Critical Care Nursing 10th edition Urden Test Bank

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Test Bank - Chapter 01

Q1: During World War II, what types of wards were developed to care for critically injured patients?

A. Intensive care
B. Triage
C. Shock (Correct)
D. Postoperative

Rationale: During World War II, shock wards were established to care for critically injured patients.

Q2: What type of practitioner has a broad depth of specialty knowledge and expertise and manages complex clinical and system issues?

A. Registered nurses
B. Advanced practice nurses (Correct)
C. Clinical nurse leaders
D. Intensivists

Rationale: Advanced practice nurses (APNs) have a broad depth of knowledge and expertise in their specialty area and manage complex clinical and systems issues.

Q3: What type of practitioner is instrumental in ensuring evidence-based care and that safety programs are in place?

A. Clinical nurse specialist (Correct)
B. Advanced practice nurse
C. Registered nurses
D. Nurse practitioners

Rationale: Clinical nurse specialists (CNSs) serve in specialty roles that use their clinical, teaching, research, leadership, and consultative abilities. They are instrumental in ensuring that care is evidence-based and that safety programs are in place. Advanced practice nurses (APNs) have a broad depth of knowledge and expertise in their specialty area and manage complex clinical and systems issues. Registered nurses are generally direct care providers. Nurse practitioners (NPs) manage direct clinical care of groups of patients.

Q4: Which professional organization administers critical care certification exams for registered nurses?

A. State Board of Registered Nurses
B. National Association of Clinical Nurse Specialist
C. Society of Critical Care Medicine
D. American Association of Critical-Care Nurses (Correct)

Rationale: American Association of Critical-Care Nurses (AACN) administers certification exams for registered nurses. The State Board of Registered Nurses (SBON) does not administer certification

exams. The National Association of Clinical Nurse Specialists (NACNS) does not administer certification exams. Society of Critical Care Medicine (SCCM) does not administer nursing certification exams for registered nurses.

Q5: Emphasis is on human integrity and stresses the theory that the body, mind, and spirit are interdependent and inseparable. This statement describes which methodology of care?

A. Holistic care (Correct)
B. Individualized care
C. Cultural care
D. Interdisciplinary care

Rationale: Holistic care focuses on human integrity and stresses that the body, mind, and spirit are interdependent and inseparable. Individualized care recognizes the uniqueness of each patient's preferences, condition, and physiologic and psychosocial status. Cultural diversity in health care is not a new topic. Still, it is gaining emphasis and importance as the world becomes more accessible to all as the result of increasing technologies and interfaces with places and people. Interdisciplinary care is care among a variety of healthcare professionals with the patient's health as the common goal.

Q6: The American Association of Critical-Care Nurses (AACN) has developed short directives that can be used as quick references for clinical use that are known as

A. Critical Care Protocol.
B. Practice Policies.
C. Evidence-Based Research.
D. Practice Alerts. (Correct)

Rationale: The American Association of Critical-Care Nurses (AACN) has promulgated several evidence-based practice summaries in the form of "Practice Alerts."

Q7: What type of therapy is an option to conventional treatment?

A. Alternative (Correct)
B. Holistic
C. Complementary
D. Individualized

Rationale: The term alternative denotes that a specific therapy is an option or alternative to what is considered conventional treatment of a condition or state. The term complementary was proposed to describe therapies that can be used to complement or support conventional treatments. Holistic care focuses on human integrity and stresses that the body, mind, and spirit are interdependent and inseparable. Individualized care recognizes the uniqueness of each patient's preferences, condition, and physiologic and psychosocial status.

Q8: Which aspects are fundamental to the critical care nurse-patient relationship and the holistic care approach?

A. High-quality care using appropriate technologies and indifferent interactions

B. Skillful care delivery and ignoring the patient's unique needs

C. Consideration of body, mind, and spirit, and recognizing the patient's uniqueness (Correct)

D. Emotional absence and the use of all appropriate technologies

Rationale: The critical care nurse's role involves delivering high-quality, skillful care using appropriate technologies while also incorporating psychosocial and holistic approaches tailored to the patient's condition.

Q9: Which of the following accurately describes the practice and benefits of mindfulness, particularly in a healthcare setting?

A. Mindfulness requires significant financial investment and specialized equipment.

B. Mindfulness involves focusing on the past and future to reduce stress.

C. Mindfulness positively impacts conditions such as stress, anxiety, and chronic pain. (Correct)

D. Mindfulness is a passive activity that involves detachment from present experiences.

Rationale: Mindfulness is a versatile and accessible practice that has gained popularity due to its numerous benefits, especially in healthcare settings. It has a positive impact on stress, depression, chronic pain, anxiety, and addiction.

Q10: Which of the following statements accurately describes the applications of animal-assisted therapy (AAT) in healthcare settings?

A. AAT has limited applications in adult healthcare.

B. AAT can improve patients' overall well-being. (Correct)

C. AAT requires the presence of a licensed therapist.

D. AAT is a cost-prohibitive therapy

Rationale: Animal-assisted therapy (AAT) is a therapeutic intervention that involves using animals to improve a patient's emotional, social, and physical well-being.

Q11: A patient was admitted to a rural critical care unit in Montana. Critical care nurses assist with monitoring and care of patients from the closest major city. What is this type of practice termed?

A. Tele-nursing

B. Tele-ICU (Correct)

C. Tele-informatics

D. Tele-hospital

Rationale: Tele-ICU is a form of telemedicine. Telemedicine was initially used in outpatient areas, remote rural geographic locations, and areas where there was a shortage of medical providers. Currently, there are tele-ICUs in areas where there are limited resources onsite. However, experts (critical care nurses, intensivists) are at a central, distant site.

Q12: What was the primary goal of the Interprofessional Education Collaborative (IPEC) when they developed the Core Competencies for Interprofessional Collaborative Practice?

A. To increase the number of healthcare professionals entering the workforce
B. To establish a set of competencies for professional socialization of healthcare professionals (Correct)
C. To create a standardized curriculum for all healthcare education programs
D. To reduce the costs associated with healthcare education

Rationale: The Interprofessional Education Collaborative (IPEC) developed the Core Competencies for Interprofessional Collaborative Practice with the primary goal of establishing a framework for the professional socialization of healthcare professionals. This framework was intended to guide the education and training of healthcare professionals to ensure they are prepared to collaborate effectively in interprofessional teams. Additionally, IPEC aimed to assess the relevance of these competencies and develop an action plan for their implementation, ensuring that healthcare education programs could integrate these competencies into their curricula.

Q13: What is the primary role of the Rapid Response Team (RRT) in a hospital setting?

A. To handle routine patient care tasks
B. To intervene early in cases of clinical deterioration (Correct)
C. To replace the primary nurse's responsibilities
D. To handle administrative duties related to patient care

Rationale: The Rapid Response Team (RRT) plays a critical role in identifying and managing clinical deterioration in hospital patients. Their primary purpose is to extend critical care services beyond the ICU to the rest of the hospital. By doing so, they can intervene early when signs of clinical deterioration are detected, potentially preventing in-hospital cardiac arrests and other serious complications.

Q14: What is the stepwise decision-making flowchart for a specific care process named?

A. Algorithm (Correct)
B. Practice guideline
C. Protocol
D. Order set

Rationale: An algorithm is a stepwise decision-making flowchart for a specific care process or processes.

Q15: Which patient care issue continues to be one of the most error-prone for critical care nurses?

A. Basic patient care delivery
B. Nurse–practitioner interactions
C. Protecting patients from falls
D. Medication administration (Correct)

Rationale: Medication administration continues to be one of the most error-prone nursing interventions for critical care nurses.

Q16: Which of the following events significantly contributed to the organization of critical care nursing as a specialty less than 60 years ago?

A. Advances in medical technology and interventions (Correct)

B. The rise of private duty nursing in general wards

C. A decrease in the number of critically ill patients

D. The development of home healthcare services

Rationale: Critical care nursing as a specialty developed less than 60 years ago due to several key factors, particularly the advancements in medical technology and interventions. The development of new medical technologies and interventions highlighted the importance of continuous monitoring and specialized care for critically ill patients. Nurses were needed to operate sophisticated equipment, observe patients for critical changes, and initiate emergency treatments in the absence of physicians. These advancements necessitated the creation of specialized units, such as ICUs, where critically ill patients could be cared for by nurses with specialized training and knowledge.

Q17: Which of the following statements correctly describes the role of progressive care units (PCUs) in the continuum of critical care?

A. PCUs do not utilize advanced technology or monitoring capabilities.

B. PCUs serve as a bridge between critical care units and medical-surgical units, providing high-quality, cost-effective care for less complex and more stable patients. (Correct)

C. PCUs are exclusively used for postoperative care immediately after surgery.

D. Patients in PCUs have a higher need for physiologic monitoring compared to those in critical care units.

Rationale: Progressive care units (PCUs), also known as step-down units, telemetry units, or subacute units, play a vital role in the continuum of critical care. PCUs are designed for patients who do not require the intensive monitoring and high technology of critical care units but still need more attention and care than what is typically provided in a medical-surgical unit. Patients in PCUs are generally less complex and more stable, have a decreased need for intensive physiologic monitoring, and possess more self-care capabilities.

Q18: What is a key strategy that nurses can use to maintain balance and avoid compassion fatigue?

A. Ignoring feelings of being overwhelmed

B. Avoiding emotional connections with patients

C. Using self-care activities and self-reflection to maintain balance (Correct)

D. Increasing workload to stay busy

Rationale: Compassion fatigue occurs when caregivers, such as nurses, become physically, emotionally, and spiritually exhausted from caring for others, particularly those suffering from trauma or severe illness. This condition can lead to decreased job satisfaction, compromised job

performance, and difficulty finding pleasure in their work. To manage and prevent compassion fatigue, nurses are encouraged to engage in self-care activities and self-reflection.

Q19: Which of the following statements accurately describes bullying behaviors in the nursing profession?

A. Bullying is characterized by occasional, mild disagreements and misunderstandings between colleagues.

B. Bullying involves repeated, unwanted, harmful actions intended to humiliate, offend, and cause distress to the recipient. (Correct)

C. Bullying behaviors include helping colleagues and providing constructive feedback.

D. Bullying is rare in the nursing profession and has minimal impact on the work environment.

Rationale: Bullying in the nursing profession is a serious issue characterized by repeated, harmful actions that can significantly impact the work environment and the well-being of the affected individuals. Bullying involves actions that are not isolated incidents but occur repeatedly, causing ongoing distress to the recipient. These actions are intended to humiliate, offend, and cause distress, thereby degrading the dignity of the individual being targeted.

Q20: What type of workplace violence (WPV) is most common in healthcare settings, and which group is at the highest risk?

A. Worker-on-worker violence; administrative staff

B. Criminal intent violence; security personnel

C. Personal relationship violence; physicians

D. Client-on-worker violence; nurses (Correct)

Rationale: The National Institute for Occupational Safety and Health (NIOSH) defines workplace violence (WPV) as acts or threats ranging from verbal abuse to physical assault directed towards individuals while on duty. In healthcare settings, the most common type of WPV is client-on-worker violence, which includes aggression from patients, their families, and visitors. Nurses are identified as being at the highest risk for this type of violence compared to other healthcare professionals.

Q21: What considerations are taken into account in evidence-based nursing practice? (Select all that apply, one, some, or all.) *(Select all that apply.)*

A. Clinical expertise of the nurse (Correct)

B. Availability of staff and facility equipment

C. Research evidence on the topic (Correct)

D. Patient knowledge of the disease

E. Patient preference regarding care (Correct)

Rationale: Evidence-based nursing practice considers the best research evidence on the care topic along with clinical expertise of the nurse and patient preferences. For instance, when determining the frequency of vital sign measurement, the nurse would use available research and nursing judgment (stability, complexity, predictability, vulnerability, and resilience of the patient). Availability of staff and facility equipment and the patient's knowledge of the disease do not factor into evidence-based nursing practices.

Q22: The concept of diversity encompasses what thoughts and actions? (Select all that apply, one, some, or all.) *(Select all that apply.)*

A. Sensitivity to ethnic differences (Correct)
B. Openness to different lifestyles (Correct)
C. Openness to different values (Correct)
D. Reticence to different beliefs
E. Lack of concern regarding different opinions

Rationale: Diversity includes not only ethnic sensitivity but also sensitivity to openness to different lifestyles, opinions, values, and beliefs. Reticence and lack of concern are not part of the concept of diversity.

Q23: According to the American Association of Critical-Care Nurses, what are the responsibilities of a critical care nurse? (Select all that apply, one, some, or all.) *(Select all that apply.)*

A. Respecting the values, beliefs, and rights of the patient (Correct)
B. Intervening when the best interest of the patient is in question (Correct)
C. Helping the patient obtain necessary care (Correct)
D. Making decisions for the patient and the patient's family
E. Monitoring and safeguarding the quality of care the patient receives (Correct)
F. Acting as a gatekeeper for the patient, the patient's family, and other healthcare professionals

Rationale: American Association of Critical-Care Nurses (AACN) critical care nurse role responsibilities include respecting the values, beliefs, and rights of the patient; intervening when the best interest of the patient is in question; helping the patient obtain necessary care; and monitoring and safeguarding the quality of care the patient receives. The nurse is not to make decisions for the patient or the patient's family but should support their decisions. The nurse should act as a liaison, not a gatekeeper, for the patient and the patient's family and other health care professionals.

Q24: According to Healthy People, which of the following factors contribute to health disparities that adversely affect certain groups of people? (Select all that apply, one, some, or all.) *(Select all that apply.)*

A. Socioeconomic status (Correct)
B. Geographic location (Correct)
C. Individual health behaviors
D. Gender identity (Correct)
E. Access to technology (Correct)

Rationale: Healthy People defines health disparity as a health difference that is closely linked with social, economic, and environmental disadvantage. Health disparities adversely affect groups of people who have systematically experienced greater obstacles to health based on their racial or ethnic group, religion, socioeconomic status, gender, age, mental health, cognitive, sensory, or physical disability; sexual orientation or gender identity; geographic location; or other characteristics linked to discrimination or exclusion.

Q25: Which of the following principles are essential for effective interprofessional collaboration in healthcare settings? (Select all that apply, one, some, or all.) *(Select all that apply.)*

A. Working with individuals of other professions to maintain a climate of mutual respect and shared values. (Correct)

B. Utilizing knowledge of one's role exclusively to address the healthcare needs of patients.

C. Communicating with patients, families, communities, and professionals in a manner that supports a team approach to health promotion and disease treatment. (Correct)

D. Applying relationship-building values and principles of team dynamics to effectively plan, deliver, and evaluate patient-centered care and population health programs. (Correct)

E. Ensuring that professionals work in isolation to maintain focus and avoid external influences.

Rationale: Effective interprofessional collaboration is crucial for providing comprehensive and high-quality healthcare. Maintaining mutual respect and shared values is fundamental for fostering a collaborative environment where all team members feel valued and respected. This enhances teamwork and improves patient outcomes. Effective communication with patients, families, communities, and other professionals supports a holistic and team-based approach to healthcare. This ensures that all perspectives are considered and that care is coordinated effectively. Utilizing principles of team dynamics and relationship-building helps healthcare professionals work effectively in different team roles, ensuring that patient care is safe, efficient, and equitable. This approach also aids in the planning and evaluation of health programs.

Q26: Which of the following symptoms are associated with compassion fatigue in nurses? (Select all that apply, one, some, or all.) *(Select all that apply.)*

A. Exhaustion and headaches (Correct)

B. Increased empathy towards patients

C. Anxiety and forgetfulness (Correct)

D. Depersonalization and lack of connection to patients (Correct)

E. Improved work performance and concentration

Rationale: Compassion fatigue manifests in various physical, mental, emotional, and workplace performance symptoms. These symptoms can significantly impact a nurse's ability to provide quality care. Nurses experiencing compassion fatigue often feel physically exhausted and fatigued due to the constant emotional and physical demands of their job. Physical manifestations such as headaches and muscle aches are common due to prolonged stress and tension. Compassion fatigue can lead to increased anxiety, affecting a nurse's mental well-being. Mental fatigue and stress can result in forgetfulness and difficulty concentrating. Nurses may experience a lack of connection to their patients, leading to depersonalization. Compassion fatigue can cause nurses to become emotionally detached, impacting their ability to empathize and provide compassionate care.

Q27: Which of the following factors contribute to the creation and sustainability of healthy work environments (HWEs) in healthcare settings? (Select all that apply, one, some, or all.) *(Select all that apply.)*

A. Financial constraints and regulatory requirements

B. Leadership styles and characteristics (Correct)

C. Unhealthy work situations leading to medical errors

D. Staff mentoring new staff members and role modeling behaviors (Correct)

E. Ineffective communication among healthcare providers

Rationale: Creating and sustaining healthy work environments (HWEs) in healthcare settings is crucial for ensuring positive outcomes for both patients and healthcare providers. Effective leadership is essential for establishing a culture that promotes HWEs. Leadership styles that are supportive, communicative, and relationship-centered help foster HWEs. Staff members play a significant role in shaping the work environment. By mentoring new staff members and role-modeling positive behaviors, they contribute to a supportive and collaborative culture.

NCLEX Review Questions - Chapter 01

Q1: The nurse wants to join a professional, multidisciplinary critical care association. Which organization would be the best choice?

A. ANA (American Nurses Association)
B. AACN (American Association of Critical Care Nurses)
C. SCCM (Society for Critical Care Medicine) (Correct)
D. AORN (Association of Operating Room Nurses)

Rationale: The Society for Critical Care Medicine (SCCM) is a multidisciplinary organization of physicians, nurses, pharmacists, and respiratory therapists who work with critically ill patients. The American Nurses Association (ANA) is a political nursing organization for all nurses, the American Association of Critical Care Nurses (AACN) is a specialty organization for critical care nurses, and the Association of Operating Room Nurses (AORN) is a specialty organization for perioperative care nurses.

Q2: The nurse is educating the patient on guided imagery. Which statement indicates the patient requires more education?

A. “This technique will help decrease my stress.”
B. “This technique will help alleviate my anxiety.”
C. “This technique will help me eliminate my infection.” (Correct)
D. “This technique will help me reduce my pain.”

Rationale: Guided imagery can help reduce stress, anxiety, and pain levels, but it cannot eliminate an infection.

Q3: The nurse hesitates to report a critical laboratory value to a physician for fear of receiving an angry, inappropriate response. By waiting for the next shift, the nurse does not promote which of the following Healthy Work Environment Initiatives?

A. Appropriate staffing
B. Meaningful recognition
C. Skilled communication (Correct)
D. Authentic leadership

Rationale: Failing to report the value is a violation of true communication. Staffing is not the problem unless the reason was “too busy” to report. This is not a recognition issue. Although authentic leadership would support the nurse, the main issue is communication.

Q4: Scenario: A newly graduated nurse, Sarah, has started working in a critical care unit (CCU). She is eager to expand her knowledge and ensure she provides high-quality, evidence-based care to critically ill patients. Her preceptor encourages her to explore professional organizations such as the American Association of Critical-Care Nurses (AACN) and the Society of Critical Care Medicine (SCCM) to support her professional development. As Sarah researches, she realizes that

certification and professional involvement can enhance patient safety, job satisfaction, and career advancement. Question: Sarah wants to obtain critical care certification to demonstrate her commitment to patient safety and evidence-based practice. Which organization is responsible for developing and administering certification exams for acute and critical care nurses?

A. American Association of Critical-Care Nurses (AACN)
B. Society of Critical Care Medicine (SCCM)
C. AACN Certification Corporation (Correct)
D. National Council of State Boards of Nursing (NCSBN)

Rationale: The AACN Certification Corporation develops critical care certification exams for RNs and APNs.

Q5: Which care management tools can be modified by the nurse to individualize patient care? (Select all that apply.) *(Select all that apply.)*

A. Algorithms (Correct)
B. Practice alerts (Correct)
C. Order sets
D. Protocols
E. Nursing standards

Rationale: Algorithms are decision trees that help the nurse decide on appropriate interventions for patients based on needs and responses. Practice alerts and order sets are evidence-based and research-oriented. Protocols are directive and rigid, and providers are not supposed to vary from them. Nursing standards are set by professional organizations.

Q6: A critical care nurse is planning an interdisciplinary team conference regarding placement for a long-term ventilator patient. Team members include representatives from nursing, respiratory therapy, case management, physical therapy, dietary, and pharmacy. Which QSEN competencies are reflected by this team? (Select all that apply.) *(Select all that apply.)*

A. Teamwork and Collaboration (Correct)
B. Patient-Centered Care (Correct)
C. Evidence-Based Practice
D. Quality Improvement
E. Informatics

Rationale: Teamwork and collaboration, patient-centered care, and evidence-based practice are represented. The team is designed to make the best decision for the patient based on the evidence using collaboration. There is no description of a quality improvement project, and an informatics project is not represented.