

Chapter 2

1. When beginning the collection of the client data base, which of the following would be most important for the nurse to do?
 - A) Establish a trusting relationship
 - B) Determine the client's strengths
 - C) Identify health problems
 - D) Make inferences

2. A nurse is interpreting and validating information from the client. The nurse is in which phase of the interview?
 - A) Introductory
 - B) Working
 - C) Summary
 - D) Closing

3. Which statement by the nurse could be construed as judgmental?
 - A) "How often do your adult children visit?"
 - B) "Your husband's death must have been difficult for you."
 - C) "You must quit smoking because it is offensive to others."
 - D) "How do you feel about getting older?"

4. A nurse is interviewing a client. Which nonverbal behavior by the nurse would best facilitate communication?
 - A) Standing while the client is seated
 - B) Using a moderate amount of eye contact
 - C) Sitting across the room from the client
 - D) Minimizing facial expressions

5. After teaching a group of students about verbal communication techniques, the instructor determines that the teaching was successful when the students identify which of the following as an example of a closed-ended question/statement?
 - A) "What is your relationship with your children?"
 - B) "Tell me what you eat in a normal day."
 - C) "Are you allergic to any medications?"
 - D) "What is your typical day like?"

6. A client is having difficulty describing a chief complaint of chest pain. Which action by the nurse would be most appropriate?
- A) Ignore the complaint for now and return to it later.
 - B) Provide a laundry list of descriptive words.
 - C) Restate the question using simple terms.
 - D) Wait in silence until the client can determine the correct words.
7. A client asks "Can I take the herb, ginkgo biloba, with my other medications?" What action would be best if the nurse is unsure of the answer?
- A) Promise to find out the information for the client.
 - B) Ignore the question by changing the subject.
 - C) Tell the client to only take prescribed medication.
 - D) Encourage the client to ask the pharmacist.
8. The nurse is preparing to assess the mental status of an older adult client. Which of the following would the nurse need to assess first?
- A) Sensory abilities
 - B) General intelligence
 - C) Severe phobias
 - D) Irrational cognition
9. When interviewing a Hispanic client, the nurse enlists the assistance of a "culture broker," based on the understanding that this person's primary function is to:
- A) Interpret the language and culture.
 - B) Evaluate the client's health practices.
 - C) Teach the client about health care.
 - D) Make the client feel comfortable and safe.
10. Upon entering an exam room, the client states, "Well! I was getting ready to leave. My schedule is very busy and I don't have time to waste waiting until you have the time to see me!" Which response by the nurse would be most appropriate?
- A) "Our schedule is very busy also. We got to you as soon as we could."
 - B) "No one is holding you captive, you are free to leave at any time."
 - C) "Would you like to speak to the office manager about your complaint?"
 - D) "You seem very angry. I am ready to begin your exam now."

11. When describing the purpose for obtaining a comprehensive health history to a client, which of the following would the nurse include as primary?
- A) Completes the client's health record.
 - B) Assures a trusting interpersonal relationship.
 - C) Evaluates the seriousness of the client's risk factors.
 - D) Provides a focus for the physical exam.
12. Which of the following questions would be most important for the nurse to ask first when obtaining the health history?
- A) "Do you have adequate health insurance coverage?"
 - B) "Are you generally fairly healthy?"
 - C) "What is your major health concern at this time?"
 - D) "Did you bring all your medications with you?"
13. When using the mnemonic COLDSPA, which question would be most appropriate to use to evaluate the "P"?
- A) "What makes it worse?"
 - B) "When did it start?"
 - C) "How does it feel?"
 - D) "What does it look like?"
14. After teaching a group of students about the review of systems component of the health history, the instructor determines that the teaching was successful when the students identify which data as an example?
- A) "High school diploma plus 2 years of college"
 - B) "Caregiver reliable source of information"
 - C) "Menarche at age thirteen"
 - D) "Lungs clear to auscultation bilaterally"
15. A new graduate nurse asks another more experienced nurse about the best way to assess a client's dietary habits. Which suggestion would be most appropriate?
- A) Ask the client to explain the food pyramid.
 - B) Obtain a 24-hour diet recall.
 - C) Ask about the contents of one meal.
 - D) Determine how often the client eats.

16. The nurse is assessing the client's activity and exercise level. Which client statement would indicate to the nurse that the client is getting the recommended amount of exercise?
- A) "I walk on the treadmill once or twice a week."
 - B) "I play basketball with a team each week."
 - C) "I go to an aerobics class for 1 hour three times a week."
 - D) "I swim for 30 minutes each Saturday morning."
17. Which method would be most appropriate to determine a client's medication and substance use?
- A) Ask the client to identify which medications he or she is taking every day.
 - B) Ask the client to bring all the medications and supplements to the interview.
 - C) Ask the caregiver whether the client is taking the prescribed medications.
 - D) Ask the client whether he or she takes any over-the-counter medications.
18. The nurse is preparing to assess a female client's activities related to health promotion and maintenance. Which question would provide the most objective and thorough data?
- A) "Do you always wear your seatbelt when driving?"
 - B) "How much beer, wine, or alcohol do you drink?"
 - C) "Do you use condoms with each sexual encounter?"
 - D) "Could you describe how you perform self-breast exams?"
19. A nurse is creating a genogram for a client's family health history. The nurse would use which of the following to denote the client's female relatives?
- A) Circle
 - B) Square
 - C) Triangle
 - D) Rectangle
20. The nurse is in the introductory phase of the client interview. Which of the following activities would be appropriate?
- A) Collaborating with the client to identify problems
 - B) Explaining the purpose of the interview
 - C) Determining the client's reason for seeking care
 - D) Obtaining family health history data

21. A client states, "My wife died two months ago today." Which of the following responses would be most appropriate?
- A) "What did she die of?"
 - B) "How does that make you feel?"
 - C) "You probably must be sad."
 - D) "Are you feeling sad, depressed, angry, or upset?"
22. The nurse is using the mnemonic, COLDDSPA, to assess a client's complaint of abdominal pain. The nurse asks the patient to rate the pain on a scale of 0 to 10. The nurse is assessing which aspect of the complaint?
- A) Character
 - B) Onset
 - C) Severity
 - D) Pattern
23. The nurse is obtaining information about a client's past health history. Which client statement would best reflect this aspect?
- A) "My mom's still alive but my dad died 10 years ago of heart failure."
 - B) "I have a brother with leukemia and a sister with hypertension."
 - C) "I had surgery 5 years ago to repair an inguinal hernia."
 - D) "I have been having some pain when I urinate for the last several days."
24. A group of students is reviewing for a quiz on verbal and nonverbal communication. The students demonstrate a need for additional studying when they identify which of the following as an example of nonverbal communication?
- A) Attitude
 - B) Silence
 - C) Laundry list
 - D) Facial expression
25. Selected sections of a health history are listed below. Place them in the correct sequence, beginning with the section that is obtained first.
- A) Family health history
 - B) Reason for seeking care
 - C) Biographic data
 - D) Review of body systems
 - E) History of present concern
 - F) Past health history

26. The nurse is completing a review of systems for a client. Which of the following information would the nurse document related to the client's musculoskeletal system? Select all that apply.
- A) Joint stiffness
 - B) Rhinorrhea
 - C) Shortness of breath
 - D) Chest pain
 - E) Muscle strength
 - F) Swelling

Answer Key

1. A
2. B
3. C
4. B
5. C
6. B
7. A
8. A
9. A
10. D
11. D
12. C
13. A
14. C
15. B
16. C
17. B
18. D
19. A
20. B
21. B
22. C
23. C
24. C
25. A, B, C, D, E, F
26. A, E, F