



1. Which group is best served by the development of a rigorous base of evidence for nursing practice?
 - A) Nursing administrators
 - B) Practicing nurses
 - C) Nurses' clients
 - D) Health care policymakers

2. Which is an example of a clinical nursing research question?
 - A) What percentage of nurses have a master's or doctorate degree?
 - B) What factors contribute to clients' risk of falling during a hospitalization?
 - C) In what ways do nursing students benefit from a course on evidence-based practice?
 - D) What course of action do nursing students pursue when faced with a moral dilemma?

3. Which is an especially important goal for the nursing profession?
 - A) Conducting research to better understand the context of nursing practice
 - B) Establishing a solid base of evidence for practice through disciplined research
 - C) Documenting the role nursing serves in society
 - D) Establishing research priorities

4. In several countries, research has come to play an important role for the nursing profession with respect to:
 - A) providing opportunities to serve on important government policy-making boards.
 - B) credentialing and improving nurses' status.
 - C) strengthening nurses' bargaining power.
 - D) supporting better avenues for advanced degrees.

5. Consumers of research take which action?
 - A) Design studies
 - B) Undertake studies
 - C) Produce research
 - D) Read research

6. Which activity occurs in a journal club?
 - A) Development of an idea for a journal article
 - B) Presentation by a research article's author about the central idea of the article
 - C) Testing of participants on their comprehension of selected journal articles
 - D) Discussion of a research article regarding its merits and relevance to practice

7. Which statement is true?
 - A) In the early 1900s, most nursing research focused on education, not nursing practice.
 - B) Clinical nursing research has made steady progress since the work of Florence Nightingale.
 - C) Several nursing research journals began publication in the late 1800s.
 - D) The National Institute of Nursing Research was established in the United States in 1943.

8. In the United States, which is a major source of funding for nursing research?
 - A) NINR
 - B) Magnet Recognition Program
 - C) Journal clubs
 - D) Sigma Theta Tau

9. Which is a likely trend for the future of nursing research?
 - A) Improving the methods for conducting research
 - B) Improving nurses' attitudes toward evidence-based practice
 - C) Enhancing the focus on the clinical significance of research findings
 - D) Enhancing nursing students' interest in conducting their own research

10. Which is a primary source for answering clinical questions for evidence-based nursing?
 - A) Input from an authority
 - B) Intuition
 - C) Disciplined research
 - D) Nurses' clinical experience

11. What is a paradigm?
 - A) An assumption about the nature of the world
 - B) An antecedent cause of reality
 - C) A set of procedures for studying the world
 - D) A worldview, a general perspective

12. Which is a fundamental assumption of the positivist paradigm?
 - A) Reality is "out there" to be objectively studied, known, and understood.
 - B) Phenomena do not necessarily have an antecedent cause.
 - C) Reality is not orderly, but it is haphazard.
 - D) Reality is not a fixed entity.

13. Which is a fundamental assumption in the constructivist paradigm?
 - A) A fixed reality exists in nature for humans to understand.
 - B) The nature of reality has changed over time.
 - C) Reality is multiply constructed and multiply interpreted by humans.
 - D) Phenomena are not haphazard and result from prior causes.

14. The scientific method is associated with which paradigm?
- A) The positivist paradigm
 - B) The constructivist paradigm
 - C) The naturalistic paradigm
 - D) The empirical paradigm
15. Which attribute is a characteristic of the traditional scientific method?
- A) A flexible, emergent design
 - B) Emphasis on a holistic view of a phenomenon
 - C) Inductive reasoning
 - D) Systematic measurement of natural phenomena
16. What is empirical evidence?
- A) Evidence derived from inductive reasoning
 - B) Evidence derived from deductive reasoning
 - C) Evidence rooted in the real world, gathered through the human senses
 - D) Evidence based on custom or on an expert/authority
17. Which adjective best describes the scientific method?
- A) Holistic
 - B) Systematic
 - C) Infallible
 - D) Flexible
18. What limits the capacity of the scientific method to answer questions about human experiences and health outcomes?
- A) The difficulty of accurately measuring complex human characteristics
 - B) The shortage of well-trained researchers
 - C) The scarcity of ideas on what to study
 - D) The shortage of theories about human behaviour
19. A researcher is investigating the effect of bed angle of hospitalized patients (15°, 30°, 45°) on the patients' heart rate. This is an example of what type of study?
- A) A qualitative study
 - B) A quantitative study
 - C) A constructivist inquiry
 - D) The type of study would depend on the researcher's preference.
20. A persistent criticism of the scientific method by those who espouse the constructivist paradigm is that it is:
- A) deductive.
 - B) laborious.

- C) empirical.
 - D) reductionist.
21. Which is true about qualitative research?
- A) It involves deductive processes.
 - B) It attempts to have tight control over the research context.
 - C) It involves the gathering of narrative, subjective materials.
 - D) It focuses on the collection of numeric information.
22. Which is a potential limitation of qualitative research?
- A) Qualitative research typically involves a small number of people, so the generalizability of findings can be problematic.
 - B) Qualitative researchers ask questions that tend to have limited significance in nursing.
 - C) Qualitative research is overly reductionist and tends to remove concepts from real-world contexts.
 - D) The quality of qualitative research is undermined because of difficulties in measuring phenomena.
23. Which research topic would most likely be the focus in a qualitative study?
- A) Outcomes of patients admitted during the day versus the night to a hospital system's trauma department
 - B) Trends in hospitalizations of patients with antibiotic-resistant tuberculosis
 - C) Risk factors associated with serious complications with abdominal surgery
 - D) Mental health experiences of military veterans living with chronic illness
24. Although the positivist and constructivist paradigms differ in many ways, the two paradigms have which feature in common?
- A) Both rely on the cooperation of human beings to participate in a study.
 - B) Both have as a major goal the identification of the causes of phenomena.
 - C) Both involve the application of the scientific method.
 - D) In both, generalizability is a key objective.
25. Which is a descriptive question that a qualitative researcher might ask?
- A) How often do parents of a dying child express grief to others?
 - B) What is the nature of grief among parents of a dying child?
 - C) How intense is the grief of parents of a dying child?
 - D) Over how long a period do parents grieve for a dying child?
26. Which research question is an example of a descriptive question for a quantitative study?
- A) What is it like to experience sudden confusion?
 - B) Does postpartum depression predict toddlers' temperaments?

- C) What is the experience of loneliness like among caregivers of patients with Alzheimer's disease?
 - D) What is the prevalence of elevated salivary cortisol in adolescents?
27. Which research questions would be considered cause-probing?
- A) What is the prevalence of vaping (using e-cigarettes) among college students?
 - B) Are students who use e-cigarettes at higher risk of respiratory infections than students who do not?
 - C) What are the characteristics of students who vape (use e-cigarettes)?
 - D) What is the process by which students initiate using e-cigarettes?
28. A nurse researcher is studying the effect of a health promotion intervention for inner city adolescents on daily amount of physical activity. In terms of purposes linked to EBP, this study has which purpose?
- A) Treatment/therapy
 - B) Diagnosis/assessment
 - C) Prognosis
 - D) Meaning and processes
29. A nurse researcher is studying the consequences of having a sex-mismatched heart, compared to having a sex-matched heart, among heart transplant recipients. In terms of purposes linked to EBP, this study has which purpose?
- A) Treatment/therapy
 - B) Diagnosis/assessment
 - C) Prognosis
 - D) Meaning and processes
30. A nurse researcher has developed and tested a method to evaluate pain in nonverbal palliative care patients. In terms of purposes linked to EBP, this study had which purpose?
- A) Treatment/therapy
 - B) Diagnosis/assessment
 - C) Prognosis
 - D) Etiology/cause/harm
31. A nurse researcher is studying what it is like for children to be fearful when they undergo routine immunizations and how they cope with their fears. In terms of purposes linked to EBP, this study has which purpose?
- A) Treatment/therapy
 - B) Diagnosis/assessment
 - C) Prognosis
 - D) Meaning and processes

Answer Key

1. C
2. B
3. B
4. B
5. D
6. D
7. A
8. A
9. C
10. C
11. D
12. A
13. C
14. A
15. D
16. C
17. B
18. A
19. B
20. D
21. C
22. A
23. D
24. A
25. B
26. D
27. B
28. A
29. C
30. B
31. D

1. Most definitions of evidence-based practice (EBP) call for the integration of best research evidence with:
 - A) patient preferences and values.
 - B) well-worded clinical questions.
 - C) systematic reviews.
 - D) rankings on the evidence hierarchy.

2. Research utilization is a process that begins with which event?
 - A) A clinical problem that needs to be solved
 - B) A problem-focused trigger
 - C) A finding from existing research
 - D) A well-worded clinical question

3. The best-known early research utilization (RU) project sought to bridge the gap between research and nursing practice. Which is the name of that well-known project?
 - A) Cochrane Collaboration
 - B) Stetler Model of Research Utilization
 - C) Conduct and Utilization of Research in Nursing (CURN) Project
 - D) Promoting Action on Research Implementation in Health Services (PARiHS)

4. Which statement is true?
 - A) The learning strategy called evidence-based medicine was initiated in the United States by an epidemiologist.
 - B) The Cochrane Collaboration, with centres around the world, is involved in preparing and disseminating systematic reviews.
 - C) Research utilization (RU) currently is a more prominent concept than evidence-based practice (EBP).
 - D) The Michigan Nurses' Association launched one of the first evidence-based practice projects, which focused on the preparation of systematic reviews.

5. Which argument is used by advocates of EBP?
 - A) EBP provides an excellent basis for lobbying for health research funding.
 - B) EBP offers a good framework for self-directed lifelong learning.
 - C) EBP is universally embraced within the health care community.
 - D) EBP promotes the elimination of health disparities.

6. Knowledge translation is a term most often associated with:
 - A) international efforts to translate evidence into other languages.
 - B) the use of evidence by individual clinicians in their practice.
 - C) the adaptation of innovations for diverse cultural groups.
 - D) system-wide efforts to apply new evidence in practice settings.

7. What is the purpose of an evidence hierarchy?
 - A) To promote the creation of systematic reviews
 - B) To guide researchers in selecting a research design
 - C) To rank order evidence according to the strength of evidence provided
 - D) To provide an incentive structure for those undertaking research

8. Most evidence hierarchies put which evidence source at the pinnacle?
 - A) Randomized clinical trials (RCTs)
 - B) Systematic reviews
 - C) In-depth qualitative studies
 - D) It depends on the research question.

9. Which is a major barrier to evidence-based practice in nursing?
 - A) The absence of necessary skills, among many nurses, for locating and critically evaluating nursing studies

- B) The unfamiliarity of most nurses with the concept of evidence-based practice
 - C) The abundance of clients for whom EBP is not relevant
 - D) The absence of a relevant evidence hierarchy for most nursing studies
10. Which is an example of a systematic review?
- A) An RCT study published in the journal Nursing Research
 - B) A meta-analysis available in the Cochrane database
 - C) A synopsis published in the online journal Evidence-Based Nursing
 - D) A clinical practice guideline from the National Guideline Clearinghouse
11. Which is a systematic review that integrates quantitative research findings?
- A) Randomized controlled trial
 - B) Primary study
 - C) Metasynthesis
 - D) Meta-analysis
12. Several resources support evidence-based practice, including metasyntheses. What is a metasynthesis?
- A) A systematic integration and interpretation of qualitative research findings
 - B) A systematic review that integrates quantitative findings statistically
 - C) A synthesis and appraisal of research evidence with specific recommendations for clinical decision making
 - D) A guideline that offers a set of interventions to treat or prevent a cluster of symptoms
13. Which statement best describes clinical practice guidelines?
- A) They offer a set of recommendations for a specific area of practice, based on a distillation of available evidence.
 - B) They provide general recommendations for evidence-based decision making.
 - C) They are universally useful, regardless of context or country of adoption.
 - D) They are designed to offer suggestions for areas in which more research is needed.
14. Which can be used to critically appraise clinical practice guidelines?
- A) A systematic review
 - B) The Iowa model
 - C) The AGREE II instrument
 - D) An evidence hierarchy
15. Which model was explicitly developed with the idea that individual nurses could engage in research utilization?
- A) Iowa Model of EBP
 - B) Johns Hopkins Nursing EBP Model
 - C) Cochrane Model
 - D) Stetler Model

16. For individual-level efforts for putting research into practice, nurses follow five major steps. What is the first step in the process?
- A) Searching for and obtaining relevant research evidence
 - B) Appraising and synthesizing research evidence
 - C) Framing a clinical question that can be answered with research evidence
 - D) Integrating evidence with other factors, such as patient preferences
17. In the following clinical question, what is the Outcome (O component)? “What is the effect of relaxation therapy versus biofeedback on the functional ability of patients with rheumatoid arthritis?”
- A) Functional ability
 - B) Rheumatoid arthritis
 - C) Biofeedback
 - D) Relaxation therapy
18. In the following clinical question, what is the Intervention/influence/exposure (I component)? “Does taking antidepressants affect the risk of suicide in cognitively impaired adolescents?”
- A) Adolescence
 - B) Suicide
 - C) Antidepressant use
 - D) Cognitive impairment
19. In the following clinical question, what is the Population (P component)? “Do stress and depression affect dyspnea in patients with chronic obstructive pulmonary disease (COPD)?”
- A) Patients who are stressed
 - B) Patients who are depressed
 - C) Patients who experience dyspnea
 - D) Patients with COPD
20. In the following clinical question, what is the Comparison (C component)? “Does chronic stress affect inflammatory responses in older men with atherosclerotic disease?”
- A) Chronic stress
 - B) Inflammatory response
 - C) Atherosclerotic disease
 - D) No “C” component is stated.
21. In which clinical question is fatigue the “I” component?
- A) Does fatigue affect agitation in cognitively impaired elders?
 - B) Does a physical activity intervention affect fatigue in patients undergoing cardiac rehabilitation?
 - C) What is the meaning of fatigue among patients with sleep apnea?

- D) Does the level of depression of patients suffering from chronic fatigue improve by participating in an exercise intervention?
22. In the following clinical question, which PICO component is the health promotion program? “Does a nurse-led health promotion program improve the eating habits of community-dwelling elders?”
- A) The population (P)
 - B) The intervention or influence (I)
 - C) The comparison (C)
 - D) The outcome (O)
23. In the following clinical question, which PICO component is the eye masks? “Do ear plugs, relative to eye masks, have a beneficial effect on perceived sleep quality among patients in intensive care?”
- A) The population (P)
 - B) The intervention or influence (I)
 - C) The comparison (C)
 - D) The outcome (O)
24. In the following clinical question, what is the Intervention (I component)? “In hospitalized children aged 8 to 12 years undergoing surgery, does imagery-induced relaxation reduce postoperative pain?”
- A) Children aged 8 to 12 years having surgery
 - B) Surgical procedures
 - C) Postoperative pain
 - D) Imagery-induced relaxation
25. In the following clinical question, what is the Population (P component)? “What is it like for mothers, compared to fathers, to become the parent of a medically fragile preterm infant?”
- A) Medically fragile preterm infants
 - B) Mothers of medically fragile preterm infants
 - C) Fathers of medically fragile preterm infants
 - D) Parents of medically fragile preterm infants
26. In the following clinical question, which PICO component is missing? “Relative to sterile water, what is the effect of sucrose on pain during intravenous cannulation?”
- A) The population (P)
 - B) The intervention or influence (I)
 - C) The comparison (C)
 - D) The outcome (O)