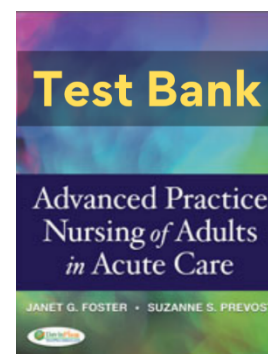


Chapter 01: Advanced Practice Nursing: Clinical Nurse Specialist (CNS) Practice

Multiple Choice

Identify the choice that best completes the statement or answers the question.

- _____ 1. Which of the following is not part of the requirements for an advanced practice registered nurse (APRN)?
 - A. Bachelor's degree
 - B. Clinical experience
 - C. Graduate-level education
 - D. Passing a national certification examination
- _____ 2. An advanced practice registered nurse (APRN) uses evidence-based clinical practice guidelines to guide screening and diagnosis. This is a component of which competency?
 - A. Collaboration
 - B. Consultation
 - C. Direct Care
 - D. Systems Leadership
- _____ 3. Skillful guidance and teaching to advance the care of patients, families, groups of patients, and the profession of nursing is referred to as which competency?
 - A. Coaching
 - B. Consultation
 - C. Direct Care
 - D. Systems Leadership
- _____ 4. Nurses must be valued and committed partners in making policy, directing and evaluating clinical care, and leading organizational operations. The American Association of Critical-Care Nurses refers to this standard as:
 - A. appropriate staffing.
 - B. authentic leadership.
 - C. effective decision making.
 - D. skilled communication.
- _____ 5. Which model of evidence-based practice dissemination uses internal and external factors to determine which approach should be taken from an education, practice, and research perspective?
 - A. CURN
 - B. Iowa
 - C. Johns Hopkins
 - D. Stetler
- _____ 6. Which of the following is not among the top 10 psychosocial activities of expertise of a clinical nurse specialist (CNS)?
 - A. Depression therapy
 - B. Home health-care management
 - C. Marriage counseling
 - D. Substance abuse therapy
- _____ 7. According to a 1999 Institute of Medicine (IOM) report, how many deaths occur each year in hospitals because of medical error?
 - A. Less than 45,000
 - B. Between 45,000 and 98,000
 - C. Between 100,000 and 150,000
 - D. More than 150,000
- _____ 8. Which occupation does not come under the umbrella of advance practice registered nursing?



- A. Clinical nurse specialist
- B. Nurse anesthetist
- C. Nurse midwife
- D. Physician's assistant

- _____ 9. How many medical errors are classified as hospital acquired conditions or *never* events?
- A. 7
 - B. 14
 - C. 21
 - D. 28
- _____ 10. The word *never* in reference to *never events* means:
- A. these events never occur.
 - B. these events should never occur.
 - C. advanced practice registered nurses (APRNs) are never responsible for these events.
 - D. physicians are never responsible for these events.
- _____ 11. Which body continues to be a source of driving quality within health-care institutions?
- A. Centers for Disease Control and Prevention
 - B. Centers for Medicare and Medicaid Services
 - C. U.S. Department of Health
 - D. The Joint Commission on Hospital Accreditation (The is part of the official name hence TJC)
- _____ 12. Hildegard Peplau developed the first master's program focused on the advanced training of psychiatric clinical nurse specialists (CNSs) in:
- A. 1934.
 - B. 1944.
 - C. 1954.
 - D. 1964.
- _____ 13. The National Association of Clinical Nurse Specialists (NACNS) was established in:
- A. 1975.
 - B. 1985.
 - C. 1995.
 - D. 2005.
- _____ 14. A clinical nurse specialist (CNS) is skilled in using which theory to develop and evaluate programs, and assure implementation of evidence-based practices?
- A. Change
 - B. Game
 - C. Number
 - D. Relativity
- _____ 15. Which type of power is not commonly used among clinical nurse specialists (CNSs)?
- A. Charismatic
 - B. Coercive
 - C. Expert
 - D. Referent
- _____ 16. Which of the following is one reason why it might be difficult for advanced practice registered nurses (APRNs) to move from one state to another?
- A. Differences in job descriptions
 - B. Differences in licensure and regulation
 - C. Differences in hospitals
 - D. Differences in educational programs

- _____ 17. What does the LACE model advocate for all advanced practice registered nurses (APRNs)?
- A. National accreditation
 - B. National certification
 - C. National education
 - D. National licensing
- _____ 18. The process in which credentials are issued, demonstrating that educational and certifying bodies have met or exceeded known standards of performance, is known as:
- A. accreditation.
 - B. certification.
 - C. licensing.
 - D. registration.

Chapter 01: Advanced Practice Nursing: Clinical Nurse Specialist (CNS) Practice Answer Section

MULTIPLE CHOICE

- | | |
|------------|--------|
| 1. ANS: A | PTS: 1 |
| 2. ANS: C | PTS: 1 |
| 3. ANS: A | PTS: 1 |
| 4. ANS: C | PTS: 1 |
| 5. ANS: C | PTS: 1 |
| 6. ANS: B | PTS: 1 |
| 7. ANS: B | PTS: 1 |
| 8. ANS: D | PTS: 1 |
| 9. ANS: D | PTS: 1 |
| 10. ANS: B | PTS: 1 |
| 11. ANS: D | PTS: 1 |
| 12. ANS: C | PTS: 1 |
| 13. ANS: C | PTS: 1 |
| 14. ANS: A | PTS: 1 |
| 15. ANS: B | PTS: 1 |
| 16. ANS: B | PTS: 1 |
| 17. ANS: B | PTS: 1 |
| 18. ANS: A | PTS: 1 |

Chapter 02: Phenomena of Concern to the Clinical Nurse Specialist

Multiple Choice

Identify the choice that best completes the statement or answers the question.

- _____ 1. Which sleep medication has been associated with some high-profile sleep-walking and sleep-driving incidents?
- A. Ambien
 - B. Lunesta
 - C. Restoril
 - D. Sonata
- _____ 2. Which class of analgesics is associated with increased time awake?
- A. Benzodiazepines
 - B. Beta blockers
 - C. NSAIDS
 - D. Opioids
- _____ 3. Which form of delirium occurs most frequently as a disruption in a patient's circadian rhythm?
- A. Altered mental status
 - B. Organic brain syndrome
 - C. ICU psychosis
 - D. Sundowning
- _____ 4. Which of the following is not mistaken for delirium?
- A. Depression
 - B. Mania
 - C. Old age
 - D. Schizophrenia

- _____ 5. Which type of delirium is often associated with alcohol withdrawal?
 - A. Hyperactive delirium
 - B. Hypoactive delirium
 - C. Mixed delirium
 - D. Subdued delirium

- _____ 6. The focus of treating delirium is:
 - A. calming and quieting the environment.
 - B. discontinuing medications.
 - C. restraining the patient.
 - D. reversal of the cause.

- _____ 7. The medication risperidone has a black box warning for patients with dementia-related psychosis because:
 - A. it causes worsening motor function.
 - B. it carries a high risk for death.
 - C. it may cause renal failure.
 - D. it may aggravate Parkinson's symptoms.

- _____ 8. The most effective treatment for delirium is:
 - A. emphasis on mobility activities.
 - B. encouraging family visits.
 - C. prevention.
 - D. nonpharmacologic sleep protocols.

- _____ 9. A person who is morbidly obese has a body mass index (BMI) of:
 - A. 25.
 - B. 30.
 - C. 35.
 - D. 40.

- _____ 10. Cardiovascular complications associated with obesity include:
 - A. coronary artery disease.
 - B. obstructive sleep apnea.
 - C. stroke.
 - D. all of the above

- _____ 11. Antidepressants that have shown promise prescribed off-label for obesity include Prozac and:
 - A. Adapin.
 - B. Effexor.
 - C. Paxil.
 - D. Wellbutrin.

- _____ 12. In obese patients, if neck circumference is more than 16 inches, it is an indicator that the patient may have which condition?
 - A. Cushing's syndrome
 - B. Hypothyroidism
 - C. Insulinoma
 - D. Obstructive sleep apnea

- _____ 13. Zeglin describes five phases of becoming bedridden. Which phase occurs when there is a fall and/or a hospital stay?
 - A. Phase I
 - B. Phase II
 - C. Phase III
 - D. Phase IV

- _____ 14. Muscle mass can decrease by what percentage per week of absolute bedrest?
 - A. 5%
 - B. 7%
 - C. 9%
 - D. 11%

- _____ 15. The National Highway Traffic Safety Administration estimates which number of automobile accidents are caused by drowsiness each year?
 - A. 50,000
 - B. 100,000
 - C. 150,000
 - D. 200,00

- _____ 16. Which of the following is considered to be a major cause of patient insomnia during hospitalization?
 - A. Bright lights
 - B. Noise of hospital work
 - C. Televisions
 - D. Visitors

- _____ 17. Which percentage of sleep times in young adults is deep sleep?
 - A. 10%
 - B. 20%
 - C. 30%
 - D. 40%

- _____ 18. Older adults have increased sleep latency. This means:
 - A. they sleep longer.
 - B. they take longer to fall asleep.
 - C. they have trouble staying asleep.
 - D. they have trouble waking up.