

MULTIPLE CHOICE

1. The nursing staff on a labor and delivery unit analyze current research results regarding the use of the birthing ball for pain control during labor before they initiate this intervention on their unit. This is an example of
- evidence-based practice
 - critical-thinking processes
 - benchmarking
 - best practice

ANS: A

Evidence-based practice involves using research results as a basis for clinical decision making. Critical thinking involves formal and structured types of reasoning. Benchmarking refers to the evaluation of care practice using guidelines, standards, and evidence-based literature. Best practice is a subjective term without a specific definition of “best.”

PTS: 1

DIF: Comprehension

REF: Evidence-Based Practice

2. After conducting a risk assessment survey on a client, the nurse identifies smoking as a risk factor. This means that the client
- will die from diseases linked to smoking
 - will have more health problems associated with smoking
 - has a higher chance of developing a smoking-related disease than does a nonsmoker
 - has statistically the same chance of developing lung cancer as anyone else

ANS: C

Risk assessment involves the identification of risk factors that increase the client’s chances of developing risk factor–related complications. Although smoking increases health risks, a risk assessment does not provide absolute outcomes. Risk assessment and management involves early identification and treatment that can prevent illness, facilitate recovery, and prolong life. Research has consistently shown that a smoker has increased risk of developing lung cancer.

PTS: 1

DIF: Application

REF: Risk Assessment and Management

3. A young mother takes her newborn infant to the community health clinic for immunizations. This activity is an example of
- health promotion
 - disease prevention
 - health restoration
 - health maintenance

ANS: B

The focus of obtaining immunizations is communicable disease prevention. The focus of health promotion is to endeavor to obtain the goal of complete physical, mental, and social well-being. Health maintenance involves the prevention and/or early detection of health alterations through routine periodic examinations. Health restoration is the regaining of health following a health alteration.

PTS: 1

DIF: Comprehension

REF: Establishment of Health Goals

4. A family joins a local health facility and participates in weekly sports activities designed for children and adults. This activity is an example of
- health restoration
 - health maintenance
 - disease prevention
 - health promotion

ANS: D

Joining a health club and participating in sports activities are examples of health promotion designed to obtain the goal of complete physical, mental, and social well-being. Health restoration is the return of the previous health state following a health alteration. Health maintenance involves routine periodic examinations and screenings. Disease prevention involves specific actions taken to prevent onset of a disease or disorder.

PTS: 1

DIF: Comprehension

REF: Establishment of Health Goals

5. Who of the following is an advanced practice nurse?
- A certified registered nurse (RN) who provides primary care to low-risk clients in a community health center
 - An RN who works in the high-risk newborn nursery
 - An RN who assists the physician during a cesarean section delivery
 - A master's prepared RN who is a manager of a large labor and delivery unit

ANS: A

Advanced practice specialties involve additional certification beyond licensure. An RN who works in the high-risk newborn nursery and one who assist the physician during a cesarean section hold positions that do not require additional certification. A master’s prepared nurse can serve as a manager without being certified as an advanced practice nurse.

PTS: 1

DIF: Comprehension

REF: Licensure and Credentialing

6. What is a disadvantage of the health maintenance organization (HMO)?
- The plan requires a high deductible payment before doctor's office visits are covered.
 - Access to specialists is limited due to the need for physician referrals.
 - There is a very limited number of primary care providers in the system.
 - Only 50 percent of the hospital cost is covered.

ANS: B

When specialist care is sought, there must be a referral from the primary provider or the expenses will not be covered. Family practice providers serve as gate keepers, and referrals are made only to certain specialists. HMOs require only small copayments and are one of three types of managed care plans. Hospitalization is usually covered by HMO insurance, with a small copayment.

PTS: 1

DIF: Comprehension

REF: Managed Care

7. The major impact that managed care plans have had on the health care system has been to
- significantly improve the preventive care practices of individuals
 - further reduce the costs of medical technology
 - change the focus of primary care to the community
 - improve the availability of health care providers to clients

ANS: C

Managed care plans control the nature, amount, and site of health services provided, thus changing the focus of health care. Managed care plans do not limit the amount of preventive care available or the number of providers and institutions that a client can use. While initially the focus of managed care plans was cost containment, the outcome was actually a limitation in availability of health care choices and increased client costs.

PTS: 1 DIF: Comprehension
REF: Current State of Health Care Delivery

8. The nurse recognizes that the interpretation of human genome
- allows for scientists to predict the occurrence of disease in an individual
 - raises problems related to ethics and client confidentiality
 - will allow for the prevention of most diseases
 - will eradicate diseases such as heart disease and cancer

ANS: B

The issues of ethics and client confidentiality have developed in the study of genetics and the Human Genome Project. The Human Genome Project focused on research on the Y chromosome and the discovery of gene and stem cell transplantation. It focused on the advancements in diagnosis and treatment, not disease prevention. Eradication of disease is not an expected outcome of the project.

PTS: 1 DIF: Comprehension
REF: Advances in Diagnosis and Treatment

9. The culturally competent nurse recognizes that most health care decisions are based on
- folk and traditional medicine practices of the family
 - advice from the professional sector given to the family
 - the influence of current biomedical research
 - information from family, friends, and other social networks

ANS: D

Most health care decisions are based on the individual's social network and information provided by this network. Advice from professionals is not based on cultural health practices.

PTS: 1 DIF: Comprehension REF: Cultural Issues

10. It is important for the nurse to be familiar with standardized guidelines developed by agencies such as the Association of Women's Health, Obstetric and Neonatal Nurses (AWHONN) because they
- express opinions about issues that affect all nurses
 - provide a basis for salary administration within institutions
 - protect against negative client outcomes while reducing costs
 - establish national benchmarks to improve overall health

ANS: C

Standardization of care is a way of protecting against negative outcomes and reducing costs. Standardized guidelines are not based on opinions. Salary administration is part of the accounting and fiscal management of a facility, not standardized guidelines. Benchmarking involves gathering data on the status of client outcomes.

PTS: 1 DIF: Comprehension
REF: Cost Containment and Professional Guidelines

11. Cost-effectiveness models focus on the
- elimination of all nonessential health care services
 - use of less expensive technology
 - selection of procedures that have the best outcome at the lowest cost
 - comparison of the low and high costs of health services

ANS: C

Cost effectiveness and cost containment refer to the reduction of expenses by working more efficiently to achieve the best outcomes at the lowest cost. Cost effectiveness involves choosing the procedures that have the best outcomes at the lowest cost, not necessarily the use of less expensive technology. Comparison of the low and high costs of health services is the data collection necessary for the development of cost effectiveness.

PTS: 1 DIF: Knowledge REF: Cultural Competence

12. A labor and delivery nurse notifies the physician several times about the deterioration of fetal status as noted by frequent late fetal heart-rate decelerations during contractions. The physician fails to come to the hospital to examine the client. What should the nurse do?
- Continue to call the doctor about the client's condition.
 - Ask a more experienced nurse to review the fetal heart monitor strip.
 - Request another physician to see the client.
 - Activate the chain of command for the institution.

ANS: D

In the case of non-resolution of a client care issue, the nurse should activate the facility's chain of command, which is the best action to take to accomplish resolution for the client. Continuing to call the physician may only further delay needed care. Collaborating with a more experienced nurse does not address the fact that the client needs medical care outside the scope of RN nursing practice. Requesting another physician does not address the more important concept of nursing responsibilities.

PTS: 1 DIF: Analysis REF: Medical-Legal Issues

13. Which statement about nurses and their involvement with malpractice issues is correct?
- Most malpractice cases involving nurses are related to poor staffing levels in the institution.
 - Nurses are rarely implicated in malpractice cases, because the physicians hold the greatest amount of liability.
 - Failed relationships between the nurse and family are a major reason for malpractice claims.
 - Most malpractice cases against nurses are due to medication errors.

ANS: C

One of the best ways a nurse can reduce the risk of being a defendant in a lawsuit is the development of caring relationships with clients through good communication. The client who does not feel the nurse cares about his/her condition is more likely to take legal action regarding the care received. Although staffing may contribute to malpractice issues, it is not the main cause. Currently when a malpractice action is taken, the nurse is usually involved as an employee of the health care facility. Medication errors are among a number of medical errors that lead to litigation against nurses.

PTS: 1

DIF: Comprehension

REF: Medical-Legal Issues

14. Which nurse requires certification to practice within her or his role?
- An RN who assists a physician in the operating room
 - A nurse practitioner who performs ambulatory obstetric care for low-risk clients
 - A master's prepared nurse who works as the supervisor of a neonatal unit
 - An associated-degree nurse who cares for high-risk obstetric clients

ANS: B

Advanced practice specialties involve additional certification beyond licensure, and among these professionals are nurse practitioners. An RN assisting a physician or caring for high-risk obstetrics clients or serving as a supervisor is not in a position requiring certification.

PTS: 1

DIF: Comprehension

REF: Licensure and Credentialing

15. Which does not reflect the current broadened focus of health care today?
- Early detection and treatment of disease
 - Disease prevention
 - Containing or preventing epidemics
 - Health promotion

ANS: C

Containing or preventing epidemics is a narrow focus that involves limited populations. Current broadened focus would include early detection and treatment of disease, prevention of disease, and health promotion.

PTS: 1

DIF: Knowledge

REF: Focus on Health

16. The administration of hepatitis B vaccine is an example of
- disease prevention
 - health promotion
 - disease management
 - risk assessment

ANS: A

The administration of hepatitis B vaccine is an example of an immunization against a communicable disease with a focus on preventing the disease. Health promotion is a broad concept involving action that enhances the quality of life. Disease management involves the treatment of pre-existing health alterations. Risk assessment is the collecting of data to identify and prevent complications related to health issues.

PTS: 1

DIF: Comprehension

REF: Focus on Health

17. One of the overarching goals of Healthy People 2020 is which of the following?
- Ensure that all women get prenatal care
 - Eliminate health disparities for poor immigrants
 - Eliminate epidemics in the world through immunization of children
 - Attainment of high-quality, longer lives free of communicable disease, disability, injury, and premature death

ANS: D

One of the overarching goals of Healthy People 2020 is the attainment of high-quality, longer lives free of communicable disease, disability, injury, and premature death. Other goals include achieving health equity, eliminating disparities and improving health of all groups; creating social physical environments that promote good health for all; and promoting quality of life, healthy development, and health behaviors across all life stages.

PTS: 1

DIF: Comprehension

REF: Box 1-1: Goals for Healthy People 2020

18. Which represents risk-factor alteration?
- Immunization against influenza
 - Screening mammography
 - Regular exercise
 - Medications to lower cholesterol

ANS: C

Getting regular exercise is changing an exercise risk-factor behavior that could contribute to a health alteration. Immunization is disease prevention, not an altered risk factor. Medications to lower cholesterol would be a medical treatment for an existing health alteration. Changing dietary and exercise behaviors are examples of initiating change in risk factors to lower cholesterol.

PTS: 1

DIF: Knowledge

REF: Risk Assessment and Management

19. Trends in health care delivery have moved medical interventions into which of the following?
- Research centers
 - Large hospitals
 - Long-term care facilities
 - Community-based settings

ANS: D

Trends in health care delivery have moved medical interventions into community-based settings.

PTS: 1

DIF: Knowledge

REF: Community-Centered Care

20. The escalation of health care costs is attributed primarily to
- medications
 - technology and education
 - new hospitals
 - the aging population

ANS: B

Much of the increase is related to the high cost of technology and the expense of educating and training personnel. While medications, new hospitals, and the aging population have contributed to cost, they are not the primary cause of cost escalation.

PTS: 1 DIF: Knowledge REF: Cost Containment

21. Which organization issued two reports (2000, 2001) that laid out strategies to reduce medical errors?
- Institute of Medicine (IOM)
 - American Nurses Association (ANA)
 - American Medical Association (AMA)
 - Joint Commission on Accreditation of Healthcare Organizations (JCAHO)

ANS: A

The Institute of Medicine issued two reports (2000, 2001) which laid out strategies to reduce medical errors. The reports were directed toward government, industry, consumers, and health care providers. The strategy was initiated because of reports of death and injury as a result of medical errors. These reports led to the formation of the National Patient Safety Foundation by the American Medical Association and a reporting system by the Joint Commission (formerly known as the Joint Commission on Accreditation of Healthcare Organizations) (The Joint Commission, 2010).

PTS: 1 DIF: Knowledge REF: Cultural Competence

22. When preparing a client care assignment, what is the most important factor for the nurse to consider first?
- Number of clients in the assignment
 - Scope of practice of each employee
 - Acuity level of the client
 - Number of scheduled discharges on the unit

ANS: B

The nurse is accountable for assignments given to assistive personnel and the outcomes of the care; so the primary consideration in making assignments needs to be scope of practice. While the number of clients in the assignment, acuity level of the client, and the number of scheduled discharges on the unit may impact assignment preparation, they are not the most important factors.

PTS: 1 DIF: Application REF: Development of Collaborative Teams

23. Which technology has been implicated in decreasing the incidence of brain-damaged infants?
- Ultrasound
 - Endoscopy
 - Rh₀(D) immune globulin (Rh₀ GAM)
 - Fetal monitoring

ANS: D

Fetal monitoring has decreased the number of children born with brain damage. Ultrasonography is an important tool in diagnosing maternal, neonatal, and women's health conditions. Endoscopy is an important tool in diagnosing women's health issues, but is not related to decreasing the incidence of brain-damaged infants. Rh₀ GAM has decreased the incidence of Rh isoimmunization.

PTS: 1 DIF: Knowledge REF: Advances in Diagnosis and Treatment

24. The goal of risk assessment in pregnancy is to
- improve maternal and fetal outcomes
 - reduce the cost of prenatal care
 - prevent prematurity
 - prevent the birth of infants with congenital anomalies

ANS: A

Risk assessment is used to identify those pregnant women with risk factors that could negatively impact maternal or fetal outcomes. Reducing prenatal costs, preventing prematurity, and preventing the birth of infants with congenital anomalies may decrease risk, but they are only part of the goal.

PTS: 1 DIF: Comprehension
REF: Risk Assessment and Management

25. Standards of care for maternal, neonatal, and women's health are based on
- local trends in health care
 - international standards outlined by WHO
 - national agencies involved in women's health
 - local hospital OB/GYN departments

ANS: C

National agencies involved in women's health collect and analyze data and then form standards of care based on the research findings. Local trends in health care and international standards outlined by WHO may impact the implementation of standards of care. Local hospital OB/GYN departments implement standards of care.

PTS: 1 DIF: Comprehension
REF: Cost Containment and Professional Guidelines

26. What is responsible for the greatest reduction in maternity care costs over the last 10 years?
- a. Decreased hospital stay
 - b. Reduction in intervention
 - c. Use of nurse midwives for underserved populations
 - d. Referral of high-risk women to specialists

ANS: A

Decreased hospital stays have been a major source of cost reduction in the past 10 years. Reduction in intervention is the basis for support of the natural process of birth. The use of midwives for underserved populations is a decision made by women at all socioeconomic levels. Referring high-risk women to specialists is not a major contributing factor in promoting cost containment.

PTS: 1 DIF: Knowledge REF: Decreased Hospital Stay

27. Obesity is responsible for what pregnancy complications?
- a. Prematurity
 - b. Gestational diabetes
 - c. Anemia
 - d. Spontaneous abortion

ANS: B

Obesity in pregnancy can contribute to the development of gestational diabetes, increases the risks for negative fetal outcomes because of macrosomia and hypoglycemia, and increases the woman’s risk of developing adult-onset diabetes later in life.

PTS: 1 DIF: Knowledge REF: Behavioral Issues

28. Which of the following groups of nurses has the highest rate of spontaneous miscarriage?
- a. Pediatric nurse practitioners
 - b. Community health nurses
 - c. Nurse anesthetists
 - d. Women’s health nurses

ANS: C

Nurse anesthetists have a higher rate of spontaneous miscarriage then do the rest of the child-bearing population.

PTS: 1 DIF: Knowledge REF: Environmental Issues

29. The research of Simkin (1996) focused on which of the following?
- a. The developmental tasks of pregnancy
 - b. Women’s memories of the birth experience
 - c. Immediate response of the mother to the infant
 - d. Mother-father relationship prior to pregnancy

ANS: B

The focus research conducted by Simkin (1996) was on women’s memories of the birth experience. Data suggested that women remember their labor and birth with unusual clarity for up to 20 years after the event.

PTS: 1 DIF: Knowledge REF: Theories of Maternal Adaptation

30. You are working on a labor and delivery unit in the local hospital. Your supervisor informs you that the hospital wants to look at outcomes of postpartum infections and then compare them with other institutions that are of similar size and have similar clientele. You recognize that the hospital will be doing which of the following?
- a. Auditing
 - b. Quality performance
 - c. Benchmarking
 - d. Downsizing

ANS: C

You recognize that the hospital is benchmarking. This process involves the organization comparing an aspect of its outcomes with the outcomes from another institution that is of similar size and has similar clientele.

PTS: 1 DIF: Application REF: Cultural Competence

MULTIPLE RESPONSE

1. Which of the following are considerations for nursing documentation?
- a. Accuracy
 - b. Thoroughness
 - c. Compliance with standards
 - d. Group care plans
 - e. Appropriate goals and interventions
 - f. Discharge planning

ANS: A, B, C, E, F

Considerations for nursing documentation include accuracy, thoroughness, compliance with standards, individualized care plan, appropriate goals and interventions, and discharge planning.

PTS: 1 DIF: Comprehension
REF: Box 1-3: Considerations in Nursing Documentation

2. You are caring for a new mother 2 hours postpartum. Which of the following would be considered expected outcomes? (Select all that apply.)
 - a. The client and family will validate their experience during labor and delivery.
 - b. The nurse will conduct a newborn examination.
 - c. Before leaving the birth center, the client will discuss specific strategies that she can employ to help her organize life at home to reduce stress.
 - d. The client and family will discuss warning signs of postpartum depression.
 - e. The nurse will encourage family members to talk about their feelings regarding labor and delivery.
 - f. The nurse will discuss with the client's husband specific signs of postpartum depression.

ANS: A, C, D

The expected outcomes include the following: the client and family will validate their experience during labor and delivery, before leaving the birth center, the client will discuss specific strategies that she can employ to help her organize life at home to reduce stress, and the client and family will discuss warning signs of postpartum depression. The nurse conducting a newborn assessment and discussing with the husband specific signs of postpartum depression are nursing interventions and not expected outcomes.

PTS: 1 DIF: Application REF: Case Study Care Plan: A Growing Family

3. Which of the following are examples of movement of health care into the community? (Select all that apply.)
 - a. Your best friend decides to transfer from labor and delivery to a postpartum.
 - b. An APN provides care in neighborhood clinics.
 - c. A doctoral prepared nurse teaches at the local university.
 - d. A new BSN is hired to work on the antepartum unit of the local hospital.
 - e. NPs run 'redi clinics' in drug stores.
 - f. An APN works as the case manager in the hospital.

ANS: B, E

Examples of movement of health care into the community would include the APN providing care in neighborhood clinics and NPs running 'redi clinics' in drug stores, grocery stores, and shopping malls.

PTS: 1 DIF: Comprehension
REF: Movement of Health Care to the Community

4. A new graduate asks the nurse preceptor, "What are the areas in which the concerns regarding health disparities are applied to the clinical setting?" The preceptor would be correct in responding which of the following? (Select all that apply.)
 - a. Dealing with cultural issues and developing cultural competency
 - b. Assuring that the hospital remain financially viable
 - c. Assigning each nurse with clients from the nurse's own ethnic group
 - d. Hiring only BSNs and APNs to provide care
 - e. Hiring nurses from other countries to provide care to patients
 - f. Providing equity in access to care and quality of care by increasing evidence-based practice

ANS: A, F

The two areas in which the concerns regarding health disparities apply to the clinical setting: (1) dealing with cultural issues and developing cultural competency and (2) providing equity in access to care and quality of care by increasing evidence-based practice.

PTS: 1 DIF: Application REF: Health Disparities

5. A nursing instructor asks her students, "Which trends are currently affecting maternal, neonatal, and women's health care?" The instructor would recognize that further clarification is needed if the students gave which of the following responses? (Select all that apply.)
 - a. Increased hospital stay
 - b. Family-centered care
 - c. Community-centered care
 - d. Evidence-based practice
 - e. Fewer interventions
 - f. Increased interventions

ANS: A, F

Further clarification is needed if the students responded increased hospital stay and increased interventions. Trends currently affecting maternal, neonatal, and women's health care include decreased hospital stay, family-centered care, community-centered care, evidence-based practice, and fewer interventions.

PTS: 1 DIF: Analysis
REF: Trends in Maternal, Neonatal, and Women's Health Care

COMPLETION

1. Immunization against hepatitis B is an example of disease _____.

ANS: prevention

PTS: 1 DIF: Knowledge REF: Focus on Health

2. Developing skills that enable an individual to handle stress is an example of health _____.

ANS: promotion

PTS: 1 DIF: Knowledge REF: Focus on Health

3. A systematic approach that uses existing research for clinical decision processes is called _____.

ANS: evidence-based practice

PTS: 1 DIF: Knowledge REF: Cultural Competence

4. Health care plans with a selective list of providers and institutions from which the recipient is entitled to health care that is reimbursed by the insurer is called _____.

ANS: managed care

PTS: 1 DIF: Knowledge REF: Managed Care

5. Sequential provision of discipline-specific health care by various persons is called _____.

ANS: multidisciplinary care

PTS: 1 DIF: Knowledge REF: Development of Collaborative Teams