

## **Chapter 02: Theory, Research, and Evidence-Based Practice**

1. What phrase best describes the science of nursing?
    - A) application of clinical skills
    - B) body of nursing knowledge
    - C) holistic patient care
    - D) art of individualized nursing
  
  2. The practice of changing patients bedclothes each day in acute care settings is an example of what type of knowledge?
    - A) authoritative
    - B) traditional
    - C) scientific
    - D) applied
  
  3. A student nurse learns how to give injections from the nurse manager. This is an example of the acquisition of what type of knowledge?
    - A) authoritative
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- B) traditional
  - C) scientific
  - D) applied
4. Which of the following sources of knowledge is based on objective data?
- A) authoritative
  - B) traditional
  - C) scientific
  - D) applied
5. A patient undergoing chemotherapy for a brain tumor believes that having a good attitude will help in the healing process. This is an example of what type of knowledge?
- A) science
  - B) philosophy
  - C) process
  - D) virtue
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6. Which of the following examples represents the type of knowledge known as process? Select all that apply.
- A) A nurse dispenses medications to patients.
  - B) A nurse changes the linens on a patients bed.
  - C) A nurse studies a nursing journal article on infection control.
  - D) A nurse consults an ethics committee regarding an ethical dilemma.
  - E) A nurse believes in providing culturally competent nursing care.
  - F) A nurse monitors the vital signs of a postoperative patient.
7. Which of the following accurately describes Florence Nightingales influence on nursing knowledge?
- A) She defined nursing practice as the continuation of medical practice.
  - B) She differentiated between health nursing and illness nursing.
  - C) She established training for nurses under the direction of the medical profession.
  - D) She established a theoretical base for nursing that originated outside the profession.
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8. During the first half of the 20th century, a change in the structure of society resulted in changed roles for women and, in turn, for nursing. What was one of these changes?
- A) More women retired from the workforce to raise families.
  - B) Women became more dependent and sought higher education.
  - C) The focus of nursing changed to hands-on training.
  - D) Nursing research was conducted and published.
9. Who was the first nurse to develop a nursing theory?
- A) Clara Barton
  - B) Dorothea Dix
  - C) Florence Nightingale
  - D) Virginia Henderson
10. A nurse observes that certain patients have less pain after procedures than do others, and forms a theory of why this happens. What is a theory?
- A) a concept used to directly prove a fact or a group of facts
  - B) an understanding borrowed from other disciplines
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- C) a best guess based on intangible ideas
  - D) a statement of an occurrence based on observed facts
11. A staff nurse asks a student, Why in the world are you studying nursing theory? How would the student best respond?
- A) Our school requires we take it before we can graduate.
  - B) We do it so we know more than your generation did.
  - C) I think it explains how we should collaborate with others.
  - D) It helps explain how nursing is different from medicine.
12. Why are the developmental theories important to nursing practice?
- A) They describe how parts work together as a system.
  - B) They outline the process of human growth and development.
  - C) They define human adaptation to others and to the environment.
  - D) They explain the importance of legal and ethical care.
13. Breaking the healthcare community into separate entities (such as the medical community, the nursing staff, management, support staff) and analyzing how they work as a whole together is an example of which nursing theory?
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- A) general systems theory
  - B) adaptation theory
  - C) developmental theory
  - D) compartment theory
14. There are four concepts common in all nursing theories. Which one of the four concepts is the focus of nursing?
- A) person
  - B) environment
  - C) health
  - D) nursing
15. Which of the following are characteristics of nursing theories? Select all that apply.
- A) They provide rational reasons for nursing interventions.
  - B) They are based on descriptions of what nursing should be.
  - C) They provide a knowledge base for appropriate nursing responses.
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- D) They provide a base for discussion of nursing issues.
  - E) They help resolve current nursing issues and establish trends.
  - F) They use complex terminology to resolve specific nursing issues.
16. What is the ultimate goal of expanding nursing knowledge through nursing research?
- A) learn improved ways to promote and maintain health
  - B) develop technology to provide hands-on nursing care
  - C) apply knowledge to become independent practitioners
  - D) become full-fledged partners with other care providers
17. What was significant about the promotion of the National Center for Nursing Research to the current National Institute of Nursing Research (NINR)?
- A) Increased numbers of articles are published in research journals.
  - B) NINR gained equal status with all other National Institutes of Health.
  - C) NINR became the major research body of the International Council of Nurses.
  - D) It decreased emphasis on clinical research as an important area for nursing.
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18. Which of the following terms are part of quantitative research?
- A) process
  - B) concept
  - C) ethnography
  - D) variable
19. A nurse uses the process of quantitative research to study the incidence and causes of hospital-acquired pneumonia in her hospital. The statement of what the researcher expects to find in these studies is called the:
- A) variable
  - B) data
  - C) hypothesis
  - D) instrument
20. Information is collected for analysis in both quantitative and qualitative research. What is the information called?
- A) surveys
  - B) answers
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- C) interviews
  - D) data
21. A patient in a clinical research study has given informed consent. This means that the patient has certain rights. These rights include which of the following? Select all that apply.
- A) confidentiality
  - B) free medical care
  - C) refusal to participate
  - D) protection from harm
  - E) guarantee of treatment
  - F) consent knowledgeably
22. Which of the following represents the basic framework of the research process?
- A) Qualitative data
  - B) Quantitative data
  - C) Nursing Process
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- D) Nursing Theory
23. Which of the following is a responsibility of an institutional review board (IRB)?
- A) secure informed consent for researchers
  - B) review written accuracy of research proposals
  - C) determine risk status of all studies
  - D) secure funding for institutional research
24. Before developing a procedure, a nurse reviews all current research-based literature on insertion of a nasogastric tube. What type of nursing will be practiced based on this review?
- A) institutional practice
  - B) authoritative nursing
  - C) evidence-based nursing
  - D) factual-based nursing
25. Which of the following are examples of characteristics of evidence-based practice? Select all that apply.
- A) It is a problem-solving approach.
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