

Chapter 1

1. An oncology nurse with 15 years of experience, certification in the area of oncology nursing, and a master's degree is considered to be an expert in the area of practice. The nurse works on an oncology unit in a large teaching hospital. Based upon this description, which career role **best** describes this nurse's role, taking into account the qualifications and experience?

- A. clinical nurse specialist
- B. nurse entrepreneur
- C. nurse practitioner
- D. nurse educator

Answer: A

Rationale: A clinical nurse specialist is a nurse with an advanced degree, education, or experience who is considered to be an expert in a specialized area of nursing. The clinical nurse specialist carries out direct client care; consultation; educating clients, families, and staff; and research. A nurse practitioner has an advanced degree and works in a variety of settings to deliver primary care. A nurse educator usually has an advanced degree and teaches in the educational or clinical setting. A nurse entrepreneur may manage a clinic or health-related business.

Question format: Multiple Choice

Chapter 1: Introduction to Nursing and Professional Formation

Cognitive Level: Apply

Client Needs: Safe, Effective Care Environment: Management of Care

Integrated Process: Nursing Process

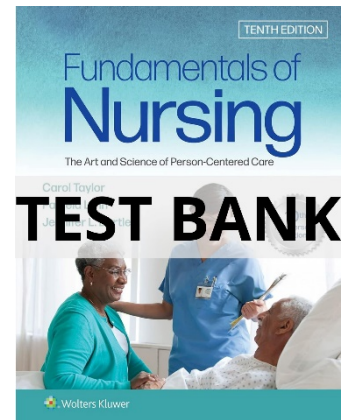
Reference: p. 18

2. What guidelines do nurses follow to identify the client's health care needs and strengths, to establish and carry out a plan of care to meet those needs, and to evaluate the effectiveness of the plan to meet established outcomes?

- A. Nursing process
- B. ANA Standards of Professional Performance
- C. Evidence-based practice guidelines
- D. Nurse Practice Acts

Answer: A

Rationale: The nursing process is one of the major guidelines for nursing practice and the profession. Nurses implement their roles through the nursing process. The nursing process is used by the nurse to identify the client's health care needs and strengths, to establish and carry out a plan of care to meet those needs, and to evaluate the effectiveness of the plan to meet established outcomes. The American Nurses Association (ANA) develops the general nursing scope and standards that apply to all nurses. Evidence-based practice guidelines are grounded in research and direct nursing care. Safe, competent nursing practice is



grounded in the law as written in the state nurse practice act (NPA) and the state rules/regulations.

Question format: Multiple Choice

Chapter 1: Introduction to Nursing and Professional Formation

Cognitive Level: Remember

Client Needs: Safe, Effective Care Environment: Management of Care

Integrated Process: Nursing Process

Reference: p. 21

3. Which organization is the **best** source of information when a nurse wishes to determine whether an action is within the scope of nursing practice?

A. American Nurses Association (ANA)

B. American Association of Colleges in Nursing (AACN)

C. National League for Nursing (NLN)

D. International Council of Nurses (ICN)

Answer: A

Rationale: The ANA's 2021 *Nursing: Scope and Standards of Practice* defines activities that are specific and unique to nursing. Standards allow nurses to carry out professional roles, serving as protection for the nurse, the patient, and the institution where health care is provided. The competencies articulated in the Standards describe expected levels of performance that integrate knowledge, skills, abilities, and judgments. Each nurse is accountable for their own quality of practice and is responsible for the use of these standards to ensure knowledgeable, safe, and comprehensive nursing care. The AACN addresses educational standards, while the NLN promotes and fosters various aspects of nursing. The ICN provides a venue for national nursing organizations to collaborate, but does not define standards and scope of practice.

Question format: Multiple Choice

Chapter 1: Introduction to Nursing and Professional Formation

Cognitive Level: Remember

Client Needs: Safe, Effective Care Environment: Management of Care

Integrated Process: Nursing Process

Reference: p. 20

4. Which set of terms **best** describes nursing at the end of the Middle Ages?

A. continuity, caring, critical thinking

B. purpose, direction, leadership

C. assessment, interventions, outcomes

D. advocacy, research, education

Answer: B

Rationale: During the Middle Ages, nursing began to have a more clearly defined role. Members of religious orders gave nursing care, nursing orders were founded, and nursing became a respected vocation. Although the Middle Ages ended in chaos, nursing had developed purpose, direction, and leadership. All of the other answers include concepts that were not developed until much later in history, such as the nursing process (assessment, interventions, outcomes) and continuity, critical thinking, advocacy, and research, all of which were developed in the 20th century.

Question format: Multiple Choice

Chapter 1: Introduction to Nursing and Professional Formation

Cognitive Level: Understand

Client Needs: Safe, Effective Care Environment: Management of Care

Integrated Process: Nursing Process

Reference: p. 7

5. Who is considered to be the founder of professional nursing?

A. Dorothea Dix

B. Lillian Wald

C. Florence Nightingale

D. Clara Barton

Answer: C

Rationale: Florence Nightingale is considered to be the founder of professional nursing. Ms. Nightingale elevated the status of nursing to a respected occupation, improved the quality of nursing care, and founded modern nursing education. Although the other choices are people who were important to the development of nursing, none of them is considered the founder. Dorothea Dix was an American activist on behalf of the people who were indigent and suffered from mentally illness who, through a vigorous program of lobbying state legislatures and the United States Congress, created the first generation of American mental health institutions. During the Civil War, Ms. Dix served as a Superintendent of Army Nurses. Lillian Wald founded the Henry Street Settlement in New York City and was an early advocate to have nurses in public schools. Clara Barton was a pioneering nurse who founded the American Red Cross.

Question format: Multiple Choice

Chapter 1: Introduction to Nursing and Professional Formation

Cognitive Level: Remember

Client Needs: Safe, Effective Care Environment: Management of Care

Integrated Process: Nursing Process

Reference: p. 10

6. Which nursing pioneer established the Red Cross in the United States in 1882?

A. Florence Nightingale

B. Clara Barton

C. Dorothea Dix

D. Jane Addams

Answer: B

Rationale: Clara Barton volunteered to care for wounds and feed union soldiers during the civil war, served as the supervisor of nurses for the Army of the James, organized hospitals and nurses, and established the Red Cross in the United States in 1882. Dorothea Dix created the first generation of American mental asylums. Jane Addams was known as the "mother" of social work. Florence Nightingale was an English social reformer and statistician, and the founder of modern nursing.

Question format: Multiple Choice

Chapter 1: Introduction to Nursing and Professional Formation

Cognitive Level: Remember

Client Needs: Safe, Effective Care Environment: Management of Care

Integrated Process: Nursing Process

Reference: p. 10

7. Teaching a client about performing a self examination of the skin is an example of what broad aim of nursing?

- A. treating illness
- B. preventing illness
- C. restoring health
- D. facilitating coping

Answer: B

Rationale: Nurses primarily prevent illness by teaching and personal example. Illness prevention activities focus on avoiding illness or achieving early detection of an illness, such as skin cancer. Treating illness involves nursing interventions for people who have surgery or are ill. Facilitating coping is involved with easing transitions to new states of being. Restoring health involves helping clients return to a former level of health after experiencing an illness or injury.

Question format: Multiple Choice

Chapter 1: Introduction to Nursing and Professional Formation

Cognitive Level: Apply

Client Needs: Health Promotion and Maintenance

Integrated Process: Nursing Process

Reference: p. 15

8. A nurse practitioner is caring for a couple who are the parents of an infant diagnosed with Down syndrome. The nurse makes referrals for a parent support group for the family. This is an example of which nursing role?

- A. teacher/educator
- B. leader
- C. counselor
- D. collaborator

Answer: C

Rationale: Counseling skills involve the use of therapeutic interpersonal communication skills to provide information, make appropriate referrals, and facilitate the client's problem-solving and decision-making skills. The teacher/educator uses communication skills to assess, implement, and evaluate individualized teaching plans to meet learning needs of clients and their families. A leader displays an assertive, self-confident practice of nursing when providing care, effecting change, and functioning with groups. The collaborator uses skills in organization, communication, and advocacy to facilitate the functions of all members of the health care team as they provide client care.

Question format: Multiple Choice

Chapter 1: Introduction to Nursing and Professional Formation

Cognitive Level: Apply

Client Needs: Safe, Effective Care Environment: Management of Care

Integrated Process: Caring

Reference: p. 13

9. A nurse is providing nursing care in a neighborhood clinic to single, pregnant adolescents. Which action has the nurse acting in the role of counselor?
- A. discussing the legal aspects of adoption for pregnant adolescents wishing to place their newborn with a family
 - B. searching the Internet for information on child care services for the postpartum adolescent who wishes to return to school
 - C. conducting a client interview and documenting the information on the adolescent's chart
 - D. referring an adolescent who admits having suicidal thoughts to a mental health care specialist

Answer: D

Rationale: The role of the counselor includes making appropriate referrals. Discussing legal issues is the role of the advocate. Searching for information on the Internet is the role of a researcher. Conducting a client interview would fall under the role of the caregiver.

Question format: Multiple Choice

Chapter 1: Introduction to Nursing and Professional Formation

Cognitive Level: Apply

Client Needs: Health Promotion and Maintenance

Integrated Process: Nursing Process

Reference: p. 13

10. A nurse explains the concept of health to a client when establishing health promotion goals with the client. Which statement by the client indicates that the nurse's teaching has been effective?
- A. Health is a state of optimal functioning.
 - B. Health is an absence of illness.
 - C. Health is always an objective state.
 - D. Health is not determined by the client.

Answer: A

Rationale: Health is a state of optimal functioning or well-being. As defined by the World Health Organization, one's health includes physical, social, and mental components and is not merely the absence of disease or infirmity. Health is often a subjective state; a person may be medically diagnosed with an illness but still consider themselves healthy.

Question format: Multiple Choice

Chapter 1: Introduction to Nursing and Professional Formation

Cognitive Level: Apply

Client Needs: Health Promotion and Maintenance

Integrated Process: Teaching/Learning

Reference: p. 14

11. Which is a criterion that defines nursing as a profession?
- A. an undefined body of knowledge
 - B. a dependence on the medical profession
 - C. an ability to diagnose medical problems
 - D. a strong service orientation

Answer: D

Rationale: Nursing is recognized increasingly as a profession based on the following defining criteria: well-defined body of specific and unique knowledge, strong service orientation, recognized authority by a professional group, code of ethics, professional organization that sets standards, ongoing research, and autonomy. Nursing is not defined by the ability to diagnose medical problems.

Question format: Multiple Choice

Chapter 1: Introduction to Nursing and Professional Formation

Cognitive Level: Remember

Client Needs: Safe, Effective Care Environment: Management of Care

Integrated Process: Nursing Process

Reference: p. 16

12. What is the primary purpose of standards of nursing practice?

- A. to provide a method by which nurses perform skills safely
- B. to ensure knowledgeable, safe, comprehensive nursing care
- C. to establish nursing as a profession and a discipline
- D. to enable nurses to have a voice in health care policy

Answer: B

Rationale: Each nurse is accountable for their own quality of practice and is responsible for using standards to ensure knowledgeable, safe, comprehensive care. Standards of practice do not provide the ability to safely perform skills, establish nursing as a profession and discipline, or enable nurses to have a voice in health care policy.

Question format: Multiple Choice

Chapter 1: Introduction to Nursing and Professional Formation

Cognitive Level: Understand

Client Needs: Safe, Effective Care Environment: Management of Care

Integrated Process: Nursing Process

Reference: p. 20

13. After graduating from an accredited program in nursing and successfully passing the NCLEX, the nurse must take which action to obtain the legal right to practice?

- A. Enroll in an advanced degree program
- B. File NCLEX results in the county of residence
- C. Be licensed by the State Board of Nursing
- D. Submit a signed letter confirming graduation

Answer: C

Rationale: The Board of Nursing in each state has the legal authority to allow graduates of approved schools of nursing to take the licensing examination. Those who successfully meet the requirements for licensure are given a license to practice nursing in the state. It is illegal to practice nursing without a license issued by the State Board of Nursing. A nurse does not have the legal right to practice nursing by enrolling in an advanced degree program, filing NCLEX results, or having a letter confirming graduation.

Question format: Multiple Choice

Chapter 1: Introduction to Nursing and Professional Formation

Cognitive Level: Understand

Client Needs: Safe, Effective Care Environment: Management of Care

Integrated Process: Nursing Process

Reference: p. 20

14. A health care facility determined that a nurse employed on a medical unit was documenting care that was not being given, and subsequently reported the action to the State Board of Nursing. How might this affect the nurse's license to practice nursing?

- A. It will have no effect on the nurse's ability to practice nursing.
- B. The nurse can practice nursing at a lower-skilled level.
- C. The nurse's license may be revoked or suspended.
- D. The nurse's license will permanently carry a felony conviction.

Answer: C

Rationale: The license and the right to practice nursing can be denied, revoked, or suspended for professional misconduct such as a crime. Other areas of professional misconduct which can be charged as committing a felony include incompetence, negligence, and chemical impairment. Committing a felony does affect the legal right to practice nursing, does not allow the nurse to practice at a lower level, and is not attached to the license, but rather the licensee.

Question format: Multiple Choice

Chapter 1: Introduction to Nursing and Professional Formation

Cognitive Level: Apply

Client Needs: Safe, Effective Care Environment: Management of Care

Integrated Process: Nursing Process

Reference: p. 20

15. A nurse is caring for a client with alcohol use disorder. The nurse educates the client about the harmful effects of alcohol and educates the family on how to cope with the client and the client's disorder. Which type of skill is the nurse using?

- A. caring
- B. comforting
- C. counseling
- D. assessment

Answer: C

Rationale: The nurse is using counseling skills to educate the client about the harmful effects of alcohol. The nurse can also suggest rehabilitative care for the client. The nurse uses therapeutic communication techniques to encourage verbal expression and to understand the client's perspective. Caring, comforting, and assessment may require active listening, but counseling is based upon the active listening and interaction between the client and the counselor.

Question format: Multiple Choice

Chapter 1: Introduction to Nursing and Professional Formation

Cognitive Level: Apply

Client Needs: Health Promotion and Maintenance

Integrated Process: Communication and Documentation

Reference: p. 13

16. A nurse is caring for a client with quadriplegia who is fully conscious and able to communicate. What skill of the nurse would be the **most** important for this client?

- A. comforting
- B. assessment
- C. counseling
- D. caring

Answer: D

Rationale: The client needs assistance in performing activities of daily life. This would require implementation of caring skills from the nurse. Comforting, counseling, and assessment skills are also required, but the priority is the caring skill. Comforting skills involve providing safety and security to the client, whereas counseling skills are implemented while providing health education and emotional support. Assessment skills would be required when collecting data from the client.

Question format: Multiple Choice

Chapter 1: Introduction to Nursing and Professional Formation

Cognitive Level: Understand

Client Needs: Safe, Effective Care Environment: Management of Care

Integrated Process: Caring

Reference: p. 13

17. A nurse is assigned a client who has been admitted to the health care facility with high fever. Which nursing skill should the nurse use at the **first** contact with the client?

- A. assessment
- B. caring
- C. comforting
- D. counseling

Answer: A

Rationale: On admission of a client to a health care facility, the nurse must conduct an initial assessment of the client that includes interviewing, observing, and examining the client. Caring skills would be used once the nursing needs are determined. Comforting and counseling would not be priorities for a client with a fever.

Question format: Multiple Choice

Chapter 1: Introduction to Nursing and Professional Formation

Cognitive Level: Apply

Client Needs: Safe, Effective Care Environment: Management of Care

Integrated Process: Nursing Process

Reference: p. 15

18. A nurse is caring for a client with a hernia. Which statement should the nurse use while counseling the client about this condition?

- A. "Open hernioplasty is the best surgery for you."

- B. "Open and laparoscopic hernioplasty are available."
- C. "You are not a suitable candidate for hernioplasty."
- D. "I had a bad experience when I underwent hernioplasty."

Answer: B

Rationale: A counselor should provide the client with unbiased information from which to choose. Therefore, the statement that "Open and laparoscopic hernioplasty are available" should be used by the nurse when counseling a client with hernia. The nurse should, however, refrain from giving a personal opinion, so it should not be mentioned which surgery is best for the client; likewise, the nurse should not bring up the nurse's own past experiences. By reserving personal opinions, a nurse promotes the right of every person to make their own decisions and choices on matters affecting health and illness care. Discussing the client's suitability for surgery or recommending one type of surgery as being best for the client may be biased from the nurse's own past experiences.

Question format: Multiple Choice

Chapter 1: Introduction to Nursing and Professional Formation

Cognitive Level: Apply

Client Needs: Physiological Integrity: Physiological Adaptation

Integrated Process: Communication and Documentation

Reference: p. 13

19. A registered nurse assigns the task of tracheostomy suctioning of a client to the licensed practical nurse (LPN). The LPN informs the nurse that the LPN has never performed the procedure on a client. Which is the **most** appropriate response from the registered nurse?

- A. "You are through with your theory class, so you should know."
- B. "Ask for help from a nurse who knows how to perform the procedure."
- C. "Review the procedure manual and act accordingly."
- D. "I will help you in performing the procedure on the client."

Answer: D

Rationale: Although the registered nurse has assigned the task to the LPN, the overall responsibility lies with the registered nurse. The registered nurse is answerable for the client's care, not the LPN. Telling the LPN that the LPN should know the procedure because it is taught in class is inappropriate; putting theory into application would require supervision. Asking the LPN to refer to the manual and perform the procedure is incorrect because the LPN may make mistakes. The LPN is not confident about the procedure and therefore should not be asked to do the task alone or with another nurse who knows the procedure.

Question format: Multiple Choice

Chapter 1: Introduction to Nursing and Professional Formation

Cognitive Level: Apply

Client Needs: Safe, Effective Care Environment: Management of Care

Integrated Process: Nursing Process

Reference: p. 29

20. A nurse at a health care facility provides information, assistance, and encouragement to clients during the various phases of nursing care. In which activity does the nurse use counseling skills?

- A. educating a group of 13-year-old children about AIDS
- B. telling a client to localize the pain in the abdomen
- C. encouraging a client to walk without support
- D. assisting a lactating parent in feeding the infant

Answer: A

Rationale: The activity of educating a group of 13-year-old children about AIDS is based on the nurse using counseling skills. Telling a client to localize the pain is an assessment skill. Encouraging a client to walk without support can be both a comforting skill and a caring skill. Assisting a lactating parent in feeding the infant is an example of a caring skill.

Question format: Multiple Choice

Chapter 1: Introduction to Nursing and Professional Formation

Cognitive Level: Understand

Client Needs: Health Promotion and Maintenance

Integrated Process: Teaching/Learning

Reference: p. 13

21. A student wants to attend a nursing program that prepares its graduates for both staff and managerial positions. Which type of nursing program should the nurse suggest for this student?

- A. hospital-based diploma
- B. baccalaureate nursing program
- C. associate degree program
- D. continuing nursing program

Answer: B

Rationale: Baccalaureate-prepared nurses have the greatest potential for qualifying for nursing positions at both staff and managerial levels. Hospital-based diploma programs are 3-year courses and provide maximum exposure to clinical nursing. Students becoming nurses through the associate degree program would not be expected to work in a management position. Continuing nursing programs are on-the-job educational programs.

Question format: Multiple Choice

Chapter 1: Introduction to Nursing and Professional Formation

Cognitive Level: Remember

Client Needs: Safe, Effective Care Environment: Management of Care

Integrated Process: Teaching/Learning

Reference: p. 18

22. A registered nurse adheres to the American Nurses Association's (ANA) standard of professional performance by engaging in:

- A. assessment.
- B. diagnosis.
- C. evaluation.
- D. collaboration.

Answer: D