



1. Which component of transcultural nursing has been greatly supported through the research conducted by anthropologists?
 - A) Nursing interventions planned on the basis of age and developmental norms.
 - B) Evaluation of the understanding of risk factors based on cognitive function.
 - C) Implementation of nursing care, respectful of the individual's economic status.
 - D) Assessment of woman's ability to function successfully in her role within the family.
2. Which is the basis to support the need for transcultural nursing in a health care setting that serves a multicultural metropolitan community?
 - A) The nursing responsibility to provide nursing care for each client who demonstrates respect and acceptance.
 - B) The ever-expanding numbers of immigrants entering the United States requiring physical and mental health care.
 - C) The diversity seen in the values, beliefs, behaviors, as well as physical and mental characteristics of the client population.
 - D) The varying economic and social backgrounds represented in the population present unique barriers to health care delivery.
3. Which assessment question shows an understanding of the impact of cultural beliefs and behaviors on a client's demonstration of pain?
 - A) "Can you describe the pain you are experiencing for me?"
 - B) "Do you understand the long-term effects of chronic pain?"
 - C) "Have you ever taken medication to help control your pain?"
 - D) "How can I help you deal with the pain you are experiencing?"
4. Which nursing intervention demonstrates an understanding of the full scope on culturally sensitive nursing care?
 - A) When planning a teenaged focused educational program on sexuality, both homosexual and heterosexual lifestyle choices are discussed.
 - B) When assessing a recently immigrated Hispanic's ability to both speak and read the English language when preparing discharge teaching.
 - C) Including both Eastern traditional folk treatments and Western medical therapies into the care plan of a Chinese client.
 - D) Directing a discussion concerning treatment options for an Arab female toward the family's elder male members.
5. Which statement exhibits an understanding of the meaning of culturally congruent nursing care?
 - A) "Care that is culturally congruent is a client right of all ethnically diverse individuals."
 - B) "I have a nursing responsibility to always provide culturally congruent nursing care."

- C) “Providing culturally congruent nursing care offers care the client has confidence in.”
 - D) “Outcomes are so much better when the care is delivered in a culturally congruent manner.”
6. Which nursing intervention demonstrates one of the strengths of the transcultural nursing Theory of Culture Care Diversity and Universality?
- A) Planning treatments around the praying schedule of a Muslim client.
 - B) Encouraging a Chinese client to explain the concept of “Ying and Yang.”
 - C) Assessing for stress factors affecting a Haitian client as well as her immediate family.
 - D) Evaluating the reading comprehension of a client for who English is a second language.
7. To provide better care, the interprofessional health care team relies on its members to help provide the **best** care to meet the needs of the client. Which member would be the **most** important to the client?
- A) Physician
 - B) Family
 - C) Nurse
 - D) Spiritual or traditional healer
8. Which nursing intervention demonstrates an avoidance of one of the cited criticisms of current transcultural nursing theories?
- A) Asking the Jewish client whether he or she will need a kosher diet menu
 - B) Making sure that a Catholic client's rosary beads are always within easy reach
 - C) Encouraging a German World War II veteran to talk about his military experiences
 - D) Suggesting that an obese Irish American minimize consumption of beer and potatoes
9. Which activity would **best** support the goals of transcultural nursing?
- A) A multidisciplinary research project on the effects of culture on pain management plans
 - B) Revising facility visitation policies to support cultures in which family members remain with the client
 - C) Organizing a rally to raise awareness of the need for a local free clinic to serve culturally diverse families
 - D) Providing staff education regarding the dietary traditions of both the local Jewish and Arab populations
10. Which statement demonstrates a lack of knowledge concerning the role eye contact plays in various cultures?
- A) “It's so important to maintain eye contact with the client while providing discharge teaching.”

- B) "Eye contact can be a difficult nonverbal communication to interpret from a cultural standpoint."
 - C) "I never assume a client's interest in our conversation on the basis of his or her willingness to maintain eye contact."
 - D) "Many cultures are reluctant to maintain eye contact with nonfamily members."
11. Which consideration is the basis for the selection of an interpreter for an older client who has a limited ability to speak and understand English?
- A) Younger adults are generally more understanding of American jargon and so can translate it better.
 - B) Family members are generally considered good interpreters since they share the same dialect.
 - C) The interpreter should ideally be of similar age and of the same gender as the client.
 - D) The client should be allowed to select the interpreter as a means of maintaining autonomy.
12. The emergency department in a large metropolitan city assists many clients each day from various cultures. Which would **best** present a culture challenge in developing an appropriate nursing care plan?
- A) A 34-year-old Asian gentleman who is in town for temporary work
 - B) A 15-year-old Black female athlete from the local high school with a sprained ankle
 - C) A 25-year-old Hispanic mother with an infant who just moved from the neighboring state
 - D) An 85-year-old Italian man who was brought in from the local long-term facility after a fall
13. Dr. Leininger is credited with developing ethnonursing research in the field of transcultural nursing, which has been used by many others to study relevant topics in nursing. Which is the specific research method used?
- A) Quantitative
 - B) Qualitative
 - C) Metadata
 - D) Quantitative and qualitative
14. A local hospital group is creating a local transcultural health care team to assist with the health care of the community that has seen an influx of refugees from other countries. Which will be necessary for each team member to possess to be a part of the team? (Select all that apply.)
- A) Membership in two nursing orientations whose focus is transcultural nursing care
 - B) Proof of formal academic preparation at an accredited institution
 - C) Documentation proofing a work history in facilities that serve a culturally diverse population
 - D) Appropriate licensure as required by the state
 - E) Official certification from the TCNS

15. In an effort to enhance and provide the **best** training, the Core Curriculum was developed to provide the **best** training in transcultural nursing for nurses and other members of the health care team. Which aspects of the core of knowledge are used to develop this program? (Select all that apply.)
- A) Natural science
 - B) Medicine
 - C) Philosophy
 - D) Social work
 - E) Technology

Answer Key

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

1. Health care organizations are expected to be culturally competent. Which service shows the ability to **best** manage the difference in cultural values and practices?
 - A) Attempting to assign clients of like cultures as roommates
 - B) Ability to adapt special diets to meet client cultural dietary needs
 - C) Educating each client to the use of a unit chapel for cultural rituals
 - D) Arranging client care to support the cultural need for family involvement
2. Which nursing activity shows an understanding of the process of culturally competent nursing practice?
 - A) Attending two in-service programs yearly on attaining cultural competency
 - B) Including cultural assessment questions in an admission interview
 - C) Providing a non-English-speaking client with information written in his native language
 - D) Encouraging the facility to provide access to language translators
3. Which nursing intervention **best** shows compliance with offering linguistically appropriate services for a culturally diverse population?
 - A) Speaking to the client in a culturally appropriate dialect
 - B) Notifying the client that he or she is entitled to language translation services
 - C) Identifying a family member to act as interpreter
 - D) Using nonverbal communication techniques whenever possible
4. The nurse is aware that even though various aspects of each culture are different, there are a few which are very similar. What initially indoctrinates an individual to cultural norms?
 - A) Genetics
 - B) Community
 - C) Peer

- D) Family
5. Which nursing activity has **priority** when providing culturally congruent care?
- A) Identifying the client's health care expectations
 - B) Assessing the client's ability to communicate effectively with staff
 - C) Self-reflection concerning beliefs associated with the client's culture
 - D) Evaluating the facility's ability to meet the client's cultural needs
6. A nurse provides care to a vast culturally diverse population. How can the nurse **best** address the need to provide cultural congruent nursing care?
- A) Regularly self-reflecting on personal biases and prejudices
 - B) Master the skills required to perform an effective cultural assessment
 - C) Regularly attend culture awareness in-service programming
 - D) Immersion into the cultures presented by the client population
7. Which activity will **best** minimize the risk of allowing discrimination and prejudicial behaviors to impact personal nursing practice?
- A) Asking the client to explain his or her cultural specific beliefs and practices
 - B) Observing and mimicking the practice of a nurse who is viewed as being culturally sensitive
 - C) Engaging in regular reflective, cultural self-assessments
 - D) Asking culturally diverse clients to evaluate the care being provided
8. Just as it is important for each nurse to determine and reflect on his or her own cultural assessment, it is also important for each organization to be aware of its own transcultural position. Which would indicate an organization is meeting the standards for cultural competence?
- A) The hospital that invites in speakers from other countries to speak to the staff once a year
 - B) The facility that hires a culturally diverse staff
 - C) The organization that has a defined set of principles written down and followed by each staff member
 - D) The hospital that offers a work-share program where staff at its facility can swap places with staff at a foreign-based hospital for a short period to become more familiar with the different culture
9. Which statement demonstrates the nurse's ability to communicate sincerely and respectfully with a culturally diverse client population?
- A) "I find clients of other cultures to be so interesting to talk to."
 - B) "I'm always careful to apologize when I'm having difficulty understanding a client."
 - C) "Limited English-speaking clients can be severely stressed by the language barrier."
 - D) "My assessment interviews with limited English-speaking clients focus on just the basics."

10. It is determined that an older, widowed client is a member of a familistic culture. Which intervention is **best** directed toward communicating effectively with the client?
- A) Directing the assessment questions toward the client's female family members
 - B) Presenting information related to possible treatment modalities to the entire family
 - C) Arranging for all information materials to be written in the client's preferred dialect
 - D) Confirm the client's wishes about treatment through her oldest son
11. A 27-year-old new client, who is hearing impaired, has presented to the clinic for a routine visit. Speaking mainly with sign language, the client explains that he is changing physicians because a staff member at the last clinic was constantly trying to talk him into getting cochlear implants, which he does not want. The nurse should be aware that which may be happening?
- A) The client is afraid of the surgery and just needs more information and gentle encouragement.
 - B) The client does not have the financial resources to pay for the surgery and needs assistance to find resources.
 - C) The client is being controlled by other members of the deaf culture and afraid.
 - D) The client does not see himself as disabled, but simply a member of a certain subcultural group.
12. A rural clinic provides health care to a community of mainly Aboriginal Peoples. The nursing staff is concerned that the needs of the local community are not being adequately met. They are aware that research has confirmed which is a potential obstacle?
- A) Clients from various ethnic backgrounds are less likely to visit the clinic on a routine basis.
 - B) The clinics are not obtaining all the government assistance that is available to them to operate efficiently.
 - C) More members of the community are seeking health care in larger facilities.
 - D) They are understaffed and unable to provide enough assistance to the community.
13. Not only is the nurse responsible for implementing cultural competence but the organization by which the nurse is employed also has certain responsibilities to ensure cultural competence to provide the **best** possible health care to the local community. Which is recognized as helping to achieve the goal of achieving organizational cultural competence?
- A) Ensuring each client receives written information in their first language
 - B) Encouraging all staff members to learn several additional languages so someone will always be available to translate if needed
 - C) Establishing methods of accountability to ensure the goals and mission are being met
 - D) Offering a variety of health-related classes to the local community to assist clients with providing better self-care

14. Health disparities are a great concern to those who provide health care services. The Health Resources and Services Administration has identified certain populations that are at greater risk for disparities. Which have been identified as an at-risk group? (Select all that apply.)
- A) An Anglo student attending a large university
 - B) An individual who lives in a remote location
 - C) The fourth infant of a mother in her 30s
 - D) An elderly gentleman who just moved into his new assisted-living apartment
 - E) A gentleman who works for a large corporation and frequently travels to other countries
15. Many challenges still exist in adequately providing proper health care to many of the world's population; however, the 21st century is providing new choices and changes that were not previously available. The nurse must be aware and prepared to deal with these changes and be able to communicate effectively to be able to provide the **best** health care the individual requires and desires. Which clients may represent a cultural challenge for which the nurse should be prepared? (Select all that apply.)
- A) A 65-year-old Canadian gentleman traveling to the United States for knee replacement surgery
 - B) A 68-year-old Asian female who needs a refill of her hypertensive medication, who has just returned home after traveling around in a recreational vehicle with her spouse
 - C) A 24-year-old Black female traveling to Mexico for cancer treatment
 - D) A 30-year-old Somali mother who is seeking asylum in the United States
 - E) An 18-year-old high school graduate who is just starting college

Answer Key

1. B
2. A
3. B
4. D
5. C
6. B
7. C
8. C
9. B
10. B
11. D
12. A
13. C
14. B, C, D
15. A, C, D

1. Which question would **best** assist a nurse in determining the health beliefs of a culturally diverse client who has a history of hypertension?
 - A) "Have you been taking your antihypertension medication as it was prescribed?"
 - B) "Can you identify stressors in your life that may have contributed to high blood pressure?"
 - C) "What have you been doing to help control your high blood pressure?"
 - D) "Do the ethnic foods you eat tend to be salty?"
2. Which is the primary criticism for using standardized printed history forms when assessing the culturally diverse client population?
 - A) Western medicine's signs and symptoms are not always recognized as such by other cultures.
 - B) People of another culture are not comfortable sharing personal information in such an impersonal manner.
 - C) Many cultures rely heavily upon pictures to communicate information rather than written words.
 - D) Being asked to fill out a form may be looked upon as an insult by cultures that are people focused.
3. Which question asked during the assessment process of an Aboriginal people client is directed by currently accurate information regarding that culture's risk for a specific disease?
 - A) "Have you ever been tested for diabetes mellitus?"
 - B) "Do you have a family history of breast cancer?"
 - C) "When was the last time you were tested for tuberculosis?"
 - D) "Have you ever been told you have a problem with drinking too much alcohol?"

4. Which nursing intervention demonstrates an understanding of the importance of managing assessment information in a culturally congruent manner?
 - A) When the client described “creaky joints,” enrolling in the “Arthritis Support Group” was recommended.
 - B) The client's request for, “recipes I can use with my sugar” was met with a booklet entitled, “Cooking for the Diabetic.”
 - C) The client's edema was documented as, “Client reports, 'My legs swell when I spend too much time standing'.”
 - D) The client was educated on the concept of paranoia when reporting belief in the “evil eye.”
5. Which nursing action is required when it is determined that a client is self-administering ginseng for back pain?
 - A) Questioning the client to determine the daily dosage of the medication
 - B) Informing the client that herbal therapy can cause serious side effects
 - C) Assessing and documenting the client's blood pressure
 - D) Asking the client to close his or her eyes and touch his or her nose with a finger
6. Which statement will be the basis for determining the target population for a community education program regarding hypertension?
 - A) The Jewish ethnic culture rarely experiences hypertension.
 - B) Asian cultures have a biological risk factor for hypertension.
 - C) After age 65, Black males experience on average a 10-point higher systolic pressure than White males of that same age.
 - D) Black females have a higher average systolic blood pressure than White females at every age.
7. Which additional assessment should be conducted when monitoring a darkly pigmented person for cyanosis?
 - A) Observing the client's gait and posture
 - B) Asking the client to provide the location and date of his or her birth
 - C) Asking the client to “squeeze my hand” and determine muscle strength
 - D) Observing the client's urinary output for 12 hours
8. Which nursing intervention demonstrates an understanding of the cultural preservation when caring for a Hispanic client?
 - A) Arranging for the client's diet to include the appropriate fever-fighting “cold” foods
 - B) Encouraging the client's family to learn to administer the medication as prescribed
 - C) Offering to have a sleeping chair moved into the room so the client's daughter can stay the night
 - D) Providing all educational material in the client's preferred language