Seidel's Guide to Physical Examination 11th edition Ball Test Bank

SKU: 9780443348136-TEST-BANK

Test Bank - Chapter 01

Q1: 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. (Correct)

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.

Rationale: 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.

Q2: An image of any group that rejects its potential for originality or individuality is known as a(n)

A. acculturation.

B. norm.

C. stereotype. (Correct)

D. ethnos.

Rationale: 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.

Q3: 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." (Correct)

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."

Rationale: 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.

Q4: 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. (Correct)
D. cultural skill.

Rationale: 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.

Q5: 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?" (Correct)

Rationale: "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.

Q6: The definitions of "ill" and "sick" are based on

A. stereotypes.
B. cultural behaviors.
C. belief systems. (Correct)
D. cultural attitudes.

Rationale: The definitions of "ill" and "sick" are based on the individual's belief system and are determined in large part by their enculturation.

Q7: 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?” (Correct)
D. “Does your religion make it hard for you to answer my questions?”

Rationale: 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.

Q8: As you explain your patient’s condition to her husband, you notice that he is leaning toward you and appears to be trying to speak. Your most appropriate response is to

A. tell him that you understand his need to be alone.
B. ask whether he has any questions. (Correct)
C. ask whether he would prefer to speak to the clinician.
D. tell him that it is all right to be angry.

Rationale: Leaning in can be a cue that someone is preparing to ask a question. In such cases, clarification and questions should be invited to encourage open communication.

Q9: An aspect of traditional Western medicine that may be troublesome to many people from Hispanic/Latino, Native American, Asian, and Middle Eastern backgrounds is traditional Western medicine’s attempts to

A. use a holistic approach that views a particular medical problem within the context of the whole person
B. determine a single, specific, biological cause for every problem in a precise way. (Correct)
C. establish harmony between a person and their environment and spiritual world.
D. restore balance in an individual’s overall life and well-being.

Rationale: Traditional Western medicine often emphasizes identifying a single, precise, biological cause for each health concern. In contrast, many individuals from Hispanic/Latino, Native American, Asian, and Middle Eastern cultures may integrate physical, emotional, spiritual, and community factors into their understanding of health. Using a holistic approach as opposed to a cause-and-effect model may feel more familiar and comprehensive to individuals from certain cultural backgrounds.

Q10: 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. (Correct)

Rationale: 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.

Q11: 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 (Correct)
B. Rite
C. Ritual
D. Norm

Rationale: 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.

Q12: 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. (Correct)
D. refer the patient to a provider more knowledgeable about cultural differences.

Rationale: 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.

Q13: 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. (Correct)
D. age group.

Rationale: 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).

Q14: 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 among some individuals in which of the following cultural groups?

A. Navajo Native Americans (Correct)

B. Dominant Americans
C. First-generation African descendants
D. First-generation European descendants

Rationale: Some Navajo individuals believe that thought and language have the power to shape reality, so discussing a terminal diagnosis may be considered harmful. Therefore, the healthcare provider should ask how the patient prefers to receive information.

Q15: An example of a cold condition is

A. a fever.
B. a rash.
C. tuberculosis. (Correct)
D. an ulcer.

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

Q16: Which variables can intrude on successful communication? (Select all that apply.) *(Select all that apply.)*

A. Social class (Correct)
B. Gender (Correct)
C. Stereotype
D. Phenotype
E. Age (Correct)

Rationale: 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.

Q17: Campinha-Bacote's Process of Cultural Competence Model includes which cultural constructs? (Select all that apply.) *(Select all that apply.)*

A. Desire (Correct)
B. Awareness (Correct)
C. Thought processes
D. Skill (Correct)
E. Language

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

Review Questions - Chapter 01

Q1: Select the best way a nurse demonstrates cultural competence in communication during a health examination.

A. Allowing the patient time to understand and be understood. (Correct)
B. Allowing the patient to see the computer screen while data is entered.
C. Having health pamphlets available which are written in different languages.
D. Asking the patient to complete a questionnaire regarding specific ethnicity first.

Q2: Which is the best method to determine what culture a patient identifies with?

A. Ask the patient the country of birth.
B. Refer to the race listed in the medical record.
C. Ask the patient if there is an ethnic group he or she identifies with. (Correct)
D. Note the patient's skin color, facial features, and any accent with speech.

Q3: A healthcare provider is demonstrating cultural humility when performing which action?

A. Self-critique (Correct)
B. Self-explanation
C. Self-motivation
D. Self-deprecation

Q4: Which is the best way a healthcare provider can become culturally competent?

A. Study and speak to the patient in his or her native tongue.
B. Be respectful and open to understanding the ways of all patients. (Correct)
C. Attend intercultural events to increase knowledge of different groups.
D. Study the culture of the patients that make up the majority of the practice.

Q5: A patient belonging to a specific ethnic group tells the nurse that she has been eating cold foods since developing a respiratory infection last month. What does the patient mean?

A. The patient is following a bland diet.
B. Meals are cooked and then eaten after refrigeration.
C. The diet is composed of mainly raw, uncooked foods.
D. An infection is a hot disease, so treatment includes foods that are cold. (Correct)

Q6: Which factor disproportionately affects ethnic women?

A. Residence location
B. Education inadequacy (Correct)
C. Gender confliction
D. Sexual orientation

Q7: An ethnic minority patient comes to the health clinic. The patient does not speak or understand the language of the healthcare provider. What should the healthcare provider do?

A. Ask a family member to stay in the room during the examination and translate.
B. Use gestures and speak slowly and clearly while explaining the examination.
C. Obtain the services of a trained translator to be present during the examination. (Correct)
D. Obtain printed literature that includes the language and use that to communicate.

Q8: Select the best manner to address the use of home remedies by a patient.

A. Ask them about their home remedies.
B. Explain that home remedies have not been scientifically tested.
C. Ask them how they have been treating their conditions and how their treatment has been working. (Correct)
D. Explain that some home remedies are harmful and others just do not work.

Q9: A Black male patient tells the female nurse that he is not comfortable with having a female nurse care for him. Which response, made by the nurse, is most appropriate?

A. “I am sorry you feel that way because I’m a good nurse.”
B. “I understand your perspective and will find a male nurse to care for you.” (Correct)
C. “I am sorry, but all of our male nurses are busy caring for other patients.”
D. “I need to report this to my nurse supervisor to see how she feels about your request.”

Q10: A culturally competent nurse should not form a sense of the patient based on which cultural factors? (Select all that apply.) *(Select all that apply.)*

A. Race (Correct)
B. Employment status (Correct)
C. Religion (Correct)
D. Sexual orientation
E. Physical characteristics (Correct)