Seidel's Guide to Physical Examination 9th edition Ball Test Bank

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MULTIPLE CHOICE

1. Which statement is *true* regarding the relationship of physical characteristics and culture?
   a. Physical characteristics should be used to identify members of cultural groups.
   b. There is a difference between distinguishing cultural characteristics and distinguishing physical characteristics.
   c. To be a member of a specific culture, an individual must have certain identifiable physical characteristics.
   d. Gender and race are the two essential physical characteristics used to identify cultural groups.

   ANS: B
   Physical characteristics are not used to identify cultural groups; there is a difference between the two, and they are considered separately. Physical characteristics should not be used to identify members of cultural groups. To be a member of a specific culture, an individual does not need to have certain identifiable physical characteristics. You should not confuse physical characteristics with cultural characteristics. Gender and race are physical characteristics, not cultural characteristics, and are not used to identify cultural groups.

   DIF: Cognitive Level: Understanding (Comprehension)
   OBJ: Nursing process—assessment MSC: Physiologic Integrity: Physiologic Adaptation

2. An image of any group that rejects its potential for originality or individuality is known as a(n):
   a. acculturation.
   b. norm.
   c. stereotype.
   d. ethnos.

   ANS: C
   A fixed image of any group that rejects its potential for originality or individuality is the definition of stereotype. Acculturation is the process of adopting another culture's behaviors. A norm is a standard of allowable behavior within a group. Ethnos implies the same race or nationality.

   DIF: Cognitive Level: Remembering (Knowledge)
   OBJ: Nursing process—assessment MSC: Physiologic Integrity: Physiologic Adaptation

3. Mr. L presents to the clinic with severe groin pain and a history of kidney stones. Mr. L's son tells you that for religious reasons, his father wishes to keep any stone that is passed into the urine filter that he has been using. What is your most appropriate response?
   a. "With your father's permission, we will examine the stone and request that it be returned to him."
   b. "The stone must be sent to the lab for examination and therefore cannot be kept."
   c. "We cannot let him keep his stone because it violates our infection control policy."
   d. "We don't know yet if your father has another kidney stone, so we must analyze this one."

Seidel's Guide to Physical Examination 9th edition Ball Test Bank

ANS: A
We should be willing to modify the delivery of health care in a manner that is respectful and in keeping with the patient's cultural background. "With your father's permission, we will examine the stone and request that it be returned to him" is the most appropriate response. "The stone must be sent to the lab for examination and therefore cannot be kept" and "We don't know yet if your father has another kidney stone, so we must analyze this one" do not support the patient's request. "We cannot let him keep his stone because it violates our infection control policy" does not provide a reason that it would violate an infection control policy.

DIF: Cognitive Level: Analyzing (Analysis)
OBJ: Nursing process—assessment MSC: Physiologic Integrity: Physiologic Adaptation

4. The motivation of the healthcare professional to "want to" engage in the process of becoming culturally competent, not "have to," is called:
   a. cultural knowledge.
   b. cultural awareness
   c. cultural desire
   d. cultural skill.

ANS: C
Cultural encounters are the continuous process of interacting with patients from culturally diverse backgrounds to validate, refine, or modify existing values, beliefs, and practices about a cultural group and to develop cultural desire, cultural awareness, cultural skill, and cultural knowledge. Cultural awareness is deliberate self-examination and in-depth exploration of one's biases, stereotypes, prejudices, assumptions, and "-isms" that one holds about individuals and groups who are different from them. Cultural knowledge is the process of seeking and obtaining a sound educational base about culturally and ethnically diverse groups. Cultural skill is the ability to collect culturally relevant data regarding the patient's presenting problem, as well as accurately performing a culturally based physical assessment in a culturally sensitive manner. Cultural desire is the motivation of the healthcare professional to want to engage in the process of becoming culturally competent, not have to.

DIF: Cognitive Level: Understanding (Comprehension)
OBJ: Nursing process—assessment MSC: Physiologic Integrity: Physiologic Adaptation

5. Mr. Marks is a 66-year-old patient who presents for a physical examination to the clinic. Which question has the most potential for exploring a patient's cultural beliefs related to a health problem?
   a. "How often do you have medical examinations?"
   b. "What is your age, race, and educational level?"
   c. "What types of symptoms have you been having?"
   d. "Why do you think you are having these symptoms?"

ANS: D
"Why do you think you are having these symptoms?" is an open-ended question that avoids stereotyping, is sensitive and respectful toward the individual, and allows for cultural data to be exchanged. The other questions do not explore the patient's cultural beliefs about health problems.

Seidel's Guide to Physical Examination 9th edition Ball Test Bank

DIF: Cognitive Level: Analyzing (Analysis)
OBJ: Nursing process—assessment MSC: Physiologic Integrity: Physiologic Adaptation

6. The definition of ill or sick is based on a:
   a. stereotype.
   b. cultural behavior.
   c. belief system.
   d. cultural attitude.

   ANS: C
   The definition of ill or sick is based on the individual's belief system and is determined in large part by his or her enculturation.

   DIF: Cognitive Level: Understanding (Comprehension)
   OBJ: Nursing process—assessment MSC: Physiologic Integrity: Physiologic Adaptation

7. A 22-year-old female nurse is interviewing an 86-year-old male patient. The patient avoids eye contact and answers questions only by saying, "Yeah," "No," or "I guess so." Which of the following is appropriate for the interviewer to say or ask?
   a. "We will be able to communicate better if you look at me."
   b. "It's hard for me to gather useful information because your answers are so short."
   c. "Are you uncomfortable talking with me?"
   d. "Does your religion make it hard for you to answer my questions?"

   ANS: C
   It is all right to ask if the patient is uncomfortable with any aspect of your person and to talk about it; the other choices are less respectful.

   DIF: Cognitive Level: Applying (Application)
   OBJ: Nursing process—assessment MSC: Physiologic Integrity: Physiologic Adaptation

8. As you explain your patient's condition to her husband, you notice that he is leaning toward you and pointedly blinking his eyes. Knowing that he is from England, your most appropriate response to this behavior is to:
   a. tell him that you understand his need to be alone.
   b. ask whether he has any questions.
   c. ask whether he would prefer to speak to the clinician.
   d. tell him that it is all right to be angry.

   ANS: B
   The English worry about being overheard and tend to speak in modulated voices so, when they lean in toward you, they are probably poised to ask a question.

   DIF: Cognitive Level: Analyzing (Analysis)
   OBJ: Nursing process—assessment MSC: Physiologic Integrity: Physiologic Adaptation

9. An aspect of traditional Western medicine that may be troublesome to many Hispanics, Native Americans, Asians, and Middle Eastern groups is Western medicine's attempts to:
   a. use a holistic approach that views a particular medical problem as part of a bigger picture.
   b. determine a specific cause for every problem in a precise way.
   c. establish harmony between a person and the entire cosmos.

Seidel's Guide to Physical Examination 9th edition Ball Test Bank

d. restore balance in an individual's life.

ANS: B
A more scientific approach to healthcare problem solving, in which a cause can be determined for every problem in a precise way, is a Western approach. Hispanics, Native Americans, Asians, and Arabs embrace a more holistic approach. Using a holistic approach, establishing harmony between a person and the entire cosmos, and restoring balance in an individual's life would not be troublesome to many Hispanics, Native Americans, Asians, and Arabs.

DIF: Cognitive Level: Understanding (Comprehension)
OBJ: Nursing process—assessment MSC: Physiologic Integrity: Physiologic Adaptation

10. The attitudes of the healthcare professional:
a. are largely irrelevant to the success of relationships with the patient.
b. do not influence patient behavior.
c. are difficult for the patient to sense.
d. are culturally derived.

ANS: D
The attitudes of the healthcare provider are foundationally derived from his or her own culture; understanding this is relevant to the success of patient relationships. Attitudes of the healthcare professional are easily detected by others, and they influence patient behavior; they are not irrelevant to the success of relationships with the patient; they do influence patient behavior; and they are not difficult for the patient to sense.

DIF: Cognitive Level: Understanding (Comprehension)
OBJ: Nursing process—assessment MSC: Physiologic Integrity: Physiologic Adaptation

11. Mr. Sanchez is a 45-year-old gentleman who has presented to the office for a physical examination to establish a new primary care healthcare provider. Which of the following describes a physical, not a cultural, differentiator?
a. Race
b. Rite
c. Ritual
d. Norm

ANS: A
Race is a physical, not a cultural, differentiator. Rite is a prescribed, formal, customary observance. Ritual is a stereotypic behavior regulating religious, social, and professional behaviors. A norm is a prescribed standard of allowable behavior within a group.

DIF: Cognitive Level: Remembering (Knowledge)
OBJ: Nursing process—assessment MSC: Physiologic Integrity: Physiologic Adaptation

12. Mr. Abdul is a 40-year-old Middle Eastern man who presents to the office for a first visit with the complaint of new abdominal pain. You are concerned about violating a cultural prohibition when you prepare to do his rectal examination. The best tactic would be to:
a. forego the examination for fear of violating cultural norms.
b. ask a colleague from the same geographic area if this examination is acceptable.
c. inform the patient of the reason for the examination and ask if it is acceptable to him.
d. refer the patient to a provider more knowledgeable about cultural differences.

Seidel's Guide to Physical Examination 9th edition Ball Test Bank

ANS: C
Asking, if you are not sure, is far better than making a damaging mistake. Not completing the examination could cause the patient further harm. Asking a colleague from the same geographic area if this examination is acceptable may not be appropriate. Referring the patient to a provider more knowledgeable about cultural differences at this point is unnecessary.

DIF: Cognitive Level: Applying (Application)
OBJ: Nursing process—assessment MSC: Physiologic Integrity: Physiologic Adaptation

13. Mr. Jones is a 45-year-old patient who presents to the office. A person's definition of illness is likely to be most influenced by:
    a. race.
    b. socioeconomic class.
    c. enculturation.
    d. age group.

ANS: C
The definition of illness is determined in large part by the individual's enculturation (the process whereby an individual assumes the traits and behaviors of a given culture).

DIF: Cognitive Level: Understanding (Comprehension)
OBJ: Nursing process—assessment MSC: Physiologic Integrity: Physiologic Adaptation

14. As the healthcare provider, you are informing a patient that he or she has a terminal illness. This discussion is most likely to be discouraged in which cultural group?
    a. Navajo Native Americans
    b. Dominant Americans
    c. First-generation African descendants
    d. First-generation European descendants

ANS: A
The Navajo culture believes that thought and language have the power to shape reality; the desire to avoid discussing negative information is particularly strong in this culture.

DIF: Cognitive Level: Understanding (Comprehension)
OBJ: Nursing process—assessment MSC: Physiologic Integrity: Physiologic Adaptation

15. Because of common cultural food preferences, avoidance of monosodium glutamate (MSG) is likely to be most problematic for the hypertensive patient of which group?
    a. Native Americans
    b. Hispanics
    c. Chinese
    d. Italians

ANS: C
The Chinese are most likely to use MSG and soy sauce in their diet.

DIF: Cognitive Level: Understanding (Comprehension)
OBJ: Nursing process—assessment MSC: Physiologic Integrity: Physiologic Adaptation

16. An example of a cold condition is:

Seidel's Guide to Physical Examination 9th edition Ball Test Bank

a. a fever.
b. a rash.
c. tuberculosis.
d. an ulcer.

ANS: C
A cold condition in cultures with a holistic approach is tuberculosis.

DIF: Cognitive Level: Remembering (Knowledge)
OBJ: Nursing process—assessment MSC: Physiologic Integrity: Physiologic Adaptation

MULTIPLE RESPONSE

1. Which variables can intrude on successful communication? *(Select all that apply.)*
   a. Social class
   b. Gender
   c. Stereotype
   d. Phenotype
   e. Age

   ANS: A, B, E
   Social class, age, and gender are variables that characterize everyone; they can intrude on successful communication if there is no effort for mutual knowledge and understanding.

   DIF: Cognitive Level: Understanding (Comprehension)
   OBJ: Nursing process—assessment MSC: Physiologic Integrity: Physiologic Adaptation

2. Campinha-Bacote's Process of Cultural Competence Model includes which cultural constructs? *(Select all that apply.)*
   a. Desire
   b. Awareness
   c. Thought processes
   d. Skill
   e. Language

   ANS: A, B, D
   Campinha-Bacote's Process of Cultural Competence Model includes the cultural constructs encounters, desires, awareness, knowledge, and skill.

   DIF: Cognitive Level: Understanding (Comprehension)
   OBJ: Nursing process—assessment MSC: Physiologic Integrity: Physiologic Adaptation

Seidel's Guide to Physical Examination 9th edition Ball Test Bank

MULTIPLE CHOICE

1. Which statement is *true* regarding the relationship of physical characteristics and culture?
   a. Physical characteristics should be used to identify members of cultural groups.
   b. There is a difference between distinguishing cultural characteristics and distinguishing physical characteristics.
   c. To be a member of a specific culture, an individual must have certain identifiable physical characteristics.
   d. Gender and race are the two essential physical characteristics used to identify cultural groups.
   e. Whereas all cultural traits can be viewed as static, physical traits are dynamic.

   ANS: B
   Physical characteristics do not symbolize cultural groups; there is a difference between the two, and they are considered separately. Cultures are dynamic in their evolution.

   TOP: Discipline: Behavioral Science MSC: Organ System: General

2. A fixed image of any group that rejects its potential for originality or individuality is known as a(n):
   a. acculturation.
   b. norm.
   c. stereotype.
   d. ethnos.
   e. custom.

   ANS: C
   This definition describes a stereotype. A norm, on the other hand, is a standard of allowable behavior within a group, ethnos implies the same race or nationality, and acculturation is a process of adopting another culture's behaviors. A custom refers to a habitual activity of a group in a given situation.

   TOP: Discipline: Behavioral Science MSC: Organ System: General

3. Your new patient is a 40-year-old Middle Eastern man with a complaint of new abdominal pain. You are concerned about violating a cultural prohibition when you prepare to do his rectal examination. The best tactic would be to:
   a. do the examination because it is a necessary part of the physical examination.
   b. ask a colleague from the same geographic area if this examination is acceptable.
   c. inform the patient of the reason for the examination and ask if it is acceptable to him.
   d. refer the patient to a provider more knowledgeable about cultural differences.
   e. forego the examination for fear of violating cultural norms.

   ANS: C

Seidel's Guide to Physical Examination 9th edition Ball Test Bank

Asking, if you are not sure, is far better than making a damaging mistake. You would not be doing your job as a professional if you deferred the examination without a reason. It is not necessary to refer a skill you are capable of performing.

TOP: Discipline: Behavioral Science MSC: Organ System: General

4. Which statement is *true* regarding impoverished people?
   a. In the United States, socioeconomic status does not influence the delivery of health care.
   b. The morbidity and mortality rates of impoverished people are greater than those of the middle class.
   c. The morbidity and mortality rates of impoverished people are less than those of the middle class.
   d. No reliable statistics exist regarding the relationship of poverty to morbidity and mortality.
   e. The morbidity and mortality rates of impoverished people are similar to those of the middle class.

   ANS: B
   Poorly educated people and people in poverty die at higher rates than those who are advantaged; the same is true for morbidity.

   TOP: Discipline: Behavioral Science MSC: Organ System: General

5. In terms of cultural communication differences, Americans are more likely to _____ than other groups of patients.
   a. emphasize attitudes and feelings
   b. maintain eye contact
   c. come quickly to the point
   d. use silence comfortably
   e. speak more softly than other cultures

   ANS: C
   In the United States, individuals are very direct in conversation and come to the point quickly. They also tend to talk more loudly and to worry less about being overheard.

   TOP: Discipline: Behavioral Science MSC: Organ System: General

6. Which question has the most potential for exploring a patient's cultural beliefs related to a health problem?
   a. "How often do you have a medical examination?"
   b. "What are your age, race, and educational level?"
   c. "What types of symptoms have you been having?"
   d. "Why do you think you are having these symptoms?"
   e. "Do you take herbal remedies?"

   ANS: D
   This open-ended question avoids stereotyping, is sensitive and respectful toward the individual, and allows for cultural data to be exchanged.

   TOP: Discipline: Behavioral Science MSC: Organ System: General

Seidel's Guide to Physical Examination 9th edition Ball Test Bank

7. A person's definition of illness is likely to be most influenced by:
   a. race.
   b. ritual.
   c. enculturation.
   d. age group.
   e. socioeconomic class.

   ANS: C
   The definition of "ill" is determined in large part by the individualand the process whereby an individual assumes the traits and behaviors of a given culture.

   TOP: Discipline: Behavioral Science MSC: Organ System: General

8. An aspect of traditional Western medicine that may be troublesome to many Hispanics, Native Americans, Asians, and Arabs is Western medicine's attempt to:
   a. use a holistic approach that views a particular medical problem as part of a bigger picture.
   b. determine a specific cause for every problem in a precise way.
   c. establish harmony between a person and the entire cosmos.
   d. use herbal remedies and rituals.
   e. promote balance in an individual's life.

   ANS: B
   A more scientific approach to healthcare problem solving, in which a cause can be determined for every problem in a precise way, is a Western approach. Hispanics, Native Americans, Asians, and Arabs embrace a more "holistic" approach.

   TOP: Discipline: Behavioral Science MSC: Organ System: General

9. A naturalistic or holistic approach to health care often assumes:
   a. that hot conditions require treatment with a hot remedy.
   b. a reductionist view that looks to a very narrow cause and effect.
   c. there are external factors that must be kept in balance.
   d. that there are hot and cold conditions but not hot and cold remedies.
   e. that hot and cold conditions are the same among different cultures.

   ANS: C
   A naturalistic or holistic approach often assumes that there are external factors—some good, some bad—that must be kept in balance if we are to remain well.

   TOP: Discipline: Behavioral Science MSC: Organ System: General

10. Which maternal factor is most predictive of whether an infant will receive inoculations?
    a. The mother has family support.
    b. The mother is divorced.
    c. The mother breast-feeds.
    d. The mother uses drugs.
    e. The mother received prenatal care.

    ANS: E
    Mothers who take advantage of appropriate prenatal care generally take advantage of other infant care practices as well.

Seidel's Guide to Physical Examination 9th edition Ball Test Bank

TOP: Discipline: Behavioral Science MSC: Organ System: General

11. Knowledge of the culture(s) of the patient should be used to:
    a. form a standard practice procedure for that culture.
    b. draw conclusions regarding individual patient needs.
    c. form stereotypical categories.
    d. help make the interview questions more pertinent.
    e. form a sense of the patient based on prior knowledge.

    ANS: D
    The purpose of understanding the patient's culture(s) is to help the provider construct pertinent questioning and avoid stereotyping.

    TOP: Discipline: Behavioral Science MSC: Organ System: General

12. The attitudes of the healthcare professional are largely:
    a. acculturated and cannot be changed.
    b. uninfluenced by patient behavior.
    c. difficult for the patient to sense.
    d. culturally derived.
    e. irrelevant to the success of relationships with the patient.

    ANS: D
    The attitude of a healthcare provider is foundationally derived from his or her own culture but cannot cause stereotypical judgments to be made; understanding this is relevant to the success of patient relationships. Attitudes of the healthcare professional are easily detected by others, and they influence patient behavior.

    TOP: Discipline: Behavioral Science MSC: Organ System: General

13. All of the following are important aspects of reducing disparities in health care except:
    a. identify and monitor conscious and unconscious biases.
    b. help the patient to learn about his or her disease or condition.
    c. consider the health literacy of one's patients.
    d. try to discuss aspects of care without the influence of friends, partner, or family members.
    e. encourage patients to complete patient satisfaction and demographics forms.

    ANS: D
    All of the above are ways a healthcare provider can reduce disparities in health care except the exclusion of a patient's friends, partner, or family members. It is important in reducing disparities in health care for the provider to partner with patients and families to provide high-quality care.

    TOP: Discipline: Behavioral Science MSC: Organ System: General

14. Which of the following is not an aspect of cultural humility?
    a. Ability to recognize one's limitations in knowledge and cultural perspective
    b. Self-reflection and self-critique
    c. Assuming all patients of a particular culture fit a certain stereotype
    d. Meeting patients "where they are" without judgment

e. Genuine interest in understanding our patients' belief systems and lives

ANS: C
Rather than assuming all patients of a particular culture fit a certain stereotype, healthcare providers should view patients as individuals. In doing so, cultural humility helps equalize the imbalance in the patient-provider relationship.

TOP: Discipline: Behavioral Science MSC: Organ System: General