Fundamentals of Nursing 4th edition Yoost Test Bank

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Test Bank - Chapter 01

Q1: A group of nursing students are discussing the impact of non nursing theories in clinical practice. Which theory incorporates the developmental needs throughout various stages in a lifespan?

A. Paul's Critical-Thinking Theory
B. Maslow's Hierarchy of Needs
C. Erikson's Psychosocial Theory (Correct)
D. Rosenstock's Health Belief Model

Rationale: Erikson's Psychosocial Theory of Development and Socialization is based on individuals' interacting and learning about their world. Nurses use the concepts of developmental theory to critically think in providing care for their patients at various stages of their lives. Critical thinking, according to Paul's theory, focuses on the nurse's ability to intellectually decipher data. Maslow's hierarchy of needs specifies the psychological and physiological factors that affect each person's physical and mental health. The nurse's understanding of these factors helps with formulating nursing diagnoses that address the patient's needs and values to prioritize care. Rosenstock (1974) developed the psychological Health Belief Model. The model addresses possible reasons for why a patient may not comply with recommended health promotion behaviors. This model is especially useful to nurses as they educate patients.

Q2: A nurse is preparing to provide discharge instructions to a patient. According to Maslow's Hierarchy of Needs, which need should be addressed first?

A. A request for a snack (Correct)
B. An inquiry about insurance coverage
C. A visit from the hospital chaplain
D. Concern about the loss of independence

Rationale: Maslow's Hierarchy of Needs prioritizes physiological needs, followed by safety and security, then love and belonging, self-esteem, and last is self-actualization. Basic needs must be met before any higher-level needs can be addressed.

Q3: A nursing student is preparing study notes from a recent lecture in nursing history. The student would credit Florence Nightingale for which definition of nursing?

A. The imbalance between the patient and the environment decreases the capacity for health. (Correct)
B. The nurse needs to focus on interpersonal processes between nurse and patient.
C. The nurse assists the patient with essential functions toward independence.
D. Human beings are interacting in continuous motion as energy fields.

Rationale: Florence Nightingale's (1860) concept of the environment emphasized prevention and clean air, water, and housing. This theory states that the imbalance between the patient and the environment decreases the capacity for health and does not allow for conservation of energy. Hildegard Peplau (1952) focused on the roles played by the nurse and the interpersonal process

between a nurse and a patient. Virginia Henderson described the nurse's role as substitutive (doing for the person), supplementary (helping the person), or complementary (working with the person), with the goal of independence for the patient. Martha Rogers (1970) developed the Science of Unitary Human Beings. She stated that human beings and their environments are interacting in continuous motion as infinite energy fields.

Q4: The nurse identifies which nurse established the American Red Cross during the Civil War?

A. Dorothea Dix
B. Linda Richards
C. Lena Higbee
D. Clara Barton (Correct)

Rationale: Clara Barton practiced nursing in the Civil War and established the American Red Cross. Dorothea Dix was the head of the U.S. Sanitary Commission, which was a forerunner of the Army Nurse Corps. Linda Richards was America's first trained nurse, graduating from Boston's Women's Hospital in 1873, and Lena Higbee, superintendent of the U.S. Navy Nurse Corps, was awarded the Navy Cross in 1918.

Q5: Which of the following describes the role of the nurse that is governed by a minimum set of criteria?

A. The Patient Bill of Rights
B. The Nursing Standards of Practice (Correct)
C. The Nursing Code of Ethics
D. The Nursing Advanced Practice Act

Rationale: The Nursing Standards of Practice contain a set of criteria that govern the delivery of nursing care to ensure safety. It often includes the nurse practice acts that define the scope of practice among states and various jurisdictions. A code of ethics can offer guidance for moral decision-making, but it lacks legal authority.

Q6: The nurse manager is interviewing graduate nurses to fill existing staffing vacancies. When hiring graduate nurses, the nurse manager realizes that they will probably not be considered "competent" until they complete which task?

A. They graduate and pass NCLEX.
B. They have worked 2 to 3 years. (Correct)
C. Their last year of nursing school.
D. They are actually hired.

Rationale: Benner's model identifies five levels of proficiency: novice, advanced beginner, competent, proficient, and expert. The student nurse progresses from novice to advanced beginner during nursing school and attains the competent level after approximately 2 to 3 years of work experience after graduation. To obtain the RN credential, a person must graduate from an approved school of nursing and pass a state licensing examination called the National Council Licensure Examination for Registered Nurses (NCLEX-RN) usually taken soon after completion of an approved nursing program.

Q7: The prospective student is considering options for beginning a career in nursing. Which degree would best match the student's desire for leadership and contribution to the body of nursing research often at the university level?

A. Associate Degree in Nursing (ADN)
B. Bachelor of Science in Nursing (BSN)
C. Doctor of Nursing Practice (DNP)
D. Doctor of Philosophy in Nursing (PhD) (Correct)

Rationale: Doctoral nursing education can result in a Doctor of Philosophy (PhD) degree. This degree prepares nurses for leadership roles in research, teaching, and administration that are essential to advancing nursing as a profession. Associate Degree in Nursing (ADN) programs usually are conducted in a community college setting. The nursing curriculum focuses on adult acute and chronic disease; maternal/child health; pediatrics; and psychiatric/mental health nursing. ADN RNs may return to school to earn a bachelor's degree or higher in an RN-to-BSN or RN-to-MSN program. Bachelor's degree programs include community health and management courses beyond those provided in an associate degree program. A newer practice-focused doctoral degree is the Doctor of Nursing Practice (DNP), which concentrates on the clinical aspects of nursing. DNP specialties include the four advanced practice roles of NP, CNS, CNM, and CRNA.

Q8: During a staff meeting, the nurse manager announces that the hospital will be seeking Magnet status. To explain the requirements for this award, the nurse manager will contact which organization?

A. American Nurses Association (ANA)
B. American Nurses Credentialing Center (ANCC) (Correct)
C. National League for Nursing (NLN)
D. Joint Commission

Rationale: The American Nurses Credentialing Center (ANCC) awards Magnet Recognition to hospitals that have shown excellence and innovation in nursing. The ANA is a professional organization that provides standards of nursing practice. The National League for Nursing (NLN) outlines and updates competencies for practical, associate, baccalaureate, and graduate nursing education programs. The Joint Commission is the accrediting organization for health care facilities in the United States.

Q9: The nurse is caring for a patient who refuses two units of packed red blood cells. When the nurse notifies the health care provider of the patient's decision, the nurse is acting in which role?

A. Manager
B. Change agent
C. Advocate (Correct)
D. Educator

Rationale: As the patient's advocate, the nurse interprets information and provides the necessary education. The nurse then accepts and respects the patient's decisions even if they are different from the nurse's own beliefs. The nurse supports the patient's wishes and communicates them to

other health care providers. A nurse manages all of the activities and treatments for patients. In the role of change agent, the nurse works with patients to address their health concerns and with staff members to address change in an organization or within a community. The nurse ensures that the patient receives sufficient information on which to base consent for care and related treatment. Education becomes a major focus of discharge planning so that patients will be prepared to handle their own needs at home.

Q10: A nurse manager is discussing the importance of Evidenced-Based Practice (EBP) during a staff meeting. Which of the following statements best reflects the benefits of EBP into nursing practice?

A. Incorporates personal experience into clinical decision-making
B. Ensures that traditional, long-standing practices are maintained
C. Easily applied to all patient situations and clinical settings
D. Improves patient outcomes by enhancing the quality of care (Correct)

Rationale: Evidence-based practice (EBP) is an integration of the best-available research evidence to make clinical care decisions and guide clinical practice. It enhances the quality of care, creating better patient outcomes. EBP should be applied specifically to patient situations, not to all. Also, it does not incorporate personal experience, only when asking a clinical question, nor does it ensure the maintenance of traditions.

Q11: Which of the following nurses would be the best choice to precept a new graduate orientee?

A. A nurse with excellent clinical skills but avoids any leadership roles (Correct)
B. A nurse with 2 years of experience and competence with patient care
C. An advanced practice nurse responsible for prescribing patient care
D. A nurse with 10 years of experience that recently transferred to the unit

Rationale: A nurse with 2 years of experience is at a competent to proficient level according to Benner's Novice to Expert theory. Precepting includes leadership, a nurse who avoids that aspect of the profession may not be the best choice. An advanced practice nurse has a different focus and a nurse new to the unit would not be the best choice either.

Q12: The nurse is preparing to discharge a patient admitted with fever of unknown origin. The patient states, "I never got past the fifth grade in school. Don't read much. Never saw much sense in it. But I do OK. I can read most stuff. But my doctor explains things good and doesn't think that my sickness is serious." In this situation, what is the goal for health literacy?

A. Provide discharge medication information from a professional source to provide the most thorough information.
B. Coordinate with other healthcare professionals to offer information that is understandable to the patient. (Correct)
C. Assume that the physician and the patient have a good rapport and that the physician will clarify everything.
D. Defer offering the patient the opportunity to sign up for wellness classes due to the low literacy rate.

Rationale: The goal of patient education by the nurse is to inform patients and deliver information that is understandable by examining their level of health literacy. The more understandable health information is for patients, the closer the care is coordinated with need.

Q13: A nurse is caring for a patient who lost a large amount of blood during childbirth. The nurse provides the opportunity for the patient to maintain her activity level while providing adequate periods of rest and encouragement. Which nursing theory would the nurse most likely choose as a framework for addressing the fatigue associated with the low blood count?

A. Watson's Theory of Human Caring
B. Parse's Theory of Human Becoming
C. Roy's Adaptation Model (Correct)
D. Rogers's Science of Unitary Human Beings

Rationale: Roy's Adaptation Model is based on the human being as an adaptive open system. The person adapts by meeting physiologic-physical needs, developing a positive self-concept-group identity, performing social role functions, and balancing dependence and independence. Stressors result in illness by disrupting the equilibrium. Nursing care is directed at altering stimuli that are stressors to the patient. The nurse helps patients strengthen their abilities to adapt to their illnesses or helps them to develop adaptive behaviors. Watson's theory is based on caring, with nurses dedicated to health and healing. The nurse functions to preserve the dignity and wholeness of humans in health or while peacefully dying. Parse's theory is called the Human Becoming School of Thought. Parse formulated the Theory of Human Becoming by combining concepts from Martha Rogers's Science of Unitary Human Beings with existential-phenomenological thought. This theory looks at the person as a constantly changing being, and at nursing as a human science. Martha Rogers (1970) developed the Science of Unitary Human Beings. She stated that human beings and their environments are interacting in continuous motion as infinite energy fields.

Q14: The nurse recognizes which nursing theorist who described the relationship between the nurse and the patient as an interpersonal and therapeutic process?

A. Virginia Henderson
B. Betty Neuman
C. Imogene King
D. Hildegard Peplau (Correct)

Rationale: Hildegard Peplau focused on the roles played by the nurse and the interpersonal process between a nurse and a patient. The interpersonal process occurs in overlapping phases: (1) orientation, (2) working, consisting of two subphases: identification and exploitation, and (3) resolution. Betty Neuman's Systems Model includes a holistic concept and an open-system approach. The model identifies energy resources that provide for basic survival, with lines of resistance that are activated when a stressor invades the system. Virginia Henderson described the nurse's role as substitutive (doing for the person), supplementary (helping the person), or complementary (working with the person), with the ultimate goal of independence for the patient. Imogene King developed a general systems framework that incorporates three levels of systems: (1) individual or personal, (2) group or interpersonal, and (3) society or social. The theory of goal attainment discusses the importance of interaction, perception, communication, transaction, self, role, stress, growth and development, time, and personal space. In this theory, both the nurse and

the patient work together to achieve the goals in the continuous adjustment to stressors.

Q15: When a nursing class volunteers to serve hot meals at a local homeless shelter on a Saturday afternoon, which term identifies this focus on serving the community?

A. Altruism (Correct)
B. Accountability
C. Autonomy
D. Advocate

Rationale: A profession provides services needed by society. Additionally, practitioners' motivation is public service over personal gain (altruism). Service to the public requires intellectual activities, which include responsibility. This accountability has legal, ethical, and professional implications. Members of a profession have autonomy in decision-making and practice and are self-regulating in that they develop their own policies in collaboration with one another. As the patient's advocate, the nurse interprets information and provides the necessary education. The nurse then accepts and respects the patient's decisions even if they are different from the nurse's own beliefs.

Q16: A patient is being discharged from the hospital with wound care dressing changes. The nurse recommends a referral for home health nursing care. The nurse is using which standard of practice?

A. Assessment
B. Diagnosis
C. Planning (Correct)
D. Implementation

Rationale: As a care provider, the nurse follows the nursing process to assess patient data, prioritize Nursing diagnoses, plan the care of the patient, implement the appropriate interventions, and evaluate care in an ongoing cycle. In recommending a referral, the nurse is, in effect, planning care.

Q17: The nurse administers a medication to the patient and then realizes that the medication had been discontinued. The nurse immediately assesses the patient and promptly reports the error to the physician. The nurse recognizes which term that identifies complying with the standards of professional performance?

A. Ethics (Correct)
B. Socialization
C. Altruism
D. Autonomy

Rationale: Guiding the nurse's professional practice are ethical behaviors. Ethics is the standards of right and wrong behavior. The main concepts in nursing ethics are accountability, advocacy, autonomy (be independent and self-motivated), beneficence (act in the best interest of the patient), confidentiality, fidelity (keep promises), justice (relate to others with fairness and equality), nonmaleficence (do no harm), responsibility, and veracity (be truthful). Ethical guidelines direct the nurse's decision-making in routine situations and in ethical dilemmas. Socialization to professional

nursing is a process that involves learning the theory and skills necessary for the role of nurse. A profession provides services needed by society. Additionally, practitioners' motivation is public service over personal gain (altruism). Members of a profession have autonomy in decision-making and practice and are self-regulating in that they develop their own policies in collaboration with one another.

Q18: A newly licensed registered nurse is curious about the scope of care that he or she has in caring for patients undergoing conscious sedation. Which would be the best source of information for this nurse?

A. National Student Nurses Association
B. Nurse Practice Act (Correct)
C. ANA Standards of Professional Performance
D. National League for Nursing

Rationale: Nurse practice acts provide the scope of practice defined by each state or jurisdiction and set forth the legal limits of nursing practice. These acts are laws that the nurse must be familiar with to function in practice. Nurse practice acts are worded in broad legal terms that need to be interpreted by nurses to be clearly understood within the context of their profession. Nursing organizations enable the nurse to have access to current information and resources as well as a voice in the profession. Nursing organizations include the ANA, the NLN, the ICN, Sigma Theta Tau International Honor Society of Nursing, and the National Student Nurses Association (NSNA).

Q19: The nursing student is writing a paper about the direct patient care role of advanced practice nurses. Which advanced practice role would the student include in the report?

A. Nurse Administrator
B. Clinical Nurse Leader
C. Clinical Nurse Specialist (Correct)
D. Nurse Educator

Rationale: There are four specialties in which nurses provide direct patient care in advanced practice roles: certified nurse midwife (CNM), nurse practitioner (NP), clinical nurse specialist (CNS), and certified registered nurse anesthetist (CRNA). Four additional advanced practice roles that do not always involve direct patient care are clinical nurse leader (CNL), nurse educator, nurse researcher, and nurse administrator.

Q20: The nurse is determining the patient care assignments for a nursing unit. The nurse knows which responsibility may be delegated to the licensed practical nurse?

A. Initiating the nursing care plans
B. Formulating Nursing diagnoses
C. Assessing a newly admitted patient
D. Administering oral medications (Correct)

Rationale: LPNs, or LVNs in California and Texas, are not RNs. They complete an educational program consisting of 12 to 18 months of training, and then they must pass the National Council Licensure Examination for Practical Nurses (NCLEX-PN) to practice as an LPN/LVN. They are

under the supervision of an RN in most institutions and are able to collect data but cannot perform an assessment requiring decision-making, cannot formulate a Nursing diagnosis, and cannot initiate a care plan. They may update care plans and administer medications except for certain IV medications.

Q21: The nursing student is taking a class in Nursing Research. In class the student has learned which term that identifies the most abstract level of knowledge?

A. Metaparadigm (Correct)
B. Philosophy
C. Conceptual framework
D. Nursing theory

Rationale: A metaparadigm, as the most abstract level of knowledge, is defined as a global set of concepts that identify and describe the central phenomena of the discipline and explain the relationship between those concepts. For example, the metaparadigm for nursing focuses on the concepts of person, environment, health, and nursing. The next level of knowledge is a philosophy, which is a statement about the beliefs and values of nursing in relation to a specific phenomenon such as health. The third level of knowledge is a nursing conceptual framework, or model, which is a collection of interrelated concepts that provides direction for nursing practice, research, and education. The fourth level of nursing knowledge is a nursing theory, which represents a group of concepts that can be tested in practice and can be derived from a conceptual model.

Q22: What requirement of a nurse displays competence?

A. Accreditation
B. A degree
C. Licensure (Correct)
D. Certification

Rationale: Licensure, or passing of an exam, displays competence and provides a legally recognized license. Accreditation pertains to a nursing program. A degree is necessary to sit for a licensure exam, but until it is passed, the nurse is not considered competent to practice. A certification denotes excellence in a specialty area.

Q23: The nurse recognizes which statements contribute to the understanding that nursing is considered a profession? (Select all that apply.) *(Select all that apply.)*

A. Nursing requires specialized training. (Correct)
B. Nursing has a specialized body of knowledge. (Correct)
C. The ANA regulates nursing practice.
D. Nurses make independent decisions within their scope of practice. (Correct)
E. Once licensure is complete, no further education is required.

Rationale: A profession is an occupation that requires at a minimum specialized training and a specialized body of knowledge. Nursing meets these minimum requirements. Thus nursing is considered to be a profession. Members of a profession have autonomy in decision-making and practice and are self-regulating in that they develop their own policies in collaboration with one

another. Nursing professionals make independent decisions within their scope of practice and are responsible for the results and consequences of those decisions. A profession is committed to competence and has a legally recognized license. Members are accountable for continuing their education. The ANA is a professional organization that provides standards (not regulation) of nursing practice.

Q24: What are contributors to the nursing shortage? (Select all that apply.) *(Select all that apply.)*

A. The number of clinical sites (Correct)
B. Job dissatisfaction (Correct)
C. An aging population (Correct)
D. Number of faculty members (Correct)
E. Lack of available jobs

Rationale: There are many contributors to the current and future nursing shortage. Some of these contributors include a lack of clinical sites and faculty members, especially as current faculty age and retire. Overall, the population is aging as is the nursing workforce. Many current nurses express job dissatisfaction and leave the profession.

Q25: The nurse is conducting a health assessment on a patient from a foreign country. Which concepts should be addressed by the nurse during the interview? (Select all that apply.) *(Select all that apply.)*

A. Food preferences (Correct)
B. Religious practices (Correct)
C. Health beliefs (Correct)
D. Family orientation (Correct)
E. Politics

Rationale: Culture is the integrated patterns of human behavior that include the language, thoughts, communications, actions, customs, beliefs, values, and institutions of racial, ethnic, religious, or social groups.