



1. A nurse has recently been transferred to the ICU and is excited about the new challenges. Which action will best improve his skills and confidence to care for his clients?
  - A) Obtaining certification in critical care nursing
  - B) Seeking a mentor from the current staff
  - C) Subscribing to current critical care nursing journals
  - D) Volunteering for extra hours
2. A hospital interviews two different candidates for a position in the ICU. Both candidates have around 10 years of experience working in the ICU. Both have excellent interpersonal skills and highly positive references. One, however, has certification in critical care nursing. Which of the following is the most compelling and accurate reason for the hospital to hire the candidate with certification?
  - A) The certified nurse will have more knowledge and expertise.
  - B) The certified nurse will behave more ethically.
  - C) The certified nurse will be more caring toward clients.
  - D) The certified nurse will work more collaboratively with other nurses.
3. A nurse is caring for an elderly man recently admitted to the ICU following a stroke. She assesses his cognitive function using a new cognitive assessment test she learned about in a recent article in a nursing journal. She then brings a cup of water and a straw to the client because she observes that his lips are dry. Later, she has the client sit in a wheelchair and takes him to have some blood tests performed. He objects at first, saying that he can walk on his own, but the nurse explains that it is hospital policy to use the wheelchair. That evening, she recognizes signs of an imminent stroke in the client and immediately pages the physician. Which action taken by the nurse is the best example of evidence-based practice?
  - A) Giving the client a cup of water
  - B) Transferring the client in a wheelchair
  - C) Using the cognitive assessment test
  - D) Recognizing signs of imminent stroke and paging the physician
4. A nurse is on a committee that is trying to reduce the occurrence of hospital-acquired infections in the ICU. Her role is to conduct research to find which interventions have been shown to be most effective in reducing these infections. She consults many different sources and finds conflicting information. Which of the following sources should she consider the most authoritative?
  - A) AACN expert panel report
  - B) A meta-analysis of randomized controlled trials in the American Journal of Nursing
  - C) A systematic review of qualitative studies in the Journal of Advanced Nursing
  - D) A single randomized controlled trial in the American Journal of Critical Care

5. A nurse who has recently been hired to manage the nursing staff of the ICU is concerned at the lack of evidence-based practice she sees among the staff. Which of the following would be the best step for her to take to promote incorporating evidence into clinical practice?
  - A) Only hire nurses certified in critical care nursing.
  - B) Leave copies of various nursing journals in the nurses' lounge.
  - C) Demonstrate to the staff the best nursing-related search terms to use in Google or Yahoo!
  - D) Introduce the staff to the PubMed search engine and assign them topics to research on it.
  
6. A physician visits a client in the ICU while the nurse is out. The client complains that the pain medication is not effective and that he would like to receive an increased dose. The physician pages the nurse and consults with him in the hallway regarding the client's request for stronger pain medication. The nurse explains that client was started on a morphine drip only 20 minutes ago and that the drug has not had time to take effect yet. The physician agrees and tells the client to give it just a bit more time. Which component of a healthy work environment is most evident in this scenario?
  - A) Skilled communication
  - B) Appropriate staffing
  - C) True collaboration
  - D) Meaningful recognition
  
7. A nurse in the ICU is responding to a client who has just gone into cardiac arrest. A moment later, the nurse is notified that another client has just gone into anaphylactic shock because of a drug allergy. She is conflicted as to what to do, as she is the only nurse available at the moment to tend to both clients. Which component of a healthy work environment is lacking in this scenario?
  - A) Effective decision making
  - B) Appropriate staffing
  - C) Authentic leadership
  - D) Meaningful recognition
  
8. An ICU nurse has provided excellent care for a 6-year-old girl who had been admitted to the ICU for a head injury. Not only was the nurse attentive to the needs of the client, but she also went out of her way to care for the needs of the girl's family. According to research, which of the following forms of recognition would the nurse value the most?
  - A) A card from the girl's family
  - B) A plaque from the ICU physicians naming her as "Nurse of the Year"
  - C) A letter of commendation from the hospital's administration
  - D) A bouquet of flowers from her supervisor

9. A client in the ICU has recently been diagnosed with diabetes mellitus. Before being discharged, this client will require detailed instructions on how to manage her diet, how to self-inject insulin, and how to handle future diabetic emergencies. Which nurse competency is most needed in this situation?
- A) Clinical judgment
  - B) Advocacy and moral agency
  - C) Caring practices
  - D) Facilitation of learning
10. An elderly client is admitted to the ICU with stage IV lung cancer, diabetes mellitus, and congestive heart failure. The health care team assembled to care for her is large and diverse, including an oncologist, a pulmonologist, an endocrinologist, a cardiologist, and others. The client is not expected to survive more than a few weeks, and her husband is overwhelmed with stress and grief. Which nurse competency or competencies are most needed in this situation? Select all that apply.
- A) Clinical judgment
  - B) Caring practices
  - C) Collaboration
  - D) Response to diversity
11. An Ethiopian man with AIDS has recently been admitted to the ICU with a case of pneumonia. The man is new to the United States and has no health insurance. He would likely be eligible for the state's Medicaid coverage, but does not understand how to access this coverage. Which competency or competencies are most needed in this situation? Select all that apply.
- A) Clinical judgment
  - B) Advocacy and moral agency
  - C) Collaboration
  - D) Systems thinking
  - E) Response to diversity
  - F) Clinical inquiry
12. The critical care nurse recognizes that the ability to provide quality nursing care requires prioritizing many activities to ensure the client remains the main focus. What must the nurse guard against becoming a potential distraction?
- A) Increasing family demands
  - B) Evidence-based practice information from questionable sources
  - C) The presence of nuisance alarms
  - D) Requests and suggestions from client's family members
13. The American Association of Critical-Care Nurses (AACN) sponsors certification in critical care nursing for several critical care subspecialties. What is the most important benefit of such certification for the profession of nursing?
- A) Provides positive publicity for nursing
  - B) Validates nurses' expert knowledge and practice
  - C) Mandated by government regulations

- D) Demonstrates basic knowledge in the field
14. A nurse is preparing to hand her clients to the next nurse when several alarms go off. What is the most appropriate action for the nurse to take?
- A) Asking the incoming nurse to help check the clients
  - B) Starting with the closest client first until all alarms are addressed
  - C) Starting with the client furthest away first until all alarms are addressed
  - D) Responding to the alarm according to the intensity until all clients are cared for
15. The nurse is recommending a change in the way the staff performs dressing changes. What is the best rationale to use to convince the other nurses that a change is warranted?
- A) Participate in research to investigate the suggested change.
  - B) A recent evidence-based practice project validated the effectiveness of the new method.
  - C) Other facilities are already doing it with success.
  - D) It is proven to be more cost-effective.
16. The nurse caring for a critically ill client implements several components of care. What component is an example of the use of evidence-based practice?
- A) Use of a protocol for admission of a client to the unit
  - B) Application of an insulin sliding scale method from research
  - C) Checking the client's armband before giving a medication
  - D) Limiting visits to immediate family only for 2 hours a day
17. The nurse wishes to increase the use of evidence-based practice in the critical care unit where he works. What is a significant barrier to the implementation of evidence-based practice?
- A) Use of computerized records by the hospital
  - B) Health Information Portability and Accountability Act (HIPAA)
  - C) Lack of knowledge about literature searches
  - D) Strong collaborative relationships in the work setting
18. The nurse has identified an increase in medication errors in the critical care unit over the past several months. What aspect of medication procedures should be evaluated first?
- A) Adherence to procedures by nursing staff
  - B) Clarity of interdisciplinary communication
  - C) Number of new employees on the unit
  - D) Changes in administration procedures
19. A critical care unit has decided to implement several measures designed to improve intradisciplinary and interdisciplinary collaboration. In addition to an expected improvement in client outcomes, what is the most important effect that should result from these measures?
- A) Identification of incompetent practitioners

- B) Improvement in manners on the unit
  - C) Increased staff retention
  - D) Less discussion in front of clients and families
20. A nurse wishes to practice using the Synergy Model developed by the American Association of Critical-Care Nurses (AACN). What nursing behavior best supports use of this model?
- A) Attending mandatory hospital-wide in-service programs
  - B) Self-directed study of best practice for the clients she cares for
  - C) Gathering demographic data on the clients admitted to the unit
  - D) Participating in a research study as a data collector
21. As part of the Synergy Model, the nurse has identified a client characteristic of resiliency. What client behavior demonstrates resiliency?
- A) Dysfunctional grieving behaviors after receiving bad news
  - B) Developing a list of questions for the physician
  - C) Denial of any possible negative outcomes for a procedure
  - D) Assigning blame to others for undesired outcomes of illness
22. Rising costs and availability of adequate health care will continue to impact the health of a community. Which action by the nurse can help ensure that future clients will receive the health care they need?
- A) Advise clients of available health insurance options.
  - B) Conduct information classes in the community about health insurance.
  - C) Advocate for the client and family with the insurance company to obtain coverage for necessary care.
  - D) Become a member of a nursing organization that can influence legislative activity.
23. A Muslim client has been admitted to the critical care unit with complications after birth. Based on the Synergy Model, which nurse would be the most inappropriate to assign to care for this client?
- A) New graduate female nurse
  - B) Most experienced female nurse
  - C) New graduate male nurse
  - D) Female nurse with postpartum experience
24. Today's critical care nursing environment is constantly changing. What nursing behavior best illustrates awareness of current events affecting critical care nursing?
- A) Participating in the hospital's efforts to recruit new nurses
  - B) Volunteering to serve on a disaster response planning committee
  - C) Adhering to content taught in basic nursing program
  - D) Attending hospital-mandated in-services without other education

25. A supervisor has noticed that a nurse appears to be resetting various alarms to preventing them from working correctly. Which action would be best for this supervisor to take?
- A) Talk to the nurse in private about the situation.
  - B) Verify the situation with other senior staff nurses.
  - C) Reset the alarms to the appropriate setting.
  - D) Assign a mentor to work with this nurse.

## Answer Key

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

1. A critical care client is unusually combative and is refusing to cooperate. Vital signs demonstrate a temperature of 97.6°F, heart rate of 86 beats per minute, respiratory rate of 24 breaths per minute, and pulse oximetry of 98%. After reviewing the past 24 hours, which nursing care recommendation should the nurse do first?
  - A) Change bath time from 9 p.m. to 4 a.m.
  - B) Limit visits to immediate family.
  - C) Reschedule all radiology exams for 1 a.m.
  - D) Offer the client earplugs during time of sleep.
2. A client is transferred to the ICU from the Birth Center of the hospital in the middle of the night after experiencing complications during the birth of her baby. The client's husband is anxious and explains to the ICU nurse that he does not understand why his wife has been moved to the ICU. "She is going to die, isn't she?" he asks the nurse. What is the nurse's best response?
  - A) Explain that every measure will be taken to provide his wife with the best care possible.
  - B) Explain that the nurse is fully trained and has years of experience.
  - C) Offer the husband a place to relax.
  - D) Have appropriate staff discuss his health insurance with him.