Fundamentals of Nursing 1st edition Bowen Test Bank

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Fundamentals of Nursing

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OpenStax *Nursing Fundamentals* Test Bank

Chapter 1: Introduction to the Nursing Profession: Evolution, Theories, and Practice

Review Questions

Multiple Choice

1. Which historical trend significantly influenced the professionalization of nursing in the nineteenth century?

A. the absence of formal training programs
B. the decline of community health practices
C. the establishment of nursing schools*
D. the rise of holistic medicine

LO: 01.1.1
Difficulty: Moderate
Blooms: Analyze
AACN: 1.1a; 1.1c

2. Evaluating current trends in nursing, one can observe that the increased focus on self-care for nurses is essential for _____.

A. enhancing the overall quality of patient care*
B. limiting work hours
C. maintaining nurse productivity
D. reducing healthcare costs

LO: 01.1.2
Difficulty: Moderate
Blooms: Evaluate
AACN: 10.1a

3. When assessing the impact of telehealth on patient care, which outcome is most likely a direct result of its implementation?

A. decreased communication between healthcare providers
B. enhanced access to care for patients in remote areas*
C. higher costs for patients seeking care
D. increased in-person visits to healthcare facilities

LO: 01.1.2
Difficulty: Difficult

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Blooms: Apply
AACN: 8.1b

4. In what way can hard skills directly influence patient safety?
A. by building rapport and trust with patients, thereby reducing anxiety
B. by enhancing the nurse's ability to communicate effectively with patients
C. by ensuring precise execution of medical procedures and protocols*
D. by fostering a positive workplace culture among the healthcare team

LO: 01.1.3
Difficulty: Difficult
Blooms: Apply
AACN: 5.1a

5. Which educational pathway typically prepares nurses for leadership roles?
A. ADN
B. APRN
C. BSN*
D. LPN

LO: 01.2.1
Difficulty: Moderate
Blooms: Apply
AACN: 10.3c

6. The organization *primarily* responsible for establishing the core competencies for nursing education is the _____.
A. American Association of Colleges of Nursing (AACN)*
B. American Nursing Association (ANA)
C. National Council of State Boards of Nursing (NCSBN)
D. National League for Nursing (NLN)

LO: 01.2.1
Difficulty: Easy
Blooms: Remember
AACN: 9.5a

7. Which organization is *primarily* responsible for defining the scope of nursing practice in the United States?
A. American Nurses Association (ANA)*
B. International Council of Nurses (ICN)
C. State Boards of Nursing

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D. Quality and Safety Education for Nurses (QSEN)

LO: 01.3.1
Difficulty: Easy
Blooms: Remember
AACN: 9.4b

8. A nurse provides a patient with detailed information about treatment options, including potential risks and benefits, allowing the patient to make an informed choice about their care. Which ethical principle is being applied in this situation?

A. autonomy*
B. beneficence
C. justice
D. nonmaleficence

LO: 01.3.2
Difficulty: Moderate
Blooms: Apply
AACN: 9.1a

9. A nurse advocates for a patient who has been denied a specific treatment by the insurance company. The nurse gathers evidence from recent studies and works with the healthcare team to appeal the decision, ensuring that the patient's needs and preferences are prioritized in the discussion. Which ethical principle is primarily being applied in this situation?

A. autonomy
B. beneficence
C. justice*
D. nonmaleficence

LO: 01.3.2
Difficulty: Difficult
Blooms: Analyze
AACN: 9.3a

10. Who is known as the "First Lady of Nursing"?

A. Florence Nightingale
B. Jean Watson
C. Hildegard Peplau
D. Virginia Henderson*

LO: 01.5.1

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Difficulty: Easy
Blooms: Remember
AACN: 1.1b; 9.5a

11. What is the *primary* focus of prescriptive theories in nursing?
A. analyzing patient behavior
B. describing phenomena
C. guiding nursing care practices*
D. understanding historical contexts

LO: 01.5.2
Difficulty: Easy
Blooms: Remember
AACN: 1.2a; 4.2c

12. Which is an example of a descriptive theory in nursing?
A. Benner's "novice to expert" model
B. Orem's self-care deficit nursing theory
C. Pavlov's classical conditioning
D. Watson's theory of human caring

LO: 01.5.2
Difficulty: Moderate
Blooms: Understand
AACN: 1.1a; 4.1c

13. Which *best* describes experiential knowledge in nursing?
A. guidelines for clinical trials
B. information from nursing theory
C. knowledge gained from textbooks
D. practical understanding obtained through patient interactions*

LO: 01.6.1
Difficulty: Moderate
Blooms: Understand
AACN: 1.3a; 9.2a

14. Nursing theories serve as a structured _____ for enhancing critical thinking in nursing practice.
A. checklist
B. evaluation
C. foundation*

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D. protocol

LO: 01.6.3
Difficulty: Easy
Blooms: Remember
AACN: 1.1d; 4.1a

15. As nurses apply their _____ knowledge to real-life situations, this knowledge transforms into _____, which represents the practical, hands-on learning that occurs during direct patient care.
A. clinical; theoretical
B. empirical; reflective
C. practical; observational
D. theoretical; experiential*

LO: 01.6.2
Difficulty: Easy
Blooms: Remember
AACN: 1.3b; 10.2a

True/False

16. True or false? The emphasis on higher education in nursing is primarily aimed at improving the technical skills of nurses.
Answer: False. The emphasis on higher education also focuses on critical thinking, communication, leadership, and holistic patient care, not just technical skills.

LO: 01.1.2
Difficulty: Moderate
Blooms: Understand
AACN: 10.2c

17. True or false? Hard skills are more important than soft skills in nursing practice.
Answer: False. Both hard skills (technical abilities) and soft skills (communication, empathy) are essential for effective nursing practice, but soft skills are crucial for building patient relationships and teamwork.

LO: 01.1.3
Difficulty: Moderate
Blooms: Understand
AACN: 6.1b

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18. True or false? Licensed practical nurses (LPNs) must pass the NCLEX-RN examination to obtain licensure.

Answer: False. LPNs take the NCLEX-PN exam for licensure, which is different from the NCLEX-RN exam that registered nurses must pass.

LO: 01.2.2
Difficulty: Easy
Blooms: Remember
AACN: 9.4c

19. True or false? State Boards of Nursing (BONs) are responsible for licensing nurses and establishing the scope of practice within their jurisdiction.

Answer: True

LO: 01.2.2
Difficulty: Easy
Blooms: Remember
AACN: 9.4b; 9.4c

20. True or false? When a nurse implements Orem's self-care deficit nursing theory in practice, they should prioritize teaching patients how to perform daily self-care activities rather than solely providing physical assistance.

Answer: True

LO: 01.5.3
Difficulty: Difficult
Blooms: Apply
AACN: 1.3b; 2.8a

Identification

A. assumptions
B. concepts
C. definitions
D. nursing theory
E. phenomena

21. This term refers to an organized framework that helps nurses understand their role.

Answer: D

LO: 01.4.2
Difficulty: Easy
Blooms: Remember

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AACN: 1.1a

22. This term can refer to an example such as how patients cope with chronic illness, requiring analysis of their experiences.
Answer: E

LO: 01.4.2
Difficulty: Moderate
Blooms: Analyze
AACN: 1.1a

23. This term refers to ideas accepted without direct evidence that guide theoretical exploration.
Answer: A

LO: 01.4.2
Difficulty: Difficult
Blooms: Evaluate
AACN: 1.1a

24. This term clarifies concepts like *holism*, ensuring consistent understanding across practice.
Answer: C

LO: 01.4.2
Difficulty: Moderate
Blooms: Understand
AACN: 1.1a

25. This term represents the basic building blocks of a theory that capture key ideas in nursing.
Answer: B

LO: 01.4.2
Difficulty: Easy
Blooms: Remember
AACN: 1.1a

Fill in the Blank

26. _____ is known as the founder of modern nursing.
Answer: Florence Nightingale

LO: 01.1.1
Difficulty: Easy

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Blooms: Remember
AACN: 1.1c; 9.5a

27. The primary examination for obtaining licensure as a registered nurse is the _____.
Answer: NCLEX-RN

LO: 01.2.2
Difficulty: Easy
Blooms: Remember
AACN: 9.4c

28. The concept of _____ in nursing philosophy emphasizes the importance of recognizing the intricate relationships between an individual's physical, psychological, social, and cultural dimensions, guiding nurses to tailor their care to the unique needs of each patient.
Answer: person

LO: 01.4.3
Difficulty: Moderate
Blooms: Analyze
AACN: 1.1a; 1.1b; 2.3f

29. In clinical practice, a nurse applying _____ would assess a patient's adaptive responses to stressors, focusing on the physiological mode to enhance the patient's overall well-being and promote effective coping strategies.
Answer: Roy's adaptation model

LO: 01.5.3
Difficulty: Difficult
Blooms: Apply
AACN: 1.1a; 1.2a

30. The nursing code of ethics is guided by five main ethical principles, one of which is _____, which emphasizes the obligation to do no harm intentionally to patients.
Answer: nonmaleficence

LO: 01.3.2
Difficulty: Moderate
Blooms: Analyze
AACN: 9.1a

Short Answer Questions

31. Explain at least three factors that are contributing to the continued nursing shortage.

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Sample Answer: The continued nursing shortage is driven by several key factors. An aging workforce, with many experienced nurses nearing retirement, creates a significant gap in both numbers and mentorship for new entrants. Simultaneously, the increasing demand for healthcare services, fueled by a growing and aging population, puts additional pressure on an already strained system. Furthermore, educational bottlenecks limit nursing program capacity due to a shortage of faculty and clinical placements, resulting in many qualified applicants being turned away, exacerbating the shortage.

LO: 01.1.2
Difficulty: Moderate
Blooms: Analyze
AACN: 7.2f

32. What are the main differences between an Associate Degree in Nursing (ADN) and a Bachelor of Science in Nursing (BSN)?
Sample Answer: An ADN typically takes two years to complete and focuses on clinical skills, while a BSN takes four years and includes broader education, including leadership, research, and public health.

LO: 01.2.1
Difficulty: Moderate
Blooms: Understand
AACN: 1.2a

33. What is the primary purpose of continuing education in nursing?
Sample Answer: The primary purpose of continuing education in nursing is to ensure that nurses remain competent and knowledgeable in their practice, staying current with evolving medical knowledge, technological advancements, and best practices in patient care.

LO: 01.2.2
Difficulty: Easy
Blooms: Understand
AACN: 4.2c; 10.2c

34. What is the significance of nursing theories in relation to evidence-based practice (EBP)?
Sample Answer: Nursing theories are significant to evidence-based practice (EBP) because they provide a structured framework that informs clinical decision-making. They help nurses understand the principles underlying patient care and guide them in applying research findings to their practice. By integrating nursing theories with EBP, nurses can develop interventions that are not only scientifically validated but also tailored to meet the unique needs of their patients. This connection enhances the quality of care and promotes better patient outcomes.

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Additionally, nursing theories contribute to the ongoing evolution of nursing knowledge, ensuring that practices remain relevant and effective in changing healthcare environments.

LO: 01.4.1
Difficulty: Easy
Blooms: Understand
AACN: 4.1c

35. Explain how Madeleine Leininger's culture care theory impacts nursing practice in a multicultural healthcare setting.

Sample Answer: Leininger's culture care theory promotes cultural competence, guiding nurses to understand and respect diverse health beliefs and practices. This impacts patient care by ensuring that nursing interventions align with the cultural values of patients, leading to improved health outcomes and a more inclusive healthcare environment.

LO: 01.5.3
Difficulty: Difficult
Blooms: Analysis
AACN: 2.2b; 9.2e

Long Answer Questions

36. What are the benefits and challenges associated with having a Bachelor of Science in Nursing (BSN) as the minimum educational standard for nursing practice?

Sample Answer:

- Benefits include enhanced patient care and outcomes, as BSN programs typically provide a more comprehensive education that includes advanced critical thinking, leadership, and public health concepts. Research shows that hospitals with a higher proportion of BSN-prepared nurses tend to have lower patient mortality rates and improved quality of care. Additionally, a BSN fosters professional development and opens doors for advanced practice roles, providing nurses with greater career advancement opportunities and increased earning potential.
- Challenges arise from the implementation of this standard. One major concern is the existing nursing shortage; requiring a BSN could exacerbate this issue by limiting the number of new nurses entering the workforce, as many aspiring nurses may find it difficult to pursue a four-year degree due to financial constraints or accessibility. Additionally, the transition to a BSN requirement may face resistance from current associate degree nurses who feel their skills and experiences are undervalued. Balancing the need for a highly educated workforce with the practical realities of nursing education and workforce demand remains a complex challenge for the profession.

LO: 01.1.2
Difficulty: Moderate

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Blooms: Evaluate
AACN: 1.1a; 10.2c; 9.5c

37. Evaluate the impact of Florence Nightingale's principles on modern nursing practices. How have her contributions shaped current standards in patient care and nursing education?
Sample Answer:
Florence Nightingale's principles have profoundly shaped modern nursing practices, establishing foundational standards in patient care and nursing education. Her emphasis on sanitation, hygiene, and environmental factors laid the groundwork for infection control and holistic care, significantly improving patient outcomes. Nightingale's use of statistical analysis to assess healthcare quality introduced evidence-based practices that remain central to nursing today.
Moreover, her establishment of the first nursing school at St. Thomas' Hospital marked a pivotal moment in formalizing nursing education, promoting the idea that nursing is both a science and an art. This dual approach has influenced contemporary nursing curricula, which incorporate both technical skills and compassionate care. Nightingale's legacy endures in current nursing practices, emphasizing the importance of continuous education, patient advocacy, and a commitment to high-quality, compassionate care that prioritizes the well-being of patients and their families.

LO: 01.1.1
Difficulty: Difficult
Blooms: Evaluate
AACN: 1.1a

38. Explain the significance of the licensure process for nursing professionals.
Sample Answer:
The licensure process for nursing professionals is significant because it ensures that individuals practicing nursing meet established standards of competency and adhere to ethical and legal guidelines. It involves completing an accredited nursing program and passing a standardized examination, which validates a nurse's ability to provide safe and effective care. The licensure also protects the public by maintaining high standards of nursing practice and ensuring accountability within the profession. This process is essential for fostering trust in the healthcare system and ensuring that nurses are well-prepared to meet the needs of their patients.

LO: 01.2.2
Difficulty: Easy
Blooms: Understand
AACN: 9.4c

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39. Discuss the importance of communication in nursing. Why is it considered a fundamental role for nurses?

Sample Answer:
Communication is vital in nursing because it serves as the foundation for effective patient care. Nurses must convey complex medical information clearly to patients and their families, ensuring they understand treatment plans and health conditions. This not only fosters trust but also empowers patients to participate actively in their care.
Moreover, communication facilitates collaboration among interdisciplinary teams. Nurses act as liaisons between different healthcare professionals, helping to coordinate care and address any concerns that may arise. Effective communication can significantly enhance patient safety, reduce the likelihood of errors, and improve overall health outcomes.

LO: 01.3.3
Difficulty: Easy
Blooms: Understand
AACN: 2.1c; 2.2a; 2.2b; 2.2c

40. Describe how Jean Watson's theory of human caring can influence the approach nurses take in patient care. Include at least two specific examples.

Sample Answer:
Jean Watson's theory of human caring emphasizes the importance of the nurse-patient relationship and views caring as central to nursing practice. This approach can significantly influence how nurses deliver patient care in several ways.
First, Watson's theory encourages nurses to engage in meaningful interactions with their patients. For example, a nurse might take the time to actively listen to a patient's concerns about their treatment. By fostering this open communication, the nurse helps create a trusting environment where the patient feels valued and understood, ultimately promoting better emotional and psychological well-being.
Second, the theory emphasizes holistic care that addresses both physical and emotional needs. For instance, a nurse caring for a patient with a chronic illness might incorporate complementary therapies, such as guided imagery or mindfulness techniques, alongside traditional medical treatments. This approach not only addresses the physical aspects of the patient's health, but also supports their mental and emotional resilience, contributing to a more comprehensive healing process.

LO: 01.5.1
Difficulty: Moderate
Blooms: Apply
AACN: 1.1d; 2.1a; 9.2e

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