Medical Surgical Nursing Care 4th edition Burke Test Bank

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Burke: Medical–Surgical Nursing Care, 4e

Chapter 2

Health, Illness, and Settings of Care

1. The nurse is preparing to conduct a teaching session with older adults at a community center. When teaching about health, what should the nurse include?

    1. Health is the absence of infirmity.
    2. Health includes freedom from disease.
    3. Health includes the ability to work.
    4. Health includes physical and social well-being.

Answer: 4

Rationale: 1. Health is defined as more than the absence of infirmity.

2. The definition of health includes absence of disease but includes other concepts as well-being.

3. The definition of health does not specifically include the ability to work.

4. Health is defined as a state of complete physical, mental, and social well-being.

Page Reference: 19

Cognitive Level: Application

Client Need: Health Promotion and Maintenance

Nursing Process: Planning

Learning Outcome: 2-1Define *health*, the *health-illness continuum*, and *high-level wellness.*

2. A client is experiencing a chronic condition. How should the nurse describe this client's health problem?

    1. Good health
    2. Illness
    3. Normal health
    4. Unhealthy

Answer: 2

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Rationale: 1. A client with a chronic condition is not considered to be experiencing good health on the health–illness continuum.

2. The client with a chronic condition is experiencing an illness.

3. Normal health is described as a state of freedom from illness.

4. The health–illness continuum does not have an unhealthy description.

Page Reference: 19

Cognitive Level: Application

Client Need: Physiological Integrity

Client Sub Need: Basic Care and Comfort

Nursing Process: Implementation

Learning Outcome: 2-1 Define *health*, the *health-illness continuum*, and *high-level wellness.*

3. The nurse is reinforcing teaching provided to an older adult about methods of reducing risks of disease. What should the nurse advise the client to do? (Select all that apply.)

1. Plan to prevent hypothermia.
2. Drink plenty of water to prevent hypothermia.
3. Get plenty of rest to prevent hypothermia.
4. Stay out of the sun during the day in high temperatures.
5. Increase the intake of protein.

Answer: 1; 4

Rationale: 1. The older adult should plan to stay warm to prevent hypothermia in cold weather.

2. Drinking extra water is appropriate for the older adult during high-temperature days to prevent hyperthermia.

3. Getting rest does not affect hypothermia but could impact hyperthermia during the heat of the day.

4. The older adult should stay out of the sun during the heat of the day to prevent dehydration.

5. The older adult does not need increased amounts of protein. Protein intake does not impact hyperthermia or hypothermia.

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Page Reference: 20

Cognitive Level: Application

Client Need: Health Promotion and Maintenance

Nursing Process: Implementation

Learning Outcome: 2-2 Use knowledge of variables affecting health status to promote, maintain, and restore health when providing patient-centered care for adults across the life span.

4. The nurse is instructing a client about risk factors for disease and illness. Which factors should the nurse instruct that affect the risk for disease and cannot be changed?

1. Age and gender
2. Age and lifestyle
3. Gender and geographic area
4. Race and the environment

Answer: 1

Rationale: 1. Age and gender both pose risk factors that cannot be altered.

2. Lifestyle can pose risk factors, but the client can alter these risk factors.

3. The client can change a geographic location.

4. The client cannot alter race, but can change the environment.

Page Reference: 20

Cognitive Level: Application

Client Need: Physiological Integrity

Client Sub Need: Reduction of Health Potential

Nursing Process: Implementation

Learning Outcome: 2-2 Use knowledge of variables affecting health status to promote, maintain, and restore health when providing patient-centered care for adults across the life span.

5. Before identifying health promotion interventions for a client the nurse reviews Healthy People 2020. What information should the nurse expect to learn from this resource? (Select all that apply.)

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1. Provides a foundation for wellness activities

2. Explains the cost savings associated with activities

3. Helps to provide the rationales for specific activities

4. Provides a foundation for disease prevention activities

5. Is used to measure achievement of goals and objectives

Answer: 1, 4, 5

Rationale: 1. National public health objectives, published in Healthy People 2020, provide a foundation for wellness activities.

2. Healthy People 2020 objectives do not explain the cost savings associated with activities.

3. Healthy People 2020 objectives do not provide rationales for specific activities.

4. National public health objectives, published in Healthy People 2020, provide a foundation for disease prevention activities.

5. National public health objectives, published in Healthy People 2020, serve as a model for measuring the achievement of identified goals and objectives.

Page Reference: 21

Cognitive Level: Application

Client Need: Health Promotion and Maintenance

Nursing Process: Planning

Learning Outcome: 2-2 Use knowledge of variables affecting health status to promote, maintain, and restore health when providing patient-centered care for adults across the life span.

6. A client with a gastrointestinal disease is admitted for dehydration. The physician treats the disease and the nurse treats the client's response to the disease. On what should the nurse focus?

1. The medications the client should take
2. The diet the client is on
3. Measures to ease skin breakdown from diarrhea
4. Levels of pain medications

Answer: 3

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Rationale: 1. The physician determines needed medications.

2. The physician orders the diet.

3. The nurse prevents skin breakdown associated with diarrhea.

4. The physician orders pain medication.

Page Reference: 21

Cognitive Level: Application

Client Need: Physiological Integrity

Client Sub Need: Basic Care and Comfort

Nursing Process: Implementation

Learning Outcome: 2-4 Compare and contrast disease and illness and acute illness and chronic illness.

7. A client comes to the Emergency Department with chest pain and difficulty breathing. The nurse concludes that the client is in which stage of acute illness behavior?

1. Assuming a dependent role
2. Seeking medical attention
3. Feeling out of sorts
4. Seeking rehabilitation

Answer: 2

Rationale: 1. Assuming the dependent role is stage 4, when the client accepts the illness.

2. Stage 3 involves the client's seeking medical attention.

3. Stage 1 is when the client feels out of sorts.

4. The client seeks rehabilitation in the final stage 5.

Page Reference: 22

Cognitive Level: Analysis

Client Need: Physiological Integrity

Client Sub Need: Basic Care and Comfort

Nursing Process: Assessment

Learning Outcome: 2-4 Compare and contrast disease and illness and acute illness and chronic illness.

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8. A client is asking the nurse when recovery from an acute illness will occur. The best response by the nurse would be:

1. "Recovery is individual, and does not follow a timetable."
2. "You will recover in one week."
3. "This disease will probably develop into a chronic condition."
4. "You should have recovered by now."

Answer: 1

Rationale: 1. Recovery is individual, and depends on compliance of the client, severity of the illness, and the method of treatment.

2. Since recovery is always individual, the nurse does not give the client a time frame.

3. Telling the client that the disease could become chronic is not within nursing's scope of practice.

4. It is not wise to tell a client that recovery already should have occurred, because recovery is individual, and part of recovery includes the client's mental state.

Page Reference: 22

Cognitive Level: Application

Client Need: Physiological Integrity

Client Sub Need: Basic Care and Comfort

Nursing Process: Implementation

Learning Outcome: 2-4 Compare and contrast disease and illness and acute illness and chronic illness.

9. A client is experiencing a significant change from her normal health. In the first stage of an acute illness, the nurse can expect the client to report having: (Select all that apply.)

1. cough.
2. pain.
3. fever.
4. bleeding.
5. thirst

Answer: 2, 3, 4

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Rationale: 1. In the first stage of an acute illness, a person experiences symptoms or manifestations that signal a change in normal health. A cough is not considered one of these changes.
2. In the first stage of an acute illness, a person experiences symptoms or manifestations that signal a change in normal health. Pain is considered one of these changes.
3. In the first stage of an acute illness, a person experiences symptoms or manifestations that signal a change in normal health. Fever is considered one of these changes.
4. In the first stage of an acute illness, a person experiences symptoms or manifestations that signal a change in normal health. Bleeding is considered one of these changes.
5. In the first stage of an acute illness, a person experiences symptoms or manifestations that signal a change in normal health. Thirst is not considered one of these changes.
Page Reference: 22
Cognitive Level: Analysis
Client Need: Physiological Integrity
Client Sub Need: Basic Care and Comfort
Nursing Process: Implementation
Learning Outcome: 2-4 Compare and contrast disease and illness and acute illness and chronic illness.

10. The nurse is helping a client adjust to experiencing chronic obstructive pulmonary disease. What should the nurse instruct the client about chronic diseases?

1. Require a short period of care
2. Leave permanent disability
3. Recover spontaneously
4. Are temporary in nature

Answer: 2
Rationale: 1. Chronic disease requires long period of care.
2. Chronic disease leaves permanent disability in its wake.
3. The client does not recover from chronic disease.
4. Chronic disease is permanent.
Page Reference: 22

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Cognitive Level: Application

Client Need: Physiological Integrity

Client Sub Need: Basic Care and Comfort

Nursing Process: Implementation

Learning Outcome: 2-5 Provide safe and effective nursing care and teaching for patients experiencing acute or chronic illness and their families.

11. The nurse is caring for a client with a chronic illness. What should the nurse expect the client to experience because of this illness?

1. Persistent pain
2. Reversible conditions
3. Impaired function
4. Severe symptoms

Answer: 3

Rationale: 1. Persistent pain will vary with the client and condition.

2. Chronic conditions are not reversible.

3. Chronic illness is characterized by impaired functioning of one or more body systems.

4. Severity of symptoms will vary with the client and condition.

Page Reference: 23

Cognitive Level: Analysis

Client Need: Physiological Integrity

Client Sub Need: Physiological Adaptation

Nursing Process: Assessment

Learning Outcome: 2-5 Provide safe and effective nursing care and teaching for patients experiencing acute or chronic illness and their families.

12. The nurse is planning interventions for a client with a chronic illness. On what should the nurse focus these interventions?

1. Assisting the client to accept the illness.
2. Pain management.
3. Education to promote independent functioning.

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4. Securing assistance from family members.

Answer: 3

Rationale: 1. Nursing interventions should focus on promoting independence, reducing health care costs, and improving quality of life.

2. The client may not necessarily have pain.

3. Nursing interventions should focus on promoting independence, reducing health care costs, and improving quality of life.

4. The client may or may not have family members to assist with care.

Page Reference: 23

Cognitive Level: Application

Client Need: Health Promotion and Maintenance

Nursing Process: Intervention

Learning Outcome: 2-5 Provide safe and effective nursing care and teaching for patients experiencing acute or chronic illness and their families.

13. The nurse is assisting in the creation of content for a community program on Healthy People 2020. What should the nurse include as overarching goals of this initiative? (Select all that apply.)

1. Improve maternal, infant, and child health.

2. Create social and physical environments that promote good health for all.

3. Achieve health equity, eliminate disparities, and improve the health of all groups.

4. Promote quality of life, healthy development, and healthy behaviors across all life stages.

5. Attain high-quality, longer lives free of preventable disease, disability, injury, and premature death.

Answer: 2, 3, 4, 5

Rationale: 1. Improving maternal, infant, and child health is a leading health indicator.

2. An overarching goal of Healthy People 2020 is to create social and physical environments that promote good health for all.

3. An overarching goal of Healthy People 2020 is to achieve health equity, eliminate disparities, and improve the health of all groups.

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4. An overarching goal of Healthy People 2020 is to promote quality of life, healthy development, and healthy behaviors across all life stages.
5. An overarching goal of Healthy People 2020 is to attain high-quality, longer lives free of preventable disease, disability, injury, and premature death.
Page Reference: 21
Cognitive Level: Application
Client Need: Health Promotion and Maintenance
Nursing Process: Planning
Learning Outcome: 2-2 Use knowledge of variables affecting health status to promote, maintain, and restore health when providing patient-centered care for adults across the life span.

14. A client is referred for home care. What should the nurse keep in mind about the type and needs of the client when planning this client's care?

1. Unable to afford hospitalization
2. Acutely ill
3. Chronically ill, disabled, or recuperating
4. Not covered by medical insurance

Answer: 3
Rationale: 1. Home care is not a substitute for hospitalization because of finances
2. Acutely ill clients need to be in an inpatient facility.
3. Home health care is provided to the chronically ill, those with disabilities, or clients recovering from an acute illness.
4. Insurance and payment options can impact the type and/or length of care provided in the home.
Page Reference: 27
Cognitive Level: Application
Client Need: Safe, Effective Care Environment
Client Sub Need: Management of Care
Nursing Process: Planning

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Learning Outcome 2-6 Describe the focus of various settings of care, including acute, long-term and residential care, and community-based and home care.

15. Upon graduation, the nurse decides to work in a setting for clients with a higher acuity. The nurse understands that these clients will be:

1. ambulatory, requiring care at home.
2. administered to in a clinic setting.
3. significantly ill and likely hospitalized.
4. cared for in a rehabilitation setting.

Answer: 3

Rationale: 1. Care at home is given to clients with low acuity levels.

2. The clinic setting caters to the client with a problem of low acuity.

3. A client with a high acuity requires care in a hospital setting.

4. A client in the rehabilitation setting is recovering from illness.

Page Reference: 24

Cognitive Level: Application

Client Need: Physiological Integrity

Client Sub Need: Basic Care and Comfort

Nursing Process: Assessment

Learning Outcome: 2-7 Discuss the role and responsibilities of the LPN/LVN as a member of the health care team across different settings of care.

16. The nurse is planning care for elderly clients in long-term care facilities. What should be the nurse's highest priority when planning this care?

1. Providing regular periods of exercise daily
2. Maintaining a safe environment
3. Ensuring that they consume at least 1200 calories a day
4. Providing opportunities for social interactions

Answer: 2

Rationale: 1. Although all the options are important, maintenance of a safe environment is always of highest priority.

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2. Although all the options are important, maintenance of a safe environment is always of highest priority.

3. The client's caloric intake would be identified through the physician and dietitian.

4. Although all the options are important, maintenance of a safe environment is always of highest priority.

Page Reference: 25

Cognitive Level: Application

Client Need: Safe, Effective Care Environment

Client Sub Need: Safety and Infection Control

Nursing Process: Planning

Learning Outcome 2-7 Discuss the role and responsibilities of the LPN/LVN as a member of the health care team across different settings of care.

17. The nurse is planning a home care visit. What should the nurse keep in mind when making this visit?

1. The time of the visit should be mutually agreed upon with the client and nurse.
2. Take direction from the client for interventions.
3. Obtain written consent from family members to make visits.
4. Respect boundaries and maintain confidentiality.

Answer: 4

Rationale: 1. Visit times are arranged between the nurse, the client, and the family.

2. Interventions are based on the physician's treatment plan.

3. The client gives written consent.

4. Patient confidentiality and respect for property are part of a home health agency's bill of rights.

Page Reference: 28

Cognitive Level: Application

Client Need: Safe, Effective Care Environment

Client Sub Need: Management of Care

Nursing Process: Implementation

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Learning Outcome: 2-7 Discuss the role and responsibilities of the LPN/LVN as a member of the health care team across different settings of care.

18. Infection control can present a challenge to the home care nurse, especially with clients who have open wounds. What teaching should the nurse provide to the client?

1. Handwashing and proper disposal of waste
2. Avoiding contact with the open wound
3. Prohibiting family members from changing dressings
4. Documentation of wound care procedures

Answer: 1

Rationale: 1. Effective handwashing and waste disposal are of paramount importance to infection control.

2. Clients could have contact with their own wounds.

3. Family members are taught to do the dressing changes.

4. Documentation is important, but not a part of infection control.

Page Reference: 31

Cognitive Level: Application

Client Need: Safe and Effective Care Environment

Client Sub Need: Safety and Infection Control

Nursing Process: Implementation

Learning Outcome: 2-7 Discuss the role and responsibilities of the LPN/LVN as a member of the health care team across different settings of care.

19. The nurse working in a rehabilitation center. What belief should the nurse possess when caring for these clients?

1. Are capable of walking
2. Can return to former levels of health
3. Will be ready for discharge in 2 weeks
4. Have a unique set of strengths and abilities

Answer: 4

Rationale: 1. Not all clients leaving the hospital will walk again.

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2. Some clients might return to their former level of health, but the nurse has to be aware that many will not but still should be rehabilitated to their maximal potential.
3. There is no particular time frame for rehabilitation; it depends on the client's motivation and ability to heal.
4. The rehabilitation staff believes that each client has a unique set of strengths and abilities that can be tapped to help the client reach her maximum health potential.
Page Reference: 25
Cognitive Level: Application
Client Need: Physiological Integrity
Client Sub Need: Physiological Adaptation
Nursing Process: Implementation
Learning Outcome: 2-7 Discuss the role and responsibilities of the LPN/LVN as a member of the health care team across different settings of care.

20. The graduate nurse is considering a career working in a residential setting. What should the nurse keep in mind as being the focus of this type of care?

1. Clients will have acute illnesses.
2. Clients will need custodial care.
3. Efforts are to maintaining clients' function and independence.
4. Clients will need care for dementia.

Answer: 3
Rationale: 1. Clients with acute illness are cared for at home or in a hospital.
2. Custodial care generally does not focus on the client's ability to function independently.
3. Residential care focuses on maintaining client function and independence.
4. Some residential care settings have care units for the dementia client, but the majority of clients are there for rehabilitation or because they no longer can care for themselves.
Page Reference: 25
Cognitive Level: Application
Client Need: Physiological Integrity
Client Sub Need: Basic Care and Comfort

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Nursing Process: Planning

Learning Outcome: 2-7 Discuss the role and responsibilities of the LPN/LVN as a member of the health care team across different settings of care.

21. A client is being admitted to rehabilitation. Which type of primary assessment should the nurse make a priority for this client?

1. Level of function
2. Nutritional status
3. Medical condition
4. Insurance provider

Answer: 1

Rationale: 1. To develop an individualized plan of care, the nurse first must determine the client's level of physical function.2. Nutritional assessment will be determined after the primary assessment.

3. The medical condition will already be documented.

4. Insurance provider will already be documented.

Page Reference: 25

Cognitive Level: Analysis

Client Need: Physiological Integrity

Client Sub Need: Basic Care and Comfort

Nursing Process: Assessment

Learning Outcome: 2-7 Discuss the role and responsibilities of the LPN/LVN as a member of the health care team across different settings of care.

22. The nurse plans to practice community-based nursing. In what should this nurse demonstrate proficiency?

1. Caring for children
2. Cultural competence
3. Caring for the elderly client
4. Caring for the obstetrical client

Answer: 2

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Rationale: 1. Caring for children is only one aspect of community care.

2. The nurse planning for community must be culturally competent and capable of delivering family health care needs.

3. The elderly client is one aspect of community care.

4. The community health nurse will not likely be proficient at obstetrical, but should know the necessary referrals.

Page Reference: 27

Cognitive Level: Application

Client Need: Physiological Integrity

Client Sub Need: Basic Care and Comfort

Nursing Process: Planning

Learning Outcome: 2-7 Discuss the role and responsibilities of the LPN/LVN as a member of the health care team across different settings of care.

23. The nurse has a home visit scheduled with a client. What should the nurse remember about the environment of home care?

1. Is generally easier than hospital care
2. Belongs to the client
3. Is best for acute illnesses
4. Is the safest way to practice nursing

Answer: 2

Rationale: 1. Home health care is not always easier than the hospital, due to the decrease in resources for the nurse.

2. This setting belongs to the client, and the nurse must communicate a respect for the client's boundaries.

3. The setting for acute illness depends on the severity of the illness.

4. The home health setting often is not as safe as the hospital setting.

Page Reference: 28

Cognitive Level: Application

Client Need: Psychosocial Integrity

Nursing Process: Implementation

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Learning Outcome: 2-7 Discuss the role and responsibilities of the LPN/LVN as a member of the health care team across different settings of care.

24. The nurse is caring for an older person with a fractured hip who lives alone. The client might require which type of care after discharge from the hospital?

1. Retirement center
2. Nursing home care
3. Transitional care
4. Home care

Answer: 3

Rationale: 1. A retirement center will not be able to provide the level of care this client will need.

2. It is not determined if the client will need long-term nursing home care.

3. Clients often need a skilled nursing care facility while transitioning from the acute care setting to home.

4. Since the client lives alone a level of care before home care most likely will be required.

Page Reference: 24

Cognitive Level: Analysis

Client Need: Safe, Effective Care Environment

Client Sub Need: Management of Care

Nursing Process: Planning

Learning Outcome: 2-6 Describe the focus of various settings of care, including acute, long-term and residential care, and community-based and home care.

25. A client who is scheduled to have home health services asks the nurse who will come to see her in her home. The nurse explains that home health care is provided by:

1. a multidisciplinary team of providers.
2. volunteers.
3. home health aides.
4. registered nurses only.

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Answer: 1

Rationale: 1. Home health care may involve a variety of services, including nursing, Social Services, therapists, and volunteers.

2. Volunteers might be used to provide home health care.

3. Home health aides might assist with providing home care.

4. Other health care professionals besides nurses provide home care.

Page Reference: 27

Cognitive Level: Application

Client Need: Safe, Effective Care Environment

Client Sub Need: Management of Care

Nursing Process: Planning

Learning Outcome: 2-6 Describe the focus of various settings of care, including acute, long-term and residential care, and community-based and home care.

26. The nurse is reviewing a list of clients who are scheduled for home visits during the day. What is a legal responsibility of the nurse during these visits?

1. Arriving on time
2. Completing care within an hour of arrival
3. Assessing the home for safety
4. Establishing a trusting relationship

Answer: 3

Rationale: 1. It is wise to arrive on time, but not a legal issue.

2. Completing care in a timely fashion is advised but not a legal issue.

3. The nurse is legally responsible for assessing the home for the safety needs of the client.

4. Establishing a trusting relationship is advisable for delivering effective care, but not a legal demand.

Page Reference: 30

Cognitive Level: Applying

Client Need: Safe and Effective Care Environment

Client Sub Need: Safety and Infection Control

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Nursing Process: Assessment

Learning Outcome: 2-7 Discuss the role and responsibilities of the LPN/LVN as a member of the health care team across different settings of care.

27. The nurse delivers client care in a community setting. Which infection control procedures should the nurse keep in mind when providing this care? (Select all that apply.)

1. Protect the nurse
2. Foster the spread of disease
3. Protect the community from infection
4. Promote safety
5. Protect the client

Answer: 1, 3, 5

Rationale: 1. The nurse needs to ensure the nurse's safety from infection.

2. The nurse would seek to prevent the spread of infection.

3. The nurse protects the community from communicable diseases.

4. Safety is a separate issue from infection control.

5. The nurse protects the client against infection.

Page Reference: 31

Cognitive Level: Application

Client Need: Physiological Integrity

Client Sub Need: Reduction of Risk Potential

Nursing Process: Implementation

Learning Outcome: 2-7 Discuss the role and responsibilities of the LPN/LVN as a member of the health care team across different settings of care.

28. The nurse visits an older client who lives alone, is not eating well and has very little food available in the home. The nurse also might want to assess the client's:

1. number of visits by family.
2. ability to do her own grocery shopping.
3. availability of local grocery stores.

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4. access to local restaurants.

Answer: 2

Rationale: 1. The number of family visits will not help determine why the client has little food in the home.

2. Assessing the client's ability to obtain food would be essential to determine why the client is not eating and has little food available.

3. Availability of grocery stores would not matter if the client is unable to physically shop for food.

4. Local restaurants would not matter if the client is unable to physically arrive at the restaurant to obtain a meal.

Page Reference: 31

Cognitive Level: Analysis

Client Need: Health Promotion and Maintenance

Nursing Process: Assessment

Learning Outcome: 2-7 Discuss the role and responsibilities of the LPN/LVN as a member of the health care team across different settings of care.

29. A nurse is planning to recommend a community clinic to a client. The nurse will need to consider the:

1. ethnicity of the client.
2. socioeconomic status of the client.
3. availability of transportation.
4. gender of the client.

Answer: 3

Rationale: 1. The client's ethnicity will not affect the client's use of the clinic.

2. The client's socioeconomic status will not affect the client's use of the clinic.

3. The nurse will need to determine whether the client has access to the community clinic.

4. The client's gender will not affect the client's use of the clinic.

Page Reference: 26

Cognitive Level: Analysis

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Client Need: Safe, Effective Care Environment

Client Sub Need: Management of Care

Nursing Process: Assessment

Learning Outcome: 2-6 Describe the focus of various settings of care, including acute, long-term and residential care, and community-based and home care.

30. A 75-year-old client expresses concern over not being eligible for home health visits. The nurse explains to the client that the elderly are entitled to home care under which legislation?

1. Diagnosis-related groups (DRGs)
2. Omnibus Reconciliation Act
3. Medicare Act
4. Affordable Care Act

Answer: 3

Rationale: 1. DRGs does not legislate home care.

2. The Omnibus Reconciliation Act does not impact home care.

3. Medicare legislation entitles the elderly to home care services. DRGs and Medicaid have affected home health services but came into effect after Medicare.

4. The Affordable Care Act does not legislate home care.

Page Reference: 27

Cognitive Level: Application

Client Need: Safe, Effective Care Environment

Client Sub Need: Management of Care

Nursing Process: Implementation

Learning Outcome: 2-6 Describe the focus of various settings of care, including acute, long-term and residential care, and community-based and home care.

31. The nurse notes that one Healthy People 2020 leading health indicator focuses on nutrition. What should the nurse include when reviewing this indicator with a client? (Select all that apply.)

1. Physical activity

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2. Presence of obesity

3. Amount of vegetable intake

4. Importance of limiting protein

5. Intake of adequate carbohydrates

Answer: 1, 2, 3

Rationale: 1. The leading health indicator for nutrition includes physical activity.

2. The leading health indicator for nutrition includes the need to address obesity.

3. The leading health indicator for nutrition includes the need to address vegetable intake.

4. The leading health indicator for nutrition does not include information to limit the intake of protein.

5. The leading health indicator for nutrition does not include information about the intake of adequate carbohydrates.

Page Reference: 21

Cognitive Level: Application

Client Need: Health Promotion and Maintenance

Nursing Process: Implementation

Learning Outcome: 2-2 Use knowledge of variables affecting health status to promote, maintain, and restore health when providing patient-centered care for adults across the life span.

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