

## Chapter 1

1. The nursing director attends a workshop and is presenting information on the ANA's Nursing's Social Policy Statement (2015b). Which statement regarding the profession of nursing is included in the publication?

- A. Nurses are expected to have the necessary knowledge, skill, and competence to execute their professional duties.
- B. Use public policy of current legislature to shape the future of the nursing profession.
- C. Use scientific knowledge to ration care to those individuals with noncomplex diagnoses and simple treatment options.
- D. Use assessment as the guide in order to treat the full range of human responses within the physical environment.

Answer: A

Rationale: According to the ANA (2015b) Nursing's Social Policy Statement, nurses are expected to have the necessary knowledge, skill, and competence to execute their professional duties. In return, nurses expect society to authorize practice autonomy, extend self-governance, protect the title of RN and scope of practice, receive respect and fair remuneration for services, be free to practice nursing to the full extent of educational preparation, receive support to sustain the nursing profession, and be protected from hazardous service activities. Shaping the future of nursing is a primary goal of the ANA and all its efforts. Use of scientific knowledge and assessment are characteristics of the nursing profession and are included in the nursing process.

Question Format: Multiple Choice

Chapter: 1

Learning Objective: 5

Client Needs: Safe and Effective Care Environment: Management of Care

Cognitive Level: Apply

Integrated Process: Nursing Process

Reference: p. 25, Service to Society

2. A nurse who has worked for 15 years in the hospital has an opportunity to attend an RN-to-BSN program, and the hospital will pay for the cost of tuition if the nurse agrees to work there for 2 years following graduation. The nurse has accepted and is in the first term at the local college. If the nurse wants to work on critical and reflective thinking skills, which activity should the nurse focus on developing?

- A. Reading a chapter on "Care of the Cardiac Patient"
- B. Speaking to the nurses on the clinical unit
- C. Listening to family as they share the client's story
- D. Writing a paper on nursing for the palliative client

Answer: D

Rationale: Writing requires nurses to use critical and reflective thinking. Speaking enables the nurse to develop skills to communicate effectively verbally with clients as well as colleagues. Listening enables thought organization. Reading stimulates the release of neurotrophins, strengthening neural pathways.

Question Format: Multiple Choice

Chapter: 1

Learning Objective: 4

Client Needs: Psychosocial Integrity: Psychosocial Integrity

Cognitive Level: Apply

Integrated Process: Communication

Reference: p. 11, Writing

3. A nurse in the long-term care facility has decided to return to nursing school to earn a higher degree. The nurse is full of positive thoughts and energy when contemplates all the new things to learn. According to Shane's returning-to-school syndrome, which phase is this nurse experiencing?
- A. Conflict phase
  - B. Reintegration phase
  - C. Integration phase
  - D. Honeymoon phase

Answer: D

Rationale: Shane describes a "returning-to-school syndrome" encountered by registered nurses returning to earn higher nursing degrees. The first phase, the honeymoon, is positive and the nurse recognizes similarities between previous educational experiences and the present experiences that reinforce their original role identity as a nurse. As a result, the nurse feels energetic about learning new things. The conflict phase is characterized by turbulent negative emotions when faculty members challenge the nurse to change ways of thinking and/or practicing. Phase 3, or reintegration, identifies the successful resolution of conflict. In this stage, nurses struggle to hold on to cherished beliefs about practice and frequently

wonder why they decided to pursue a higher degree. The final stage, integration, is characterized by the ability to blend the original culture of work with the new culture of school. Integration of the old with the new results in a positive resolution of the returning-to-school syndrome but occurs later in the process.

Question Format: Multiple Choice

Chapter: 1

Learning Objective: 4

Client Needs: Psychosocial Integrity: Psychosocial Integrity

Cognitive Level: Apply

Integrated Process: Teaching/Learning

Reference: p. 15, Shane's Returning-to-School Syndrome

4. A student nurse, who is in the second semester of nursing school, is experiencing an unsettled feeling. The nurse notes a lack of confidence in knowing how to act or what questions to ask. According to Bridges' Managing Transitions theory, what phase of transition is this student experiencing?

- A. New beginning
- B. Neutral zone
- C. Transition one
- D. Letting go

Answer: B

Rationale: The second phase that Bridges calls "the neutral zone" is when the old identity has vanished but the new one is not fully developed. In this phase, people experience a very unsettled feeling because they may not know how to act or what questions to ask. A new beginning is the third phase and is characterized by a new mental image or experience hallmarked by "a release of new energy in a new direction." A transition is the psychological adaptation that occurs and is not part of the phases. Letting go is the first phase of the process and requires letting go of the old identity.

Question Format: Multiple Choice

Chapter: 1

Learning Objective: 4

Client Needs: Psychosocial Integrity: Psychosocial Integrity

Cognitive Level: Apply

Integrated Process: Teaching/Learning

Reference: p. 16, Bridges' Managing Transitions

5. A nurse returns to school to complete an advanced nursing degree and is finding it difficult to meet all expectations of daily life. The nurse is a new parent, a student, a spouse, and a full-time employee. The nurse is experiencing what type of issue?

- A. Value conflict
- B. Behavioral conflict
- C. Role conflict
- D. Attitude conflict

Answer: C

Rationale: Role conflict arises when roles assumed by a person compete with each other for time and attention. The newly acquired student role competes with other roles because of school demands. Roles contain three pieces: values, attitudes, and behaviors. Therefore, behavioral conflict, role conflict, and attitude conflict are incorrect, because all three are parts of a role and must be present to have conflict.

Question Format: Multiple Choice

Chapter: 1

Learning Objective: 3

Client Needs: Psychosocial Integrity: Psychosocial Integrity

Cognitive Level: Apply

Integrated Process: Teaching/Learning

Reference: p. 13, Managing Personal Time

6. The characteristics of a profession are many, and nursing is delineated as an emerging profession. This delineation exists because of the absence of which characteristic?

- A. Use of a specialized database
- B. Standardized educational entry
- C. Specialized competencies
- D. Autonomy and control over work

Answer: B

Rationale: Nursing is characterized as an emerging profession due to the fact that the standardized educational level is absent in that there are three levels considered to be acceptable entry. These include associate degree, baccalaureate degree, and diploma programs. Nursing uses a specialized database, specialized competencies, and autonomy and control over work.

Question Format: Multiple Choice

Chapter: 1

Learning Objective: 8

Client Needs: Safe and Effective Care Environment: Management of Care

Cognitive Level: Understand

Integrated Process: Teaching/Learning

Reference: p. 18, Characteristics of a Profession

7. A nurse works in the medical-surgical unit of a suburban hospital and is taking care of a client who has many complex physiologic processes going on at the same time. The nurse exhibits flexibility, inquisitiveness, and open mindedness in caring for the client as their condition changes from day-to-day. The nurse is primarily exhibiting which type of thinking?

- A. Critical thinking
- B. Creative thinking
- C. Reflective thinking
- D. Independent thinking

Answer: A

Rationale: Critical thinking imposes standards and prevents illogical thinking. As critical thinkers, nurses "exhibit these habits of mind: confidence, contextual perspective, creativity, flexibility, inquisitiveness, intellectual integrity, intuition, open-mindedness, perseverance, and reflection." Creative thinking requires an ability to think outside what usually is done and results in novel approaches to client care and is considered a component of critical thinking, but is not all inclusive. Reflective thinking is purposeful analysis about what one is currently doing and about what one has done. Independent thinking is utilizing knowledge to make decisions independently without being instructed on what to do.

Question Format: Multiple Choice

Chapter: 1

Learning Objective: 8

Client Needs: Psychosocial Integrity: Psychosocial Integrity

Cognitive Level: Apply

Integrated Process: Teaching and Learning

Reference: p. 24, Using Knowledge by Thinking Critically

8. A nursing student is in the senior semester of nursing school. In addition to going to clinical sessions, didactic lectures, and applying for nursing positions, the student is reviewing

for the NCLEX exam. Which of these intellectual characteristics of a nursing student is involved with licensure?

- A. Specialized education
- B. Body of knowledge
- C. The ability to think critically
- D. The ability to manage colleagues

Answer: A

Rationale: The National Council of State Boards of Nursing coordinates efforts to license registered and practical nurses by providing testing that measures minimal competence for safe professional nursing practice. As a result, specialized education is the correct answer. Examination content includes health promotion, pharmacotherapeutics, nursing assessment, clinical decision making, nursing interventions, and evaluating client-care outcomes. The body of knowledge is incorrect because the knowledge and skills derived from a liberal arts education enhance the nurse's ability to adapt knowledge and skills to novel situations through the use of global rather than narrow thinking. However, the body of knowledge does not relate to the licensure examination independent of specialized education. The ability to think critically is part of the intellectual characteristics that are necessary for nurses to utilize knowledge outside the nursing profession and apply it to clients; however, the ability to think critically is not involved with licensure as the specialized education component is. The ability to manage others is not indicative of licensure.

Question Format: Multiple Choice

Chapter: 1

Learning Objective: 2

Client Needs: Safe and Effective Care Environment: Management of Care

Cognitive Level: Apply

Integrated Process: Teaching/Learning

Reference: p. 21, Specialized Plan of Formal Education

9. In order to attain professional status, which nursing role will nursing personnel need to be performing on a regular basis?

- A. Work individually to showcase contributions to society.
- B. Maintain three levels of education for nurses collectively.
- C. Work together to collaborate through professional organizations.
- D. Ethically maintain standards of care for clients.

Answer: C

Rationale: When nurses learn to work together to collaborate collectively through nursing professional organizations, their voices will be united, making nursing more of a profession. Showcasing of contributions must be done collectively, not individually, for nursing to become a profession. Maintaining three levels of education continues to cause confusion with nursing roles and devalues the professional's compensation when compared with other health care workers. Nurses continually maintain ethical standards of care no matter the educational level at which they enter the profession or whether they unite in voice.

Question Format: Multiple Choice

Chapter: 1

Learning Objective: 7

Client Needs: Safe and Effective Care Environment: Management of Care

Cognitive Level: Understand

Integrated Process: Teaching/Learning

Reference: p. 29, A Collegial Subculture (Accrediting, Professional, and Student Nursing Organizations)

10. A nurse enters the room of a client and teaches about pain medication while simultaneously relieving stress with therapeutic massage. The nurse is also able to determine what theories pertain to the nursing actions. Which type of thinking is the nurse exhibiting while providing care for this client?

- A. Independent thinking
- B. Critical thinking
- C. Reflective thinking
- D. Creative thinking

Answer: C

Rationale: Reflective thinking is engaging in purposeful analysis about what one is currently doing and about what one has done. Reflection in action occurs when nurses think about theoretical and scientific principles while delivering client care, and reflection on action occurs when the professional practitioner conducts a retrospective analysis of action taken.

Independent thinking occurs when making a decision and is not based on what others say is the correct way to approach a situation. Instead, it is independently performed by the nurse based upon an ability to gather more information to make a better decision. Critical thinking involves imposing standards and prevents illogical thinking, which still can occur with reflective thinking. Creative thinking identifies alternative approaches to clinical situations,

and while the nurse can use this technique also, the reflection on the process and the use of the techniques is what differentiates reflective from critical thinking.

Question Format: Multiple Choice

Chapter: 1

Learning Objective: 1

Client Needs: Psychosocial Integrity: Psychosocial Integrity

Cognitive Level: Apply

Integrated Process: Teaching/Learning

Reference: p. 24, Reflective Thinking

11. A staff nurse is providing education to the unlicensed assistive personnel (UAP) on the unit about safe gowning and gloving when caring for clients with MRSA. Which role will the staff nurse undertake when providing this education?

- A. Caregiver
- B. Teacher
- C. Coordinator
- D. Counselor

Answer: B

Rationale: Nurses assume the role of teacher when providing education to UAP, clients, family members, students, each other, and interprofessional colleagues. Nurses accept the role of coordinator when assuming supervisory and managerial responsibilities. Nurses serve as caregivers when providing direct client care. Nurses also act as counselors, providing emotional and spiritual support to clients; however, nurse managers routinely do not do this role for clients.

Question Format: Multiple Choice

Chapter: 1

Learning Objective: 3

Client Needs: Safe and Effective Care Environment: Safety and Infection Control

Cognitive Level: Apply

Integrated Process: Teaching/Learning

Reference: p. 9, The Multiple Roles of the Professional Nurse

12. While working on a busy medical unit, an assistant nurse manager has noted an increase in the number of fall incidents. After reviewing the documentation, it appears most falls occur soon before lunch when clients are going to the bathroom. The nurse shares this information

with the UAP and asks them to assist clients more at this time. Which domain in the Professional Nurse Contributions model does this represent?

- A. Cognitive
- B. Behavioral
- C. Affective
- D. Psychomotor

Answer: A

Rationale: The cognitive domain allows the nurse to think and rationally make decisions based upon knowledge, implementing actions with sound reason and communicating those actions to the health care team. Caring, compassion, and commitment are key affective domains for optimal professional nursing that are intricately linked and comprise the outer circle of the model; neither the psychomotor domain nor the behavioral domain is the correct domain.

Question Format: Multiple Choice

Chapter: 1

Learning Objective: 2

Client Needs: Health Promotion and Maintenance: Health Promotion and Maintenance

Cognitive Level: Apply

Integrated Process: Nursing Process

Reference: p. 7, Core Competencies for Professional Nurses

13. After a nursing student does poorly on a test, the student's professor requests a conference to discuss the matter. During the discussion, the student comments, "I didn't have time to read all those chapters." While discussing strategies to help with reading effectiveness, the professor suggests that after reading a passage, the student should take a break and do which activity?

- A. Paraphrase the major concepts they just read.
- B. Listen to classical music.
- C. Visit with their peers about their study habits.
- D. Get a caffeinated beverage.

Answer: A

Rationale: Reading constitutes a major component of a successful education experience. Effective reading skills streamline the study process. Strategies to develop reading effectiveness and efficiency include reading for general understanding of ideas, using learning outcomes to identify key concepts, taking notes while reading, highlighting key points, and

taking brief reading breaks between major headings within a chapter. During reading breaks, some students find it beneficial to paraphrase what has been read. Effective speaking and listening skills are essential to success. Writing is a critical skill for educational and career success.

Question Format: Multiple Choice

Chapter: 1

Learning Objective: 4

Client Needs: Safe and Effective Care Environment: Management of Care

Cognitive Level: Apply

Integrated Process: Teaching/Learning

Reference: p. 10, Reading, Listening, and Speaking

14. A professional nurse is trying to locate information about a disease process and is evaluating online information. Which question should the nurse ask to identify the authority of the online information?

- A. "Is the information error free and consistent?"
- B. "Does the information conflict with known scientific information?"
- C. "Is there a way to contact the author(s)?"
- D. "Are the initial posting dates and updates present?"

Answer: C

Rationale: Authority is assessed by "Is there a way to contact author(s)?" Accuracy is assessed by asking "Is the information error free and consistent?" and "Does the information conflict with known scientific information?" Currency is assessed by "Are the initial posting dates and updates presented?"

Question Format: Multiple Choice

Chapter: 1

Learning Objective: 1

Client Needs: Safe and Effective Care Environment: Safety and Infection Control

Cognitive Level: Apply

Integrated Process: Teaching/Learning

Reference: p. 11, Writing; p. 12, Table 1.2 Guidelines for Evaluating Online Information

15. A graduate nurse is working on a busy inpatient medical floor. The nurse has been taught to do a central catheter dressing change one way but cannot handle changing the procedure to accommodate the supplies that are readily available. In addition, the nurse will not go to