Medical Surgical Nursing 9th edition Ignatavicius Test Bank

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Chapter 02: Overview of Health Concepts for Medical-Surgical Nursing

MULTIPLE CHOICE

1. Acid-base balance occurs when the pH level of the blood is between:
a. 7.3 and 7.5
b. 7.35 and 7.45
c. 7.4 and 7.5
d. 7.25 and 7.35

ANS: B
Acid-base balance is the maintenance of arterial blood pH between 7.35 and 7.45 through hydrogen ion production and elimination.

DIF: Understanding/Comprehension REF: 13
KEY: Assessment
MSC: Physiological Adaptation | Fluid and Electrolyte Imbalances
NOT: Describe common fluid, electrolyte, and acid-base imbalances.

2. The nurse would expect a patient with respiratory acidosis to have an excessive amount of
a. Hydrogen ions.
b. Bicarbonate.
c. Oxygen.
d. Phosphate.

ANS: A
Respiratory acidosis occurs when the arterial blood pH level falls below 7.35 and is caused by either too many hydrogen ions in the body (respiratory acidosis) or too little bicarbonate (metabolic acidosis). Excessive oxygen and phosphate are not characteristic of respiratory acidosis.

DIF: Understanding/Comprehension REF: 13
KEY: Assessment
MSC: Physiological Adaptation | Fluid and Electrolyte Imbalances
NOT: Describe common fluid, electrolyte, and acid-base imbalances.

3. The best way for an individual to maintain acid-base balance is to
a. avoid or quit smoking.
b. exercise regularly.
c. eat healthy and well-balanced meals.
d. All of the above.

ANS: D
Maintaining a healthy lifestyle is the best way to maintain acid-base balance. For example, most cases of COPD can be prevented by avoiding or quitting smoking, while regular exercise and a healthy diet can decrease the incidence of type-2 diabetes.

DIF: Patient education REF: 14
KEY: Assessment
MSC: Integrated Process: Teaching/Learning
NOT: Client Needs Category: Health Promotion and Maintenance

4. The process to control cellular growth, replication, and differentiation to maintain homeostasis is called:
a. cellular regulation.
b. cellular impairment.
c. cellular reproduction.
d. cellular tumor.

ANS: A
Cellular Regulation is the term used to describe both the positive and negative aspects of cellular function

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within the body.

DIF: Understanding/Comprehension REF: 14
KEY: Assessment
MSC: Integrated Process: Teaching/Learning
NOT: Client Needs Category: Health Promotion and Maintenance

5. A defining characteristic of malignant (cancerous) cells is:
a. they cannot spread to other tissues or organs.
b. they can invade healthy cells, tissues, and organs.
c. they are not usually a health risk.
d. none of the above.

ANS: B
Malignant (cancerous) cells have no comparison to the original cells from which they are derived, and they have the ability to invade healthy cells, tissues, and other organs through tumor formation and invasion. On the other hand, Benign cells do not have the ability to spread to other tissues or organs.

DIF: Understanding/Comprehension REF: 14
KEY: Assessment
MSC: Integrated Process: Teaching/Learning
NOT: Client Needs Category: Health Promotion and Maintenance

6. Specialized cells that circulate in the body to promote clotting are called:
a. anticoagulants.
b. proteins.
c. emboli.
d. platelets.

ANS: D
Clotting is a complex, multi-step process through which blood forms a protein-based clot to prevent excessive bleeding. Platelets (thrombocytes) are the specialized cells that circulate in the blood and are activated when an injury occurs. Once activated, these cells become sticky, causing them to clump together to form a temporary, localized, solid plug.

DIF: Understanding/Comprehension REF: 15
KEY: Assessment
MSC: Integrated Process: Teaching/Learning
NOT: Client Needs Category: Health Promotion and Maintenance

7. An increase in platelet stickiness can lead to:
a. hypercoagulability
b. thromobocytopenia
c. embolus
d. atrial fibrillation

ANS: A
Hypercoagulability refers to an increase in clotting ability caused by an excess of platelets or excessive plately stickiness, which can impair blood flow. The opposite end of the spectrum involves an inability to form adequate clots, which often occurs when there is an inadequate number of circulating platelets or a reduction in platelet stickiness.

DIF: Understanding/Comprehension REF: 15
KEY: Assessment
MSC: Integrated Process: Teaching/Learning
NOT: Client Needs Category: Health Promotion and Maintenance

8. Signs and symptoms of _____ thromobsis include localized redness, swelling, and warmth:
a. arterial

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b. venous
c. partial
d. atrial

ANS: B
Venous thrombosis is a clot formation in either superficial or deep veins, usually in the leg, and can be observed locally.

DIF: Understanding/Comprehension REF: 16
KEY: Assessment
MSC: Integrated Process: Teaching/Learning
NOT: Client Needs Category: Health Promotion and Maintenance

9. A serious condition which is not locally observable and is typically manifested by decreased blood flow to a distal extremity is known as _____ thrombosis.
a. arterial
b. venous
c. partial
d. atrial

ANS: A
Arterial thrombosis is manifested by decreased blood flow (perfusion) to a distal extremity or internal organ. For example, the distal leg can become pale and cool in the case of a femoral arterial clot due to blockage of blood to the leg. This is an emergent condition and requires immediate intervention.

DIF: Understanding/Comprehension REF: 16
KEY: Assessment
MSC: Integrated Process: Teaching/Learning
NOT: Client Needs Category: Health Promotion and Maintenance

10. A high-level thinking process that allows an individual to make decisions and judgments is known as:
a. amnesia
b. personality
c. reasoning
d. memory

ANS: C
Reasoning is the high-level cognitive thinking process that helps individuals make decisions and judgments. Personality is the way an individual feels and behaves, while Memory is the ability of an individual to retain and recall information. Amnesia refers to a loss of memory caused by brain trauma, congenital disorders, or acute health problems.

DIF: Understanding/Comprehension REF: 16
KEY: Assessment
MSC: Integrated Process: Teaching/Learning
NOT: Client Needs Category: Psychosocial Integrity

11. A form of inadequate cognition in older adults which is manifested by an acute, fluctuating confusional state is known as:
a. dementia
b. delerium
c. amnesia
d. depression

ANS: B
Delerium is the form of acute, fluctuating confusion which lasts from a few hours to less than 1 month and that may be treatable. Dementia is a chronic state of confusion that may last from a few months to many years and that may not be reversible. Amnesia refers to a loss of memory caused by brain trauma, congenital disorders, or acute health problems.

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DIF: Understanding/Comprehension REF: 16
KEY: Assessment
MSC: Integrated Process: Teaching/Learning
NOT: Client Needs Category: Psychosocial Integrity

12. The most common causes of decreased comfort for a patient are pain and _____.
a. light-headedness
b. nausea
c. emotional stress
d. depression

ANS: C
Pain and emotional stress are the two leading causes of discomfort for a patient. For example, patients who are having surgery are often anxious and feel stressed about the procedure. This emotional stress may negatively impact the outcome of surgery.

DIF: Understanding/Comprehension REF: 17
KEY: Assessment
MSC: Integrated Process: Teaching/Learning
NOT: Client Needs Category: Safe and Effective Care Environment

13. The inability to pass stool is known as _____.
a. constipation
b. obstipation
c. diarrhea
d. incontinence

ANS: B
Obstipation is the inability to pass stool during bowel elimination. Constipation refers to the condition where stool can be hard, dry, and difficult to pass through the rectum. Diarrhea is at the opposite end of the continuum from constipation, and occurs when stool is watery and without solid form. Elimination is the general term to describe the excretion of waste from the body by the gastrointestinal tract and by the urinary system.

DIF: Understanding/Comprehension REF: 18
KEY: Assessment
MSC: Integrated Process: Teaching/Learning
NOT: Client Needs Category: Health Promotion and Maintenance

14. Hypokalemia can occur in patients with prolonged diarrhea and is caused by a decrease in:
a. calcium
b. magnesium
c. sodium
d. potassium

ANS: D
Hypokalemia occurs when there is a decrease in serum potassium. It can be a life-threatening condition because it often causes rhythm abnormalities. An excess of potassium is referred to as Hyperkalemia.

DIF: Understanding/Comprehension REF: 18
KEY: Assessment
MSC: Integrated Process: Teaching/Learning
NOT: Client Needs Category: Health Promotion and Maintenance

15. The minimum hourly urinary output in a patient should be at least:
a. 5 mL per hour
b. 10 mL per hour
c. 30 mL per hour
d. 60 mL per hour

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ANS: C
30 mL per hour is the minimum hourly urinary output in a normal healthy adult. A decrease in urinary output is a sign of diminished kidney activity and fluid deficit.

DIF: Understanding/Comprehension REF: 20
KEY: Assessment
MSC: Integrated Process: Teaching/Learning
NOT: Client Needs Category: Health Promotion and Maintenance

16. The best indicator of fluid volume changes in the body is:
a. skin dryness
b. weight changes
c. blood pressure
d. pulse rate

ANS: C
Changes in weight are the best indicator of fluid volume changes in the body. Monitoring blood pressure, checking pulse rate and quality, and assessing skin and mucous membranes for dryness are strong secondary indicators.

DIF: Understanding/Comprehension REF: 20
KEY: Assessment
MSC: Integrated Process: Teaching/Learning
NOT: Client Needs Category: Health Promotion and Maintenance

17. Immunity which occurs when antibodies are passed from the mother to the fetus through the placenta or through breast milk is called:
a. natural passive
b. artifical passive
c. natural active
d. artifical active

ANS: A
Artifical passive immunity occurs via a specific transfusion. Natural active immunity occurs when an antigen enters the body and the body creates antibodies to fight off the antigen. Artifical active immunity occurs via vaccination or immunization.

DIF: Understanding/Comprehension REF: 21-22
KEY: Assessment
MSC: Integrated Process: Teaching/Learning
NOT: Client Needs Category: Health Promotion and Maintenance

18. A major serum protein that is below normal in patients who have inadequate nutrition is:
a. Albumin
b. Globulin
c. Fibrinogen
d. Transferrin

ANS: A
A serum laboratory test to measure Albumin is the most common assessment for generalized malnutrition.

DIF: Understanding/Comprehension REF: 25
KEY: Assessment
MSC: Integrated Process: Teaching/Learning
NOT: Client Needs Category: Health Promotion and Maintenance

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