | Physicians assistant |
| 3 | Respiratory therapist |
| 4 | Occupational therapist |

ANS: 4

An occupational therapist is a person who provides assessment and intervention to ameliorate physical and psychological deficits that interfere with the performance of activities and tasks of living, including ones employment.

A physical therapist is responsible for the patients musculoskeletal system. A physical therapist may use exercises as an intervention to improve a clients mobility.

A respiratory therapist provides treatment to preserve or improve pulmonary function.

A physicians assistant performs tasks usually done by physicians and works under the direction of a supervising physician.

DIF: C OBJ: Analysis TOP: Nursing Process: Planning

MSC: NCLEX test plan designation: Safe, Effective Care Environment/Coordinated Care

9. The Goldmark Report concluded that:

| | |
|---|--|
| 1 | Nursing roles and responsibilities required clarification |
| 2 | A theory-based curriculum was necessary for accreditation |
| 3 | Nursing education programs must be affiliated with universities |
| 4 | Increased financial support should be provided for nursing education |

ANS: 4

In 1923 the Goldmark Report identified the need for increased financial support to university-based schools of nursing.

The National Commission on Nursing and Nursing Education Report of 1965 recommended that nursing roles and responsibilities be clarified in relation to other health care professionals.

In 1975 the National League for Nursing required theory-based curriculum for accreditation.

The Brown Report of 1948 concluded that all nursing education programs should be affiliated with universities and should have their own budgets.

DIF: A REF: 3 OBJ: Knowledge

TOP: Nursing Process: Assessment

MSC: NCLEX test plan designation: Safe, Effective Care Environment/Coordinated Care

10. In 1893 Lillian Wald and Mary Brewster made significant contributions to the nursing profession through their work involving the:

| | |
|---|---|
| 1 | Henry Street Settlement in New York |
| 2 | First training school in Toronto, Canada |
| 3 | Training school at Johns Hopkins in Baltimore |
| 4 | Development of the <i>American Journal of Nursing</i> |

ANS: 1

In 1893 Lillian Wald and Mary Brewster opened the Henry Street Settlement, which was the first community health service for the poor.

The first nurses training school in Canada was founded in St. Catherines, Ontario, in 1874.

In 1894 Isabel Hampton Robb was the first superintendent of the Johns Hopkins Training School in Baltimore, Maryland.

Isabel Hampton Robb was one of the original founders of the *American Journal of Nursing*.

DIF: A REF: 3 OBJ: Comprehension

TOP: Nursing Process: Assessment

MSC: NCLEX test plan designation: Safe, Effective Care Environment/Coordinated Care

11. To obtain a certification in a specialty area, the nurse will have to complete:

| | |
|---|---|
| 1 | A request for state approval |
| 2 | A graduate degree in nursing |
| 3 | An examination and the minimum practice requirements |
| 4 | A general examination given to all nurses seeking certification |

ANS: 3

Set minimum practice requirements are based on the certification the nurse is seeking. After passing the initial examination, the nurse maintains certification by ongoing continuing education and clinical or administrative practice.

Individual states do not grant certification by request. Certification in a specialty area requires passing the examination for certification in that area and meeting minimum practice requirements.

A masters degree in nursing is not required for certification in a specialty area.

A specialized examination is given according to the specific area of nursing practice in which certification is being sought.

DIF: A REF: 9 OBJ: Knowledge

TOP: Nursing Process: Assessment

MSC: NCLEX test plan designation: Safe, Effective Care Environment/Coordinated Care

12. In the ANA Standards of Professional Performance, which one of the following is a specific measurement criterion for The nurses decisions and actions on behalf of clients are determined in an ethical manner?

| | |
|---|---|
| 1 | Acts as client advocate |
| 2 | Participates in the collection of client data |
| 3 | Seeks experiences to maintain clinical skills |
| 4 | Consults with appropriate health care providers |

ANS: 1

As a client advocate, the nurse protects the clients human and legal rights and provides assistance in asserting those rights if the need arises. Performing in the role of patient advocate fulfills a measurement criterion for the professional performance standard of ethics.

Participating in data collection is a measurement criterion for the professional performance standard of quality of practice.

The nurse who seeks experiences to maintain clinical skills is fulfilling a measurement criterion for the professional performance standard of education.

Consulting with health care providers is a measurement criterion for the professional performance standard of collaboration.

DIF: A REF: 7 OBJ: Comprehension

TOP: Nursing Process: Assessment

MSC: NCLEX test plan designation: Safe, Effective Care Environment/Coordinated Care

13. In looking at the nineteenth century, the growth of professional nursing was stimulated by:

| | |
|---|------------------------------|
| 1 | The Civil War |
| 2 | Federal legislation |
| 3 | Florence Nightingale |
| 4 | The womens suffrage movement |

ANS: 1

The Civil War stimulated the growth of nursing in the United States. Nurses were in demand to tend to the soldiers of the battlefield.

Throughout history, nurses and their professional organizations have lobbied for health care legislation to meet the needs of clients. However, legislation was not responsible for the growth of nursing in the nineteenth century.

Although Florence Nightingale had great impact on the practice of nursing, she was not the cause for the growth of nursing in the United States during the nineteenth century.

The womens movement has encouraged nurses to seek greater autonomy and responsibility in providing care, and has caused female clients to seek more control of their health and lives. The womens movement was not responsible for the growth of nursing in the nineteenth century.

DIF: A REF: 3 OBJ: Comprehension

TOP: Nursing Process: Assessment

MSC: NCLEX test plan designation: Safe, Effective Care Environment/Coordinated Care

14. Which of the following educational activities is an example of in-service education?

| | |
|---|--|
| 1 | A workshop given at a nursing convention on malpractice |
| 2 | A program on new cardiac medications provided at a local hospital |
| 3 | Credit courses in communication offered at the community college |
| 4 | Noncredit courses on nursing issues available through the internet |

ANS: 2

An in-service education program is instruction or training provided by a health care agency or institution for its employees.

A workshop at a nursing convention is an example of a continuing education program.

Credit courses at a college are examples of continuing education that could possibly be applied toward furthering ones degree.

Noncredit courses offered via the internet are an example of a continuing education program.

DIF: A REF: 8 OBJ: Comprehension

TOP: Nursing Process: Assessment

MSC: NCLEX test plan designation: Safe, Effective Care Environment/Coordinated Care

15. Nurses need to be aware of current trends in the health care delivery system in order to respond in educational preparation and practice. A major trend that is influencing nursing practice today is:

| | |
|---|--|
| 1 | Decreased client acuity |
| 2 | Increased hospital stays |
| 3 | Decreased emphasis on health promotion |
| 4 | Increased incidence of chronic disease processes |

ANS: 4

In recent decades, there is a higher incidence of chronic, long-term illness.

With shortened hospital stays, client acuity has increased, not decreased.

Hospital stays have decreased, not increased. Lengths of stay have shortened with a trend toward home care, and health promotion and illness prevention.

With increased public awareness and rising health care costs, greater emphasis has been placed on health promotion and illness prevention.

DIF: A REF: 4 OBJ: Comprehension

TOP: Nursing Process: Assessment

MSC: NCLEX test plan designation: Safe, Effective Care Environment/Coordinated Care

16. The nurse assists the client in a health promotion activity that also reduces the cost of health care delivery when:

| | |
|---|-----------------------------------|
| 1 | Administering medication |
| 2 | Treating a diabetic foot ulcer |
| 3 | Obtaining an operative consent |
| 4 | Discussing exercise and nutrition |

ANS: 4

The nurse may educate the client in such areas as exercise, nutrition, and healthy lifestyles to assist the client in health promotion and illness prevention.

By administering medication, the nurse is assisting to restore a person to health or maintain ones health.

A nurse who treats a foot ulcer is assisting a client to restore their health, rather than promoting healthy behaviors.

Obtaining an operative consent pertains to legal aspects of care and is not considered a health promotion activity.

DIF: A REF: 5 OBJ: Comprehension

TOP: Nursing Process: Planning

MSC: NCLEX test plan designation: Health Promotion and Maintenance/Programs

17. The nurse is best able to provide quality care that benefits both client and family by:

| | |
|---|---|
| 1 | Incorporating caring into the practice |
| 2 | Making the client the center of the practice |
| 3 | Integrating the science and art of nursing into the practice |
| 4 | Being knowledgeable of the institutions standards of practice |

ANS: 3

Nursing is an art and a science. As a professional nurse you will learn to deliver care artfully with compassion, caring, and a respect for each clients dignity and personhood. As a science, nursing is based on a body of knowledge that is continually changing with new discoveries and innovations. When you integrate the science and art of nursing into your practice, the quality of care you provide to your clients is at a level of excellence that benefits clients and their families. Caring is one part of the art of nursing.

While the client is the focus of nursing practice, this focus is not the main contributor to quality care.

Standards of care provide guidelines for the delivery of client care. Awareness of the standards does not guarantee quality care.

DIF: C REF: 2 OBJ: Analysis

TOP: Nursing Process: Assessment

MSC: NCLEX test plan designation: Safe, Effective Care Environment/Coordinated Care

18. Which of the following statements best reflects Nightingales nursing philosophy on health maintenance and restoration?

| | |
|---|---|
| 1 | Did all the clients eat a good breakfast? |
| 2 | What is the client rating his pain level after his medication? |
| 3 | Have any clients developed a nosocomial infection last month? |
| 4 | Is anyone interested in volunteering to mentor our new graduates? |

ANS: 3

Florence Nightingale studied and implemented methods to improve battlefield sanitation, which ultimately reduced illness, infection, and mortality (Cohen, 1984). Today nurses are active in determining the best practices for skin care management, pain control, nutritional management, and care of older adults. Infection control and its impact on disease prevention was a major outcome of her contributions to nursing. Awareness of the connection between hospital-acquired infections (nosocomial) and nursing practice is the best example of her nursing philosophy.

Nutritional management and its impact on client health, while important does not reflect the best option offered.