

Table of Contents

Table of Contents	1
Chapter 01: Introduction to Nursing and Professional Formation	3
Chapter 02: Theory, Research, and Evidence-Based Practice	17
Chapter 03: Health, Wellness, and Health Disparities	31
Chapter 04: Health of the Individual, Family, Community, and Environment	45
Chapter 05: Culturally Respectful Care	57
Chapter 06: Values, Ethics, and Advocacy	69
Chapter 07: Legal Dimensions of Nursing Practice	83
Chapter 08: Communication	96
Chapter 09: Teaching and Counseling	107
Chapter 10: Leading, Managing, and Delegating	119
Chapter 11: Health Care Delivery System	133
Chapter 12: Interprofessional Collaborative Practice and Care Coordination Across Settings	144
Chapter 13: Blended Competencies, Clinical Reasoning, and Processes of Person-Centered Care	155
Chapter 14: Clinical Judgment	168
Chapter 15: Assessing	191
Chapter 16: Diagnosis/Problem Identification	204
Chapter 17: Outcome Identification and Planning	216
Chapter 18: Implementing	231
Chapter 19: Evaluating	242
Chapter 20: Documenting and Reporting	254
Chapter 21: Informatics and Health Care Technologies	266
Chapter 22: Developmental Concepts	273
Chapter 23: Conception Through Young Adulthood	286
Chapter 24: Middle and Older Adulthood	299
Chapter 25: Asepsis and Infection Control	312
Chapter 26: Vital Signs	328
Chapter 27: Health Assessment	344
Chapter 28: Safety, Security, and Emergency Preparedness	358
Chapter 29: Complementary and Integrative Health	373
Chapter 30: Medications	386
Chapter 31: Perioperative Nursing	402
Chapter 32: Hygiene	417
Chapter 33: Skin Integrity and Wound Care	431
Chapter 34: Activity	446

Chapter 35: Rest and Sleep	462
Chapter 36: Comfort and Pain Management	475
Chapter 37: Nutrition	490
Chapter 38: Urinary Elimination	505
Chapter 39: Bowel Elimination	520
Chapter 40: Oxygenation and Perfusion	535
Chapter 41: Fluid, Electrolyte, and Acid-Base Balance	551
Chapter 42: Self-Concept	566
Chapter 43: Stress and Adaptation	579
Chapter 44: Loss, Grief, and Dying	594
Chapter 45: Sensory Functioning	608
Chapter 46: Sexuality	622
Chapter 47: Spirituality	637

Chapter 01: Introduction to Nursing and Professional Formation

1. Which of the following statements accurately describe an element of nursing?
Select all that apply.
 - A) The skills involved in nursing are primarily technical in nature.
 - B) The primary focus of nursing is to assist individuals to recover from illness.
 - C) The science of nursing is the knowledge base for the care that is given.
 - D) The art of nursing is the collection of knowledge through research.
 - E) Nursing is considered to be both an art and a science.
 - F) Nursing is a profession that used specialized knowledge and skills.

2. Which of the following set of terms best describes nursing at the end of the Middle Ages?
 - A) continuity, caring, critical thinking
 - B) purpose, direction, leadership
 - C) assessment, interventions, outcomes
 - D) advocacy, research, education

3. Which of the following is a characteristic of nursing practiced from early civilization to the 16th century?
 - A) Most early civilizations believed that illness had supernatural causes.
 - B) The physician was the priest who treated disease with prayer.
 - C) The nurse was a nun committed to caring for the needy and homeless.
 - D) Nursing changed from a spiritual focus to an emphasis on knowledge expansion.
4. In what time period did nursing care as we now know it begin?
 - A) pre-civilization
 - B) early civilization to 16th century
 - C) 16th to 17th century
 - D) 18th to 19th century
5. Who is considered to be the founder of professional nursing?
 - A) Dorothea Dix
 - B) Lillian Wald
 - C) Florence Nightingale

D) Clara Barton

6. Which of the following nursing pioneers established the Red Cross in the United States in 1882?

A) Florence Nightingale

B) Clara Barton

C) Dorothea Dix

D) Jane Addams

7. What was one barrier to the development of the nursing profession in the United States after the Civil War?

A) lack of educational standards

B) hospital-based schools of nursing

C) lack of influence from nursing leaders

D) independence of nursing orders

8. Which of the following individuals provided community-based care and founded public health nursing?

A) Adelaide Nutting

- B) Lillian Wald
 - C) Sojourner Truth
 - D) Clara Barton
9. Which of the following nursing groups provides a definition and scope of practice for nursing?
- A) ICN
 - B) AAN
 - C) ANA
 - D) The Joint Commission
10. Teaching a woman about breast self-examination is an example of what broad aim of nursing?
- A) promoting health
 - B) preventing illness
 - C) restoring health
 - D) facilitating coping with disability and death

11. What nursing activity would meet the broad nursing aim of facilitating coping with disability and death? Select all that apply.

- A) conducting a blood pressure screening program
- B) teaching testicular self-examination
- C) referring to a community diabetic support group
- D) administering intravenous fluids
- E) admitting a patient to a hospice program
- F) performing a physical assessment on a patient

12. A nurse caring for a patient with diabetes chooses an appropriate plan of care and devises interventions to accomplish the desired outcomes. This is an example of using which of the following type of nursing skills?

- A) Technical
- B) Cognitive
- C) Interpersonal
- D) Ethical/Legal

13. Which one of the following examples of nursing actions would be considered an ethical/legal skill?

- A) A nurse helps a patient prepare a living will.
 - B) A nurse obtains a urine sample for a urinalysis.
 - C) A nurse explains the rationale for a patient's plan of care.
 - D) A nurse holds the hand of a woman whose baby died in childbirth.
14. A nurse practitioner is caring for a couple who are the parents of an infant diagnosed with Down's Syndrome. The nurse makes referrals for a parent support group for the family. This is an example of which nursing role?
- A) Teacher/Educator
 - B) Leader
 - C) Counselor
 - D) Collaborator
15. A nurse is providing nursing care in a neighborhood clinic to single pregnant teens. Which of the following actions is the best example of using the collaborator role as a nurse?
- A) Discussing the legal aspects of adoption for teens wishing to place their infants with a family
 - B) Searching the Internet for information on child care for the teens who wish to return to school

- C) Conducting a patient interview and documenting the information on the patients chart
 - D) Referring a teen who admits having suicidal thoughts to a mental healthcare specialist
16. A nurse instructor explains the concept of health to her students. Which of the following statements accurately describes this state of being?
- A) Health is a state of optimal functioning.
 - B) Health is an absence of illness.
 - C) Health is always an objective state.
 - D) Health is not determined by the patient.
17. A nurse incorporates the health promotion guidelines established by the U.S. Department of Health document: *Healthy People 2010*. Which of the following is a health indicator discussed in this document?
- A) cancer
 - B) obesity
 - C) diabetes
 - D) hypertension

18. A nurse conducts a smoking-cessation program for patients of a neighborhood clinic. This is an example of which of the following aims of nursing?
- A) promoting health
 - B) preventing illness
 - C) restoring health
 - D) facilitating coping with disability or death
19. Which of the following is a criteria that defines nursing as profession?
- A) an undefined body of knowledge
 - B) a dependence on the medical profession
 - C) an ability to diagnose medical problems
 - D) a strong service orientation
20. Although all of the following are nursing responsibilities, which one would be expected of a nurse with a baccalaureate degree?
- A) providing direct physical care
 - B) using research findings to improve practice