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Chapter 2: Theoretical Foundations of the Calgary Family Assessment and Intervention Models

1. The nurse is speaking with a client regarding his new diagnosis of diabetes mellitus type 2. Which of the following is *not* an example of nonverbal communication?

A. The client shakes his head as the nurse asks about his understanding of the new medication.
B. The client looks at the wall as the nurse prepares to give him an injection of insulin.
C. The client says, “I do not want to do this” as the nurse begins to teach him how to give a self-injection.
D. The client shrugs his shoulders when the nurse asks if he understands his treatment plan.

Answer:

2. The nurse is caring for a client following an acute exacerbation of chronic obstructive pulmonary disease. The nurse understands that nonverbal communication includes specific behaviors. As the nurse explains the treatment plan to the client, what nonverbal communication cue may the nurse be conscious of when speaking with her?

A. The client faces the nurse as the nurse speaks.
B. The client asks about the side effects of the new medication she will be taking.
C. The client begins to cry as she talks about all the things that she wants to do with her life.
D. The client asks the nurse to come back when the client’s daughter is present

Answer:

3. The nurse is reflecting on her conversation with a client who was admitted for a fractured femur. Given this situation, which of the following is true concerning communication theory?

A. Most nonverbal communication is not meaningful.
B. Relationships have varying degrees of support, giving, and receiving.
C. Analog is the major channel used for communication.
D. Communication occurs only at the relationship level.

Answer:

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4. The client's family members are constantly present at the client's bedside, and they communicate with one another frequently. The nurse recognizes that all of the following are functions of communication within the family, *except* which one?

A. Assisting family members to clarify expectations of behavior with one another
B. Conflict resolution
C. Assisting family members to learn about their environment
D. Developing self-doubt

Answer:

5. The nurse is working with a 10-year-old client who is a victim of sexual abuse. What is a form of digital communication the nurse can use with the client?

A. Talking about the client's feelings
B. Playing the piano
C. Drawing a picture
D. Writing a story

Answer:

6. The nurse is caring for a child with an autism spectrum disorder. The nurse is careful to include both parents and the child's two older siblings in conversations about caretaking and treatment plans. Which statement is true regarding the postmodernist approach to nursing practice?

A. Postmodernism focuses on the singularity of the client experience.
B. Postmodernism emphasizes multiple views, multiple possibilities, and multiple lives.
C. Postmodernism supports nurses as the expert.
D. Postmodernism does not consider differences.

Answer:

7. A client has been a smoker for 18 years. The client's 5-year-old daughter was recently diagnosed with asthma. What is a component of change theory that should be carefully considered in this situation?

A. Change is dependent on static goals.
B. Understanding will lead to change.
C. Change is dependent on the perception of the problem.
D. Change occurs equally in all family members.

Answer:

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8. One component of change theory is that understanding alone does not always result in a change. Which of the following demonstrates this principle?

A. A client with congestive heart failure follows a low-sodium diet after receiving teaching.
B. A client is diagnosed with breast cancer and opts to begin treatment immediately after receiving teaching.
C. A client is anemic and begins taking iron supplements after receiving teaching.
D. A client with diabetes refuses to check his blood glucose levels after receiving teaching.

Answer:

9. The client has received military deployment orders. Which of the following most likely reflects acceptance of the change?

A. The client prepares for deployment.
B. The client suffers from extreme homesickness following his deployment.
C. The client's 14-year-old son begins smoking following his father's deployment.
D. The client's wife cries every night following her husband's deployment.

Answer:

10. The nurse is caring for a client following her diagnosis with terminal cancer. The client has been referred for palliative care. One component of change theory is that it must be based on co-evolving goals for treatment. Which of the following scenarios demonstrates this component?

A. The nurse provides the family with treatment goals.
B. The nurse listens as the family discusses placement options for the client.
C. The family tells the nurse they are planning a vacation this month and will discuss the prognosis in the coming months.
D. The family is looking forward to a family reunion next year where the client can make her famous chili one last time.

Answer:

11. Biologically speaking, what shapes understanding?

A. Environment alone shapes understanding.
B. Experience alone shapes understanding.
C. Culture and socioeconomic status alone shape understanding.
D. All the events and experiences of living shape understanding.

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Answer:

12. The nurse is caring for an 89-year-old widower who recently had a stroke. Before his stroke, the client was living independently at home. He is now being admitted to a long-term care facility with unilateral neglect of the left side. What does the nurse realize about change?

A. Change is often easy for most.
B. Change is a rare phenomenon.
C. Change is often influenced by only one variable.
D. Change is often influenced by multiple variables.

Answer:

13. The nurse is planning care for a family. Which of the following is *not* an important consideration for the nurse when deciding on family interventions?

A. Sexual orientation
B. The nurse's professional opinion
C. Ethnicity and race
D. Socioeconomic status

Answer:

14. The nurse is caring for a family, following the grandmother's diagnosis of stroke. The grandmother is currently recovering in a rehab facility and has developed close relationships with many of the staff. Which of the following questions, if asked by the nurse, reflects an understanding of the nurse's responsibility?

A. "What role does the therapist play in your family?"
B. "How is the role of the family influenced by the rehab setting?"
C. "What are your plans for your grandmother after rehab?"
D. "How has your grandmother's role in the family changed since her stroke?"

Answer:

15. Change in families is constantly evolving and transforming. Which of the following can precipitate a major change in an entire family system?

A. Loss of electricity during a thunderstorm
B. The main breadwinner receiving an annual inflation-adjusted pay increase
C. A member of the family suffering from the flu and missing a day of work
D. A member of the family using cocaine regularly

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Answer:

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Chapter 2: Theoretical Foundations of the Calgary Family Assessment and Intervention Models – Answers and Rationales

1. The nurse is speaking with a client regarding his new diagnosis of diabetes mellitus type 2. Which of the following is *not* an example of nonverbal communication?

A. The client shakes his head as the nurse asks about his understanding of the new medication.
B. The client looks at the wall as the nurse prepares to give him an injection of insulin.
C. The client says, "I do not want to do this" as the nurse begins to teach him how to give a self-injection.
D. The client shrugs his shoulders when the nurse asks if he understands his treatment plan.

ANS: C
Page: 34

	Feedback
A.	This is incorrect. Shaking his head is an example of nonverbal communication.
B.	This is incorrect. Looking at the wall is an example of nonverbal communication.
C.	This is correct. Saying, "I do not like this" is an example of verbal communication.
D.	This is incorrect. Shrugging his shoulders is an example of nonverbal communication.

2. The nurse is caring for a client following an acute exacerbation of chronic obstructive pulmonary disease. The nurse understands that nonverbal communication includes specific behaviors. As the nurse explains the treatment plan to the client, what nonverbal communication cue may the nurse be conscious of when speaking with her?

A. The client faces the nurse as the nurse speaks.
B. The client asks about the side effects of the new medication she will be taking.
C. The client begins to cry as she talks about all the things that she wants to do with her life.
D. The client asks the nurse to come back when the client's daughter is present.

ANS: A
Page: 35

	Feedback
A.	This is correct. Body posture is a type of nonverbal communication.
B.	This is incorrect. Asking for more information is not a type of nonverbal communication.
C.	This is incorrect. Reflecting on life goals is not a type of nonverbal communication.
D.	This is incorrect. Asking the nurse to return and explain the treatment plan to the family is not a type of nonverbal communication.

3. The nurse is reflecting on her conversation with a client who was admitted for a fractured femur. Given this situation, which of the following is true concerning communication theory?

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A. Most nonverbal communication is not meaningful.
B. Relationships have varying degrees of support, giving, and receiving.
C. Analog is the major channel used for communication.
D. Communication occurs only at the relationship level.

ANS: B
Page: 34

	Feedback
A.	This is incorrect. All nonverbal communication is meaningful.
B.	This is correct. One component of communication theory is that a dyadic relationship has varying degrees of symmetry and complementarity.
C.	This is incorrect. All communication has two major channels for transmission: digital and analog.
D.	This is incorrect. The two major levels of communication are relationship and content.

4. The client's family members are constantly present at the client's bedside, and they communicate with one another frequently. The nurse recognizes that all of the following are functions of communication within the family, *except* which one?

A. Assisting family members to clarify expectations of behavior with one another
B. Conflict resolution
C. Assisting family members to learn about their environment
D. Developing self-doubt

ANS: D
Page: 33

	Feedback
A.	This is incorrect. Communication within the family assists family members to clarify expectations of behavior, learn about their environment, and resolve conflict.
B.	This is incorrect. Communication within the family assists with conflict resolution.
C.	This is incorrect. Communication within the family assists family members to learn about their environment.
D.	This is correct. One function of communication within the family is developing self-esteem.

5. The nurse is working with a 10-year-old client who is a victim of sexual abuse. What is a form of digital communication the nurse can use with the client?

A. Talking about the client's feelings

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B. Playing the piano
C. Drawing a picture
D. Writing a story

ANS: A
Page: 35

	Feedback
A.	This is correct. Digital communication is verbal communication.
B.	This is incorrect. Music is analog communication.
C.	This is incorrect. Drawing is analog communication.
D.	This is incorrect. Writing a story is analog communication.

6. The nurse is caring for a child with an autism spectrum disorder. The nurse is careful to include both parents and the child's two older siblings in conversations about caretaking and treatment plans. Which statement is true regarding the postmodernist approach to nursing practice?

A. Postmodernism focuses on the singularity of the client experience.
B. Postmodernism emphasizes multiple views, multiple possibilities, and multiple lives.
C. Postmodernism supports nurses as the expert.
D. Postmodernism does not consider differences.

ANS: B
Page: 22

	Feedback
A.	This is incorrect. Postmodernism focuses on the family as a whole and multiplicity.
B.	This is correct. Postmodernism focuses on multiplicity.
C.	This is incorrect. Postmodernism emphasizes collaborative relationships and partnerships with clients.
D.	This is incorrect. Postmodernism respects differences.

7. A client has been a smoker for 18 years. The client's 5-year-old daughter was recently diagnosed with asthma. What is a component of change theory that should be carefully considered in this situation?

A. Change is dependent on static goals.
B. Understanding will lead to change.
C. Change is dependent on the perception of the problem.
D. Change occurs equally in all family members.

ANS: C
Page: 40

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	Feedback
A.	This is incorrect. Change is dependent on co-evolving goals for treatment.
B.	This is incorrect. Understanding alone will not lead to change.
C.	This is correct. The client must perceive his smoking as a problem for his daughter's health.
D.	This is incorrect. Change does not occur equally in all family members.

8. One component of change theory is that understanding alone does not always result in a change. Which of the following demonstrates this principle?

A. A client with congestive heart failure follows a low-sodium diet after receiving teaching.
B. A client is diagnosed with breast cancer and opts to begin treatment immediately after receiving teaching.
C. A client is anemic and begins taking iron supplements after receiving teaching.
D. A client with diabetes refuses to check his blood glucose levels after receiving teaching.

ANS: D
Page: 44

	Feedback
A.	This is incorrect. The client has been educated about his diagnosis and made a change to adhere to the treatment plan.
B.	This is incorrect. The client received education about her diagnosis and made a change.
C.	This is incorrect. The client began taking iron supplements as a result of the education provided.
D.	This is correct. The client was provided teaching and understands the problem, but he refuses to make the needed change.

9. The client has received military deployment orders. Which of the following most likely reflects acceptance of the change?

A. The client prepares for deployment.
B. The client suffers from extreme homesickness following his deployment.
C. The client's 14-year-old son begins smoking following his father's deployment.
D. The client's wife cries every night following her husband's deployment.

ANS: A
Page: 40

	Feedback
A.	This is correct. This shows that the client is accepting of the change.
B.	This is incorrect. This shows that the client is having difficulty adjusting to the change.

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C.	This is incorrect. This shows that the client's son is not adjusting to the change.
D.	This is incorrect. This shows that the client's wife is not adjusting to the change.

10. The nurse is caring for a client following her diagnosis with terminal cancer. The client has been referred for palliative care. One component of change theory is that it must be based on co-evolving goals for treatment. Which of the following scenarios demonstrates this component?

A. The nurse provides the family with treatment goals.
B. The nurse listens as the family discusses placement options for the client.
C. The family tells the nurse they are planning a vacation this month and will discuss the prognosis in the coming months.
D. The family is looking forward to a family reunion next year where the client can make her famous chili one last time.

ANS: B
Page: 42

	Feedback
A.	This is incorrect. Treatment goals should be discussed openly, but ultimately, the family must set goals collaboratively.
B.	This is correct. One of the nurse's goals is to help the family discover its own solutions to problems.
C.	This is incorrect. Change requires goals to co-evolve in a realistic time frame.
D.	This is incorrect. Families rarely come to a family interview with the idea that a change may be required. Therefore, the nurse should engage the family and help them to have a different view of the problem.

11. Biologically speaking, what shapes understanding?

A. Environment alone shapes understanding.
B. Experience alone shapes understanding.
C. Culture and socioeconomic status alone shape understanding.
D. All the events and experiences of living shape understanding.

ANS: D
Page: 45

	Feedback
A.	This is incorrect. Understanding is not solely shaped based on environment.
B.	This is incorrect. Understanding is not solely shaped based on experience.
C.	This is incorrect. Understanding is not solely shaped based on culture and socioeconomic status.
D.	This is correct. Understanding is shaped by all the events and experiences of living.

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12. The nurse is caring for an 89-year-old widower who recently had a stroke. Before his stroke, the client was living independently at home. He is now being admitted to a long-term care facility with unilateral neglect of the left side. What does the nurse realize about change?

A. Change is often easy for most.
B. Change is a rare phenomenon.
C. Change is often influenced by only one variable.
D. Change is often influenced by multiple variables.

ANS: D
Page: 47

	Feedback
A.	This is incorrect. Change is rarely easy for most clients.
B.	This is incorrect. Change is a common occurrence.
C.	This is incorrect. Change is often influenced by more than one variable.
D.	This is correct. Change is typically influenced by more than one variable.

13. The nurse is planning care for a family. Which of the following is *not* an important consideration for the nurse when deciding on family interventions?

A. Sexual orientation
B. The nurse's professional opinion
C. Ethnicity and race
D. Socioeconomic status

ANS: B
Page: 42

	Feedback
A.	This is incorrect. It is important to consider sexual orientation when determining family interventions.
B.	This is correct. The family's opinions, not the nurse's, should be considered when determining family interventions.
C.	This is incorrect. It is important to consider ethnicity and race when determining family interventions.
D.	This is incorrect. It is important to consider socioeconomic status when determining family interventions.

14. The nurse is caring for a family, following the grandmother's diagnosis of stroke. The grandmother is currently recovering in a rehab facility and has developed close relationships with many of the staff. Which of the following questions, if asked by the nurse, reflects an understanding of the nurse's responsibility?

A. "What role does the therapist play in your family?"

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B. “How is the role of the family influenced by the rehab setting?”
C. “What are your plans for your grandmother after rehab?”
D. “How has your grandmother’s role in the family changed since her stroke?”

ANS: C
Page: 46

	Feedback
A.	This is incorrect. This question deals with context.
B.	This is incorrect. This question is focused on context.
C.	This is correct. This question reflects the nurse’s understanding of his or her responsibility to facilitate change.
D.	This is incorrect. This question is focused on context.

15. Change in families is constantly evolving and transforming. Which of the following can precipitate a major change in an entire family system?

A. Loss of electricity during a thunderstorm
B. The main breadwinner receiving an annual inflation-adjusted pay increase
C. A member of the family suffering from the flu and missing a day of work
D. A member of the family using cocaine regularly

ANS: D
Page: 29

	Feedback
A.	This is incorrect. This is a temporary change that most likely will not disrupt the entire family system. A natural disaster that displaces the family from their home is more of a major change.
B.	This is incorrect. This is a minor change that most likely will not disrupt the entire family system. Loss of employment is more of a major change.
C.	This is incorrect. This is a minor change that most likely will not disrupt the entire family system. A serious illness is more of a major change.
D.	This is correct. Addictions are major changes that will most likely disrupt the entire family system.

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