

1. At an international nursing conference, many discussions and breakout sessions focused on the World Health Organization (WHO) views on health. Of the following comments made by nurses during a discussion session, which statements would be considered a good representation of the WHO definition? Select all that apply.
 - A) Interests in keeping the elderly population engaged in such activities as book reviews and word games during social time
 - B) Increase in the number of chair aerobics classes provided in the skilled care facilities
 - C) Interventions geared toward keeping the elderly population diagnosed with diabetes mellitus under tight blood glucose control by providing in-home cooking classes
 - D) Providing transportation for renal dialysis patients to and from their hemodialysis sessions
 - E) Providing handwashing teaching sessions to a group of young children
2. A community health nurse is teaching a group of recent graduates about the large variety of factors that influence an individual's health or lack thereof. The nurse is referring to the *Healthy People 2020* report from the U.S. Department of Health and Human Services as a teaching example. Of the following aspects discussed, which would be considered a determinant of health that is outside the focus of this report?
 - A) The client has a diverse background by being of Asian and Native American descent and practices various alternative therapies to minimize effects of stress.
 - B) The client has a family history of cardiovascular disease related to hypercholesterolemia and remains noncompliant with the treatment regime.
 - C) The client has a good career with exceptional preventative health care benefits.
 - D) The client lives in an affluent, clean, suburban community with access to many health care facilities.
3. A physician is providing care for a number of patients on a medical unit of a large, university hospital. The physician is discussing with a colleague the differentiation between diseases that are caused by abnormal molecules and diseases that cause disease. Which of the following patients most clearly demonstrates the consequences of molecules that cause disease?
 - A) A 31-year-old woman with sickle cell anemia who is receiving a transfusion of packed red blood cells
 - B) A 91-year-old woman who has experienced an ischemic stroke resulting from familial hypercholesterolemia
 - C) A 19-year-old man with exacerbation of his cystic fibrosis requiring oxygen therapy and chest physiotherapy
 - D) A 30-year-old homeless man who has *Pneumocystis carinii* pneumonia (PCP) and is HIV positive.
4. A member of the health care team is researching the etiology and pathogenesis of a number of clients who are under his care in a hospital context. Which of the following aspects of clients' situations best characterizes pathogenesis rather than etiology?
 - A) A client who has been exposed to the *Mycobacterium tuberculosis* bacterium
 - B) A client who has increasing serum ammonia levels due to liver cirrhosis
 - C) A client who was admitted with the effects of methyl alcohol poisoning
 - D) A client with multiple skeletal injuries secondary to a motor vehicle accident

5. A new myocardial infarction patient requiring angioplasty and stent placement has arrived to his first cardiac rehabilitation appointment. In this first session, a review of the pathogenesis of coronary artery disease is addressed. Which statement by the patient verifies to the nurse that he has understood the nurse's teachings about coronary artery disease?
- A) "All I have to do is stop smoking, and then I won't have any more heart attacks."
 - B) "My artery was clogged by fat, so I will need to stop eating fatty foods like French fries every day."
 - C) "Sounds like this began because of inflammation inside my artery that made it easy to form fatty streaks, which lead to my clogged artery."
 - D) "If I do not exercise regularly to get my heart rate up, blood pools in the veins causing a clot that stops blood flow to the muscle, and I will have a heart attack."
6. A 77-year-old man is a hospital inpatient admitted for exacerbation of his chronic obstructive pulmonary disease (COPD), and a respiratory therapist (RT) is assessing the client for the first time. Which of the following aspects of the patient's current state of health would be best characterized as a symptom rather than a sign?
- A) The patient's oxygen saturation is 83% by pulse oxymetry.
 - B) The patient notes that he has increased work of breathing when lying supine.
 - C) The RT hears diminished breath sounds to the patient's lower lung fields bilaterally.
 - D) The patient's respiratory rate is 31 breaths/minute.
7. Which of the following situations would be classified as a complication of a disease or outcome from the treatment regimen? Select all that apply.
- A) Massive pulmonary emboli following diagnosis of new-onset atrial fibrillation
 - B) Burning, intense incision pain following surgery to remove a portion of colon due to intestinal aganglionosis
 - C) Development of pulmonary fibrosis following treatment with bleomycin, an antibiotic chemotherapy agent used in treatment of lymphoma
 - D) Gradual deterioration in ability to walk unassisted for a patient diagnosed with Parkinson disease
 - E) Loss of short-term memory in a patient diagnosed with Alzheimer disease
8. Laboratory testing is ordered for a male patient during a clinic visit for a routine follow-up assessment of hypertension. When interpreting lab values, the nurse knows that
- A) a normal value represents the test results that fall within the bell curve.
 - B) if the lab result is above the 50% distribution, the result is considered elevated.
 - C) all lab values are adjusted for gender and weight.
 - D) if the result of a very sensitive test is negative, that does not mean the person is disease free.

9. The laboratory technologists are discussing a new blood test that helps establish a differential diagnosis between shortness of breath with a cardiac etiology and shortness of breath with a respiratory/pulmonary etiology. A positive result is purported to indicate a cardiac etiology. The marketers of the test report that 99.8% of patients who have confirmed cardiac etiologies test positive in the test. However, 1.3% of patients who do not have cardiac etiologies for their shortness of breath also test positive. Which of the following statements best characterizes this blood test?
- A) Low validity; high reliability
 - B) High sensitivity; low specificity
 - C) High specificity; low reliability
 - D) High sensitivity; low reliability
10. As part of a screening program for prostate cancer, men at a senior citizens' center are having their blood levels of prostate-specific antigen (PSA) measured. Which of the following statements would best characterize a high positive predictive value but a low negative predictive value for this screening test?
- A) All of the men who had high PSA levels developed prostate cancer; several men who had low PSA levels also developed prostate cancer.
 - B) All of the men who had low PSA levels were cancer-free; several men who had high levels also remained free of prostate cancer.
 - C) Men who had low PSA levels also displayed false-positive results for prostate cancer; men with high levels were often falsely diagnosed with prostate cancer.
 - D) The test displayed low sensitivity but high specificity.
11. A male international business traveler has returned from a trip to Indonesia. While there, he hired a prostitute for companionship and engaged in unprotected sex on more than one occasion. Unbeknownst to him, this prostitute harbored the hepatitis C virus. Upon return to the United States, he exhibited no symptoms and returned to his usual activities. During this period of no outward symptoms, the man would be classified as being in
- A) the preclinical stage of disease.
 - B) remission and unlikely to develop hepatitis C.
 - C) the clinical disease stage of hepatitis C.
 - D) the chronic phase of hepatitis C.
12. As of November 1, 2012, there were a total of 10 confirmed cases of Hantavirus infection in people who were recent visitors (mid-June to end of August, 2012) to Yosemite National Park. Three visitors with confirmed cases died. Health officials believe that 9 out of the 10 people with Hantavirus were exposed while staying in Curry Village in the Signature Tent Cabins. This is an example of
- A) what the anticipated mortality rate would be if a family of five were planning to vacation in Yosemite National Park.
 - B) the prevalence of Hantavirus one can anticipate if he or she is going to vacation in Yosemite National Park.
 - C) the low rate of morbidity one can expect while traveling to Yosemite National Park.
 - D) the incidence of people who are at risk for developing Hantavirus while staying in Yosemite National Park.

13. A particular disease has a debilitating effect on the ability of sufferers to perform their activities of daily living and is a significant cause of decreased quality of life. However, few people die as a result of the disease's direct effects. There are hundreds of thousands of Americans living with the disease but relatively few new cases in recent years. Which of the following statements best conveys an accurate epidemiological characterization of the disease?
- A) Low mortality; high morbidity; low prevalence; high incidence
 - B) Low mortality; high morbidity; high incidence; low prevalence
 - C) High mortality; low morbidity; high incidence; low prevalence
 - D) High morbidity; low mortality; high prevalence, low incidence
14. An epidemiologist is conducting a program of research aimed at identifying factors associated with incidence and prevalence of congenital cardiac defects in infants. The researcher has recruited a large number of mothers whose infants were born with cardiac defects as well as mothers whose infants were born with healthy hearts. The researcher is comparing the nutritional habits of all the mothers while their babies were in utero. Which of the following types of study is the epidemiologist most likely conducting?
- A) Cohort study
 - B) Cross-sectional study
 - C) Case-control study
 - D) Risk factor study
15. A nurse practitioner is working in a crowded neighborhood where the population is primarily immigrants from China. The nurse has designed a research study to follow children from kindergarten to the age of 25. She is going to be looking at their diet, successful progression in school, health practices, and development of disease, to name a few items. This type of research is known as
- A) cohort study.
 - B) cross-sectional study.
 - C) case-control study.
 - D) epidemiological study.
16. As part of a community class, student nurses are developing a class to teach expectant parents the importance of having their child properly secured in a child safety seat. During the class, the students are going to have a safety officer examine the car seats that the parents have installed in their vehicles. This is an example of which type of prevention?
- A) Primary prevention
 - B) Secondary prevention
 - C) Tertiary prevention
 - D) Prognosis enhancement

17. A multidisciplinary health care team operates a program aimed at the prevention, identification, and treatment of diabetes on a large Indian reservation. Which of the following aspects of the program would be most likely to be classified as secondary prevention?
- A) Regularly scheduled wound dressing changes for clients who have foot ulcers secondary to peripheral neuropathy and impaired wound healing
 - B) Teaching school children how a nutritious, traditional diet can lessen their chances of developing adult-onset diabetes
 - C) Staffing a booth where community residents who are attending a baseball tournament can have their blood glucose levels checked
 - D) Administering oral antihyperglycemic medications to clients who have a diagnosis of diabetes
18. An occupational therapist conducts a group therapy program called MindWorks with older adults who have diagnoses of dementia and Alzheimer disease. The goal of the group is to slow the cognitive decline of clients by engaging them in regular, organized mental activity such as reading maps and solving puzzles. How would the program most likely be characterized?
- A) Primary prevention
 - B) Secondary prevention
 - C) Tertiary prevention
 - D) Prognosis enhancement
19. The clinical educator of a hospital medical unit has the mandate of establishing evidence-based practice guidelines for the nursing care on the unit. Which of the following statements most accurately captures a guiding principle of the nurse's task?
- A) Evidence-based practice guidelines will be rooted in research rather than nurses' subjective practice preferences and experiences.
 - B) Guidelines are synonymous with systematic research reviews.
 - C) The need for continuity and standardization of guidelines will mean that they will be fixed rather than changeable.
 - D) The guidelines will combine individual expertise with external systematic evidence.

20. The neuroscience nursing unit has developed a set of step-by-step directions of what should occur if a nursing assessment reveals that the patient may be exhibiting clinical manifestations of a cerebrovascular accident (CVA). Which of the following statements about clinical practice guidelines are accurate? Select all that apply.
- A) Step-by-step guidelines are usually developed and based primarily on “how it has always been done before.”
 - B) The development of evidence-based practice guidelines requires a research review from different studies to develop the most accurate diagnostic method to implement.
 - C) Once developed, practice guidelines only need to be reviewed if a national committee sends out an update on new research.
 - D) When developing a CVA set of step-by-step directions, the nursing unit should ask for assistance from experts in the neuroscience field. The potential users of the guidelines should pilot test it for further feedback.
 - E) A meta-analysis could be utilized to combine evidence from different studies to produce a more accurate diagnostic method.

Answer Key

1. A, B, C, E
2. B
3. D
4. B
5. C
6. B
7. A, C
8. A
9. B
10. A
11. A
12. D
13. D
14. C
15. A
16. A
17. C
18. C
19. D
20. B, D, E

1. New parents were just told by their physician that their son is two standard deviations above the mean. The parents later asked the nurse what that means. The nurse will explain by stating,
 - A) "If your child is one standard deviation from the norm that translates to mean, he will be taller than 50% of his peers."
 - B) "This is great news since it means you will have a larger baby than most."
 - C) "Being two standard deviations above the mean translates into that your child will likely be taller than 95% of children in the population."
 - D) "With the mean being average at 50%, two standard deviations means that your child will be at least 99.7% taller than his brother."
2. A woman has recently determined that she is pregnant, and her clinician believes that the conception occurred around 8 weeks prior. Since the embryo is in the third stage of embryonic development, which of the following events and processes in growth and development would be expected to be taking place?
 - A) Transition from a morula to a blastocyst
 - B) Ossification of the skeleton and acceleration of body length growth
 - C) Rapid eye movement and early support of respiration
 - D) Formation of upper limbs and opening of the eyes

3. A midwife who is providing care for a woman during her first pregnancy is assessing for intrauterine growth retardation (IUGR) during an early prenatal checkup. Which of the following questions best addresses the risks for IUGR?
 - A) “What does your typical diet look like over the course of a day?”
 - B) “What is the highest level of education that you've finished?”
 - C) “Are there many people in your life that you can count on for help and support?”
 - D) “How would you describe your mood since you've been pregnant?”

4. Which of the following assessment findings of a male infant 14 hours postpartum would be considered abnormal and would require further assessment and possible intervention?
 - A) The baby's first stool appears to contain blood.
 - B) The child is unable to breathe through his mouth.
 - C) The baby's skin has a yellowish orange hue.
 - D) The child's suck is weak when placed at his mother's breast.

5. A nurse is performing a 5-minute Apgar score on a newborn female. Which of the following characteristics of the infant's current condition would not be reflected in the child's Apgar score?
 - A) The baby's heart rate is 122 beats/minute.
 - B) The infant displays a startle reflex when the crib is accidentally kicked.
 - C) The child's temperature is 35.0°C (95°F) by axilla.
 - D) The infant's skin is pink in color.

6. The nursery has just admitted a new infant born 1 hour ago. While performing an assessment, the nurse suspects the infant may have hypoglycemia based on which of the following assessment data? Select all that apply.
 - A) Heel stick glucose value of 50 mg/dL
 - B) Infant having periods of apnea requiring physical stimulation
 - C) Muscle twitching noted while lying in crib undisturbed by nurses
 - D) Hyperactive reflexes noted especially when crying
 - E) Poor suck reflex resulting in an inability to feed properly

7. The first-time parents of an infant girl 2 days postpartum are distressed at the jaundiced appearance of her skin and are eager for both an explanation and treatment for the problem. Which of the following responses by their physician is most accurate?
- A) “Your daughter's young liver is unable to get rid of the waste products from old red blood cells.”
 - B) “Because your daughter's kidneys are so small, they have a hard time getting rid of the wastes that are always accumulating in her blood.”
 - C) “Nearly half of all infants have this problem, and while it is distressing to look at, it is largely harmless and will resolve in time.”
 - D) “This is a sign that your baby needs more milk than she is currently getting, and increased breast-feeding will act to flush these pigments out of her system.”
8. Which of the following infants most likely requires medical intervention?
- A) A 2-day-old baby boy who has caput succedaneum
 - B) An infant 4 hours postpartum who has visible coning of his head following vaginal delivery
 - C) A girl 3 days postpartum with noticeable unilateral cephalhematoma
 - D) A male infant whose vertex delivery resulted in a brachial plexus injury
9. A nurse who works in a neonatal intensive care unit is providing care for an infant born at 26 weeks' gestation. Which of the following assessments would lead the nurse to suspect that the infant has developed respiratory distress syndrome (RDS)?
- A) The infant's blood pressure and temperature are normal measurements as expected.
 - B) Infant is grunting and has notable intercostal retractions with respirations.
 - C) Infant has poor motor skills and limited limb range of motion.
 - D) Infant has apnea lasting 5 to 10 seconds with a decrease in heart rate, which reverses with tactile stimulation.
10. While assessing a premature infant born at 25 weeks' gestation, the neonatal intensive care unit (NICU) nurse would suspect which diagnosis when the infant displays poor muscle tone, apnea, and a new onset of somnolence?
- A) Hydrocephalus
 - B) Airway obstruction
 - C) Intraventricular hemorrhage
 - D) Sepsis

11. A premature infant who is receiving care in a neonatal intensive care unit (NICU) has just been identified as having necrotizing enterocolitis (NEC). Of the following clinical manifestations, identify those most likely to contribute to the diagnosis of NEC. Select all that apply.
- A) Feeding intolerance
 - B) Inability to pass stool within the first 10 days of life
 - C) Hard, taut abdomen with increasing distention
 - D) Blood noted in stools
 - E) Hypoactive bowel sounds on right lower quadrant
12. The neonatologist suspects an infant has developed sepsis with multiorgan system illness. The nurse caring for this infant will note which of the assessment findings support this diagnosis. Select all that apply.
- A) Decreasing BP with increase in heart rate indicative of shock
 - B) Prolonged PT and PTT and decrease in platelet count
 - C) Frequent voiding of a small amount of light-colored urine
 - D) Bilateral warm feet but pedal pulses hard to palpate
 - E) Positive Moro reflex when loud noise made at crib side
13. The exasperated parents of a 4-month-old infant with colic have asked their health care provider what they can do to alleviate their child's persistent crying. Based on their concerns, the nurse should educate/discuss with the parents which of the following?
- A) Encouraging them to walk away from the infant when they can no longer tolerate it
 - B) Recommending them to reduce the amount of commercial formula and increase breast-feeding
 - C) Discussing the use of prescribed antiflatulent medication that will help more than changing the formula
 - D) Demonstrating how to use a soothing voice and slow rocking back and forth as a way to calm the infant
14. During a prenatal education class, a participant has related a story about how her friend's infant died of sudden infant death syndrome (SIDS). What can the educator tell the group about how they can prevent SIDS when they have their babies? Select all that apply.
- A) "The best sleeping position for your baby is on his back."
 - B) "Children are at particular risk of SIDS when they have a cold or flu, so these times require extra vigilance."
 - C) "Using drugs during pregnancy has been shown to be associated with SIDS after birth, which is one more reason for mothers to avoid them."
 - D) "It's important if anyone in your home smokes to make sure they only do it outside."
 - E) "The exact cause of SIDS still isn't known, so there's little that you can do to prevent this tragic event."