

Chapter 1- Nursing Foundations

1. A client reports to the emergency department with ankle pain due to a minor road accident. By asking the client to describe the accident, what type of nursing skill is the nurse using?
 - A) Assessment skills
 - B) Comforting skills
 - C) Counseling skills
 - D) Caring skills

Ans: A

Feedback:

By asking the client to describe the accident, the nurse is using assessment skills to collect more information about the client's condition. The nurse is interviewing the client to collect related data. The nurse is not using comforting skills, as the nurse is not providing any emotional support. The counseling skills of the nurse are also not used, as no health education is provided. Caring skills include assistance provided with the activities of daily living, which is not applicable in this scenario.

2. In a nursing unit, the RN delegates nursing tasks to the LPN. Keeping in mind the delegation guidelines, which statement denotes the right task for the LPN?
 - A) Make beds with the help of unlicensed assistive personnel.
 - B) Assist clients with nasogastric tube feeds.
 - C) Take orders from an in-house physician.
 - D) Assess the client's needs and start an intravenous line.

Ans: B

Feedback:

Assisting clients with nasogastric tube feeding is an appropriate task for an LPN, as it does not require independent decisions and sophisticated techniques. According to the delegation guidelines, "right task" means that the task should be assigned according to the competency of the caregiver. LPNs may not be authorized to make independent decisions, like starting an IV line, for the client. Bed making is a very basic task and may not be appropriate for an LPN if the UAP is already present. When the RN and LPN are present, the RN takes the physician's orders.

3. A family has lost a member who was treated for leukemia at a nursing unit. The nurse provides emotional support to the family and counsels them to cope with their loss. Which quality should the nurse use in this situation?
- A) Indifference
 - B) Pity
 - C) Sympathy
 - D) Empathy

Ans: D

Feedback:

The nurse should empathize with the family for their loss. Empathy helps the nurse to provide effective care and support without being emotionally distraught by the family's condition. If the nurse becomes indifferent to the family's condition, the nurse may not be able to assess their needs. The nurse should not pity or provide sympathy to the family for their loss, as it would unduly involve the nurse emotionally.

4. A 50-year-old client reports to a primary care unit with an open wound due to a fall in the bathroom. Which of the following nursing actions represents caring skills?
- A) The nurse cleans the wound and applies a dressing to it.
 - B) The nurse inspects and examines the wound for swelling.
 - C) The nurse tells the client to take care while on slippery surfaces.
 - D) The nurse informs the client that the wound is small and will heal easily.

Ans: A

Feedback:

The nursing action of cleaning the wound and applying a dressing indicates caring skills. Caring skills involve nursing interventions that restore or maintain a person's health. The nurse implements assessment skills while inspecting and examining the wound. The nurse counsels the client to take care when walking on slippery surfaces. By informing the client about the wound's condition, the nurse uses comforting skills.

5. One of the nursing achievements in the Crimean War was that the death rate of soldiers dropped from 60% to 1%. What is the most appropriate reason for the fall in the death rate?
- A) Increased motivation among the soldiers
 - B) Decreased rate of infection and gangrene
 - C) Increased funds due to donations by families
 - D) Organized education and training of nurses

Ans: B

Feedback:

During the Crimean War, the death rate of British soldiers was 60%, which dropped to 1% due to the nursing care provided. The nurses improved the ventilation, nutritional, and sanitary conditions of the soldiers, leading to decreased rates of infection and gangrene. As a result, the death rate dropped. The families and the soldiers donated funds after the war, not during the war, through which an organized education and training facility for nurses was started. These measures did not primarily account for the reduction in the death rate among soldiers.

6. In a nursing unit, the RN delegates nursing tasks to the nursing assistant. Keeping in mind the delegation guidelines, which statement denotes the right direction for the nursing assistant?
- A) "Discontinue the IV solution."
 - B) "Dispose of the disconnected IV set."
 - C) "Inspect the site for thrombophlebitis."
 - D) "Check the infusion rate."

Ans: B

Feedback:

The statement, "Dispose of the disconnected IV set" is in accordance with the delegation guidelines of right direction. The nurse should provide all the necessary information to carry out the assigned task. The other statements do not follow the delegation guideline of right direction because the tasks mentioned in the other instructions are not a nursing assistant's role.

7. A nurse at a health care facility provides information, assistance, and encouragement to clients during the various phases of nursing care. In which of the following activities does the nurse use counseling skills?
- A) Educating a group of young girls about AIDS
 - B) Telling a client to localize the pain in his abdomen
 - C) Encouraging a client to walk without support
 - D) Assisting a breastfeeding mother in feeding her child

Ans: A

Feedback:

The activity of educating a group of young girls about AIDS is based on the nurse using counseling skills. Telling a client to localize his pain is an assessment skill. Encouraging a client to walk without support can be both a comforting skill and a caring skill. Assisting a lactating mother in feeding her baby is primarily an example of a caring skill.

8. A nurse is conducting an interview of a 40-year-old client who is admitted with chest pain. Which of the following actions by the nurse indicates active listening?
- A) Listening to the client silently
 - B) Interrupting to clarify meaning after each sentence
 - C) Asking for clarifications and repetitions when needed
 - D) Talking about the nurse's own experience

Ans: C

Feedback:

Active listening is an important component of counseling skills. It encourages the client to open up and express his/her concerns. The nurse may ask the client to repeat and clarify statements. Interrupting after every sentence may annoy the client. When the nurse listens to the client silently, the client may feel that the nurse is not interested. On the other hand, if the nurse talks about the nurse's own experience, the focus of the session shifts to the nurse rather than to the client.

9. A student wants to join a nursing program that provides flexibility in working at both staff and managerial positions. Which nursing program should the nurse suggest for this student?
- A) A hospital-based diplomas
 - B) A baccalaureate nursing programs
 - C) An associate degree programs
 - D) A continuing nursing programs

Ans: B

Feedback:

The student could opt for a baccalaureate nursing program. Baccalaureate-prepared nurses have the greatest flexibility in qualifying for nursing positions at both staff and managerial levels. Hospital-based diploma programs are 3-year courses and provide maximum exposure to clinical nursing. Students becoming nurses through the associate degree program would not be expected to work in a management position. Continuing nursing programs are on-the-job educational programs.

10. A client is brought to the emergency department with a head injury. Which nursing skills should the nurse put into immediate use?
- A) Assessment skills
 - B) Caring skills
 - C) Counseling skills
 - D) Comforting skills

Ans: A

Feedback:

The immediate requirement when a client is brought to the Emergency Department with a head injury is to assess the injury and the system affected. This requires implementation of assessment skills. Subsequently, the nurse can implement caring skills, counseling skills, and comforting skills; however, assessment should be the priority.

11. Training schools for nurses were established in the United States after the Civil War. The standards of US schools deviated from those of Nightingale paradigm. Which of the following statements is true about US training schools during this period of history?
- A) Training schools were affiliated with a few select hospitals.
 - B) Training of nurses provided no financial advantages to the hospital.
 - C) Training was formal, based on scientific nursing care.
 - D) Training schools eliminated the need to pay employees.

Ans: D

Feedback:

Training schools in the United States profited by eliminating the need to pay employees because students worked without pay in return for training, which usually consisted of chores. US training schools were established by any hospital. There was no formal training; training was an outcome of work, which eliminated the need to pay employees. Nightingale training schools were affiliated with a few select hospitals, training of nurses provided no financial advantages to the hospital, and the training was formal, based on nursing care.

12. The scope and character of nursing practice underwent significant changes in the years following the Civil War. Which of the following activities exemplified nursing practice in the early years of the 20th century?
- A) Providing basic health care to recent immigrants to the United States
 - B) Contributing to the scientific knowledge base of nursing by conducting research
 - C) Participating in collaborative practice with physicians
 - D) Establishing school nursing as a recognized specialty in urban settings

Ans: A

Feedback:

In the early 20th century, some nurses moved into communities and established “settlement houses” where they lived and worked among poor immigrants. This period of history was not characterized by collaboration between physicians and nurses due to the subservient view of nursing that prevailed. Research and school nursing were not

major focuses at this time.

13. A nursing student has begun a clinical placement at a large hospital that serves a diverse population. The student has consequently acquired a new appreciation for the fact that nursing combines art with science. Which of the following is the clearest manifestation of the scientific basis for nursing?
- A) Mentoring students and junior nurses
 - B) Providing evidence-based nursing care
 - C) Maintaining an attitude of curiosity
 - D) Participating in continuing educational activities

Ans: B

Feedback:

By developing an accumulating body of unique scientific knowledge, it is now possible to predict which nursing interventions are most likely to produce desired outcomes, a process referred to as evidence-based practice (EBP). EBP is possible because of the scientific basis that underlies nursing. Mentoring, maintaining curiosity, and participating in continuing education are beneficial, but these are not direct manifestations of the scientific basis for nursing.

14. Beginning with Florence Nightingale, many definitions of nursing have been put forth by individual nurses and by nursing organizations. Which of the following statements best describes an aspect of the changes in these definitions over time?
- A) Drawing a clear distinction between the art of nursing and science of nursing
 - B) Definitions of nursing that have become narrower in scope over time
 - C) Characterization of nursing as a discipline that is a distinct alternative to medical treatment
 - D) Definition of an independent health care practice that is not solely dependent on physicians

Ans: D

Feedback:

The most recent definitions of nursing specify that nursing has an independent area of practice in addition to traditional dependent and interdependent functions involving physicians. This does not mean, however, that nursing is an alternative to medical treatment. Definitions have become broader over time and address the fact that nursing combines art with science.

15. A team of nurses who provide care in a community hospital have been encouraged to participate in continuing educational activities. Why is continuing education needed in nursing?
- A) Continuing education helps to delineate the distinctions between nurses and physicians.
 - B) Continuing education increases the public visibility of individual nurses and the nursing profession.
 - C) Continuing education has the potential to partially alleviate the nursing shortage.
 - D) Continuing education allows for safer division of labor on hospital units and more effective delegation of tasks.

Ans: C

Feedback:

Health care officials hope that enrollment in all nursing programs and continuing education will reduce the current and projected critical shortage of nurses. Continuing education is not driven by a desire to increase the visibility of nursing, to draw distinctions between nursing and medicine, or to facilitate the division of labor.

16. A nurse has completed a hospital-based educational program that has allowed the nurse to become cross-trained. A nurse who is cross-trained is able to
- A) Perform certain non-nursing duties in addition to traditional nursing duties
 - B) Adopt a work schedule that deviates from the normal shift rotation at the hospital
 - C) Orientate new graduates and nursing students to the hospital
 - D) Retire with full benefits at an earlier date than a nurse who is not cross-trained

Ans: A

Feedback:

A nurse who is cross-trained is able to assume non-nursing jobs, depending on the census or levels of client acuity on any given day. This does not necessarily guarantee changes to work scheduling or earlier retirement. Cross-training does not address the orientation of new employees or students.