



1. When integrating the principles of family-centered care into the birthing process, the nurse would base care upon which belief?
 - A) Birth is viewed as a medical event.
 - B) Families are unable to make informed choices due to stress.
 - C) Birth results in changes in relationships.
 - D) Families require little information to make appropriate decisions for care.
2. When preparing a teaching plan for a group of women during their first pregnancy, the nurse reviews how maternity care has changed over the years. Which information would the nurse include when discussing events occurring in the 20th century?
 - A) Epidemics of puerperal fever
 - B) Performance of the first cesarean birth
 - C) X-ray developed to assess pelvic size
 - D) Development of free-standing birth centers
3. The nurse is working with a group of community health members to develop a plan to address the special health needs of women. The group would design educational programs to address which condition as the **priority**?
 - A) Smoking
 - B) Heart disease
 - C) Diabetes
 - D) Cancer
4. When assessing a family for possible barriers to health care, the mother reports several problems she has been having when coming to her local clinic. The nurse would consider which reported problem as having the **greatest** impact on this family's health care?
 - A) Language barrier
 - B) Health care workers' attitudes
 - C) Transportation to the clinic
 - D) Family finances
5. A nurse is conducting an orientation program for a group of newly hired nurses. As part of the program, the nurse is reviewing the issue of informed consent. The nurse determines that the teaching was effective when the group identifies which situation as a violation of informed consent?
 - A) Performing a procedure on a 15-year-old without parental consent
 - B) Serving as a witness to the signature process on an operative permit
 - C) Asking whether the client understands what she is signing following receiving education
 - D) Getting verbal consent over the phone for an emergency procedure from the spouse of a unconscious woman

6. The nurse is trying to get consent to care for an 11-year-old boy with diabetic ketoacidosis. His parents are out of town on vacation, and the child is staying with a neighbor. Which action would be the **priority**?
 - A) Getting telephone consent with two people listening to the verbal consent
 - B) Providing emergency care without parental consent
 - C) Contacting the child's aunt or uncle to obtain their consent
 - D) Asking the courts to grant permission on the child's behalf

7. A 9-month-old with glaucoma requires surgery. The infant's parents are divorced. To obtain informed consent, which action would be **most** appropriate?
 - A) Contacting the father for informed consent
 - B) Obtaining informed consent from the mother
 - C) Seeking a court ruling on the course of care
 - D) Determining sole or joint custody by the parents

8. Which statement made by a nursing student would **best** indicate that their education on family-centered care was fully understood?
 - A) "Childbirth affects the entire family, and relationships will change."
 - B) "Families are usually not capable of making health care decisions for themselves, especially in stressful situations."
 - C) "Mothers are the only family member affected by childbirth."
 - D) "Since childbirth is a medical procedure, it may affect everyone."

9. Which aspect of client wellness has not been a focus of health during the 21st century?
 - A) Disease prevention
 - B) Health promotion
 - C) Wellness
 - D) Analysis of morbidity and mortality

10. A nurse is conducting an in-service program for a group of nurses on the health of women and their families, incorporating information from Healthy People 2020. The nurse determines that additional discussion and clarification is needed when the group makes which statement?
 - A) "Obesity, drug use, and smoking are major problems."
 - B) "Maintaining a physically active lifestyle is strongly encouraged"
 - C) "Immunizations may be the cause of some illnesses being seen currently."
 - D) "Environmental quality is directly related to health care."

11. A nurse is assigned to care for an Asian American client. The nurse plans the care recognizing that which statement **best** explains an Asian American's view of illness?
 - A) Illness is caused by supernatural forces.
 - B) Illness is a punishment for sins.
 - C) Illness may be caused by God's will or evil influences.
 - D) Illness is due to an imbalance between yin and yang.

12. A nurse is planning a continuum of care for a client during pregnancy, labor, and childbirth. What is the most important factor in enhancing the birthing experience?
- A) Adhering to strict specific routines
 - B) Involving a pediatric physician
 - C) Educating the client about the importance of a support person
 - D) Assigning several nurses as a support team
13. A nurse educator is teaching a group of students about what made cities during the late 19th and early 20th century healthier to live in than they previously were. The nurse determines that the teaching is effective when the students make which statements? Select all that apply.
- A) Cities were healthier due to the enforcement of an immunization process.
 - B) The pasteurization of milk assisted in making cities healthier.
 - C) The cities were much healthier with treated municipal water.
 - D) Improved sanitation services made the cities healthier.
 - E) Hygienic practices improved living conditions of the cities.
14. Which goals of the federal government initiative Healthy People 2020 program to improve maternal health are **priority**? Select all that apply.
- A) Improvement in general health is promoted.
 - B) Technological advances is maintained.
 - C) Focus is on health-related quality of life factors.
 - D) The determinants of health are addressed.
 - E) Disparities among individuals are eliminated.
 - F) Human services are provided.
15. A public health nurse is developing programs to assist in improving infant mortality rates. Which factors would need to be addressed because they would have the **greatest** impact? Select all that apply.
- A) Congenital anomalies
 - B) Low birth weights
 - C) Prematurity
 - D) Sudden infant death syndrome
 - E) Infectious diseases
16. A nurse is preparing a class discussion on cardiovascular disease in women. When discussing the priority risk factors for this disease, which would the nurse **least** likely include? Select all that apply.
- A) Menopause
 - B) Diabetes diagnosis
 - C) Weight cycling
 - D) Gender
 - E) Age

17. A nurse is preparing a class discussion on the clinical manifestations of a heart attack observed in women. Which symptoms would the nurse include as key assessment data? Select all that apply.
- A) Syncope
 - B) Unusual fatigue
 - C) Sleep disturbances
 - D) Arm pain
 - E) Extreme hunger
18. A nurse is preparing a breast cancer presentation for a health forum. Which fact would the nurse expect to address in this presentation?
- A) Breast cancer is more advanced in African American women when found.
 - B) African American women have the BRCA 1 and BRCA 2 gene.
 - C) More Hispanic women smoke, which increases their risk.
 - D) American white women respond better to breast cancer treatment.
19. A nurse is making a presentation at a parenting class dealing with divorce. A participant asks the nurse, "How should a parent handle telling the children about a divorce?" Which statements are the **most** helpful? Select all that apply.
- A) "Tell your children about the divorce and the reasons for it."
 - B) "Reassure your children that the divorce is not their fault."
 - C) "Make sure your children are aware of the potential financial issues."
 - D) "Let them know they can decide how the future family will look."
 - E) "Inform them in advance of someone moving out of the family home."
 - F) "Routines, rules, and discipline can be minimized until a later time."
20. A nurse is preparing for a presentation on parenting at a local school. Which information would the nurse include when describing the results of an authoritarian parent? Select all that apply.
- A) The child will have lower self esteem.
 - B) The child will have increased feeling of security.
 - C) Children will have higher achievements.
 - D) An increase in aggression may be a result.
 - E) The child will have increased social skills.
 - F) There is a greater childhood happiness.
21. Parents who recently experienced the death of their unborn child ask the nurse, "What is a fetal death?" What is the nurse's **best** response?
- A) "Fetal deaths occur later in pregnancy after 20 weeks' gestation."
 - B) "It refers to the intrauterine fetal death at any time during pregnancy."
 - C) "Fetal deaths occur earlier in pregnancy before 20 weeks' gestation."
 - D) "Fetal death occurs only at the birth of the newborn."
22. Which factors are main causes of the high infant mortality rate? Select all that apply.
- A) Postmaturity

- B) Low birth weight
 - C) Sudden infant death syndrome
 - D) Cardiac complications
 - E) Viral infections
 - F) Necrotizing enterocolitis
23. A nurse is preparing for a health promotion presentation for new mothers. Which topics would be appropriate for the nurse to include in the presentation? Select all that apply.
- A) Breastfeeding encouragement
 - B) Proper infant sleep position
 - C) Infants in smoke-free environments
 - D) How to swaddle their infants
 - E) How to bed share with their infants
24. A nurse is developing a health promotion presentation for a parent group on childhood mortality and morbidity. Which information should the nurse incorporate into the presentation? Select all that apply.
- A) Safe suburban living
 - B) Parenting styles
 - C) Unintentional injury prevention
 - D) Single parenting
 - E) Female gender risks
25. A client asks the nurse about her potential risk factors for breast cancer. Which risks would be important for the nurse to include in the response? Select all that apply.
- A) Oral contraceptive use
 - B) Age when children were born
 - C) Irregularities in menstruation
 - D) Smoking
 - E) Obesity
26. A public health nurse is preparing a presentation for a parenting class with the focus on childhood discipline. Which principles of childhood discipline would the nurse expect to emphasize? Select all that apply.
- A) The use of punishment will reduce or eliminate undesirable behaviors.
 - B) Discipline methods should ensure the preservation of the child's self-esteem.
 - C) Time-out technique for discipline is no longer acceptable.
 - D) Positive reinforcement will increase desirable behaviors.
 - E) Maintain a positive, supportive, nurturing parent-child relationship.
27. When teaching a parenting class on childhood discipline, the nurse is asked by a parent, "How long do I place my child in time-out?" How should the nurse **best** respond?
- A) "Use the amount of time it takes to elicit a behavior change."
 - B) "Use 1 minute per year of age, but do not exceed 5 minutes."
 - C) "Use as much time as is needed to control the behavior."

- D) "Use 1 minute per year of the child's age as needed."
28. After teaching a group of parents on childhood discipline, the nurse understands that which statement, made by a parent, demonstrates an understanding of spanking as a form of discipline?
- A) "When responding to inappropriate behavior it is OK to lightly spank."
 - B) "Use a combination of spanking along with other methods of discipline."
 - C) "Use spanking as a last resort when time-out has failed."
 - D) "Use methods other than spanking to respond to inappropriate behavior."
29. A public health nurse visits the home of a young toddler. What aspect of the home environment would the nurse expect to address with the parents?
- A) The presence of power cords plugged into capped outlets
 - B) Cartoons playing on a television in the child's room
 - C) The family dog is present in the house during the visit
 - D) The presence of pots on the stove with handles pointing toward back
30. The nurse working in a maternity clinic suspects that a client and her children are in an abusive relationship. While waiting for test results, the nurse decides to teach the client about partner abuse. What would be the **best** rationale for the nurse's decision?
- A) The nurse knows that the woman may be weak and controlled by her partner.
 - B) The nurse has a legal responsibility to protect clients.
 - C) The nurse understands there is an ethical responsibility to protect clients.
 - D) The nurse knows that children exposed to family violence are likely to be abused.

Answer Key

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

1. The nurse is caring for a 2-week-old newborn girl with a metabolic disorder. Which activity would deviate from the characteristics of family-centered care?
 - A) softening unpleasant information or prognoses
 - B) evaluating and changing the nursing plan of care
 - C) collaborating with the child and family as equals
 - D) showing respect for the family's beliefs and wishes
2. The nurse is providing home care for a 6-year-old girl with multiple medical challenges. Which activity would be considered the tertiary level of prevention?
 - A) arranging for a physical therapy session
 - B) teaching parents to administer albuterol
 - C) reminding parent to give a full course of antibiotics
 - D) giving a DTaP vaccination at the proper interval

3. A nurse is conducting an in-service education program on documenting client care and education for a group of nurses returning to the workforce. The nurse determines that additional teaching is needed when the group identifies which information as a reason for documentation?
 - A) The client's medical record serves as a communication tool for the interdisciplinary team.
 - B) The record documents the education the family has received if legal matters arise.
 - C) The record allows others to view a client's medical history at any time to refuse medical insurance coverage.
 - D) The documentation verifies client education standards set by JCAHO.

4. A pregnant client tells her nurse that she is interested in arranging a home birth. After educating the client on the advantages and disadvantages of a home birth, which statement would indicate that the client understood the information?
 - A) "I like having the privacy, but it might be too expensive for me to set up in my home."
 - B) "I want to have more control, but I am concerned if an emergency would arise."
 - C) "It is safer because I will have a midwife."
 - D) "The midwife is trained to resolve any emergency, and she can bring any pain meds."

5. A nurse is providing care to a group of childbearing families at the local family health clinic. The families are from a different culture from the nurse's own. Which action would be the **priority** for the nurse?
 - A) Adapt to the practices of the family's culture.
 - B) Determine similarities between both cultures.
 - C) Assess personal feelings about that culture.
 - D) Learn as much as possible about that culture.

6. A nurse is reading a journal article about the changes in health care delivery and funding that have occurred over the years. Which factor would the nurse expect to find as a current trend in maternal and child health care settings?
 - A) increase in ambulatory care
 - B) decrease in family poverty level
 - C) increase in hospitalization of children
 - D) decrease in managed care

7. The nurse would recommend the use of which supplement as a primary prevention strategy to prevent neural tube defects in the future offspring of pregnant women?
 - A) calcium
 - B) folic acid
 - C) vitamin C
 - D) iron

8. Which action would the nurse include in a primary prevention program in the community to help reduce the incidence of HIV infection?
- A) Provide treatment for clients who test positive for HIV.
 - B) Monitor viral load counts periodically.
 - C) Educate clients in how to practice safe sex.
 - D) Offer testing for clients who practice unsafe sex.
9. The nurse is preparing the discharge plan for a woman whose newborn requires ventilatory support at home. Which action by the nurse would be **most** appropriate to do when assuming the role of discharge planner?
- A) Confer with the client's parents.
 - B) Teach new self-care skills to the client.
 - C) Determine if there is a need for back-up power.
 - D) Discuss coverage with the insurance company.
10. A nurse is reading a journal article comparing community-based nursing with nursing in the acute care setting. Which factor would the nurse **most** likely find as being associated with community-based nursing?
- A) increased time available for education
 - B) improved access to resources
 - C) decision making in isolation
 - D) greater environmental structure
11. A nurse working in the community is involved in providing primary prevention. Which intervention would be **most** appropriate to implement?
- A) teaching parents of toddlers about ways to prevent poisoning
 - B) working with women who are victims of domestic violence
 - C) working with clients at an HIV clinic to provide nutritional and CAM therapies
 - D) teaching hypertensive clients to monitor blood pressure
12. A nurse is preparing an in-service program for a group of newly hired nurses about trends in care for pregnant women. When describing events of the past decade, the nurse would state that the average length of stay in the hospital for vaginal births is:
- A) 24 to 48 hours or less.
 - B) 72 to 96 hours or less.
 - C) 48 to 72 hours or less.
 - D) 96 to 120 hours or less.
13. A nurse is teaching a local women's group about women's health care and changes that have occurred. When describing women's health care today, which statement would the nurse **most** likely include?
- A) Women spend 50 cents of every dollar spent on health care.
 - B) Women make almost 90% of all health care decisions.
 - C) Women are still the minority in the United States.
 - D) Men use more health services than women.