

Chapter 1

1. When integrating the principles of family-centered care into the birthing process, the nurse would base care upon which belief?
- A. Birth is viewed as a medical event.
 - B. Families are unable to make informed choices due to stress.
 - C. Birth results in changes in relationships.
 - D. Families require little information to make appropriate decisions for care.

Answer: C

Rationale: Family-centered care is based on the following principles: Birth affects the entire family, and relationships will change; birth is viewed as a normal, healthy event in the life of the family; and families are capable of making decisions about their own care if given adequate information and professional support.

Question format: Multiple Choice

Chapter 1: Perspectives on Maternal and Child Health Care

Cognitive Level: Apply

Client Needs: Health Promotion and Maintenance

Integrated Process: Teaching/Learning

Integrated Process: Caring

Reference: p. 7

2. The nurse is working with a group of community health members to develop a plan to address the special health needs of women. The group would design educational programs to address which **priority** condition?

- A. Smoking
- B. Heart disease
- C. Diabetes
- D. Cancer

Answer: B

Rationale: The group needs to address cardiovascular disease, the number one cause of death in women regardless of racial or ethnic group. Smoking is related to heart disease and the development of cancer. However, heart disease and cancer can occur in any woman regardless of her smoking history. Cancer is the second leading cause of death, with women having a one in three lifetime risk of developing cancer. Diabetes is another important health condition that can affect women. However, it is not the major health problem that heart disease is.

Question format: Multiple Choice

Chapter 1: Perspectives on Maternal and Child Health Care

Cognitive Level: Apply

Client Needs: Health Promotion and Maintenance

Integrated Process: Nursing Process

Reference: p. 12

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3. A nurse is conducting an orientation program for a group of newly hired nurses. As part of the program, the nurse is reviewing the issue of informed consent. The nurse determines that the teaching was effective when the group identifies which situation as a violation of informed consent?

- A. Performing a procedure on a 15-year-old without parental consent
- B. Serving as a witness to the signature process on an operative permit
- C. Asking whether the client understands what she is signing following receiving education
- D. Getting verbal consent over the phone for an emergency procedure from the spouse of a unconscious woman

Answer: A

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Rationale: In most states, only clients over the age of 18 can legally provide consent for health care. Serving as a witness to the signature process, asking whether the client understands what she is signing, and getting verbal consent over the phone for emergency procedures are all key to informed consent and are not violations.

Question format: Multiple Choice

Chapter 1: Perspectives on Maternal and Child Health Care

Cognitive Level: Analyze

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

Integrated Process: Nursing Process

Reference: p. 45

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4. A pregnant woman is to undergo an invasive procedure to evaluate the status of her fetus. To ensure informed consent, which action would be the **priority** responsibility of the nurse providing care to this woman?

- A. Asking relevant questions to determine the client's understanding
- B. Providing a detailed description of the risks and benefits of the procedure
- C. Explaining the exact steps that will occur during the procedure
- D. Offering suggestions for alternative options for treatment

Answer: A

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Rationale: The nurse's responsibilities related to informed consent include: Ensuring the consent form is completed with signatures from the client; serving as a witness to the signature process; and determining whether the client understands what she is signing by asking her pertinent questions. The physician, advanced practice nurse, or midwife is responsible for informing the client about the procedure and obtaining consent by providing a detailed description of the procedure or treatment, its potential risks and benefits, and alternative methods available.

Question format: Multiple Choice

Chapter 1: Perspectives on Maternal and Child Health Care

Cognitive Level: Apply

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

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Integrated Process: Nursing Process
Reference: p. 45

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5. A 9-month-old with glaucoma requires surgery. The infant's parents are divorced. To obtain informed consent, which action would be **most** appropriate?
- A. Contacting the father for informed consent
 - B. Obtaining informed consent from the mother
 - C. Seeking a court ruling on the course of care
 - D. Determining sole or joint custody by the parents

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Answer: D

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Rationale: The most appropriate action would be to determine legal custody by court decree. If the parents have joint custody, then either parent may give consent, but it is always best to have consent given by both parents. The parent with only physical custody may give consent for emergency care. The last resort is getting a court ruling; usually this is not necessary unless the parents disagree about the care of the child.

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Question format: Multiple Choice

Chapter 1: Perspectives on Maternal and Child Health Care

Cognitive Level: Apply

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

Integrated Process: Nursing Process

Reference: p. 47

6. Which statement made by a nursing student would **best** indicate that her education on family-centered care was fully understood?
- A. "Childbirth affects the entire family, and relationships will change."
 - B. "Families are usually not capable of making health care decisions for themselves, especially in stressful situations."
 - C. "Mothers are the only family member affected by childbirth."
 - D. "Since childbirth is a medical procedure, it may affect everyone."

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Answer: A

Rationale: Childbirth affects the entire family, and relationships will change. Childbirth is viewed as a normal life event, not a medical procedure. Families are very capable of making health care decisions about their own care with proper information and support.

Question format: Multiple Choice

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Chapter 1: Perspectives on Maternal and Child Health Care

Cognitive Level: Apply

Client Needs: Psychosocial Integrity

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Integrated Process: Nursing Process

Reference: p. 15

7. Which aspect of client wellness has **not** been a focus of health during the 21st century ?

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- A. Disease prevention
- B. Health promotion
- C. Wellness
- D. Analysis of morbidity and mortality

Answer: D

Rationale: The focus on health has shifted to disease prevention, health promotion, and wellness. In the last century, much of the focus was on analyzing morbidity and mortality rates.

Question format: Multiple Choice

Chapter 1: Perspectives on Maternal and Child Health Care

Cognitive Level: Remember

Client Needs: Health Promotion and Maintenance

Integrated Process: Nursing Process

Reference: , p. Health Status of Women and Children

8. A nurse is planning a continuum of care for a client during pregnancy, labor, and childbirth. What is the **most** important factor in enhancing the birthing experience?

- A. Adhering to strict specific routines
- B. Involving a pediatric physician
- C. Educating the client about the importance of a support person
- D. Assigning several nurses as a support team

Answer: C

Rationale: Educating the client about the importance of a support person during labor and delivery has been shown to improve and enhance the birthing experience.

Question format: Multiple Choice

Chapter 1: Perspectives on Maternal and Child Health Care

Cognitive Level: Remember

Client Needs: Health Promotion and Maintenance

Integrated Process: Teaching/Learning

Reference: p. 5-7

9. The nurse is administering a number of therapeutic interventions for neonates, infants, and children on the pediatric unit. Which intervention contributes to an increase in chronic illness seen in early childhood?

- A. Administering antibiotics to prevent lethal infections
- B. Vaccinating children to prevent childhood diseases
- C. Using mechanical ventilation for premature infants
- D. Using corticosteroids as a treatment for asthma

Answer: C

Rationale: Using mechanical ventilation and medications to foster lung development in premature infants increases their survival rate. Yet the infants who survive are often faced with myriad chronic illnesses. Administering antibiotics to prevent lethal

infections, vaccinating children to prevent childhood diseases, and using corticosteroids as a treatment for asthma may cause side effects, but do not contribute to chronic illness in children.

Question format: Multiple Choice

Chapter 1: Perspectives on Maternal and Child Health Care

Cognitive Level: Remember

Client Needs: Health Promotion and Maintenance

Integrated Process: Nursing Process

Reference: p. 5-7

10. The nurse is reviewing a copy of the U.S. Surgeon General's Report, Healthy People 2020. Which nursing action **best** reflects the nurse fostering this health care agenda?

- A. The nurse signs up for classes to obtain an advanced degree in nursing.
- B. The nurse volunteers at a local health care clinic providing free vaccinations for low-income populations.
- C. The nurse performs an in-service on basic hospital equipment for student nurses.
- D. The nurse compiles nursing articles on evidence-based practices in nursing to present at a hospital training seminar.

Answer: B

Rationale: Healthy People 2020 is a comprehensive health promotion and disease prevention agenda that is working toward improving the quantity and quality of life for all Americans. Overarching goals are to eliminate preventable disease, disability, injury, and premature death; achieve health equity, eliminate disparities, and improve the health of all groups; create physical and social environments that promote good health; and promote healthy development and behaviors across every stage of life. Volunteering at a local health care clinic directly reflects the goal of improving the health of all groups of people. Signing up for classes, performing in-services on equipment, and compiling nursing articles on evidence-based practices in nursing are all worthwhile activities that foster health care delivery, but are not as directly linked to the agenda of promoting health in the community.

Question format: Multiple Choice

Chapter 1: Perspectives on Maternal and Child Health Care

Cognitive Level: Understand

Client Needs: Health Promotion and Maintenance

Integrated Process: Nursing Process

Reference: p. 9

11. When assessing a family for barriers to health care, the nurse documents the psychosocial barriers. What is an example of this type of health care deficit?

- A. Academic difficulties
- B. Respiratory illness
- C. Poor sanitation
- D. Inherited diseases

Answer: A

Rationale: Environmental and psychosocial factors are now an identified area of concern in children. They include academic differences, complex psychiatric disorders, self-harm and harm to others, use of firearms, hostility at school, substance use disorder, HIV/AIDS, and adverse effects of the media. Respiratory illness and inherited diseases are health problems, and poor sanitation is an environmental factor.

Question format: Multiple Choice

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Chapter 1: Perspectives on Maternal and Child Health Care

Cognitive Level: Understand

Client Needs: Psychosocial Integrity

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Integrated Process: Nursing Process

Reference: p. 13

12. When integrating the principles of family-centered care, the nurse would include which concept?

- A. Parents want nurses to make decisions about their child's treatment.
- B. Families are unable to make informed choices.
- C. People have taken increased responsibility for their own health.
- D. Families require little information to make appropriate decisions.

Answer: C

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Rationale: Due to the influence of managed care, the focus on prevention, better education, and technological advances, people have taken increased responsibility for their own health. Parents now want information about their child's illness, to participate in making decisions about treatment, and to accompany their children to all health care situations.

Question format: Multiple Choice

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Chapter 1: Perspectives on Maternal and Child Health Care

Cognitive Level: Understand

Client Needs: Health Promotion and Maintenance

Integrated Process: Nursing Process

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Reference: p. 15

13. The nurse is caring for a 2-week-old girl with a metabolic disorder. Which activity would deviate from the characteristics of family-centered care?

- A. Softening unpleasant information or prognoses
- B. Evaluating and changing the nursing plan of care
- C. Collaborating with the child and family as equals
- D. Showing respect for the family's beliefs and wishes

Answer: A

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Rationale: Family-centered care requires that the nurse provide open and honest information to the child and family. It is inappropriate to soften unpleasant information or prognoses. Evaluating and changing the nursing plan of care to fit

the needs of the child and family, collaborating with them as equals, and showing respect for their beliefs and wishes are guidelines for family-centered care.

Question format: Multiple Choice

Chapter 1: Perspectives on Maternal and Child Health Care

Cognitive Level: Understand

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

Integrated Process: Teaching/Learning

Reference: p. 39

14. The nurse is caring for a 14-year-old girl with multiple health problems. Which activity would **best** reflect evidence-based practice by the nurse?

- A. Following blood pressure monitoring recommendations
- B. Determining how often the vital signs are monitored
- C. Using hospital protocol for ordering diagnostic tests
- D. Deciding the prescribed medication dose

Answer: A

Rationale: Using hospital protocol for ordering a diagnostic test, determining how often the vital signs are monitored, and deciding the medication dose ordered would be the health care provider's responsibility. However, following blood pressure monitoring recommendations would be part of evidence-based practice reflected in the nursing care delivered.

Question format: Multiple Choice

Chapter 1: Perspectives on Maternal and Child Health Care

Cognitive Level: Apply

Client Needs: Health Promotion and Maintenance

Integrated Process: Nursing Process

Reference: p. 13

15. The nurse is functioning in the primary role to care for a 12-year-old boy with metastatic cancer in the liver. Which activity is typical of advocacy?

- A. Instructing parents about proper home care
- B. Educating the family about choices they have
- C. Telling parents about clinical guidelines
- D. Teaching the family about types of cancers

Answer: B

Rationale: Educating the family about choices they have regarding therapies for the cancer in the child's liver is an example of advocacy, in which the nurse advances the interests of the child and family by informing them of options and assisting them to make informed decisions. Telling parents about proper home care, clinical guidelines, and the types of cancers are all done in the primary role of educator.

Question format: Multiple Choice

Chapter 1: Perspectives on Maternal and Child Health Care

Cognitive Level: Understand

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

Integrated Process: Caring
Reference: p. 14

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16. The nurse is caring for a 14-year-old boy with a growth hormone deficiency. Which action **best** reflects using the nursing process to provide quality care to children and their families?

- A. Reviewing the effectiveness of interventions
- B. Questioning the facility standards for care
- C. Earning continuing education credits
- D. Ensuring reasonable costs for care provided

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Answer: A

Rationale: The nursing process is used to care for the child and family during health promotion, maintenance, restoration, and rehabilitation. It is a problem-solving method based on the scientific method that allows nursing care to be planned and implemented in a thorough, organized manner to ensure quality and consistency of care. The nursing process is applicable to all health care settings and consists of five steps: assessment, nursing diagnosis, outcome identification and planning, implementation, and outcome evaluation. Reviewing the effectiveness of interventions is related to outcome evaluation in the nursing process. Even though the three remaining answer options are valuable in ensuring quality of care in health care facilities, they do not involve the direct care of the child and family using the nursing process.

Question format: Multiple Choice

Chapter 1: Perspectives on Maternal and Child Health Care

Cognitive Level: Apply

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

Integrated Process: Nursing Process

Reference: p. 4

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17. A preschool child is scheduled to undergo a diagnostic test. Which action by the nurse would violate a child's bill of health care rights?

- A. Arranging for her mother to be with her
- B. Telling the child the test will not hurt
- C. Assuring the child that the test will be done quickly
- D. Introducing the child to the lab technicians

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Answer: B

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Rationale: Telling the child the test will not hurt lacks veracity. It is not a lie, but it does not honor the child's right to be educated honestly about his or her health care. Arranging for the mother to be with the child, assuring the child that the test will be done quickly, and introducing the child to the lab technicians are actions that honor the child's bill of health care rights.

Question format: Multiple Choice

Chapter 1: Perspectives on Maternal and Child Health Care

Cognitive Level: Understand

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Client Needs: Safe, Effective Care Environment: Management of Care
Integrated Process: Nursing Process
Reference: p. 49

18. The pediatric nurse knows that the children being treated are considered minors. Which statement accurately describes the regulations related to consent for medical treatment?

A. Children older than age 16 can provide their own consent for, or refusal of, medical procedures.

B. A guardian

ad litem may be appointed by the parents to serve to protect the child's best interests.

C. Parents ultimately are the decision makers regarding medical treatment for their children younger than the age of 18.

D. When divorce occurs, the parent with whom the child is living on a daily basis will be granted custody of the child.

Answer: C

Rationale: Parents ultimately are the decision makers for their children. Generally, only persons over the age of majority (18 years of age) can legally provide consent for health care. Minors (children younger than 18 years of age) generally require adult guardians to act on their behalf. Biological or adoptive parents are usually considered to be the child's legal guardian. When divorce occurs, one or both parents may be granted custody of the child. In certain cases (such as child violence or neglect, or during foster care), a guardian *ad litem* may be appointed by the courts. This person generally serves to protect the child's best interests.

Question format: Multiple Choice

Chapter 1: Perspectives on Maternal and Child Health Care

Cognitive Level: Understand

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

Integrated Process: Nursing Process

Reference: p. 45-46

19. The nurse is caring for a 12-year-old child hospitalized for internal injuries following a motor vehicle accident. For which medical treatment would the nurse ensure that an informed consent is completed beyond the one signed at admission?

A. Diagnostic imaging

B. Cardiac monitoring

C. Blood testing

D. Spinal tap

Answer: D

Rationale: Most care given in a health care setting is covered by the initial consent for treatment signed when the child becomes a client at that office or clinic or by the consent to treatment signed upon admission to the hospital or other inpatient facility. Certain procedures, however, require a specific process of informed

consent, including major and minor surgery; invasive procedures such as lumbar puncture or bone marrow aspiration; treatments placing the child at higher risk, such as chemotherapy or radiation therapy; procedures or treatments involving research; photography involving children; and applying restraints to children.

Question format: Multiple Choice

Chapter 1: Perspectives on Maternal and Child Health Care

Cognitive Level: Understand

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

Integrated Process: Nursing Process

Reference: p. 45-46

20. A child needs a consent form signed for a minor surgical procedure. Which statement accurately describes the responsibilities of the health care providers when obtaining the consent?

- A. The physician is responsible for ensuring that the consent form is completed with signatures from the parents or legal guardians.
- B. The physician is responsible for serving as a witness to the signature process.
- C. The nurse is responsible for informing the child and family about the procedure and obtaining consent.
- D. The nurse is responsible for determining that the parents or legal guardians understand what they are signing by asking them pertinent questions.

Answer: D

Rationale: The nurse's responsibility related to informed consent includes the following: determining that the parents or legal guardians understand what they are signing by asking them pertinent questions, ensuring that the consent form is completed with signatures from the parents or legal guardians, and serving as a witness to the signature process. The physician or advanced practitioner providing or performing the treatment and/or procedure is responsible for informing the child and family about the procedure and obtaining consent by providing a detailed description of the procedure or treatment, the potential risks and benefits, and alternative methods available.

Question format: Multiple Choice

Chapter 1: Perspectives on Maternal and Child Health Care

Cognitive Level: Understand

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

Integrated Process: Nursing Process

Reference: p. 46

21. The nurse is caring for a child brought to the emergency department by a babysitter. The child needs an emergency appendectomy and the parents cannot be contacted. What would be the nurse's **best** response to this situation?

- A. Have the babysitter sign the consent form even if she does not have signed papers to do so.
- B. Have the primary care physician for the child sign the consent form.
- C. Document failed attempts to obtain consent to allow emergency care.
- D. Delay medical care until the child's next of kin can be contacted.