Essentials of Nursing Research 10th edition Polit Test Bank

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Format: Multiple Choice
Chapter: 1
Client Needs: Safe and Effective Care Environment: Management of Care
Cognitive Level: Apply
Difficulty: Moderate
Integrated Process: Communication and Documentation
Objective: 01
Page and Header: 2, The Importance of Research to Evidence-Based Nursing

1. Which group is **best** served by the development of a rigorous base of evidence for nursing practice?

A) Nursing administrators
B) Practicing nurses
C) Nurses' clients
D) Nurse researchers

Ans: C

Feedback:
Nurse leaders have recognized the need to base specific nursing decisions on trustworthy evidence indicating that the decisions are clinically appropriate, cost-effective, and result in positive outcomes for their clients. Nursing groups benefit from nursing studies, but it is nurses' clients themselves who benefit most because research-based evidence can improve their health and health-related quality of life.

Format: Multiple Choice
Chapter: 1
Client Needs: Safe and Effective Care Environment: Management of Care
Cognitive Level: Apply
Difficulty: Moderate
Integrated Process: Nursing Process
Objective: 01
Page and Header: 2, What Is Nursing Research?

2. Which is an example of a *clinical* nursing research question?

A) What percentage of nurses have a master's or doctorate degree?
B) What factors contribute to clients' risk of falling during a hospitalization?
C) In what ways do nursing students benefit from a course on evidence-based practice?
D) What course of action do nursing students pursue when faced with a moral dilemma?

Ans: B

Feedback:

The answers to clinical nursing research questions have the potential to improve the health and well-being of nurses' clients. Clinical nursing research questions focus directly on clients' needs, experiences, and health behaviors, and answers to such questions can inform nurses' decisions or lead to strategies to improve nursing practice. Researchers also study nursing education, but questions about nursing education, as exemplified in the other questions, would not be considered *clinical* nursing research questions.

Format: Multiple Choice
Chapter: 1
Client Needs: Safe and Effective Care Environment: Management of Care
Cognitive Level: Understand
Difficulty: Easy
Integrated Process: Nursing Process
Objective: 01
Page and Header: 2, The Importance of Research to Evidence-Based Nursing

3. Which goal is the highest priority for research in the nursing profession?

A) To generate evidence to inform nurses' decisions and actions
B) To conduct research focused on the context of nursing practice
C) To document the role that nurses serve in society
D) To establish priorities for areas of study by nurse researchers

Ans: A

Feedback:
Nurses are increasingly undertaking clinical research, and practicing nurses are expected to base their practice on evidence from research. Evidence-based practice involves the use of the best evidence in making patient care decisions and typically comes from research conducted by nurses and other health care professionals. The other answers are possible goals for the nursing profession, but none is as high a priority as developing rigorous evidence for practice.

Format: Multiple Choice
Chapter: 1
Client Needs: Safe and Effective Care Environment: Management of Care
Cognitive Level: Understand
Difficulty: Moderate
Integrated Process: Nursing Process
Objective: 01
Page and Header: 2, The Importance of Research to Evidence-Based Nursing

4. In several countries, research in health care settings has come to play an important role in the nursing profession with respect to:
A) providing opportunities to serve on important government policy-making boards.

B) credentialing and improving nurses' status.
C) strengthening nurses' bargaining power.
D) supporting better avenues for advanced degrees.

Ans: B

Feedback:
In the United States and in other countries, research plays an important role in nurses' credentialing and status. In particular, research and efforts to promote evidence-based practice are key elements of the Magnet recognition program. Changes to nursing practice now occur regularly because of EBP efforts, and these efforts enhance the status of the profession. The other answers are possible outcomes of increased research activity among nurses, but none is as important as the role of research in enhancing the visibility and credibility of the profession.Format: Multiple Choice
Chapter: 1
Client Needs: Safe and Effective Care Environment: Management of Care
Cognitive Level: Analyze
Difficulty: Easy
Integrated Process: Nursing Process
Objective: 01
Page and Header: 3, Roles of Nurses in Research

5. What is the role of consumers of nursing research?

A) Generating evidence by undertaking studies
B) Gathering information from clients that can be used in research
C) Coming up with ideas for studies
D) Reading research reports to find evidence that is relevant to nursing practice

Ans: D

Feedback:
Knowledge of nursing research enhances the professional practice of both consumers of research (who read and appraise studies) and producers of research (who design and undertake studies). Between these two points on the consumer–producer continuum lies a rich variety of research activities in which nurses may engage. These activities include contributing an idea for a study, advising clients about their participation in a study, and searching for research evidence.

Format: Multiple Choice
Chapter: 1
Client Needs: Safe and Effective Care Environment: Management of Care
Cognitive Level: Understand
Difficulty: Moderate
Integrated Process: Nursing Process
Objective: 01, 09

Page and Header: 3, Roles of Nurses in Research

6. Which activity occurs in a journal club?

A) Development of an idea for a journal article
B) Presentation by the author of a research article about the article's central ideas
C) Testing of participants on their comprehension of selected journal articles
D) Discussion of a research article regarding its merits and relevance to practice

Ans: D

Feedback:
Journal clubs exist in many practice settings, as an opportunity to share and discuss new evidence of relevance to clinicians. Journal clubs sometimes involve face-to-face group meetings but also can involve online discussions to accommodate diverse schedules. Participants in a journal club do not develop ideas for a journal article, hear a presentation by an author, or get tested on journal article content.

Format: Multiple Choice
Chapter: 1
Client Needs: Safe and Effective Care Environment: Management of Care
Cognitive Level: Understand
Difficulty: Moderate
Integrated Process: Nursing Process
Objective: 02
Page and Header: 3, Nursing Research: Past and Present

7. Which statement is true?

A) In the early 1900s, most nursing research focused on education, not nursing practice.
B) Clinical nursing research has made steady progress since the work of Florence Nightingale.
C) Several nursing research journals began publication in the late 1800s.
D) The National Institute of Nursing Research was established in the United States in 1943.

Ans: A

Feedback:
After Florence Nightingale's research in the 1850s, nursing research did not progress for many years. Early in the 1900s, nurses began to engage in research, but the focus was mainly on education, not nursing practice. No nursing journals focused on research until the 1950s. The National Institute of Nursing Research was established in1993, not 1943.

Format: Multiple Choice
Chapter: 1
Client Needs: Safe and Effective Care Environment: Management of Care
Cognitive Level: Apply
Difficulty: Moderate
Integrated Process: Nursing Process
Objective: 02
Page and Header: 4, Nursing Research: Past and Present

8. In the United States, a major source of funding for nursing research is:

A) NINR.
B) Magnet Recognition Program.
C) journal clubs.
D) Sigma Theta Tau.

Ans: A

Feedback:
The National Institute of Nursing Research (NINR) is the leading source of funding for nursing research in the United States. Sigma Theta Tau also offers financial support to nurse researchers but on a smaller scale. The Magnet Recognition Program and journal clubs do not typically offer funding for nursing research (although institutions in the Magnet Program or who operate journal clubs may offer small grants to researchers).

Format: Multiple Choice
Chapter: 1
Client Needs: Safe and Effective Care Environment: Management of Care
Cognitive Level: Understand
Difficulty: Moderate
Integrated Process: Nursing Process
Objective: 02
Page and Header: 4, Current and Future Directions for Nursing Research

9. Which is a likely trend for the future of nursing research?

A) Improving the methods for conducting research
B) Improving nurses' attitudes toward evidence-based practice
C) Enhancing the applicability of research evidence to individual patients
D) Enhancing nursing students' interest in conducting their own research

Ans: C

Feedback:
An emerging trend in health care research is a focus on patient-centeredness and the degree to which evidence applies to individual patients, small groups of

patients, and local contexts. Improving nurses' attitudes toward research and students' interest in doing research—and having better methods for doing research—are important objectives, but attending to the applicability of research findings is likely to become an increasingly important goal for nurses pursuing an evidence-based practice.

Format: Multiple Choice
Chapter: 1
Client Needs: Safe and Effective Care Environment: Management of Care
Cognitive Level: Understand
Difficulty: Easy
Integrated Process: Nursing Process
Objective: 03
Page and Header: 5, Knowledge Sources for Nursing Practice

10. Which is a compelling source for answering clinical questions in evidence-based nursing?

A) Input from an authorit
B) Intuition
C) Disciplined research
D) Nurses' clinical experience

Ans: C

Feedback:
Nurses are increasingly expected to understand and undertake research and to base their practice on evidence from research—that is, to adopt an evidence-based practice (EBP). Experience, intuition, and authority are not wholly ignored in the EBP process, but research findings comprise a crucial source of evidence.

Format: Multiple Choice
Chapter: 1
Client Needs: Safe and Effective Care Environment: Management of Care
Cognitive Level: Apply
Difficulty: Moderate
Integrated Process: Nursing Process
Objective: 03
Page and Header: 5, Knowledge Sources for Nursing Practice

11. If nurses make clinical decisions by following "unit culture" practices, they are using which source of knowledge?
A) Tradition and authority
B) Intuition
C) Disciplined research
D) Trial and error

Ans: A

Feedback:
Many decisions are made based on tradition or the guidance of an authority. These types of knowledge are so much a part of a common heritage that few people challenge their efficacy or seek verification. Such "sacred cows" are widely used to guide practice, but they are a weaker form of knowledge than disciplined research. Clinical experience is a functional source of knowledge. It also has limitations as a source of evidence for practice because each nurse's experience may be narrow. Trial and error are alternatives tried successively until a solution to a problem is found. It can be practical, but the method tends to be haphazard and solutions may be idiosyncratic.

Format: Multiple Choice
Chapter: 1
Client Needs: Safe and Effective Care Environment: Management of Care
Cognitive Level: Understand
Difficulty: Moderate
Integrated Process: Nursing Process
Objective: 04, 09
Page and Header: 6, Paradigms and Methods for Nursing Research

12. What is a paradigm?

A) An assumption about the nature of the world
B) An antecedent cause of reality
C) A set of procedures for studying the world
D) A worldview, a general perspective

Ans: D

Feedback:
A paradigm is a broad worldview—a general perspective on the complexities of the real world. A paradigm is not an assumption, although alternative paradigms *have* assumptions. A paradigm is not an antecedent cause of reality, nor is it a set of procedures for understanding the world.

Format: Multiple Choice
Chapter: 1
Client Needs: Safe and Effective Care Environment: Management of Care
Cognitive Level: Understand
Difficulty: Moderate

Integrated Process: Nursing Process
Objective: 04, 09
Page and Header: 6, Worldview of the Positivist Paradigm

13. Which is a fundamental assumption of the positivist paradigm?

A) Reality is "out there" and can be objectively studied, known, and understood.
B) Phenomena do not necessarily have an antecedent cause.
C) Reality is not orderly but rather is haphazard.
D) Reality is not a fixed entity but rather is a construction of the human mind.

Ans: A

Feedback:
In the positivist paradigm, it is assumed that there is an objective reality, that natural phenomena are regular and orderly (not haphazard), and that phenomena have one or more antecedent cause that can be understood through research. Positivists assume that reality exists and is independent of human observation.

Format: Multiple Choice
Chapter: 1
Client Needs: Safe and Effective Care Environment: Management of Care
Cognitive Level: Understand
Difficulty: Moderate
Integrated Process: Nursing Process
Objective: 04, 09
Page and Header: 7, Worldview of the Constructivist Paradigm

14. Which is a central assumption in the constructivist paradigm?

A) A fixed reality exists in nature for humans to understand.
B) The nature of reality has changed over time.
C) Reality is multiply constructed and multiply interpreted by humans.
D) Phenomena are not haphazard and result from prior causes.

Ans: C

Feedback:
In the constructivist paradigm, it is assumed that reality is not a fixed entity but is rather a construction of human minds—and thus, "truth" is a composite of multiple constructions of reality. Constructivists do not assume that a fixed reality exists in nature for humans to understand, nor that all phenomena have antecedent causes. Constructivists do not believe that the nature of reality has changed over time but rather that it has always been constructed by human minds.

Format: Multiple Choice

Chapter: 1
Client Needs: Safe and Effective Care Environment: Management of Care
Cognitive Level: Understand
Difficulty: Easy
Integrated Process: Nursing Process
Objective: 04, 09
Page and Header: 7, The Scientific Method and Quantitative Research

15. The scientific method is associated with which paradigm?

A) The positivist paradigm
B) The constructivist paradigm
C) The naturalistic paradigm
D) The empirical paradigm

Ans: A

Feedback:
The traditional scientific method involves the use of systematic and orderly procedures that are high on objectivity, consistent with the assumptions of the positivist paradigm. An important assumption of this paradigm is that values and biases of researchers can be held in check through disciplined strategies with tight controls. Those who espouse the constructivist (naturalistic) paradigm do not adhere to the tenets of the scientific method. There is no such thing as an "empirical" paradigm.

Format: Multiple Choice
Chapter: 1
Client Needs: Safe and Effective Care Environment: Management of Care
Cognitive Level: Understand
Difficulty: Moderate
Integrated Process: Nursing Process
Objective: 04
Page and Header: 7, The Scientific Method and Quantitative Research

16. Which attribute is a characteristic of the traditional scientific method?

A) A flexible, emergent design
B) A holistic view of a phenomenon, studied in rich context
C) An inductive reasoning process
D) The systematic measurement of natural phenomena

Ans: D

Feedback:
The scientific method refers to a set of orderly, disciplined procedures used to acquire information, and this includes the systematic measurement (quantification)

of natural phenomena. Investigators gather quantified data (make measurements) in a preplanned manner, using methods that are consistent across people participating in the study. Constructivist researchers tend to emphasize holistic and individual aspects of human life and use inductive reasoning and flexible designs.

Format: Multiple Choice
Chapter: 1
Client Needs: Safe and Effective Care Environment: Management of Care
Cognitive Level: Understand
Difficulty: Moderate
Integrated Process: Nursing Process
Objective: 04, 09
Page and Header: 7, The Scientific Method and Quantitative Research

17. What is empirical evidence?

A) Evidence derived from inductive reasoning
B) Evidence derived from personal insights and beliefs
C) Evidence rooted in the real world, gathered through the human senses
D) Evidence based on custom or an expert/authority

Ans: C

Feedback:
Researchers gather empirical evidence that is rooted in reality and gathered through their senses. The requirement to use empirical evidence means that findings are grounded in reality rather than in researchers' personal beliefs. Inductive reasoning is the process of developing generalizations from specific observations and is associated with the constructivist paradigm. Evidence from custom or authority is not typically *empirical*—based on information gathered through the human senses in a systematic manner.

Format: Multiple Choice
Chapter: 1
Client Needs: Safe and Effective Care Environment: Management of Care
Cognitive Level: Understand
Difficulty: Easy
Integrated Process: Nursing Process
Objective: 04
Page and Header: 7, The Scientific Method and Quantitative Research

18. What is a hallmark of the traditional scientific method?

A) Holistic strategies
B) Systematic procedures
C) Infallible methods
D) Flexible procedures

Ans: B

Feedback:
The scientific method refers to a set of disciplined, systematic procedures used to acquire knowledge. The investigator progresses logically and systematically through a series of steps, according to a prespecified plan of action. Constructivist researchers tend to emphasize the holistic and individual aspects of human experience using flexible designs and procedures. No method of inquiry is infallible.

Format: Multiple Choice
Chapter: 1
Client Needs: Safe and Effective Care Environment: Management of Care
Cognitive Level: Understand
Difficulty: Moderate
Integrated Process: Nursing Process
Objective: 04
Page and Header: 7, The Scientific Method and Quantitative Research

19. What is a limitation of the scientific method for answering questions about human experiences, characteristics, and health outcomes?
A) The difficulty of accurately measuring complex human traits
B) The shortage of well-trained researchers
C) The scarcity of ideas on what to study
D) The shortage of theories about human behavior

Ans: A

Feedback:
One important limitation of the scientific method for studying humans is that human beings are highly complex. Human characteristics are extremely difficult to measure (quantify) in an accurate, valid, and objective manner. At this moment in history, there is an abundance of ideas on what to study, many theories of human behavior, and thousands of well-trained researchers poised to make advances in understanding human health.

Format: Multiple Choice
Chapter: 1
Client Needs: Safe and Effective Care Environment: Management of Care
Cognitive Level: Apply
Difficulty: Moderate
Integrated Process: Nursing Process

Objective: 04
Page and Header: 7, The Scientific Method and Quantitative Research

20. A researcher is investigating the effect of the bed angle of hospitalized patients (15 degrees, 30 degrees, 45 degrees) on the patients' blood pressure. This is an example of what type of study?
A) A qualitative study
B) A quantitative study
C) A constructivist inquiry
D) Cannot be determined—it depends on the researcher's methods

Ans: B

Feedback:
Quantitative research involves systematic measurement, and in this example, both bed angle and blood pressure would be carefully measured, recorded, and analyzed. The researchers chose the question to address, but the type of study (quantitative) is dictated by the question of whether bed angle affects heart rate. Constructivist studies are heavily focused on understanding the human experience as it is lived, usually through the careful collection and analysis of qualitative materials that are narrative and subjective, which is not the case in this example.

Format: Multiple Choice
Chapter: 1
Client Needs: Safe and Effective Care Environment: Management of Care
Cognitive Level: Understand
Difficulty: Moderate
Integrated Process: Nursing Process
Objective: 04
Page and Header: 8, Constructivist Methods and Qualitative Research

21. A persistent criticism of the scientific method by those who espouse the constructivist paradigm is that it is:

A) deductive.
B) laborious.
C) empirical.
D) reductionist.

Ans: D

Feedback:

Researchers who reject the traditional scientific method believe that it is overly reductionist, in that the scientific method reduces human experience to the few concepts under investigation. Moreover, those concepts are defined in advance by the researcher rather than emerging from the experiences of the people under study. The scientific method is seldom criticized because it is deductive, laborious, or empirical.

Format: Multiple Choice
Chapter: 1
Client Needs: Safe and Effective Care Environment: Management of Care
Cognitive Level: Analyze
Difficulty: Moderate
Integrated Process: Nursing Process
Objective: 04
Page and Header: 8, Constructivist Methods and Qualitative Research

22. Which statement is true about qualitative research?
A) It focuses on the idiosyncrasies of those being studied.
B) It attempts to have tight control over the research context.
C) It involves the gathering of narrative, subjective materials.
D) It focuses on the collection of numeric information.

Ans: C

Feedback:
Qualitative researchers attempt to understand human experience as it is lived through the collection and analysis of subjective, narrative materials, gathered using flexible procedures. Qualitative research does not impose controls on the research context, nor does it focus on the idiosyncrasies of those being studied. Qualitative researchers do not emphasize numeric (quantitative) information, but rather collect in-depth narrative information.

Format: Multiple Choice
Chapter: 1
Client Needs: Safe and Effective Care Environment: Management of Care
Cognitive Level: Analyze
Difficulty: Moderate
Integrated Process: Nursing Process
Objective: 04
Page and Header: 9, Constructivist Methods and Qualitative Research

23. Which is a potential limitation of qualitative research?

A) Qualitative research typically involves a small number of people, so the generalizability of findings can be a concern.

B) Qualitative researchers ask questions that tend to have limited significance in nursing.
C) Qualitative research is overly reductionist and tends to remove concepts from real-world contexts.
D) The quality of qualitative research is undermined because of difficulties in measuring phenomena.

Ans: A

Feedback:
Qualitative research usually involves a small number of people participating in a study, and it is sometimes difficult to know whether the findings would be true of a broader group of people. Qualitative researchers ask many questions of deep significance to nursing and other health care professionals. Quantitative research (not qualitative research) is sometimes accused of being reductionist because of its focus on a limited number of concepts. Qualitative researchers do not "measure" phenomena quantitatively.

Format: Multiple Choice
Chapter: 1
Client Needs: Safe and Effective Care Environment: Management of Care
Cognitive Level: Apply
Difficulty: Moderate
Integrated Process: Nursing Process
Objective: 04
Page and Header: 8, Constructivist Methods and Qualitative Research

24. Which research topic would **most** likely be the focus of a qualitative study?
A) Outcomes of patients admitted during the day versus the night to a hospital system's trauma department
B) Trends in hospitalizations of patients with antibiotic-resistant tuberculosis
C) Risk factors associated with serious complications with abdominal surgery
D) Mental health experiences of people who were unable to be with a loved one who died of COVID-19

Ans: D

Feedback:
Qualitative studies are heavily focused on understanding human experience as it is lived, through the careful collection and analysis of qualitative materials that are narrative and subjective. Outcomes, risk factors, trends, and treatment effectiveness are addressed with quantitative research.

Format: Multiple Choice
Chapter: 1
Client Needs: Safe and Effective Care Environment: Management of Care

Cognitive Level: Apply
Difficulty: Moderate
Integrated Process: Nursing Process
Objective: 04
Page and Header: 9, Multiple Paradigms and Nursing Research

25. Although the positivist and constructivist paradigms differ in many ways, the two paradigms have which feature in common?

A) Both rely on the cooperation of human beings to participate in a study.
B) Both have as a major goal the identification of the causes of phenomena.
C) Both involve the application of the scientific method.
D) In both, generalizability is a key objective.

Ans: A

Feedback:
Regardless of paradigm, nursing research most often involves the collection of information from human study participants. Without the cooperation of others, research would not be able to measure human attributes (quantitative research within the positivist paradigm) or gather in-depth narrative information (qualitative research within the constructivist paradigm). Unlike the constructivist paradigm, the positivist paradigm is associated with efforts to identify causes of phenomena, involves the scientific method, and strives for generalizability.

Format: Multiple Choice
Chapter: 1
Client Needs: Safe and Effective Care Environment: Management of Care
Cognitive Level: Apply
Difficulty: Moderate
Integrated Process: Nursing Process
Objective: 05
Page and Header: 10, Research for Varying Levels of Explanation

26. Regarding research questions on the descriptive/explanatory continuum, which is a descriptive question that a qualitative researcher might ask?

A) How often do parents of a dying child express grief to others?
B) What is the nature of grief among parents of a dying child?
C) How intense is the grief of parents of a dying child?
D) Over how long a period do parents grieve for a dying child?

Ans: B

Feedback:

Description of phenomena is an important purpose of research. Quantitative description focuses on the prevalence, size, and measurable aspects of phenomena. Qualitative researchers describe the nature, dimensions, and salience of phenomena, as in the example of asking about the *nature* of grief among parents of a dying child.

Format: Multiple Choice
Chapter: 1
Client Needs: Safe and Effective Care Environment: Management of Care
Cognitive Level: Apply
Difficulty: Moderate
Integrated Process: Nursing Process
Objective: 05
Page and Header: 10, Research for Varying Levels of Explanation

27. Regarding research questions on the descriptive/explanatory continuum, which research question is an example of a descriptive question for a quantitative study?

A) What is it like to experience sudden confusion?
B) Does postpartum depression predict toddlers' temperaments?
C) What is the experience of loneliness like among caregivers of patients with Alzheimer's disease?
D) What is the prevalence of elevated salivary cortisol in adolescents?

Ans: D

Feedback:
Quantitative description focuses on the prevalence, size, and measurable aspects of phenomena, such as the prevalence of elevated salivary cortisol. Qualitative researchers ask descriptive questions about the nature of phenomena, such as sudden confusion and loneliness. Descriptive questions do not focus on predictions, such as the extent to which postpartum depression predicts toddlers' temperaments.

Format: Multiple Choice
Chapter: 1
Client Needs: Safe and Effective Care Environment: Management of Care
Cognitive Level: Apply
Difficulty: Difficult
Integrated Process: Nursing Process
Objective: 05, 09
Page and Header: 10, Research for Varying Levels of Explanation

28. Which research question would be considered cause-probing?

A) What is the prevalence of vaping (using e-cigarettes) among college students?

B) Are students who use e-cigarettes at higher risk of respiratory infections than students who do not?
C) What are the characteristics of students who vape (use e-cigarettes)?
D) What is the process by which students initiate using e-cigarettes?

Ans: B

Feedback:
The question about the use of e-cigarettes in relation to respiratory infections basically concerns whether vaping might *cause* respiratory infection in some students. Two other questions are descriptive: the prevalence of vaping (quantitative description) and the process by which vaping is initiated (qualitative description). The question about student characteristics and vaping is not necessarily cause-probing—for example, one factor might be gender: Are males more likely than females to vape? This does not imply that gender might *cause* different rates of vaping.

Format: Multiple Choice
Chapter: 1
Client Needs: Safe and Effective Care Environment: Management of Care
Cognitive Level: Apply
Difficulty: Difficult
Integrated Process: Nursing Process
Objective: 05
Page and Header: 11, Research Purposes Linked to Evidence-Based Practice

29. A nurse researcher is studying the effect of a health promotion intervention for inner-city adolescents on their daily amount of physical activity. In terms of purposes linked to EBP, this study has which purpose?
A) Therapy/treatment
B) Etiology (causation)/harm
C) Prognosis
D) Meaning and processes

Ans: A

Feedback:
The study is an example of intervention research, which is aimed at understanding whether a therapy or treatment (a health promotion intervention) is effective in improving a health-promoting behavior, i.e., engaging in physical activity. This study is not aimed at developing means of assessing clients, predicting the occurrence of a future health problem, or understanding the processes by which adolescents engage in certain behaviors.

Format: Multiple Choice
Chapter: 1

Client Needs: Safe and Effective Care Environment: Management of Care
Cognitive Level: Apply
Difficulty: Difficult
Integrated Process: Nursing Process
Objective: 05
Page and Header: 11, Research Purposes Linked to Evidence-Based Practice

30.A team of nurse researchers is studying the emotional and cognitive development of toddlers whose mothers experienced postpartum depression during the children's infancy. In terms of purposes linked to EBP, this study has which purpose?

A) Therapy/treatment
B) Diagnosis/assessment
C) Prognosis
D) Meaning and processes

Ans: C

Feedback:
The study is an example of a study aimed at Prognosis. The study goal is to understand whether there are potential developmental *consequences* to children of being raised by mothers who experienced postpartum depression. Such a study might provide guidance about the need for interventions for at-risk children. This study is not aimed at testing an intervention, assessing postpartum depression, or understanding the meaning of the mothers' experience of postpartum depression.

Format: Multiple Choice
Chapter: 1
Client Needs: Safe and Effective Care Environment: Management of Care
Cognitive Level: Apply
Difficulty: Difficult
Integrated Process: Nursing Process
Objective: 05
Page and Header: 10, Research Purposes Linked to Evidence-Based Practice

31.A nurse researcher is studying what it is like for children to be fearful when they undergo routine immunizations and how they cope with their fears. In terms of purposes linked to EBP, this study has which purpose?

A) Therapy/treatment
B) Etiology (causation)/harm
C) Prognosis
D) Meaning and processes

Ans: D

Feedback:
This research would require an in-depth study of children going through a stressful process. Such a study would provide evidence about what the experience of getting shots *means* to children. This study does not involve the testing of an actual intervention, understanding factors that lead to children's fears, or predicting the occurrence of future problems that result from immunizations.

Format: Multiple Choice
Chapter: 1
Client Needs: Safe and Effective Care Environment: Management of Care
Cognitive Level: Understand
Difficulty: Moderate
Integrated Process: Nursing Process
Objective: 01, 06, 09
Page and Header: 14, Definition of Evidence-Based Practice

32. Most definitions of evidence-based practice (EBP) call for the integration of best research evidence with:

A) patient preferences and values.
B) well-worded clinical questions.
C) systematic reviews.
D) rankings on the evidence hierarchy.

Ans: A

Feedback:
Evidence-based practice, according to definitions offered by leaders in health care, calls for integrating best evidence from research with both patient preferences and clinical expertise. The evidence itself is often derived from (not integrated with) systematic reviews, which can be retrieved by asking well-worded clinical questions. The quality of evidence is sometimes ranked on evidence hierarchies according to the study's methods.

Format: Multiple Choice
Chapter: 1
Client Needs: Safe and Effective Care Environment: Management of Care
Cognitive Level: Apply
Difficulty: Moderate
Integrated Process: Nursing Process
Objective: 07, 09
Page and Header: 15, Evidence Hierarchies and Level of Evidence Scales

33. What is the purpose of an evidence hierarchy?

A) To promote the creation of systematic reviews

B) To guide researchers in selecting a research design
C) To rank order evidence according to the strength of evidence provided
D) To provide an incentive structure for those undertaking research

Ans: C

Feedback:
Evidence hierarchies provide a framework for understanding the strength of evidence of a study and its risk of bias. Every study can be ranked, usually based on its design, within an evidence hierarchy. Several evidence hierarchies have been published, but most are hierarchies for ranking evidence for Therapy questions. Evidence hierarchies do not play a role in *creating* a systematic review, and they are not intended to serve as a guide for selecting a research design or to provide an incentive structure.

Format: Multiple Choice
Chapter: 1
Client Needs: Safe and Effective Care Environment: Management of Care
Cognitive Level: Apply
Difficulty: Moderate
Integrated Process: Nursing Process
Objective: 07
Page and Header: 15, Evidence Hierarchies and Level of Evidence Scales

34. Most evidence hierarchies and level of evidence scales put which evidence source at the pinnacle?

A) Randomized clinical trials (RCTs)
B) Systematic reviews
C) In-depth qualitative studies
D) It depends on the research question.

Ans: B

Feedback:
Regardless of the type of question being asked, systematic reviews are at the pinnacle of evidence hierarchies because such reviews are rigorous syntheses of all the available evidence on a topic, using information from multiple studies. Randomized controlled trials are high on the hierarchy for Therapy/intervention questions, and in-depth qualitative studies are high for Meaning/process questions, but systematic reviews can be undertaken for all types of research questions.

Format: Multiple Choice
Chapter: 1
Client Needs: Safe and Effective Care Environment: Management of Care
Cognitive Level: Apply

Difficulty: Moderate
Integrated Process: Nursing Process
Objective: 08
Page and Header: 15, Asking Well-Worded Clinical Questions for Evidence-Based Practice

35. For individual-level efforts to put research evidence into practice, nurses follow five major steps. Which step is first in the process?

A) Asking a clinical question that can be answered with research evidence
B) Acquiring relevant research evidence
C) Appraising and synthesizing the evidence
D) Applying evidence (integrated with other factors such as client preferences) to clinical practice

Ans: A

Feedback:
Individual nurses can put research into practice using five basic steps—the 5 As. The steps are (1) Ask well-worded clinical questions that can be answered with research evidence; (2) Acquire the best evidence; (3) Appraise the evidence; (4) Apply the evidence to clinical practice; and (5) Assess the outcome of the practice change.

Format: Multiple Choice
Chapter: 1
Client Needs: Safe and Effective Care Environment: Management of Care
Cognitive Level: Apply
Difficulty: Moderate
Integrated Process: Nursing Process
Objective: 08
Page and Header: 16, Asking Well-Worded Clinical Questions for Evidence-Based Practice

36. In the following clinical question, what is the outcome (O component)? "What is the effect of relaxation therapy versus biofeedback on the functional ability of patients with rheumatoid arthritis?"
A) Functional ability
B) Rheumatoid arthritis
C) Biofeedback
D) Relaxation therapy

Ans: A

Feedback:
In the PICO question format, P stands for the population or patients (patients with rheumatoid arthritis); I stands for the intervention, influence, or exposure

(relaxation therapy); C stands for the comparator (biofeedback); and O stands for the outcome (functional ability).

Format: Multiple Choice
Chapter: 1
Client Needs: Safe and Effective Care Environment: Management of Care
Cognitive Level: Apply
Difficulty: Moderate
Integrated Process: Nursing Process
Objective: 08
Page and Header: 16, Asking Well-Worded Clinical Questions for Evidence-Based Practice

37. In the following clinical question, what is the intervention/influence/exposure (the I component)? "Does taking antidepressants affect the risk of suicide in cognitively impaired adolescents?"

A) Adolescence
B) Suicide
C) Antidepressant use
E) Cognitive impairment

Ans: C

Feedback:
In the PICO question format, P stands for the population or patients (cognitively impaired adolescents); I stands for the intervention, influence, or exposure (use of antidepressants); and O stands for the outcomes (risk of suicide). There is no formally stated comparator (C) in this question—the implied comparator is the non-use of antidepressants.

Format: Multiple Choice
Chapter: 1
Client Needs: Safe and Effective Care Environment: Management of Care
Cognitive Level: Apply
Difficulty: Moderate
Integrated Process: Nursing Process
Objective: 08
Page and Header: 16, Asking Well-Worded Clinical Questions for Evidence-Based Practice

38. In the following clinical question, which PICO component is the eye masks? "Do earplugs, relative to eye masks, have a beneficial effect on perceived sleep quality among patients in intensive care?"

A) The population (P)
B) The intervention or influence (I)
C) The comparator (C)
D) The outcome (O)

Ans: C

Feedback:
The "I" component (intervention) in this question is the earplugs, and the comparator (C component) is the eye masks. The "O" component (outcome) is perceived sleep quality. The population (P) is patients in intensive care.]

Format: Multiple Choice
Chapter: 1
Client Needs: Safe and Effective Care Environment: Management of Care
Cognitive Level: Apply
Difficulty: Moderate
Integrated Process: Nursing Process
Objective: 08
Page and Header: 16, Asking Well-Worded Clinical Questions for Evidence-Based Practice

39. In the following clinical question, what is the population (P component)? "Do stress and depression affect dyspnea in patients with chronic obstructive pulmonary disease (COPD)?"
A) Patients who are stressed
B) Patients who are depressed
C) Patients who experience dyspnea
D) Patients with COPD

Ans: D

Feedback:
In the PICO question format, P stands for the population or patients under study (here, patients with chronic obstructive pulmonary disease); I stands for the intervention, influence, or exposure (stress and depression); and O stands for the outcome (dyspnea). There is no formally stated comparator in this question—it would be patients with COPD who are not stressed or depressed.

Format: Multiple Choice
Chapter: 1
Client Needs: Safe and Effective Care Environment: Management of Care
Cognitive Level: Apply
Difficulty: Difficult
Integrated Process: Nursing Process

Objective: 08
Page and Header: 16, Asking Well-Worded Clinical Questions for Evidence-Based Practice

40. In the following clinical question, which PICO component is missing? "Relative to sterile water, what is the effect of sucrose on pain during intravenous cannulation?"

A) The population (P)
B) The intervention or influence (I)
C) The comparison (C)
D) The outcome (O)

Ans: A

Feedback:
In this clinical question, no population (P) is specified. One example of a population might be infants 1 to 3 months of age. Sucrose is the intervention (I component), sterile water is the comparison component (C), and pain during intravenous cannulation is the outcome (O).