

## Chapter 1. Nursing Past & Present

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### MULTIPLE CHOICE

1. Which is the most influential factor that has shaped the nursing profession?
- 1) Physicians' need for handmaidens
  - 2) Societal need for healthcare outside the home
  - 3) Military demand for nurses in the field
  - 4) Germ theory influence on sanitation

ANS: 3

Chapter number and title: 1, Nursing Past & Present

Chapter learning objective: Define *nursing* in your own words.

Chapter page reference: p. 7

Heading: Historical Context of Nursing

Integrated Processes: Teaching and Learning

Client Need: Safe and Effective Care Environment: Management of Care

Cognitive level: Comprehension [Understanding]

Concept: Professionalism

Difficulty: Easy

	Feedback
1	The physician's handmaiden was/is a nursing stereotype rather than an influence on nursing.
2	Although there has been a need for healthcare outside the home throughout history, this has more influence on the development of hospitals than on nursing; this need provided one more setting for nursing work.
3	Throughout the centuries, stability of the government has been related to the success of the military to protect or extend its domain. As the survival and well-being of soldiers are both critical, nurses provided healthcare to the sick and injured at the battle site.
4	Germ theory and sanitation helped to improve healthcare but did not shape nursing.

PTS: 1

CON: Professionalism

2. Which is an example of an illness-prevention activity?
- 1) Encouraging the use of a food diary
  - 2) Joining a cancer support group
  - 3) Administering immunization for HPV
  - 4) Teaching a diabetic patient about his diet

ANS: 3

Chapter number and title: 1, Nursing Past & Present

Chapter learning objective: Name and recognize the four purposes of nursing care.

Chapter page reference: p. 15

Heading: Nursing Practice: Caring for Clients

Integrated Processes: Nursing Process – Implementation

Client Need: Health Promotion and Maintenance

Cognitive level: Application [Applying]

Concept: Health Promotion

Difficulty: Moderate

	Feedback
1	Illness-prevention activities focus on avoiding a specific disease. A food diary is a health-promotion activity.
2	Although cancer is a disease, it is assumed that a person joining a support group would already have the disease; therefore, this is not disease prevention but treatment.
3	Administering immunization for HPV is an example of illness prevention.
4	Teaching a diabetic patient about diet is a treatment for diabetes; the patient already has diabetes, so it cannot prevent diabetes.

PTS: 1

CON: Health Promotion

3. Which contribution of Florence Nightingale had an immediate impact on improving patients' health?
- 1) Providing a clean environment
  - 2) Improving nursing education
  - 3) Changing the delivery of care in hospitals
  - 4) Establishing nursing as a distinct profession

ANS: 1

Chapter number and title: 1, Nursing Past & Present

Chapter learning objective: Name nine expanded roles for nursing.

Chapter page reference: p. 9

Heading: Table 1-1 Roles and Functions of the Nurse

Integrated Processes: Caring

Client Need: Health Promotion and Maintenance

Cognitive level: Comprehension [Understanding]

Concept: Evidence-Based Practice

Difficulty: Easy

	Feedback
1	Improved sanitation (a clean environment) greatly and immediately reduced the rate of infection and mortality in hospitals.
2	This is an activity of Florence Nightingale that improved healthcare or nursing, but the impact is long range, not immediate.
3	This is an activity of Florence Nightingale that improved healthcare or nursing, but the impact is long range, not immediate.
4	This is an activity of Florence Nightingale that improved healthcare or nursing, but the impact is long range, not immediate.

PTS: 1

CON: Evidence-Based Practice

4. Which aspect of the full-spectrum nursing role is essential for the nurse to do in order to successfully carry out all the others?
- 1) Thinking and reasoning about the client's care
  - 2) Providing hands-on client care
  - 3) Carrying out physician orders

4) Delegating to assistive personnel

ANS: 1

Chapter number and title: 1, Nursing Past & Present

Chapter learning objective: Name and recognize the four purposes of nursing care.

Chapter page reference: p. 8

Heading: Nursing Today: Full-Spectrum Nursing

Integrated Processes: Nursing Process

Client Need: Safe and Effective Care Environment: Management of Care

Cognitive level: Analysis [Analyzing]

Concept: Patient-Centered Care

Difficulty: Difficult

	Feedback
1	A substantial portion of the nursing role involves using clinical judgment, critical thinking, and problem solving, which directly affect the care the client will actually receive.
2	Providing hands-on care is important; however, clinical judgment, critical thinking, and problem-solving are essential to do it successfully.
3	Carrying out physician orders is a small part of a nurse's role; it, too, requires nursing assessment, planning, intervention, and evaluation.
4	Many simple nursing tasks are being delegated to nursing assistive personnel; delegation requires careful analysis of patient status and the appropriateness of support personnel to deliver care.

PTS: 1

CON: Patient-Centered Care

5. Which statement pertaining to Benner's practice model for clinical competence is true?

- 1) Progression through the stages is constant, with most nurses reaching the proficient stage.
- 2) Progression through the stages involves continual development of thinking and technical skills.
- 3) The nurse must have experience in many areas before being considered an expert.
- 4) The nurse's progress through the stages is determined by years of experience and skills.

ANS: 2

Chapter number and title: 1, Nursing Past & Present

Chapter learning objective: Discuss the transitions nursing education has undergone in the last century.

Chapter page reference: p. 12

Heading: Benner's Model

Integrated Processes: Caring

Client Need: Safe and Effective Care Environment: Management of Care

Cognitive level: Comprehension [Understanding]

Concept: Evidence-Based Practice

Difficulty: Easy

	Feedback
1	Movement through the stages is not constant.
2	Benner's model is based on integration of knowledge, technical skill, and intuition in the development of clinical wisdom.

3	The model does not mention experience in many areas.
4	The model does not mention years of experience.

PTS: 1 CON: Evidence-Based Care

6. Which best explains why it is difficult for the profession to develop a definition of *nursing*?
- 1) There are too many different and conflicting images of nurses.
  - 2) There are constant changes in healthcare and the activities of nurses.
  - 3) There is disagreement among the different nursing organizations.
  - 4) There are different education pathways and levels of practice.

ANS: 2

Chapter number and title: 1, Nursing Past & Present

Chapter learning objective: Discuss the transitions that nursing education has undergone in the last century.

Chapter page reference: p. 8

Heading: How Is Nursing Defined?

Integrated Processes: Caring

Client Need: Safe and Effective Care Environment: Management of Care

Cognitive level: Analysis [Analyzing]

Concept: Professionalism

Difficulty: Difficult

	Feedback
1	The conflicting images of nursing make it more important to develop a definition; they may also make it more difficult but not to the extent that constant change does.
2	Healthcare is constantly changing and with it come changes in where, how, and what nursing care is delivered. Constant changes make it difficult to develop a definition.
3	Although different nursing organizations have different definitions, they are similar in most ways.
4	The different education pathways affect entry into practice, not the definition of nursing.

PTS: 1 CON: Professionalism

7. Nurses have the potential to be very influential in shaping healthcare policy. Which factor contributes most to nurses' influence?
- 1) Nurses are the largest health professional group.
  - 2) Nurses have a long history of serving the public.
  - 3) Nurses have achieved some independence from physicians in recent years.
  - 4) Political involvement has helped refute negative images portrayed in the media.

ANS: 1

Chapter number and title: 1, Nursing Past & Present

Chapter learning objective: Discuss issues related to healthcare reform.

Chapter page reference: p. 24

Heading: Influence of Nurses on Health Policy

Integrated Processes: Caring

Client Need: Safe and Effective Care Environment: Management of Care

Cognitive level: Comprehension [Understanding]

Concept: Health Care System

Difficulty: Easy

	Feedback
1	Nurses are trusted professionals and the largest health professional group. As such, they have political power to effect changes. If nursing were a small group, there would be little potential for power in shaping policies, even if all the other answers were true.
2	Serving the public, although positive, does not necessarily help nurses to be influential in establishing health policy.
3	Independence from physicians, although positive, does not necessarily make nurses influential in establishing healthcare policy.
4	Refuting negative media, although positive, does not necessarily make nurses influential in establishing healthcare policy.

PTS: 1

CON: Health Care System

8. Nursing was described as a distinct occupation in the sacred books of which faith?

- 1) Buddhism
- 2) Christianity
- 3) Hinduism
- 4) Judaism

ANS: 3

Chapter number and title: 1, Nursing Past & Present

Chapter learning objective: Discuss the transitions that nursing education has undergone in the last century. N

Chapter page reference: p. 6

Heading: Historical Context of Nursing

Integrated Processes: Caring

Client Need: Safe and Effective Care Environment: Management of Care

Cognitive level: Knowledge [Remembering]

Concept: Professionalism

Difficulty: Easy

	Feedback
1	Nursing was not described as a distinct occupation in the sacred books of Buddhism.
2	Nursing was not described as a distinct occupation in the sacred books of Christianity.
3	The Vedas, the sacred books of the Hindu faith, described Indian healthcare practices and were the earliest writings of a distinct nursing occupation.
4	Nursing was not described as a distinct occupation in the sacred books of Judaism.

PTS: 1

CON: Professionalism

9. Which individual established the American Red Cross?

- 1) Louisa May Alcott
- 2) Clara Barton

- 3) Dorothea Dix
- 4) Harriet Tubman

ANS: 2

Chapter number and title: 1, Nursing Past & Present

Chapter learning objective: Give four examples of influential nursing organizations.

Chapter page reference: p. 19

Heading: Charitable Organizations

Integrated Processes: Caring

Client Need: Safe and Effective Care Environment: Management of Care

Cognitive level: Knowledge [Remembering]

Concept: Evidence-Based Practice

Difficulty: Easy

	Feedback
1	Louisa May Alcott was an American novelist who wrote <i>Little Women</i> in 1868.
2	Clara Barton was an American teacher, nurse, and humanitarian who organized the American Red Cross after the Civil War.
3	Dorothea Dix was an American activist who acted on behalf of the indigent population with mental illness. She was credited for establishing the first psychiatric institution.
4	Harriet Tubman was an African American abolitionist and Union spy during the Civil War. After escaping captivity, she set up a network of antislavery activists known as the Underground Railroad.

PTS: 1

CON: Evidence-Based Practice

10. Which is the most important reason to develop a definition of nursing?
- 1) Recruit more informed people into the nursing profession
  - 2) Evaluate the degree of role satisfaction
  - 3) Dispel the stereotypical images of nurses and nursing
  - 4) Differentiate nursing activities from those of other health professionals

ANS: 4

Chapter number and title: 1, Nursing Past & Present

Chapter learning objective: Define *nursing* in your own words.

Chapter page reference: p. 8

Heading: How Is Nursing Defined?

Integrated Processes: Caring

Client Need: Safe and Effective Care Environment: Management of Care

Cognitive level: Comprehension [Understanding]

Concept: Professionalism

Difficulty: Easy

	Feedback
1	A definition of <i>nursing</i> would not be likely to increase the number of informed people recruited into nursing.
2	A definition of <i>nursing</i> would do little to improve the nurse's role satisfaction.
3	Although a definition of <i>nursing</i> might contribute to fighting stereotypes of nursing, other, more powerful influences (e.g., media portrayals) exist to counteract it.
4	Nursing organization leaders think it is important to develop a definition of

	<i>nursing</i> to bring value and understanding to the profession, differentiate nursing activities from those of other health professionals, and help student nurses understand what is expected of them.
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PTS: 1 CON: Professionalism

11. Which provides evidence-based support for the contribution that advanced practice nurses (APNs) make within healthcare?
- 1) Reduced usage of diagnostics using advanced technology
  - 2) Decreased number of unnecessary visits to the emergency department
  - 3) Improved patient compliance with prescribed treatments
  - 4) Increased usage of complementary alternative therapies

ANS: 3

Chapter number and title: 1, Nursing Past & Present

Chapter learning objective: Name nine expanded roles for nursing.

Chapter page reference: p. 22

Heading: Expanded Career Roles for Nurses

Integrated Processes: Nursing Process – Planning

Client Need: Safe and Effective Care Environment: Management of Care

Cognitive level: Comprehension [Understanding]

Concept: Evidence-Based Practice

Difficulty: Easy

	Feedback
1	No well-known scientific studies support APNs' effect on the use of advanced technology.
2	No well-known scientific studies support APNs' effect on the frequency of emergency department visits.
3	Studies demonstrate that APNs have improved patient outcomes over those of physicians, including increased patient understanding and cooperation with treatments and decreased need for hospitalizations.
4	No well-known scientific studies support APNs' effect on the use of alternative therapies.

PTS: 1 CON: Evidence-Based Practice

12. Which is an example of what traditional medicine and complementary and alternative medicine therapies have in common?
- 1) Both can produce adverse effects in some patients.
  - 2) Both use prescription medications.
  - 3) Both are usually reimbursed by insurance programs.
  - 4) Both are regulated by the FDA.

ANS: 1

Chapter number and title: 1, Nursing Past & Present

Chapter learning objective: Delineate the forces and trends affecting contemporary nursing practice.

Chapter page reference: p. 22

Heading: What Are Some Trends in Nursing and Healthcare?

Integrated Processes: Caring

Client Need: Safe and Effective Care Environment: Management of Care

Cognitive level: Comprehension [Understanding]

Concept: Evidence-Based Practice

Difficulty: Easy

	Feedback
1	Both traditional and complementary therapies can produce adverse effects in some patients.
2	Many medications are derived from herbs, but the alternative treatments usually use the herbs, not prescription medication.
3	Insurance programs do not necessarily reimburse alternative treatments, because many are not supported by sound scientific research methodology.
4	Alternative medications are not regulated by the FDA.

PTS: 1

CON: Evidence-Based Practice

13. Which is the biggest disadvantage of having nursing assistive personnel (NAP) assist nurses in practice?
- 1) Nurses must know what aspects of care can legally and safely be delegated to the NAP.
  - 2) Nurses may rely too heavily on information gathered by the NAP when making patient care decisions.
  - 3) Nurses are removed from many components of direct patient care that have been delegated to the NAP.
  - 4) Nurses still maintain responsibility for the patient care given by the NAP.

ANS: 2

Chapter number and title: 1, Nursing Past & Present

Chapter learning objective: Delineate the forces and trends affecting contemporary nursing practice.

Chapter page reference: p. 24

Heading: Increased Use of Nursing Assistive Personnel

Integrated Processes: Nursing Process – Implementation

Client Need: Safe and Effective Care Environment: Management of Care

Cognitive level: Comprehension [Understanding]

Concept: Collaboration

Difficulty: Easy

	Feedback
1	All of the options may be disadvantages to using NAPs, but making decisions based on another's information is the greatest drawback because of the potential for negatively affecting patient care. Treatment decisions based on incorrect information may cause harm to the patient.
2	All of the options may be disadvantages to using NAPs, but making decisions based on another's information is the greatest drawback because of the potential for negatively affecting patient care. Treatment decisions based on incorrect information may cause harm to the patient.
3	All of the options may be disadvantages to using NAPs, but making decisions based on another's information is the greatest drawback because of the potential for negatively affecting patient care. Treatment decisions based on incorrect information may cause harm to the patient.



4	All of the options may be disadvantages to using NAPs, but making decisions based on another's information is the greatest drawback because of the potential for negatively affecting patient care. Treatment decisions based on incorrect information may cause harm to the patient.
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PTS: 1

CON: Collaboration

14. An older adult patient is diagnosed with type 1 diabetes mellitus (DM). The patient can perform self-care activities but needs help with shopping and meal preparation as well as with blood glucose monitoring and insulin administration. Which type of healthcare facility would be most appropriate for this patient?
- 1) Acute care facility
  - 2) Ambulatory care facility
  - 3) Extended care facility
  - 4) Assisted living facility

ANS: 4

Chapter number and title: 1, Nursing Past & Present

Chapter learning objective: Describe the healthcare delivery system in the United States, including sites for care, types of workers, regulation, and financing of healthcare.

Chapter page reference: p. 16

Heading: Extended Care Facilities

Integrated Processes: Nursing Process – Planning

Client Need: Safe and Effective Care Environment: Management of Care

Cognitive level: Application [Applying]

Concept: Patient-Centered Care

Difficulty: Moderate N

	Feedback
1	Acute care facilities focus on preventing illnesses and treating acute problems. These facilities include physicians' offices, clinics, and diagnostic centers.
2	Ambulatory care facilities provide outpatient care. Clients live at home or in nonhospital settings and come to the site for care. Ambulatory care facilities include private health and medical offices, clinics, surgery centers, and outpatient therapy centers.
3	Extended care facilities typically provide long-term care, rehabilitation, wound care, and ongoing monitoring of patient conditions.
4	Assisted living facilities are intended for those who are able to perform self-care activities but who require assistance with meals, housekeeping, or medications.

PTS: 1

CON: Patient-Centered Care

15. The nurse in the intensive care unit is providing care for only one patient, who was admitted in septic shock. Based on this information, which care delivery model is the nurse implementing?
- 1) Functional
  - 2) Primary
  - 3) Case method
  - 4) Team

ANS: 3

Chapter number and title: 1, Nursing Past & Present

Chapter learning objective: Describe the healthcare delivery system in the United States, including sites for care, types of workers, regulation, and financing of healthcare.

Chapter page reference: p. 15

Heading: What Models of Care Are Used to Provide Nursing Care?

Integrated Processes: Nursing Process – Planning

Client Need: Safe and Effective Care Environment: Management of Care

Cognitive level: Application [Applying]

Concept: Patient-Centered Care

Difficulty: Moderate

	Feedback
1	When the functional nursing model is employed, care is compartmentalized and each task is assigned to a staff member with the appropriate knowledge and skills.
2	In primary nursing, one nurse plans the care for a group of patients around the clock. The primary nurse assesses the patient and develops the plan of care. When that nurse is working, he or she provides care for those patients for whom he or she is responsible. In his or her absence, the associate nurses deliver care. Although the nurse in this case could possibly be a primary nurse, there are not enough data to confidently infer that.
3	The nurse is following the case method model of nursing care. In this model, one nurse cares for one patient during a single shift.
4	If the team nursing approach is utilized, a licensed nurse (RN or LVN) is paired with a nursing assistant. The pair is then assigned to a group of patients.

PTS: 1

CON: Patient-Centered Care

16. Which healthcare worker should the nurse consult to counsel a patient about financial and family stressors affecting healthcare?

- 1) Social worker
- 2) Occupational therapist
- 3) Physician's assistant
- 4) Technologist

ANS: 1

Chapter number and title: 1, Nursing Past & Present

Chapter learning objective: Describe the healthcare delivery system in the United States, including sites for care, types of workers, regulation, and financing of healthcare.

Chapter page reference: p. 17

Heading: Who Are the Members of the Interprofessional Healthcare Team?

Integrated Processes: Nursing Process – Planning

Client Need: Safe and Effective Care Environment: Management of Care

Cognitive level: Application [Applying]

Concept: Collaboration

Difficulty: Moderate

	Feedback
1	The social worker coordinates services and counsels patients about financial, housing, marital, and family issues affecting healthcare.
2	The occupational therapist helps patients regain function and independence in