Textbook of Adult-Gerontology Primary Care Nursing - Evidence-Based Patient Care for Adolescents to Older Adults 1st edition Hain Test Bank

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Chapter 2

Toward Person-Centered Care

1. Which is true regarding person-centered care?
- **a.** It focuses on individual's receiving the care they ask for.
- **b.** It focuses on an individual's current health issues or disease.
- **c.** It focuses on short-term tasks that clients and professionals carry out to resolve problems.
- ***d.** It focuses on the health needs and individual's expectations.

Rationale: Client-directed care focuses on individuals receiving the care they ask for. Person-centered care focuses on the health needs and individual's expectations rather than the disease. Task-centered care focus on short-term tasks that patients and practitioners carry out to resolve problems.

2. During motivational interviewing it is important for the healthcare provider to use _____ questions.
- **a.** short answer
- **b.** probing
- ***c.** open-ended
- **d.** closed

Rationale: Open-ended questions during motivational interviewing help the patient to think more deeply about an issue and help them to explore the reasons for and possibility of change.

3. A nurse is caring for a patient with sclerosis of the liver. The patient states that they are unable to completely stop consuming alcohol.
Which statement by the nurse is appropriate using motivational interviewing?
- ***a.** "It seems you have been working hard to stop drinking."
- **b.** "My son had to eliminate tobacco to stop drinking."
- **c.** "Since your spouse drinks it may be more difficult to stop."
- **d.** "If you continue decreasing use, I'm sure you will be able to stop."

Rationale: The statement "It seems you have been working hard to stop drinking," is the appropriate response. This statement increases the patient's self-confidence which will help them continue working to change. The statement "My son had to

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eliminate tobacco to stop drinking," is inappropriate. A healthcare professional should never use personal experiences. The statement, "Since your spouse drinks it may be more difficult to stop," is inappropriate. A professional should never place judgment on a family member. The last statement "If you continue decreasing use, I'm sure you will be able to stop," is inappropriate because the nurse is placing judgement on the patient.

4. A nurse is caring for a patient with emphysema. The patient states that they are unable to stop smoking. Which statement by the nurse is an example of an affirmation statement?

a. "I know chewing gum has helped several of my patients."
b. "Perhaps we should try a medication to help you stop smoking."
c. "It's hard to quit smoking but you're concerned about how it affects your health."
***d.** "I appreciate your honesty with me about having trouble to stop smoking."

Rationale: The statement "I appreciate your honesty with me about having trouble to stop smoking," is an example of an affirmation statement that bolsters the patient's confidence to make a change. The statement "It's hard to quit smoking but you're concerned about how it affects your health," is an example of reflective listening. The statement, "Perhaps we should try a medication to help you stop smoking," is not an example of an affirmation statement. The statement, "I know chewing gum has helped several of my patients," is inappropriate because the nurse should never include their personal experiences.

5. In the mnemonic for change, DARN-CAT, the "C" stands for _____.

***a.** commitment
b. challenges
c. cooperation
d. concentration

Rationale: In the mnemonic for change, the "C" stands for commitment.

6. What is the Readiness to Change Ruler used for?

a. to explore patients' values
***b.** to assess stages of change
c. to assess decisional balance
d. to explore motivation to change

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Rationale: The Readiness to Change Ruler is used to quickly and easily assess which change stage that a patient is in.

7. A patient with alcoholism has just signed up for Alcoholics Anonymous. Which stage of change is the patient in?
a. contemplation
b. preparation
c. maintenance
***d.** action

Rationale: A patient who just signed up for Alcoholics Anonymous has taken an action and therefore is in the action stage of change.

8. An individual who is unwilling to make a change is in the precontemplation stage of change.
***a.** True
b. False

Rationale: The answer is true. An individual who is unwilling to make a change is in the precontemplation stage of change.

9. A(n) _____ approach of motivational interviewing (MI) determines what the patient knows, reflects what they know, adds information to help them understand, and asks them what they want to know more about.
a. Query Extremes
b. Look Forward
***c.** Elicit-Provide-Elicit
d. Explore Decisional Balance

Rationale: An Elicit-Provide-Elicit is a simple approach that is congruent with MI. The steps are as follows: 1) Determine what the patient already knows, 2) Reflect what they know and add information to help them understand more fully, and 3) Ask what they want to know more about.

10. Which is an example of an explore decisional balance question?
a. "How would you like your life to be in the next year?"
b. "When was the last time you used drugs?"
***c.** "What are the cons of drinking and the cons of stopping drinking?"

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d. "What is the worst thing that could happen if you stop smoking?"

Rationale: The question, "What are the pros and cons of continuing your current lifestyle?", is an Explore Decisional Balance question because it asks for the pros and cons of both changing and staying the same. The question, "How would you like your life to be in the next year?" is an example of a Look Forward question. The question "When was the last time you used drugs?", is an example of an Elaboration/Examples question. The question, "What is the worst thing that could happen if you stop smoking?", is an example of a Query Extremes question.

11. The four principles that guide motivational interviewing are express empathy, support _____, roll with resistance, and develop discrepancy.

a. family involvement
***b.** self-efficacy
c. individual choices
d. motivational skills

Rationale: The four principles that guide the practice of motivational interviewing are express empathy, support self-efficacy, roll with resistance, and develop discrepancy.

12. Which tools are used to help develop discrepancy? Select all that apply.

***a.** using change rulers
b. identifying patient strengths
***c.** using reflective listening
d. asking affirmation questions
e. reflecting change talk

Rationale: Using change rulers and reflective listening helps to develop discrepancy between a patient's behaviours and their beliefs. Reflecting change talk, identifying patient strengths and asking affirmation questions are tools used to support self-efficacy or building confidence in the patient's ability to change.

13. A patient tells a nurse that she has no desire to quit smoking. The nurse says, "Perhaps smoking is so important that you won't give it up no matter the cost." Which strategy is the nurse using?

***a.** Come Alongside
b. Query Extremes
c. Evocative
d. Good Things/Not-So-Good-Things

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Rationale: The nurse's statement is an example of a Come Alongside technique in which the provider explicitly sides with the negative (status quo) side of ambivalence.

14. A state of having conflicting feelings toward current behaviour and new behaviour is called _____.

a. receptive
b. autonomy
*__c.__ ambivalence
d. metathesiophobia

Rationale: Ambivalence is the state of having simultaneous, conflicting feelings toward both a current behavior and a new behavior. Metathesiophobia is a fear of change. Receptive means being willing to change, and autonomy refers to the quality of being self-governing.

15. Ambivalence is most prominent during the _____ stage of change.

a. maintenance
b. precontemplation
c. preparation
***d.** contemplative

Rationale: Ambivalence is most prominent during the contemplative stage of change.

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