Essentials of Nursing Practice 3rd edition Delves-Yates Test Bank

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Lecturers' Test Bank

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Chapter 1: What is nursing and what is a nurse?

Multiple choice

1. The notable figures in nursing history are:
a. Nightingale and Seacole
b. Cadwaladr and Richards
c. West and Wood
d. all of these
Answer: D

2. To practise legally as a nurse in the UK you must:
a. be over 25 years of age
b. hold a valid and current registration with the NMC
c. have experience in caring for patients from each of the four fields of nursing
d. all of these
Answer: B

3. The 6 Cs of nursing are:
a. care, compassion, competence, communication, courage, commitment
b. care, compassion, cleverness, courage, communication, commitment
c. care, compassion, competence, cleanliness, courage, commitment
d. Care, compassion, competence, clemency, commendableness, commitment
Answer: A

4. The term profession is accurately used to describe:
a. an activity that is undertaken to earn a living
b. a job which brings celebrity status and great fortune
c. an occupation requiring extensive education with a code of ethics
d. any job which requires specific training
Answer: C

5. The essence of nursing is:
a. delivering effective care to adults, children, families and/or whole communities
b. working in partnership with individual people, groups of people or the families and carers of those people
c. helping individuals to achieve or maintain the best health, independence and quality of life possible
d. all of these
Answer: D

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6. The NMC standards apply:
a. when you are caring for patients
b. when you are caring for patients and in class
c. at all times
d. when you are working with your mentor
Answer: C

7. As well as taking a holistic approach, nurses ensure the care they provide is:
a. of a quality acceptable to the nurse
b. of a quality acceptable to the patient
c. of the highest quality
d. of a good quality
Answer: C

8. Nurses work:
a. independently
b. as part of a multidisciplinary team
c. in partnership with patients
d. all of the above
Answer: D

9.Behaving in a professional manner is:
a. helpful in nursing
b. fundamental in nursing
c. a good idea in nursing
d. not important in nursing
Answer: B

10. How many core principles does the NMC (2011) identify, which, if you uphold them, will ensure you behave professionally as a nursing student.
a. two
b three
c. four
d. five
Answer: C

11. Patients value nurses who
A care for them as individuals
B make them feel more comfortable
C make them feel less afraid
D all of the above

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Answer: D

Short answer questions

1. Nurses apply knowledge from _____ and _____ science, nursing, legal and _____ theory and technology to the care they provide.
Answer: Physical/ social/ ethical

2. What are the core nursing elements which underpin the profession as a whole?

Answer: The core elements underpinning the profession as a whole are assisting patients with physical needs, counselling a patient or group of patients, supporting patients to recover or to cope with their needs more effectively, helping children and young people to manage their health by developing partnerships in care with families, delivering educational programmes to promote the health of a community or supporting an individual with a long-term condition to live independently.

3. Nurses care for individuals of ___ ages, who do not have to be ____.
Answer: all/sick

4. To protect the public, in many countries, what a nurse is allowed to do is governed by ____.
Answer: law

5. How long has a register been kept of all the nurses in the UK?
Answer: It has been compulsory for nurses practicing in the UK to be on a register since 1919.

6. What does being registered as a nurse with the NMC show?
Answer: Being registered as a nurse with the NMC shows that the individual has achieved a standard of nursing education and skill competence which enables them to deliver safe and effective care.

7. What have the most recent changes in nurse education strengthened?
Answer – The most recent changes in nurse education have been made to ensure patients receive safe, effective and compassionate care at all times.

8. Learning disability nurses have good communication, assessment and person centred planning skills and values grounded in _____, inclusion and _____.
Answer: Equality/human rights

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9. Mental health nurses use _____methods to promote _____ and _____ relationships.
Answer: supportive/positive/therapeutic

10. Why is it important for children's nurses to aim to maintain a child's normal daily routine?
Answer: It is important for children's nurses to aim to maintain a child's normal daily routine because children find being away from their usual environment distressing and disruptive to the life of their entire family.

11. What areas of nursing can adult health nurses specialise within?
Answer: Adult health nurses can specialise within the areas of Cancer Care, Intensive Care nursing, Surgical nursing or the Care of Older people.

12. Acting in a professional manner is _____to being a nurse.
Answer: fundamental

13. Why is it important for student nurses to maintain the Standards set by the NMC
Answer – Maintaining these Standards is an important aspect of being a student nurse. Firstly, because members of the public will see you as a nurse, even though you are still learning and secondly, in preparation for upholding the strict professional Standards when you complete your course.

14. What are the 6C's of nursing?
Answer: The 6C's of nursing are care, compassion, competence, communication, courage and commitment.

15. Why is it important to listen to the views of patients?
Answer: t is important to listen to the views of patients, because by doing this it becomes clear what they value which will enable us to ensure we deliver the best possible care.

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Chapter 2: Being a nursing student

Multiple choice

1. During your course you will learn:
a. only about your chosen field of nursing
b. field-specific and generic knowledge and skills
c. about your chosen field and one other field
d. About the importance of caring for children
Answer: B

2. The recurrent issues relating to the poor care of patients with learning disabilities include:
a. signs and symptoms of illness attributed to learning disabilities rather than physical illness
b. poor communication with people with learning disabilities
c. treatment options influenced by negative views about the quality of life of individuals with learning disabilities
d. all of these
Answer: D

3. When you see the term 'learning disabilities' you:
a. can assume the individual will need help with washing and dressing
b. should not make assumptions
c. should assume that the individual will not be able to understand information about their healthcare
d. will know that the individual requires a high level of support to meet their needs
Answer: B

4. During your nursing course it is important that you:
a. concentrate on what you are being taught
b. turn your mobile phone off as soon as you enter class
c. respect those who are teaching you
d. all of these
Answer: D

5. The three senses we use to process information are:
a. visual, auditory and kinaesthetic
b. visual, smell and kinaesthetic
c. visual, auditory and taste
d. visual, smell and taste
Answer: A

6. Patients should be informed that the information they share with you:

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a. is confidential
b. may be shared with other members of the healthcare team if it is important in their care
c. may be disclosed to others if there is risk of harm occurring
d. all of these
Answer: D

7. Alice is on her second placement and has been working with a registered nurse who she thinks is not providing good care to patients. What should she do?
a. Tell the Registered Nurse about her concerns
b. Tell her university lecturer about her concerns
c. Tell the nurse in charge of the placement area about her concerns
d. All of the above
Answer: D

8. Throughout your nursing course you are expected:
a. to act as an independent and professional learner
b. to do as you are told
c. not to ask questions
d. not to speak out if you see poor practice
Answer: A

9. During your nursing course you will be supported by:
a. registered nurses
b. university lecturers
c. other healthcare professionals
d. All of the above
Answer: D

10. The knowledge and nursing procedures you gain during your nursing programme will reflect:
a. just your chosen field of nursing
b. all of the fields of nursing, not just your chosen one
c. your chosen field of nursing and one other
d. your chosen field of nursing and two others
Answer: B

11. Managing yourself effectively throughout your nursing programme is:
a. not necessary in order to do well
b. not important
c. crucial to successfully completing the course
d. too difficult to achieve
Answer: C

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Short answer questions

1. You should always respect a patient's right to confidentiality and _____ them about _____and _____ information is shared.
Answer: inform/how/why

2. Why is it never acceptable to discuss matters relating to the patients in your care outside the clinical setting?
Answer: It is never acceptable to discuss matters relating to the patients in your care outside the clinical setting because you may be overheard and thus breach the duty of confidence you owe the patient.

3. A _____ attitude and _____ outlook are helpful in all situations.
Answer: positive/optimistic

4 Under the _ of Registered Nurses you will be able to _ in the care of patients
Answer – guidance/participate

5 How can other Registered Nurses help your learning
Answer – Other Registered Nurses can help your learning by supporting you, explaining in simple terms what is happening and why, translating unknown terminology and unaccustomed practice, act as your role model and assist you to develop into a Registered Nurse.

6. Whilst on placement you will find many of the registered nurses, the _____assistants, other student _____, qualified healthcare _____ and students will be happy to _____ things to you.
Answer: Healthcare/ nurses/professionals/ explain

7. As a student nurse it is important to apply a holistic approach to _____ as well as your patients.
Answer: yourself

8. How will effectively managing your time assist you?
Answer: Effectively managing your time will enable your professional life to run much more smoothly and you will be far less stressed.

9. The key to successfully managing your time is to be _____.

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Answer: organised

10. Why can it be difficult to determine whether care is good?
Answer: It can be difficult to determine whether care is good because care can be delivered in ways that are different to what you have been taught, but this can be just as acceptable.

11. If you are unsure whether care is good remember the ___ and the importance of treating all patients with _____ and kindness.
Answers: 6Cs/ dignity

12. You must, at all times, _____ out if you witness what you think is bad care.
Answer: speak

13. What is the first responsibility of a nurse at all times?
Answer: The first responsibility of a nurse, at all times, is to patients.

14. The best way to learn how patients feel about illness is to _____ them.
Answer: ask

15. Understanding what it means to act as a _____ is fundamental to being a _____ nursing student.
Answer: professional/ successful

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Chapter 3: Reflection and evidence-based practice

Multiple choice

1. When looking for evidence this may involve using electronic databases such as
a. CINHAL
b. Firefox
c. Google
d. Microsoft
Answer: A

2. Sources of literature include
a. Books
b. Internet
c. Journals
d. All the above
Answer: D

3. BNI stands for B_____ N_____ I_____ focusing primarily on British Journals
a. British National Index
b. Brand New Information
c. British Nursing Index
d. British Nursing Information
Answer: C

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Chapter 4: Academic writing and assessment skills

Multiple choice

1. What are fundamental qualities in good written expression?
a. precision and clarity
b. description
c. long, academic-sounding words
d. long sentences
Answer: A

2. Which of the following is not a good feature of conclusion writing?
a. discussing the meaning of the work
b. identifying how it helped you to understand the patient or subject better
c. reflecting on how the work can inform your nursing practice
d. describing again all the points you have made already
Answer: D

3. Which of the following assessments is not an example of summative assessment?
a. OSCE
b. a quiz at the end of a lecture
c. written assignment
d. exam
Answer: B

4. What should you avoid doing during a classroom presentation?
a. reading from a script
b. using just headings and images on a PowerPoint presentation
c. speaking spontaneously from key points
d. engaging your audience by devising interactive activities
Answer: A

5. Select the material that does not belong in a professional portfolio.
a. critical incident analyses
b. copies of your practice assessments, together with any written supporting evidence
c. reflection on your overall progress during the course
d. interesting articles that you have found in the library
Answer: D

6. What is the least appropriate issue to discuss with your academic advisor?
a. academic work
b. practice experiences and concerns

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c. your social life
d. additional information and help for students provided by the university
Answer: C

7. What/whose is the most important 'voice' in essay writing?
a. The evidence
b. Your voice
c. Your patient
d. There should be no distinct voice
Answer: B

8. What words would you NOT use when signposting?
a. Firstly…secondly…thirdly…finally…
b. Moving on now to…
c. Research evidence suggests that …
d. To summarise…
Answer: C

9. What shape should you aim for in the structure of your essay writing?
a. An hourglass
b. A funnel
c. A circle
d. A cone
Answer: A

10. In what order should you try to present material when writing a paragraph about a patient's care?
a. Evidence - Point - Apply – Nursing
b. Nursing – Apply – Point – Evidence
c. Point – Evidence – Apply – Nursing
d. Point – Apply – Evidence – Nursing
Answer: C

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b. Description
c. Long, academic-sounding words
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c. your social life
d. additional information and help for students provided by the University
Answer: C

Short answer questions

1. List five different types of writing you will need to undertake as a nursing student?
Answer: Essay writing, reflective writing, care planning, critical incident reporting/analysis, presentation notes, clinical reports, written interdisciplinary documentation, personal statement on application form for first job, case studies, service improvement project/report, research critique

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2. Which of these types of writing should be written in the first person, which require a more objective, removed tone and which require elements of both?
Answer: Informal/first-person: reflective writing, personal statement on application form for first job
Formal/removed: care planning, clinical reports, written interdisciplinary documentation, case studies, service improvement project/report, research critique
Both: Essay writing, critical incident reporting/analysis, presentation notes

3. What activities can you undertake when preparing to write a written assignment?
Answer: Read and understand the assessment guidelines
Consider how you can best meet the aims and objectives of the work in light of the experiences you may have had in practice and any other guidance provided
Reflect on any feedback that you may have received from previous assessments
Source appropriate evidence to support your work
Read around the subject and reflect on the care of patients you have cared for with similar nursing problems to help identify key areas to be explored
Write a plan, considering both the time-frame and word limit

4. How many quotations should be used in a 3000 word written assignment?
Answer: As few as possible

5. Where are the most important places in an essay to use reflective writing?
Answer: In the introduction to explain your personal rationale for choosing to focus on a particular topic or patient
In the main body by using practice-based examples to illustrate theoretical application
In the conclusion to summarise what you have personally learned from studying this particular topic or patient

6. What should a good introduction to any written work contain?
Answer: The aim or purpose of the piece
An outline of the characteristics and circumstances of any person used as a case study within the work, along with their clinical presentation and context of care
An introduction and explanation of any theoretical model, concept or framework that is going to underpin the assignment
Definitions of any key terms that will be used
Recognition of any ethical issues, including consent from, and confidentiality of, your patient
An outline of the structure of your assignment

7. What is signposting?

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Answer: This refers to summarising distinct features of what you are about to say or what you have just said and drawing attention to how they relate to each other, the whole assignment aim or the next section of work.

8. What is critical analysis?
Answer: Critical analysis is the ability to show in your writing how the evidence you have considered and evaluated in preparing for your written work has informed or challenged your understanding of the issues under discussion and can (or cannot) be applied to the nursing care of a given individual/patient group.

9. What is synthesis?
Answer: Explaining how you have compared and contrasted different strands of literature to BUILD your understanding of your patient and their care.

10. Why is it important to avoid strong expressions such as 'proof' 'should' or 'must'?
Answer: Research is unlikely to be conclusive, it is much more likely to provides 'some evidence,' 'strong evidence' or even 'convincing evidence'. Words such as 'must', 'should', 'ought' suggest little flexibility in either care decisions or patient experience.

11. Why is it important to proof-read your work before submission?
Answer: To identify and correct typographic errors, long convoluted sentences, ill-defined terms, lack of logical flow and poor written expression.

12. What is the difference between formative and summative assessments?
Answer: Formative assessments are those that give you and your teachers feedback on your progress. Summative assessments are those that have to be passed in order for you progress on the course and complete it successfully.

13. What can you do in a written examination to make the best use of your time and knowledge?
Answer: Spend the first few minutes reading the entire paper carefully, making any decisions about which questions to answer (if there is a choice)
Re-read the questions you are going to attempt, underlining any key words and phrases in the question (including terms such as 'discuss,' 'list,' 'outline,' critically analyse,' and so on)
For each question you are going to attempt, jot down the main points that you plan to cover. This is the bit that you will feel you don't have time to do, but it will pay dividends, because you will then be able to write your answers more fluently.
Leave a gap after each of your answers, so that you can go back later (if time allows) to add more. This is particularly important if you know that you left your original answer incomplete.
Manage your time. Many students find that they 'run out of time' during an exam. Keep a close eye on the time to manage it effectively.

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It is likely that the examination 'rubric' (instructions at the beginning of the exam paper) indicates how much time you should spend on each question or section. Even if they don't, the allocation of available marks (25% for one question, say, and 50% for another) will give you a pretty good idea of how you should allocate the available time.
If you find that you are running out of time, make sure that you write something on each question, rather than leaving one or more questions completely unanswered.

14. What does 'OSCE' stand for?
Answer: 'OSCE' stands for 'Objective Structured Clinical Examination.'

15. What might constitute a mitigating factor, a circumstance that adversely affects your progress on the course?
Answer: Physical or mental illness (of yourself or a close relative), bereavement.

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