

1. Which group is **best** served by clinical nursing research?
 - A) Nursing administrators
 - B) Practicing nurses
 - C) Nurses' clients
 - D) Healthcare policymakers

2. Which sentence is an example of a clinical nursing research question?
 - A) What percentage of nurses has a master's or doctorate degree?
 - B) What factors influence clients' weight gain following a smoking cessation intervention?
 - C) In what ways do nursing students benefit from a course on evidence-based practice?
 - D) What is the appropriate course of action when a nurse is faced with a moral dilemma?

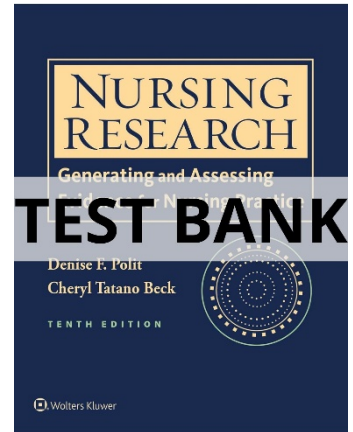
3. What goal is the highest **priority** for research in the nursing profession?
 - A) To generate evidence to inform nurses' decisions and actions
 - B) To conduct research focused on the context of nursing practice
 - C) To document the role that nurses serve in society
 - D) To establish priorities for areas of study by nurse researchers

4. In the United States, in what area does research play an important role for nursing?
 - A) Nurses' opportunities for practicing internationally
 - B) Credentialing and status of nursing
 - C) Nurses' salaries
 - D) Nurses' education

5. What is the role of consumers of nursing research?
 - A) Reading research reports for findings that are relevant to their practice
 - B) Participating in generating evidence by doing research
 - C) Gathering research data from clients
 - D) Solving clinical problems and making clinical decisions

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 article's central ideas
 - C) Testing of participants on their comprehension of selected journal articles
 - D) Discussion of a research article regarding its relevance to practice

7. Which emphasis was the focus of most nursing studies in the early 1900s?
 - A) Client satisfaction
 - B) Clinical problems
 - C) Health promotion
 - D) Nursing education



8. Which topic **most** closely conforms to the priorities that have been suggested for nursing research in the future?
 - A) Attitudes of nursing students toward professional growth
 - B) Promotion of excellence in nursing science
 - C) Nursing staff morale and turnover
 - D) Increased attainment of doctoral degrees within the nursing profession

9. A stronger evidence base for nurses can be developed through such confirmatory strategies as:
 - A) interdisciplinary collaboration among health care professionals.
 - B) increased funding for nursing research.
 - C) replication of studies in new contexts.
 - D) development of innovative solutions to recurrent problems.

10. If nurses make decisions by following “unit culture” practices, they are using which source of evidence?
 - A) Tradition and authority
 - B) Intuition
 - C) Logical reasoning
 - D) Disciplined research

11. What does the process of deductive reasoning entail?
 - A) Verifying assumptions that are part of our heritage
 - B) Developing specific predictions from general principles or theories
 - C) Drawing conclusions based on trial and error
 - D) Forming generalizations from specific observations

12. What is a major assumption in the positivist paradigm?
 - A) Reality is “out there” to be objectively studied, known, and understood.
 - B) Subjectivity and values are inevitable and desirable.
 - C) The researcher instructs those being studied to be objective in providing information.
 - D) Reality is not fixed but is rather a construction of human minds.

13. What is a central assumption of the constructivist paradigm?
 - A) Objective reality and natural phenomena are regular and orderly.
 - B) Phenomena are not haphazard and result from prior causes.
 - C) Reality is not fixed; it is multiply constructed and multiply interpreted by humans.
 - D) Values and biases can and should be held in check in studying the real world.

14. The scientific method is associated with which paradigm?
 - A) Pragmatism paradigm

- B) Positivist paradigm
 - C) Constructivist paradigm
 - D) Naturalistic paradigm
15. Which is a characteristic of the traditional scientific method?
- A) A flexible, emergent design
 - B) Inductive reasoning
 - C) Emphasis on a holistic view of a phenomenon, studied in a rich context
 - D) Systematic measurement and observation of natural phenomena
16. What is empirical evidence?
- A) Evidence derived from inductive reasoning
 - B) Evidence derived from deductive reasoning
 - C) Evidence that is rooted in reality and gathered through the human senses
 - D) Evidence that is based on custom or authority
17. What is a hallmark of the scientific method?
- A) Infallibility
 - B) Holism
 - C) Systematic procedures
 - D) Flexibility
18. Which is a limitation of the scientific method for answering questions about human experiences and health?
- A) The necessity of departing from traditional beliefs
 - B) The difficulty of accurately measuring complex human traits
 - C) The inability to control potential biases
 - D) The shortage of theories about human behavior
19. A researcher is investigating the effect of clients' body position on blood pressure. This is an example of what type of study?
- A) Qualitative study
 - B) Constructivist inquiry
 - C) Quantitative study
 - D) Cannot be determined—it depends on the researcher's preference.
20. One criticism of the scientific method is that it is:
- A) deductive.
 - B) deterministic.
 - C) empirical.
 - D) reductionist.

21. Which statement is true regarding qualitative research?
- A) It involves deductive processes.
 - B) It often takes places in the field, in naturalistic settings.
 - C) It focuses on the idiosyncrasies of those being studied.
 - D) It involves attempts to control the research context to better understand the phenomenon being studied.
22. Although the positivist and constructivist paradigms differ in many respects, these two paradigms have many features in common:
- A) both rely on the cooperation of humans to participate in a study.
 - B) both strive to identify the causes of various phenomena.
 - C) both involve the application of the scientific method.
 - D) in both, generalizability is a key objective.
23. In a replication of an earlier study, a researcher is studying the effect of massage on the alleviation of pain in clients with cancer. What would be the **best** way to describe the purpose of this study?
- A) Identification
 - B) Description
 - C) Exploration
 - D) Prediction and control
24. A nurse researcher is studying the effect of a health promotion intervention for inner-city adolescents on their daily levels of physical activity. In terms of purposes linked to evidence-based practice (EBP), this study would have which purpose?
- A) Treatment/therapy
 - B) Diagnosis/assessment
 - C) Prognosis
 - D) Meaning and processes
25. 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 evidence-based practice (EBP), this study would have which purpose?
- A) Treatment/therapy
 - B) Diagnosis/assessment
 - C) Prognosis
 - D) Meaning and processes

Answer Key

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

1. Research utilization begins with research findings for consideration in practice settings. How does evidence-based practice (EBP) begin?
 - A) With the integration of clinical judgments with research evidence
 - B) With an inquiry into client preferences regarding a clinical problem
 - C) With a clinical question about what evidence suggests is a good approach to solve a problem
 - D) With a review and a critique of existing practices

2. The CURN project was an important early example of efforts to achieve which objective?
 - A) Increase the use of research findings in nurses' daily practice
 - B) Conduct high-quality, methodologically sound studies
 - C) Encourage innovative thinking in clinical settings
 - D) Organize journal clubs in clinical settings

3. Which argument is used by those who advocate for evidence-based practice (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 facilitates international partnerships for clinical learning.
4. *Knowledge translation* is a term most often associated with which task?
- 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
5. 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
6. What type of evidence source is at the pinnacle of most evidence hierarchies?
- A) Randomized controlled trials
 - B) In-depth qualitative studies
 - C) Systematic reviews
 - D) It depends on the nature of the question being asked.
7. Which is a major barrier to evidence-based practice in nursing?
- A) The absence of sufficient 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
8. Which type of systematic review is used for integrating quantitative findings?
- A) Metasynthesis
 - B) Meta-analysis
 - C) Mixed methods synthesis
 - D) Literature review
9. Several resources support evidence-based practice including metasyntheses. What is a metasynthesis?
- A) A systematic integration 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

10. Which statement **best** describes clinical practice guidelines?
- A) They provide general recommendations for evidence-based decision making.
 - B) They offer a set of recommendations for a specific area of practice based on a distillation of available evidence.
 - 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.
11. Several models of evidence-based practice have been developed. Which model focuses on the use of research from the perspective of individual clinicians?
- A) ARCC Model
 - B) PARIHS Model
 - C) Iowa Model
 - D) Stetler Model
12. For individual-level efforts at putting research into practice, nurses follow five major steps. Which step is **first** in the process?
- A) Framing a clinical question that can be answered with research evidence
 - B) Searching for and obtaining relevant research evidence
 - C) Appraising and synthesizing the evidence
 - D) Integrating evidence with other factors such as client preferences
13. Which sentence exemplifies a *background* question?
- A) Is melatonin effective in reducing jet lag for long-distance travelers?
 - B) What is the experience of individuals living with multiple sclerosis?
 - C) What is idiopathic pulmonary fibrosis and what is its pathophysiology?
 - D) What is the effect of visual acuity on the risk of a fall among hospitalized clients?
14. A nurse begins an evidence-based practice (EBP) endeavor with the following question: “Is music therapy more effective than massage therapy in reducing agitation in nursing home residents with dementia?” In this question, which of the PICO components is *massage therapy*?
- A) Population
 - B) Intervention or influence
 - C) Comparator
 - D) Outcome
15. A nurse begins an evidence-based practice (EBP) endeavor with the following question: “Does a static air overlay mattress reduce the incidence of hospital-acquired pressure ulcers among high risk clients?” In this question, which of the PICO components is *high-risk clients*?
- A) Population
 - B) Intervention or influence
 - C) Comparator
 - D) Outcome

16. A nurse begins an evidence-based practice (EBP) endeavor with the following question: “Does a waterless alcohol hand sanitizer reduce microbial counts on nurses’ hands in neonatal intensive care units?” In this question, which of the PICO components is *microbial counts*?
- A) Population
 - B) Intervention or influence
 - C) Comparator
 - D) Outcome
17. A nurse begins an evidence-based practice (EBP) endeavor with the following question: “Does a nurse-led health promotion program improve the eating habits of community-dwelling elders?” In this question, which of the PICO components is the *health promotion program*?
- A) Population
 - B) Intervention or influence
 - C) Comparator
 - D) Outcome
18. A nurse begins an evidence-based practice (EBP) endeavor with the following question: “Do ear plugs, relative to eye masks, have a beneficial effect on perceived sleep quality among clients in intensive care?” In this question, which of the PICO components is *ear plugs*?
- A) Population
 - B) Intervention or influence
 - C) Comparator
 - D) Outcome
19. A nurse begins an evidence-based practice (EBP) endeavor with the following question: “What is the process by which adolescents undergoing chemotherapy adapt to the loss of hair?” In this question, which of the PICO components is *adolescents undergoing chemotherapy*?
- A) Population
 - B) Intervention or influence
 - C) Condition or Circumstance
 - D) Outcome
20. A nurse begins an evidence-based practice (EBP) endeavor with the following question: “During the bathing of preterm infants, what behaviors of nurses reduce infant stress?” In this question, which of the PICO components is *infant stress*?
- A) Population
 - B) Intervention or influence
 - C) Comparator
 - D) Outcome