

Chapter 1- The Nurses' Role in Adult Health Nursing

1. The school nurse is presenting a health promotion class to a group of high school students. How does the nurse define health?
 - A) Health is being disease free.
 - B) Health is having fulfilling relationships.
 - C) Health is having a clean drinking source and nutritious food.
 - D) Health is being connected in body, mind, and spirit.

2. The home health nurse is assisting a patient and his family in planning the patient's return to work after an extensive illness. On which level of Maslow's hierarchy of basic needs does the patient's need for self-fulfillment fit?
 - A) Physiologic
 - B) Safety and security
 - C) Love and belonging
 - D) Self-actualization

3. A nurse on a medical-surgical unit has asked to represent her unit on the hospital's Continuous Quality Improvement (CQI) committee. In researching CQI programs, the nurse should understand that they have what characteristic?
 - A) CQI programs establish accountability on the part of health care professionals.
 - B) CQI programs focus on the process used to provide care.
 - C) CQI programs identify incidents rather than processes.
 - D) CQI programs justify health care costs.

4. Economics have dictated many significant changes in the health care delivery system. What is one major effect that economic factors have had on the patient population?
 - A) Patients are in the hospital for a longer period of time.
 - B) Patients have access to greater technology at lower costs.
 - C) Patients with high home-care needs are being discharged into the community.
 - D) Patient use of ambulatory care has decreased.

5. Staff nurses in an ICU setting have noticed that their patients required fewer interventions for pain when the ICU was quiet. They passed their observations on to a nurse researcher and asked the researcher to design a study about the effects of noise on the pain levels of hospitalized patients. How does this demonstrate the primary purpose of nursing research?
 - A) Nursing research involves patients and their care while hospitalized.
 - B) Nursing research contributes to the scientific base of nursing practice.
 - C) Nursing research draws conclusions about the quality of patient care.
 - D) Nursing research explains ongoing medical studies to patients.

6. Nurses have different educational backgrounds and function under many titles in their practice setting. If a nurse were practicing in an oncology clinic and performed a role that included clinical practice, education, management, consultation, and research, what would most accurately describe this nurse's title?
- A) Midwife
 - B) Clinical nurse specialist (CNS)
 - C) Nurse manager
 - D) Staff nurse
7. Based on Maslow's hierarchy of needs, when prioritizing a patient's plan of care, what would be the nurse's first priority?
- A) Allowing the family to see a newly admitted patient
 - B) Ambulating the patient in the hallway
 - C) Administering pain medication
 - D) Teaching the patient to self-administer insulin
8. The models of nursing care delivery have been numerous and varied throughout the history of nursing. What is a model for the delivery of nursing care in today's health care arena?
- A) Team nursing
 - B) Patient-centered care
 - C) Primary nursing
 - D) Functional nursing
9. The word *leadership* has a connotation of a position that brings with it a title that suggests leading large groups of people. What has nursing identified leadership as?
- A) Limited to those with advanced degrees
 - B) Exemplified by nurses who supervise unlicensed assistive personnel (UAPs)
 - C) Encompassed in the role of an advanced practice nurse
 - D) Inherent to all nursing positions
10. Our population is aging, and with the increased numbers of patients reaching age 65, health care has had to change its focus. What is one focus of health care today?
- A) Management of chronic conditions and disability
 - B) Increasing dependency among the aging population
 - C) A shifting focus to disease management
 - D) Management of acute conditions and rehabilitation

11. A nurse who works in a large long-term care facility is committed to providing sound, evidence-based nursing care. Which of the following sources provides the legal framework for the nurse's role?
- A) The norms and accepted practices of the nursing profession
 - B) The Nurse Practice Act in the state where the nurse practices
 - C) Legal precedents in the local jurisdiction
 - D) Parameters described by the National League for Nursing (NLN)
12. In an effort to manage time effectively and ensure good care, a registered nurse (RN) has chosen to delegate some tasks to a licensed practical nurse (LPN). In doing so, the RN has given consideration to the LPN's scope of practice. A scope of practice is best described as:
- A) The degree of intervention that may be safely undertaken by a caregiver
 - B) The knowledge and skill set that is possessed by a professional
 - C) The actions that are legally permitted for a particular profession
 - D) The job description that is provided to an employee at the commencement of service
13. In recent decades, the nurse's role has undergone significant change. Which of the following phenomena underlay the development of the advanced practitioner role, which first emerged in the 1960s?
- A) Public dissatisfaction with medical education and medical practice
 - B) Pressure from insurance providers and the emergence of managed care
 - C) Federal funding that was earmarked for improved nursing education
 - D) A need for health care in geographically remote and underserved regions
14. One of the primary tasks of a nurse researcher is to generate evidence. What is the most appropriate application of the evidence that nurse researchers generate?
- A) Enhancing the credibility of the nursing profession
 - B) Disseminating it in the nursing literature
 - C) Using it to formulate guidelines for nursing practice
 - D) Using it to question established medical practices

15. A nurse in an acute care setting is planning the care of a 61-year-old man who has recently been diagnosed with chronic renal failure. When planning this patient's care, what goal should the nurse prioritize?
- A) Helping the man to return to the roles that he has in his life
 - B) Helping the man understand the benefits of adhering to treatment and consequences of nonadherence
 - C) Facilitating as early a discharge as possible while simultaneously ensuring patient safety
 - D) Taking measures to extend the patient's life expectancy as long as possible
16. Today, increasing emphasis is placed on health, health promotion, wellness, and self-care. Which of the following activities in the care of a female patient with a recent diagnosis of diabetes mellitus is most congruent with the philosophy of health promotion?
- A) Providing the patient with a new glucometer and test strips which have been recently brought to market
 - B) Introducing the patient to a diabetes educator who is in charge of a diabetes support group in the community
 - C) Helping the patient to schedule hemoglobin A1C testing at an outpatient laboratory
 - D) Teaching the patient about measures that she can take to minimize the long-term health effects of her disease
17. Collaborative practice has been identified as a model of care that maximizes patient outcomes. A nurse can best implement the principles of collaborative practice by:
- A) Ensuring that decisions around patient care are discussed in detail with other nurses
 - B) Consulting the nursing literature when choosing assessments, making diagnoses, and performing interventions
 - C) Adopting an attitude of "teachability" when planning and performing patient care
 - D) Making decisions around patient care in consultation with members of other health disciplines
18. Health care in the United States continues to be impacted by larger social trends and by factors in a variety of domains. Among these trends in the recent past and the foreseeable future are increases in:
- A) The birth rate and the incidence of acute illness
 - B) The number of Americans who reside in rural settings
 - C) Illiteracy levels and international funding for health care
 - D) Immigration and life expectancy

19. Patterns of disease in the United States have undergone significant changes in recent decades and these changes are predicted to continue into the future. Which one of the following patients best exemplifies this changing pattern of disease?
- A) A 5-year-old child who has developed measles because her parents opted against vaccination
 - B) A 22-year-old man who has suffered a traumatic brain injury in a motor vehicle accident
 - C) A 77-year-old man who has developed sepsis as a result of community-acquired pneumonia
 - D) A 60-year-old woman who has been diagnosed with rheumatoid arthritis
20. The Occupational Health and Safety Administration (OSHA) exists under the legal framework that was established by the Occupational Safety and Health Act of 1970. What aspect of a nurse's work is most directly impacted by the Occupational Safety and Health Act?
- A) The process that the nurse must follow to safely administer a drug to a patient
 - B) The maintenance of a workplace that minimizes the nurse's risk of injury
 - C) The management of confused and aggressive patients
 - D) The wages, benefits, and staffing arrangements on a nursing unit
21. The leadership of a private hospital have chosen to begin the process of accreditation in order to enhance the credibility and status of the hospital. The accreditation process and necessary performance improvements that the hospital will undertake will most likely occur under the auspices of what regulatory body?
- A) Occupational Health and Safety Administration (OSHA)
 - B) The Joint Commission
 - C) Centers for Medicare and Medicaid Services (CMS)
 - D) The state Department of Public Health (DPH)
22. A Continuous Quality Improvement (CQI) initiative has been launched at an outpatient mental health resource center. What activity will be prioritized during the CQI process?
- A) Reviewing the budget of the facility to determine whether continuing education is taking place
 - B) Auditing the educational credentials of each individual who is involved in the provision of care
 - C) Examining incident reports to determine lapses in care and measures to prevent similar events
 - D) Critically examining the processes through which care is provided

23. A nurse who provides care in a postsurgical care unit of a hospital is aware that reimbursement to the hospital for Medicare patients is based on diagnosis-related groups (DRGs). How are DRGs used to determine reimbursement for Medicare patients?
- A) Hospitals receive payment at a fixed rate for patients with diagnoses that fall into a specific DRG.
 - B) Medicare patients match the hospital's reimbursement from Medicare at a dollar-for-dollar rate.
 - C) A Medicare patient's minimum levels of care are established by the DRG that best relates to the patient's care needs.
 - D) Hospitals do not receive reimbursement if it can be demonstrated that a patient falls within a DRG.
24. The past century has seen a dramatic shift in disease patterns, which is generally considered to be a move from the predominance of infectious disease to that of chronic illness. This shift has been most clearly demonstrated by the recent patterns of incidence and prevalence of what disease?
- A) Osteoporosis
 - B) Chronic renal failure (CRF)
 - C) Diabetes mellitus
 - D) Chronic obstructive pulmonary disease (COPD)
25. A hospital has recently begun the process of achieving Magnet status within the Magnet Recognition Program®. What characteristic of the hospital would be indicated by Magnet status?
- A) Leaders and administrators at the hospital come from nursing backgrounds.
 - B) The hospital does not involve unlicensed assistive personnel (UAP) in patient care.
 - C) The hospital attracts and retains high-functioning nursing staff.
 - D) The hospital has an esteemed reputation in the local community.

Answer Key

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