Foundations and Adult Health Nursing 10th edition Cooper Test Bank

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Test Bank - Chapter 01

Q1: What term is used to describe a nursing program when it's been certified by a state agency?

A. Accredited
B. Approved (Correct)
C. Provisional
D. Exemplified

Rationale: Approved means certified by a state agency for having met minimum standards; accredited means certified by the NLN for having met more complex standards. Provisional and exemplified are not terms used regarding nursing program certification.

Q2: Which of the following statements is true regarding the health care delivery system?

A. It includes all states.
B. It affects the illness of patients.
C. Insurance companies are not involved.
D. The major goal is to achieve optimal levels of health care. (Correct)

Rationale: The nurse must recognize that in the health care delivery system, the major goal is to achieve optimal levels of health care. The health care system consists of a network of agencies, facilities, and providers involved with health care in a specified geographic area. Insurance companies are involved in the health care system. The illness of patients is not necessarily affected by the health care system.

Q3: What is required by the health care team to identify the needs of a patient and to design care to meet those needs?

A. The Kardex
B. The health care provider's order sheet
C. An individualized care plan (Correct)
D. The nurse's notes

Rationale: An individualized care plan involves all health care workers and outlines care to meet the needs of the individual patient. The Kardex, health care provider's order sheet, and nurse's notes do not identify the needs of the patient nor are they designed to assist all members of the health care team to meet those needs.

Q4: Patient care emphasis on wellness, rather than illness, begins as a result of which of the following?

A. Increased education concerning causes of illness. (Correct)
B. Improved insurance payments.
C. Decentralized care centers.
D. Increased number of health caregivers.

Rationale: The acute awareness of preventive medicine has resulted in today's emphasis on education about issues such as smoking, heart disease, drug and alcohol abuse, weight control, and mental health and wellness promotion activities. This preventive education has resulted in an emphasis on wellness, rather than illness. Improved insurance payments, decentralized care centers, and increased numbers of health care givers did not influence an emphasis on wellness.

Q5: What is the most effective process to ensure that a patient's care plan is meeting the needs of the patient?

A. Documentation
B. Communication (Correct)
C. Evaluation
D. Planning

Rationale: Communication is the primary essential component among the health care team to evaluate and modify the care plan. Documentation, evaluation, and planning are not primary essential components to ensure the care plan is meeting the needs of the patient.

Q6: How does an interdisciplinary approach to patient treatment enhance care?

A. By improving efficiency of care
B. By reducing the number of caregivers
C. By preventing the fragmentation of patient care (Correct)
D. By shortening hospital stay

Rationale: An interdisciplinary approach prevents fragmentation of care. An interdisciplinary approach does not improve the efficiency of care, reduce the number of caregivers, or shorten hospital stay.

Q7: How may a newly licensed LPN/LVN engage in their practice?

A. Independently in a hospital setting
B. With an experienced LPN/LVN
C. Under the supervision of a health care provider or RN (Correct)
D. As a sole health care provider in a clinic setting

Rationale: An LPN/LVN practices under the supervision of a health care provider, dentist, OD, or RN.

Q8: Whose influence on nursing practice in the 19th century was related to improvement of patient environment as a method of health promotion?

A. Clara Barton
B. Linda Richards
C. Dorothea Dix
D. Florence Nightingale (Correct)

Rationale: The influence of Florence Nightingale was highly significant in the 19th century as she fought for sanitary conditions, fresh air, and general improvement in the patient environment. Clara Barton developed the American Red Cross in 1881. Linda Richards is known as the first trained nurse in America, was responsible for the development of the first nursing and hospital records and is credited with the development of our present-day documentation system. Dorothea Dix was the pioneer crusader for elevation of standards of care for the mentally ill and superintendent of female nurses of the Union Army.

Q9: What document identifies the roles and responsibilities of the LPN/LVN?

A. NLN Accreditation Standards
B. Nurse Practice Act (Correct)
C. NAPNE Code
D. American Nurses' Association Code

Rationale: The LPN/LVN functions under the Nurse Practice Act. NLN Accreditation Standards, the NAPNE Code, and the American Nurses' Association Code do not identify the roles and responsibilities of the LPN/LVN.

Q10: What is a cost-effective delivery of care method used by many hospitals that allows the LPN/LVN to work with the RN to meet the needs of patients?

A. Focused nursing
B. Team nursing
C. Case management (Correct)
D. Primary nursing

Rationale: Case management is a cost-effective method of care. Focused nursing, team nursing, and primary nursing are not cost-effective methods of delivering care that allow the LPN/LVN to work with the RN to meet patient needs.

Q11: What is the title of the American Hospital Association's 1972 document that outlines the patient's expectations to be treated with dignity and compassion?

A. Code of Ethics
B. Patient's Bill of Rights (Correct)
C. OBRA
D. Advance directives

Rationale: Patient expectations are outlined by the Patient's Bill of Rights. Patient expectations are not outlined in the Code of Ethics, OBRA, or advance directives.

Q12: The relationships among nursing, patients, health, and the environment are the basis for which of the following?

A. Care plans.
B. Nursing models. (Correct)
C. Health care provider's orders.

D. Evaluation of patient care.

Rationale: Nursing models are theories based on the relationship between nursing, patients, health, and environment. Care plans, health care provider's orders, and evaluation of patient care are not based on the relationships among nursing, patients, health, and environment.

Q13: What system associated with care delivery reduces the number of employees but still provides quality care for patients?

A. Team nursing
B. Cross-training (Correct)
C. Use of critical pathways
D. Case management

Rationale: Cross-training reduces the number of employees but does not alter the quality of patient care. Team nursing, use of critical pathways, and case management do not reduce the number of employees while continuing to provide quality care for patients.

Q14: What is the purpose of licensing laws for LPN/LVNs?

A. To limit the number of LPN/LVNs
B. Prevention of malpractice
C. Protection of the public from unqualified people (Correct)
D. To increase revenue for the state board of nursing

Rationale: The purpose of licensing laws for LPN/LVNs is to protect the public from unqualified health care providers. Licensing laws' purpose is not to limit the number of LPNs/LVNs, prevent malpractice, or increase revenue for the state board of nursing.

Q15: What premise is Maslow's hierarchy of needs based on?

A. All needs are equally important.
B. Basic needs must be met before the next level of needs can be met. (Correct)
C. Self-actualization is a primary need.
D. Individuals prioritize needs the same way.

Rationale: Maslow's hierarchy of needs is based on the premise that basic needs must be met first. It is not based on all needs being equally important or that individuals prioritize needs the same way. Self-actualization is not a primary need according to Maslow.

Q16: What must the nurse realize when assessing physical and social environmental factors affecting health and illness?

A. They affect one another. (Correct)
B. They all cause illness.
C. They cause patients to react similarly.
D. They can be separated.

Rationale: Physical and social factors affect each other, cannot be separated, and cause each patient to react in a unique manner. They do not necessarily cause illness or cause patients to react similarly, and they cannot be separated.

Q17: What organization, established during World War II, provided nursing education and training?

A. Nightingale school
B. Cadet Nurse Corps (Correct)
C. Public health department
D. Frontier Nursing Service

Rationale: The Cadet Nurse Corps was established during World War II to provide nursing education and training. The Nightingale school, public health department, and Frontier Nursing Service are not organizations established during World War II to provide nursing education and training.

Q18: What is a modern educational advancement program for the LPN/LVN to enter RN education?

A. Repetition
B. Exclusion
C. Articulation (Correct)
D. Coexistence

Rationale: Most states have some type of articulation program in which the LPN/LVN can achieve advanced standing in an RN program without having to enroll in the entire curriculum. Repetition, exclusion, and coexistence do not refer to educational advancement.

Q19: Where did Florence Nightingale's original nursing education take place?

A. Saint Thomas
B. Kings College Hospital
C. Crimean Hospital
D. Kaiserswerth School (Correct)

Rationale: Florence Nightingale trained at Kaiserswerth School. Florence Nightingale's original training was not at Saint Thomas, Kings College Hospital, or Crimean Hospital.

Q20: What system of comprehensive patient care considers the physical, emotional, and social environment and spiritual needs of a person?

A. Interdependent care
B. Holistic health care (Correct)
C. Illness prevention care
D. Health promotion care

Rationale: Holistic health care encompasses the physical, emotional, social, and spiritual aspects of the patient. The other options all have specific areas of focus.

Q21: What official agency exists exclusively for LPN/LVN membership and promotes standards for the LPN/LVN?

A. NFLPN (Correct)
B. ANA
C. NLN
D. NAPNES

Rationale: The NFLPN exists solely for the LPN/LVN. The other options have membership that includes RNs and the lay public.

Q22: What score does the graduate practical nurse require to be issued a license upon completion of the computerized examination?

A. 70% or better
B. This is defined and set by each state
C. Designated as "pass" (Correct)
D. Within the 75th percentile

Rationale: Currently graduates of an approved vocational school are eligible to take the licensing examination and be awarded a license with a score of "pass" that is recognized by all states.

Q23: What document, published in 1965 by the ANA, clearly defined two levels of nursing practice?

A. Licensing standards
B. Position paper (Correct)
C. Smith-Hughes Act
D. Nurse practice act

Rationale: The ANA's position paper of 1965 defined two levels of nursing: registered nurse and technical nurse. Licensing standards, the Smith-Hughes Act, and the nurse practice act were not documents defining two levels of nursing practice published in 1965.

Q24: What is the wellness/illness continuum defined as?

A. A concept that never changes
B. The range of a person's total health (Correct)
C. A continuum influenced only by one's physical condition
D. An idea that focuses strictly on an individual's social well-being

Rationale: The wellness/illness continuum is defined as the range of a person's total health. This continuum is ever changing, and it is influenced by the individual's physical condition, mental condition, and social well-being.

Q25: According to Maslow's hierarchy of needs, what is an individual's most basic need?

A. Safety and security
B. Love/belongingness
C. Physiologic (Correct)
D. Self-actualization
E. Esteem

Rationale: Abraham Maslow believed that an individual's behavior is formed by the individual's attempts to meet essential human needs, which he identified as physiologic (initial), safety and security, love and belonging, and esteem and self-actualization.

Q26: Primitive medical interventions were based on the belief that illness was caused by what?

A. Evil spirits (Correct)
B. Being careless
C. The anger of others
D. Displeasing their god

Rationale: Illness was thought to be caused by the inhabitation of the body by evil spirits. Medical interventions were designed to drive out evil spirits by introducing good spirits.

Q27: During early civilization what was the function of medicine men?

A. Call upon good spirits to heal the human body
B. Direct the people in the healing arts
C. Rid the human body of bad spirits (Correct)
D. Teach known health concepts

Rationale: Medicine men performed witchcraft and rituals to induce the bad spirits to leave the body of the ailing person during early civilization.

Q28: How often does the National Council of State Boards of Nursing (NCSBN) performs a job analysis to determine the scope of practice of LPN/LVNs?

A. Every year
B. Every 3 years (Correct)
C. Every 5 years
D. Every 10 years

Rationale: The National Council of State Boards of Nursing performs a job analysis every 3 years to measure the scope of practice for LPN/LVNs.

Q29: Graduates of the first school for training the practical nurse were referred to by which term?

A. Attendant nurse (Correct)
B. Secondary nurse
C. Doctor's assistance
D. Patient aides

Rationale: The first school for training the practical nurse started in Brooklyn, New York, in 1892 and was conducted under the auspices of the Young Women's Christian Association (YWCA). The Ballard School, as it was known, was approximately 3 months in duration and trained its students to care for the chronically ill, invalids, children, and the elderly. The main emphasis was on home care and included cooking, nutrition, basic science, and basic procedures. Graduates of this program were referred to as attendant nurses.

Q30: In 1949, who founded the National Federation of Licensed Practical Nurses (NFLPN)?

A. Theodor Fliedner
B. Isabel Hampton Robb
C. Lillian Kuster (Correct)
D. Lavinia Dock

Rationale: In 1949, the National Federation of Licensed Practical Nurses (NFLPN) was founded by Lillian Kuster. This association is the official membership organization for licensed practical nurses/licensed vocational nurses (LPN/LVNs), and membership is limited to LPNs and LVNs. The other individuals mentioned were involved in much earlier actions associated with the field of nursing in general.

Q31: Florence Nightingale established a nursing school at Saint Thomas Hospital in London. What was it characterized by? (Select all that apply.) *(Select all that apply.)*

A. Allowing all applicants who applied to be enrolled
B. Offering formal and practical educational experiences (Correct)
C. Keeping records of students' progress (Correct)
D. Focusing on sanitation and hygiene (Correct)
E. Retaining a registry of all graduates (Correct)

Rationale: The nursing school established by Florence Nightingale rigorously screened its applicants. The curriculum, which included both formal education and practical experiences, was focused on hygiene and sanitation. The school kept records of the students' progress during their school years and also kept a registry of the graduates.

Review Questions - Chapter 01

Q1: The nursing profession has evolved over many hundreds of years and has been influenced by many people. Which woman had the greatest impact on nursing during the 19th century?

A. Isabel Hampton Robb
B. Dorothea Dix
C. Florence Nightingale (Correct)
D. Lavinia Dock

Rationale: Florence Nightingale began the reformation of nursing from occupation to a profession. She influenced nursing practice and established the model for nursing education use in the 20th century. The Nightingale Pledge is the code of ethics for nurses. Isabel Hampton Robb, Dorothea Dix, and Lavinia Dock all set out to follow in the footsteps of Florence Nightingale in furthering the profession of nursing.

Q2: Once students graduate from an approved LPN/LVN education program, which licensure examination are they eligible to take?

A. NLN
B. NCLEX-PN (Correct)
C. NCLEX-RN
D. NAPNES

Rationale: NCLEX-PN is the National Council Licensing Examination for Practical Nurses. NLN stands for the National League of Nurses. NCLEX-RN is the National Council Licensing Examination for Registered Nursing. NAPNES stands for the National Association for Practical Nurse Education and Service.

Q3: Which association is the official membership organization for licensed practical nurses/licensed vocational nurses?

A. NAPNES
B. NLN
C. ANA
D. NFLPN (Correct)

Rationale: NFLPN is the National Federation of Licensed Practical Nurses and membership is limited to LVNs and LPNs. NAPNES is the National Association for Practical Nurse Education and Service and sets standards for PN education. NLN is the National League of Nursing and sets the standard of accreditation for nursing education programs. ANA is the American Nurses Association and all nurses are eligible for membership.

Q4: What nursing leader is credited with the development of the American Red Cross in 1881?

A. Dorthea Dix
B. Clara Barton (Correct)

Foundations and Adult Health Nursing 10th edition Cooper Test Bank

C. Lillian Wald
D. Linda Richards

Rationale: Clara Baron developed the American Red Cross in 1881. Dorthea Dix was a pioneer crusader for elevation of standards of care for the mentally ill and Superintendent of the Female Nurses of the Union Army. Lillian Wald was responsible for development of public health nursing in the United States through development of the Henry Street Settlement in New York City. Linda Richards was the first trained nurse in America, responsible for the first nursing and hospital records and credited with the development of our present-day documentation system.

Q5: A health care system is the complete network of agencies, facilities, and all providers of health care in a specified geographic area. Of the following statements, which one is the best description of the major goal of the health care system?

A. Provide care for those who are ill or injured.
B. Achieve optimal levels of health care for a defined population through adequate and appropriate health care services. (Correct)
C. Provide diagnostic services to those who can afford it or who have health insurance.
D. Achieve standards of practice for all those who work within the health care system in providing care for the critically ill.

Rationale: Achieving optimal levels of health care for a defined population through adequate and appropriate health care services is the major goal of the health care system. The remaining descriptions do not include the necessary key elements, including a defined population.

Q6: Maslow's Hierarchy of Needs was developed in the 1940s for what main purpose?

A. To identify the basic needs of health care organizations
B. To provide the scope of practice for nurses
C. To understand a patient's placement on the illness/wellness continuum (Correct)
D. To assist in developing the patient's bill of rights

Rationale: Maslow identified the basic human needs and shaped them into a hierarchy to demonstrate that some needs are more basic than others. This hierarchy helps the nurse to prioritize the patient's individual needs according to their value system. Basic human needs do not only fall within the health care system. The scope of practice for nurses is determined by the nurse practice act in the individual state in which the nurse is practicing. The Patient's Bill of Rights sets forth the expectation or rights the patient has in receiving health care.

Q7: An LPN/LVN is hired at a health care provider office that believes in a system of comprehensive patient care that takes into consideration the physical, emotional, social, economic, and spiritual needs of patients. Which type of approach regarding patient care fits this philosophy?

A. Holistic (Correct)
B. Supernatural
C. Unethical
D. Assessment

Rationale: Holistic is an all-inclusive approach to health care. This health care approach is not considered supernatural or unethical. Assessment is a component of the nursing process and an aspect of holistic care but is not considered an approach to health care.

Q8: Many female historical figures have influenced the profession of nursing. Which historical figure is known as the "Lady of the Lamp?"

A. Clara Barton
B. Lillian D. Wald
C. Dorothea Dix
D. Florence Nightingale (Correct)

Rationale: As Nightingale made rounds through the wards late at night, she would carry a lamp to light her way through the rows of beds of the injured and sick. Barton is known for the development of the American Red Cross in 1881. Wald is responsible for the development of public health nursing. Dix is known for her crusade for elevation of standards of care for the mentally ill.

Q9: What is the name of the first school of training for the practical nurse established in 1892 in Brooklyn, New York?

A. Thompson Practical Nursing School
B. Ballard School (Correct)
C. Household Nursing Association School of Attendant Nursing
D. Shepard-Gill School of Practical Nursing

Rationale: The Ballard School was the first school of practical nursing conducted under the auspices of the Young Women's Christian Association. Thompson Practical Nursing School began in 1907 in Vermont. Household Nursing Association School of Attendant Nursing began in 1918 in Boston. Shepard-Gill School of Practical Nursing was previously named the Household Nursing Association School.

Q10: Which of Maslow's Model of Health and Illness needs is second in the established hierarchy?

A. Self-actualization
B. Safety and security (Correct)
C. Physiologic
D. Esteem
E. Love and belonging

Rationale: Maslow identified these basic human needs and placed them in a hierarchy to demonstrate that some needs are more elemental than others. These basic requirements must be met before advancing to more lofty needs. The hierarchy order is as follows: Physiologic needs, safety and security, love and belonging, esteem, and finally self-actualization.