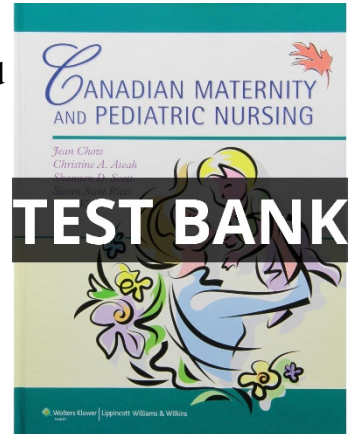


1. When developing programs to assist in improving maternal mortality, fetal mortality, and infant mortality rates in Canada, which factor would most likely need to be addressed as having the greatest impact?
  - A) Resolving all languages and cultural differences
  - B) Assuring early and adequate prenatal care
  - C) Providing more extensive women's shelters
  - D) Encouraging all women to eat a balanced diet
2. When integrating the principles of family-centred care, the nurse would include which of the following?
  - A) Childbirth is viewed as a procedural event
  - B) Families are unable to make informed choices
  - C) Childbirth results in changes in relationships
  - D) Families require little information to make appropriate decisions
3. When preparing a teaching plan for a group of first-time pregnant women, the nurse plans to briefly review how maternity care has changed over the years. Which of the following would the nurse include when discussing events of the 20th century?
  - A) Epidemics of puerperal fever
  - B) Performance of the first cesarean birth
  - C) Development of the X-ray to assess pelvic size
  - D) Creation of freestanding birth centres
4. After teaching a group of students about pregnancy-related mortality, the instructor determines that additional teaching is needed when the students identify which condition as a leading cause?
  - A) Hemorrhage
  - B) Embolism
  - C) Obstructed labour
  - D) Infection
5. The nurse is working with a group of community health members to develop a plan to address the special health needs of women. Which of the following conditions would the group address as the most pressing problem?
  - A) Smoking
  - B) Heart disease
  - C) Diabetes
  - D) Cancer
6. When assessing a family for possible barriers to health care, the nurse would consider which factor to be the most important?
  - A) The fact that most Canadian women experience language barriers while seeking care



- B) The fact that Canadian health care systems do not cover most aspects of prenatal care
  - C) The fact that women typically have a limited understanding of the factors that influence their health
  - D) The fact that women often have diverse responsibilities in the home and at work
7. After teaching a group of nursing students about the issue of informed consent. Which of the following, if identified by the student, would indicate an understanding of a violation of informed consent?
- A) Performing a procedure on a 15-year-old without consent
  - B) Serving as a witness to the signature process
  - C) Asking whether the client understands what she is signing
  - D) Getting verbal consent over the phone for emergency procedures
8. 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 neighbour. Which action would be the priority?
- A) Contacting the parents 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) Advocating for termination of parental rights for this situation
9. After teaching nursing students about the basic concepts of family-centred care, the instructor determines that the teaching was successful when the students state which of the following?
- A) "Childbirth affects the entire family, and relationships will change."
  - B) "Families are not capable of making health care decisions for themselves."
  - C) "Mothers are the family members affected by childbirth."
  - D) "Childbirth is basically considered to be a medical procedure."
10. A nursing instructor is preparing a class discussion on the trends in health care and health care delivery over the past several centuries. When discussing the current priorities in the study of health, which of the following would the instructor be least likely to include?
- A) Disease prevention
  - B) Health promotion
  - C) Wellness
  - D) Analysis of mortality
11. A nurse is assigned to care for a client from an Asian cultural background. The nurse develops a plan of care with the understanding that based on this client's cultural background, the client may view illness as which of the following?
- A) Caused by supernatural forces
  - B) A punishment for sins
  - C) An indication of a need for prayer and laying on of hands

- D) Resulting from an imbalance of yin and yang
12. A nurse is developing a plan of care for a woman to ensure continuity of care during pregnancy, labour, and childbirth. Which of the following would be the most important for the nurse to incorporate into that plan?
- A) Adhering to strict, specific routines
  - B) Involving a social worker
  - C) Educating the client about using a support person
  - D) Assigning several nurses as a support team
13. A nursing instructor is preparing a class discussion on case management in maternal and newborn health care. Which of the following would the instructor include as a key component?
- A) The use of a medical focus when planning care
  - B) Coordination between members of different disciplines
  - C) Having families pay privately for prenatal care
  - D) Limiting care to in-home settings
14. After teaching a group of students about the concept of maternal mortality, the instructor determines that additional teaching is needed when the students state which of the following?
- A) "The rate includes accidental causes for deaths."
  - B) "It excludes pregnancy-related causes."
  - C) "The rate only includes deaths in the first two trimesters."
  - D) "The rate only includes preventable causes of death."
15. A group of students are reviewing the historical aspects about childbirth. The students demonstrate understanding of the information when they identify the use of twilight sleep as a key event during which time frame?
- A) 1700s
  - B) 1800s
  - C) 1900s
  - D) 2000s
16. A nurse is providing care to a woman who has just delivered a healthy newborn. Which action is inconsistent with the concept of family-centred care?
- A) Focusing on the birth as a normal healthy event for the family
  - B) Creating opportunities for the family to make informed decisions
  - C) Encouraging the woman to keep her other children at home
  - D) Fostering a sense of respect for the mother and the family
17. When discussing fetal mortality with a group of students, a nurse addresses maternal factors. Which of the following would the nurse most likely include?
- A) Chromosomal abnormalities

- B) Ethnicity
  - C) Preterm cervical dilation
  - D) Poor placental attachment
18. A nurse is preparing a presentation for a local community group about health status and children's health. Which of the following would the nurse include as one of the most significant measures?
- A) Fetal mortality rate
  - B) Neonatal mortality rate
  - C) Infant mortality rate
  - D) Maternal mortality rate
19. A nurse is preparing a presentation for a local women's group about heart disease and women. Which of the following would the nurse expect to address when discussing measures to promote health?
- A) Women have similar symptoms as men for a heart attack.
  - B) Heart disease is no longer viewed as a "man's disease."
  - C) Women experiencing a heart attack are at greater risk for dying.
  - D) Heart attacks in women are more easily diagnosed.
20. A group of nurses have proposed a community-based intervention for children and families that addresses some of the adverse health effects of poverty. In Canada, what proportion of children currently lives in poverty?
- A) One-quarter
  - B) Ten percent
  - C) One-sixth
  - D) One-third
21. A 27-year-old woman who is pregnant for the first time has chosen to use the services of a midwife for her prenatal care and delivery. Which of the following statements about the role of midwives in Canada is the most accurate?
- A) A midwife has specialty training in managing high-risk pregnancy and delivery.
  - B) A midwife is obliged to consult with a physician before implementing educational interventions.
  - C) A midwife is a registered nurse or licensed practical nurse with extensive obstetrical experience.
  - D) A midwife is a person who has certification in the management of normal pregnancy and delivery.
22. Canada's current Medicare program was created in 1966 under the Canada Health Act. Which of the following statements best describes an aspect of the organization of Medicare?
- A) Medicare is a provincial responsibility but is partly funded by the federal government.

- B) Medicare is organized and delivered on a local level using transfer payments from provincial governments.
  - C) Medicare is funded and delivered by the federal government, but provincial ministries of health are consulted.
  - D) Medicare is funded by a combination of local governments, provincial governments, and private insurers.
23. A public health campaign has been proposed that has multiple purported benefits, including a reduction in the infant mortality rate. In which of the following settings is there the greatest need for improvement in infant mortality?
- A) In the central business districts of most large Canadian cities
  - B) In rapidly growing suburban areas
  - C) In Canadian Aboriginal communities
  - D) In inner-city neighbourhoods with large numbers of immigrants
24. A community health nurse has observed an upward trend in the numbers of homeless people in the community. Which of the following groups is known to be the faster growing segment of the homeless population?
- A) Recent university graduates
  - B) Former homeowners
  - C) Substance users with mental illness
  - D) Families with young children
25. A series of suicide attempts in an isolated community has prompted a call from territorial politicians to initiate programs aimed at promoting mental health among youth. Community health nurses have encouraged the members of the community to take ownership and leadership in the choice of interventions. Mobilizing and engaging the community rather imposing interventions promote which of the following?
- A) Effective use of the community's social capital
  - B) Increased accountability of the nurse for success or failure
  - C) More efficient use of financial resources
  - D) Evidence-based practice
26. A nurse is creating an interdisciplinary plan of care for a woman who experienced a severe postpartum hemorrhage following the delivery of a healthy baby. The nurse's interactions with the client suggest that spirituality and religion are both major parts of her life. What statement best describes the concepts of spirituality and religion?
- A) Spirituality generates enlightenment; religion results in a narrower world view.
  - B) Spirituality usually has Eastern origins; religion has Western origins.
  - C) Spirituality is a belief in something greater; religion is an organized system of beliefs.
  - D) Spirituality has a place in health care delivery; religion should not be integrated into public health care.

27. A public health nurse has recognized the need to make health promotion activities accessible and relevant to recent immigrants. According to Statistics Canada, which of the following individuals could be characterized as a “typical” Canadian immigrant?
- A) A woman who has joined her daughter and son-in-law from India
  - B) A man who is from the United States but who has taken a job in Canada
  - C) A woman who has chosen to move from Germany to Canada because she finds the lifestyle appealing
  - D) A man from sub-Saharan Africa who has fled political unrest and poverty
28. A hospital nurse is conscientious about protecting patient confidentiality and consistently adheres to the province's privacy legislation. In what situation would the nurse be justified in making an exception to privacy norms?
- A) The nurse is providing care for a woman whose employer is paying for aspects of her care.
  - B) The nurse suspects that a 90-year-old client has been experiencing elder abuse.
  - C) The nurse is providing care for a client whose family lives in another province.
  - D) The nurse suspects that a client may be experiencing delusional thinking or psychosis.

## **Answer Key**

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

1. The nurse is caring for a 2-week-old newborn girl with a metabolic disorder. Which of the following activities would deviate from the characteristics of family-centred 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 of the following activities would be considered the tertiary level of prevention?
  - A) Arranging for a physical therapy session
  - B) Teaching parents to administer albuterol
  - C) Reminding parents to give a full course of antibiotics
  - D) Giving a DTaP vaccination at the proper interval

3. A nursing student is reviewing information about documenting client care and education in the medical record and the purposes that it serves. The student demonstrates a need for additional study when the student identifies which of the following as a reason?
  - A) Serves as a communication tool for the interdisciplinary team
  - B) Demonstrates education that has been provided if legal matters arise
  - C) Records information that would otherwise be withheld from the client
  - D) Demonstrates that the nurse is meeting the competencies set for RN practice
  
4. A pregnant client tells the nurse that she is interested in arranging a home birth. After educating the client on the advantages and disadvantages, 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 engaged the services of a midwife."
  - D) "The midwife is trained to resolve any emergency, and she can bring any pain meds."
  
5. The nurse is making a home visit to a client who had a cesarean birth 3 days ago. Assessment reveals that the client is complaining of intermittent pain, rating it as 8 on a scale of 1 to 10. She states, "I'm pretty tired. And with this pain, I haven't been drinking and eating like I should. The medication helps a bit, but not much. My mom has been helping with the baby." Her incision is clean, dry, and intact. Which nursing diagnosis would the nurse identify as the priority for this client?
  - A) Impaired Skin Integrity related to cesarean birth incision
  - B) Fatigue related to effects of surgery and caretaking activities
  - C) Imbalanced Nutrition, less than body requirements related to poor fluid and food intake
  - D) Acute Pain related to incision and cesarean birth
  
6. When caring for childbearing families from cultures different from one's own, which of the following must the nurse accomplish first?
  - A) Adopt 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
  
7. After teaching a group of students about the changes in health care delivery and funding, which of the following, if identified by the group as a current trend seen in the maternal and child health care settings, would indicate that the teaching was successful?
  - A) Increase in community settings for care
  - B) Decrease in family poverty level
  - C) Increase in hospitalization of children
  - D) Longer hospital stays and later discharges



8. The nurse would recommend the use of which supplement as a primary prevention strategy to prevent neural tube defects with pregnant women?
  - A) Calcium
  - B) Folic acid
  - C) Vitamin C
  - D) Iron
  
9. Which action would the nurse include in a primary prevention program in the community to help reduce the incidence of human immunodeficiency virus (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 safer sex
  - D) Offer testing for clients who practice unsafe sex
  
10. When assuming the role of discharge planner for an infant requiring ventilator support at home, the nurse would do which of the following?
  - A) Audit the infant's medical record for accuracy
  - B) Teach new self-care skills to the client's parents
  - C) Determine if there is a need for backup power
  - D) Discuss the root causes of the infant's respiratory illness
  
11. When comparing community-based nursing with nursing in the acute care setting to a group of nursing students, the nurse describes the challenges associated with community-based nursing. Which of the following would the nurse include?
  - A) Increased time available for education
  - B) Improved access to resources
  - C) Decision making in isolation
  - D) Greater environmental structure
  
12. After teaching a group of students about the different levels of prevention, the instructor determines a need for additional teaching when the students identify which of the following as a secondary prevention level activity in community-based health care?
  - A) Teaching women to take folic acid supplements to prevent neural tube defects
  - B) Working with women who are victims of domestic violence
  - C) Working with clients at an human immunodeficiency virus (HIV) clinic to provide nutritional and complementary therapies
  - D) Teaching hypertensive clients to monitor blood pressure
  
13. A nursing instructor is describing trends in maternal and newborn health care. The instructor addresses the length of stay for vaginal births in Canada during the past decade, citing that which of the following denotes the average stay?
  - 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
14. Which of the following statements is accurate regarding women's health care in the current Canadian health care system?
- A) Women typically experience fewer hospitalizations than men over the life span.
  - B) Women generally use more health care services than men.
  - C) Women use more health care than men but still have shorter life expectancies.
  - D) Women have fewer sexually transmitted infections and disabilities than men.
15. A nurse is educating a client about a care plan. Which of the following statements would be appropriate to assess the client's learning ability?
- A) "Did you graduate from high school; how many years of schooling did you have?"
  - B) "Do you have someone in your family who would understand this information?"
  - C) "Many people have trouble remembering information; is this a problem for you?"
  - D) "Would you prefer that the doctor give you more detailed medical information?"
16. Kim is a nurse who has set a personal development goal of enhancing her cultural competence. Which of the following best indicates that Kim is in the stage of developing cultural knowledge?
- A) Examining her own personal sociocultural heritage
  - B) Reviewing her personal biases and prejudices
  - C) Seeking resources to further her understanding of other cultures
  - D) Advocating for social justice to eliminate disparities
17. A nurse is considering a change in employment from the acute care setting to community-based nursing. The nurse is focusing the job search on ambulatory care settings. Which of the following would the nurse most likely find as a possible setting?
- A) Urgent care centre
  - B) Hospice care
  - C) Immunization clinic
  - D) Nursing home
18. A nursing instructor is presenting a class for a group of students about community health nursing interventions. The instructor determines that additional teaching is needed when the students identify which of the following?
- A) Conducting childbirth education classes
  - B) Counselling a pregnant teen with anemia
  - C) Consulting with a parent of a child who is vomiting
  - D) Performing epidemiologic investigations
19. A pregnant woman asks the nurse about giving birth in a birthing centre. She says, "I'm thinking about using one but I'm not sure." Which of the following would the nurse need to integrate into the explanation about this birth setting?
- A) The longer length of stay needed when compared to hospital births.