

## Chapter 1. Evolution of Nursing Thought & Action



### Multiple Choice

*Identify the choice that best completes the statement or answers the question.*

- \_\_\_\_\_ 1. The nurse is working in a community health promotion clinic. Which is an example of an illness prevention activity?
1. Encouraging the use of a food diary
  2. Joining a cancer support group
  3. Administering immunization for human papillomavirus (HPV)
  4. Teaching a diabetic patient about his diet
- \_\_\_\_\_ 2. A practicing nurse is aware that continuing education courses may be required for license renewal. Which organization can require nurses to obtain a specified amount of continuing education courses?
1. American Nurses Association
  2. National League for Nursing
  3. Sigma Theta Tau
  4. State Board of Nursing
- \_\_\_\_\_ 3. An experienced nurse uses knowledge of patient medical conditions and intuition to identify patient problems. The nurse often fulfills the role of a resource for other nurses on the unit. At this point, which stage of proficiency has this nurse achieved?
1. Novice
  2. Advanced beginner
  3. Competent
  4. Expert
- \_\_\_\_\_ 4. Which statement **best** explains the importance of standards of practice in the nursing profession?
1. Nurses have the same standards of practice as other healthcare professionals.
  2. Standards of practice are applied exclusively to nurses working in hospital settings.
  3. Standards of practice identify the components nurses need to provide safe care.
  4. Standards of practice differ among registered nurses, based on the population they serve.
- \_\_\_\_\_ 5. The nursing instructor is considering becoming a member of the National League for Nursing (NLN). Which primary goal of the NLN will most strongly impact the nurse's decision to become a member?
1. Emphasizing the necessity for registered nurses to promote patient safety
  2. Establishing and maintaining identified standards for nursing education
  3. Supporting global health policies and improving health worldwide
  4. Fostering nursing scholarship, leadership, and service to improve health

- \_\_\_\_\_ 6. The nurse is providing care for a patient following a debilitating stroke. Which type of care will the nurse recognize as the **best** choice for this patient?
1. Primary care
  2. Secondary care
  3. Tertiary care
  4. Preventive care
- \_\_\_\_\_ 7. The nurse is providing care for an older adult patient in an acute care setting for various age-related health issues. When planning for discharge, the patient states concern about being able to adequately provide for health maintenance and self-care needs. Which type of facility does the nurse recognize for this patient?
1. Skilled nursing facility
  2. Assisted living facility
  3. Nursing home facility
  4. Independent living facility
- \_\_\_\_\_ 8. The nurse understands that the most important reason for the development of a definition for the profession of nursing is that it:
1. Will result in more informed people being recruited as nurses.
  2. Is a means for evaluating the degree of role satisfaction in nurses.
  3. Helps dispel the stereotypical images about nurses and nursing.
  4. Differentiates the nursing role from those of other health professionals.
- \_\_\_\_\_ 9. Which activity provides evidence-based support for the contribution made by advanced practice nurses (APNs) within healthcare?
1. Reduced use of diagnostics using advanced technology
  2. Decreased number of unnecessary visits to the emergency department
  3. Improved patient compliance with prescribed treatments
  4. Increased use of complementary and alternative therapies
- \_\_\_\_\_ 10. The nurse is providing care for a pediatric patient in an acute care facility. The patient's parents express concern about the cost of the medical care. The parents state, "We have jobs, but we don't make a lot of money and have no insurance." Which medical assistance program does the nurse recognize as being most appropriate for this family?
1. Children's Health Insurance Program (CHIP)
  2. Medicare
  3. Medicaid
  4. Local charity
- \_\_\_\_\_ 11. A nurse working in a rehabilitation facility has a physician's prescription to contact therapists as required by patient need. A patient has started to have difficulty with bathing and grooming. Which therapist does the nurse contact to assist the patient to regain these skills?
1. Physical therapist
  2. Occupational therapist
  3. Speech-language pathologist
  4. Respiratory therapist
- \_\_\_\_\_ 12. An older adult patient is diagnosed with type 1 diabetes mellitus. The patient can perform self-care activities but needs assistance with shopping and meal preparation. As well, assistance is necessary for blood glucose monitoring and insulin administration. Which type of healthcare facility is **most** appropriate for the patient?
1. Acute care facility

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2. Ambulatory care facility
3. Extended care facility
4. Assisted living facility

\_\_\_\_\_ 13. The nurse in the intensive care unit is providing care for only one patient, who was admitted with a diagnosis of septic shock. Based on this information, which care delivery model is this nurse following?

1. Functional
2. Primary
3. Case method
4. Team

\_\_\_\_\_ 14. The nurse is providing care for a patient who needs extensive acute care, which is being rejected by the patient because of financial and family stressors. Which healthcare worker does the nurse consult to counsel this patient?

1. Social worker
2. Occupational therapist
3. Physician's assistant
4. Technologist

\_\_\_\_\_ 15. Which type of managed care provides patients with the greatest choice of providers, medications, and medical devices?

1. Health maintenance organization
2. Integrated delivery network
3. Preferred provider organization
4. Employment-based private insurance

\_\_\_\_\_ 16. The registered nurse is discharging a patient to an assisted living facility. Which statement by the nurse is **most** appropriate for the patient?

1. "Therapists will work with you daily to help you regain your functional abilities."
2. "You will be provided with 24-hour nursing care for the next 6 weeks."
3. "Assistance with meals and housekeeping tasks is available to you."
4. "A nurse will come to your home and provide you with nursing care."

\_\_\_\_\_ 17. Which member of the healthcare team typically serves as the case manager?

1. Social worker
2. Physician
3. Physician's assistant
4. Registered nurse

\_\_\_\_\_ 18. The nurse works in a public health department. Which nursing function is considered a primary care service?

1. Providing wound care
2. Administering childhood immunizations
3. Providing drug rehabilitation
4. Providing outpatient hernia repair

\_\_\_\_\_ 19. A patient who is 80 years of age is in an acute care facility because of a fractured hip resulting from a fall. Previously, the patient lived at home and managed activities of daily living independently. The patient goal is to return to the previous living style. The patient is to be discharged because of insurance regulations. If the patient cannot walk or provide self-care, to which type of facility will the patient be transferred?

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1. Nursing home
2. Rehabilitation center
3. An outpatient therapy center
4. None of these; she should receive home healthcare

\_\_\_\_\_ 20. A health care facility hires new nursing graduates to work on patient care units. The hired nurses come from a variety of accredited nursing programs. Additionally, applicants need to be aware of facility hiring practices based on which specific definition of a nurse?

1. Graduate of a nursing education program, and passed the National Council Licensure Exam (NCLEX)
2. Obtained certification permitting the administration of medications in certain healthcare settings
3. Specifically licensed to practice in either an acute care setting or in a home environment
4. Received advanced education and is licensed to practice under the direct supervision of a physician

\_\_\_\_\_ 21. A nurse who has been practicing for 3 years in an acute care facility is caring for a postsurgical patient. The nurse observes an abnormal change in vital signs and associates these changes with a postoperative bleeding problem. Which level of proficiency is the nurse demonstrating?

1. Advanced beginner
2. Competent
3. Proficient
4. Expert

\_\_\_\_\_ 22. In the United States, each state enacts its own nurse practice acts. Which agency is responsible for nurse practice acts?

1. The American Nurses Association
2. Institute of Medicine
3. State Board of Nursing
4. National League for Nursing

\_\_\_\_\_ 23. A nurse is recently hired at an acute care facility. During orientation, the nurse is given a chart describing each person's role on the assigned unit. The chart reflects that registered nurses are responsible for all admission and discharge assessments and patient treatments. Licensed practical nurses (LPNs) administer medications, and certified nursing assistants (CNAs) obtain vital signs and perform personal care. Which model of care does the nurse recognize?

1. Case method
2. Team
3. Primary
4. Functional

\_\_\_\_\_ 24. Nurses currently employed are aware of the trends that affect contemporary nursing practice. Which trend is a primary cause for changes in the nursing profession?

1. The expected increase in the number of older adults in society
2. The large amount of medical information that is technically accessible
3. The increasing demands for more medical care from all aspects of society
4. The multiple medical care expectations implemented by the government

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- \_\_\_\_\_ 25. A patient is preparing to be discharged after total knee replacement. The patient tells the case manager, "I feel pretty good, but I am having a hard time getting in and out of the bathroom." Which is the **most** appropriate response by the case manager?
1. "I'll be sure to teach your family how to help you with this."
  2. "Once you are home for a while, it will get easier."
  3. "I can have a recreational therapist help you take your mind off your concerns."
  4. "An occupational therapist can be ordered to assist you in this area."
- \_\_\_\_\_ 26. An older adult patient is preparing for discharge and tells the case manager, "I don't know what I am going to do when I get home. I cannot afford the medications the doctor has ordered for me." Which is the **most** appropriate response by the case manager?
1. "We can have a social worker see you when you get home."
  2. "Medications are expensive, but you will need to take them."
  3. "I will check if some of the medications can be discontinued."
  4. "The home health nurse will address this when she sees you."
- \_\_\_\_\_ 27. A patient in an ambulatory clinic tells the nurse, "Every visit costs me \$10, even though I have insurance." Which is the **most** appropriate response by the nurse?
1. "I am not involved in your insurance; you need to contact the insurance company."
  2. "Let's check if this is a co-payment described by your insurance plan for each visit."
  3. "Healthcare is expensive, and insurance companies can't pay all of the costs."
  4. "This charge is actually part of the insurance premium that you pay monthly."
- \_\_\_\_\_ 28. The nursing staff on a surgical unit expresses to the manager concerns about not having enough time to complete all wound care and dressing changes. Which is the initial action the manager takes?
1. Decrease the patient-to-nurse ratio within budget limits
  2. Offer an in-service session on time-management strategies
  3. Suggest a continuing quality improvement committee to assess the issue
  4. Report the concerns to the director of nurses at the next management meeting

**Multiple Response**

*Identify one or more choices that best complete the statement or answer the question.*

- \_\_\_\_\_ 29. Which activities indicate the implementation of direct nursing care? Select all that apply.
1. Bathing a patient
  2. Administering a medication
  3. Teaching a patient to change a wound dressing
  4. Making work assignments for the shift
  5. Evaluating patient progression toward goals
- \_\_\_\_\_ 30. Which actions by the nurse are considered "skilled nursing care"? Select all that apply.
1. Changing a wound dressing
  2. Assisting with bathing and grooming
  3. Monitoring intravenous (IV) antibiotic administration
  4. Teaching a patient how to use a blood glucose monitor
  5. Helping a patient to get dressed

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- \_\_\_\_\_ 31. To reflect the changes in healthcare and nurses' expanded roles, the International Council of Nurses revised the definition of *nursing*. Which statements are consistent with the revised definition of *nursing*? Select all that apply.
1. Nursing encompasses the autonomous and collaborative care of others.
  2. Nursing includes the care of ill, disabled, and dying people.
  3. Nursing is involved in shaping health policy and system management.
  4. Nursing involves the use of the nursing process to plan care.
  5. Nursing requires knowledge regarding the process of nursing education.
- \_\_\_\_\_ 32. According to the American Nurses Association (ANA), which statements best describe the characteristics of registered nursing? Select all that apply.
1. Nursing practice is individualized.
  2. Nursing practice is similar to medical practice.
  3. Caring is central to the practice of the registered nurse.
  4. Nurses coordinate care by establishing partnerships.
  5. Nurses promote health through political involvement.
- \_\_\_\_\_ 33. The field of nursing has struggled to prove that nursing is a profession. Which strategies to improve the status of nursing will promote professionalism? Select all that apply.
1. Standardizing the educational requirements for entry into practice
  2. Mandating uniform continuing education requirements for licensure
  3. Guaranteeing that all nurses will obtain employment upon graduation
  4. Encouraging participation of nurses in professional organizations
  5. Educating the public about the true nature of nursing practice
- \_\_\_\_\_ 34. Each U.S. state has its own state board of nursing responsible for protecting the health, safety, and welfare of the general public. The state boards of nursing meets these responsibilities by performing which functions? Select all that apply.
1. Advocating for nursing student issues
  2. Determining the nurse's scope of practice
  3. Enforcing the rules that govern nursing
  4. Writing the laws that regulate nursing
  5. Regulating the number of licensed nurses
- \_\_\_\_\_ 35. The nurse is preparing a presentation for nursing students about the processes of thinking and implementation that apply to nursing. Which topics will the nurse include? Select all that apply.
1. Critical thinking
  2. Pain evaluation
  3. Clinical judgment
  4. Problem solving
  5. Sterile technique

**Completion**

*Complete each statement.*

36. \_\_\_\_\_ is a health program, administered by the state and funded by federal and state governments, to provide care for low-income people.

37. \_\_\_\_\_ is a federal insurance program designed to fund healthcare for people age 65 years and older, persons with disabilities, and those with end-stage renal disease.

## Chapter 1. Evolution of Nursing Thought & Action

### Answer Section

#### MULTIPLE CHOICE

1. ANS: 3

Chapter: Chapter 1 Evolution of Nursing Thought & Action

Objective: Name and recognize the four purposes of nursing care.

Page: 19 (V1)

Heading: Nursing and Illness Prevention

Integrated Processes: Teaching and Learning

Client Need: Health Promotion and Maintenance

Cognitive Level: Application [Applying]

Concept: Health Promotion

Difficulty: Moderate

	Feedback
1	This is incorrect. Illness prevention activities focus on avoiding a specific disease. Keeping a food diary is a health promotion activity.
2	This is incorrect. Although cancer is a disease, it is assumed that a person joining a support group would already have the disease; therefore, it would be treatment and not disease prevention.
3	This is correct. Administering immunization for HPV is an example of illness prevention.
4	This is incorrect. Teaching a diabetic patient about diet is a treatment for diabetes; the patient already has diabetes, so the teaching cannot prevent diabetes.

PTS: 1

CON: Health Promotion

2. ANS: 4

Chapter: Chapter 1 Evolution of Nursing Thought & Action

Objective: Explain how nursing practice is regulated.

Page: 23 (V1)

Heading: Continuing Education

Integrated Processes: Teaching and Learning

Client Need: Health Promotion and Maintenance

Cognitive Level: Application [Applying]

Concept: Professionalism

Difficulty: Moderate

Cognitive Level: Application [Applying]

	Feedback
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1	This is incorrect. The American Nurses Association is a professional organization and does not mandate continuing education. However, the organization may offer continuing education units (CEUs) to fulfill education requirements.
2	This is incorrect. The National League for Nursing is a professional organization and does not mandate continuing education. However, the organization may offer continuing education units (CEUs) to fulfill education requirements.
3	This is incorrect. Sigma Theta Tau is a professional organization and does not mandate continuing education. However, the organization may offer continuing education units (CEUs) to fulfill education requirements.
4	This is correct. Continuing education is a professional strategy designed to ensure that nurses remain current in their clinical knowledge. Many states require nurses to engage in a certain number of continuing education requirements to renew their license. Requirements for renewal of a nurse's license can be found in the state's nurse practice act (state board of nursing).

PTS: 1                      CON: Professionalism

3. ANS: 4

Chapter: Chapter 1 Evolution of Nursing Thought & Action

Objective: Differentiate among the various forms of nursing education.

Page: 13 (V1)

Heading: Benner's Model

Integrated Processes: Teaching and Learning

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

Cognitive Level: Comprehension [Understanding]

Concept: Professionalism

Difficulty: Moderate

	Feedback
1	This is incorrect. The novice nurse is inexperienced and relies on rules and processes.
2	This is incorrect. The advanced beginner focuses on aspects of a situation and is unable to see the comprehensive perspective.
3	This is incorrect. A nurse functioning at the competent level is able to prioritize to meet patient needs but does not fully grasp the total situation.
4	This is correct. The nurse who has reached the expert stage of proficiency has a deep understanding of the clinical situation based on knowledge and experience. The nurse often senses a potential problem in the absence of classic signs and symptoms.

PTS: 1                      CON: Professionalism

4. ANS: 3

Chapter: Chapter 1 Evolution of Nursing Thought & Action

Objective: Explain how nursing practice is regulated.

Page: 24 (V1)

Heading: Contemporary Nursing: Education, Regulation, and Practice > Standards of Practice

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Integrated Processes: Communication and Documentation  
 Client Need: Safe and Effective Care Environment: Management of Care  
 Cognitive Level: Application [Applying]  
 Concept: Professionalism  
 Difficulty: Moderate

	Feedback
1	This is incorrect. Nursing standards of practice are exclusive to the profession of nursing; standards of nursing practice are not shared with other healthcare professionals.
2	This is incorrect. The standards of practice for nursing are applicable regardless of the setting in which nursing care is provided.
3	This is correct. Standards of practice are authoritative statements of the duties that all registered nurses, regardless of role, population, or specialty, are expected to perform competently. Standards are derived from several sources, including professional organizations and healthcare facilities' policies and procedures.
4	This is incorrect. The standards of practice for nursing are applicable regardless of the population receiving nursing care.

PTS: 1                      CON: Professionalism

5. ANS: 2

Chapter: Chapter 1 Evolution of Nursing Thought & Action  
 Objective: Give four examples of influential nursing organizations.  
 Page: 13 (V1)  
 Heading: Nursing Organization Guidelines  
 Integrated Processes: Teaching and Learning  
 Client Need: Safe and Effective Care Environment: Management of Care  
 Cognitive Level: Analysis [Analyzing]  
 Concept: Professionalism  
 Difficulty: Moderate

	Feedback
1	This is incorrect. The American Nurses Association (ANA) is the official professional organization for nurses in the United States. Originally, the ANA focused on establishing standards of nursing to promote high-quality care and working toward licensure as a means to ensure adherence to the standards; both these actions focus on patient safety.
2	This is correct. The National League for Nursing (NLN) was founded to establish and maintain a universal standard of nursing education. The NLN focuses on faculty development in nursing education programs and is the voice for nursing education.
3	This is incorrect. The International Council of Nursing (ICN) represents more than 20 million nurses on a global level. It is composed of a federation of national nursing organizations from more than 130 nations. The ICN aims to ensure quality nursing care for all.