

Chapter 2- Family-Centered Community-Based Care

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-centered 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 parent 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 nurse identifies which of the following as a reason?

- A) Serves as a communication tool for the interdisciplinary team.
- B) Demonstrates education the family has received if legal matters arise.
- C) Permits others access to allow refusal of medical insurance coverage.
- D) Verifies meeting client education standards set by the Joint Commission.

4. A pregnant client tells her 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 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 be accomplished first?

- A) Adapt to 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) Decrease in managed care

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 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 safe sex
- D) Offer testing for clients who practice unsafe sex

10. When assuming the role of discharge planner for a woman requiring ventilator support at home, the nurse would do which of the following?

- A) Confer with the client's mother
- B) Teach new self-care skills to the client
- C) Determine if there is a need for back-up power
- D) Discuss coverage with the insurance company

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 HIV clinic to provide nutritional and CAM 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 during the past decade, citing that which of the following denotes the average stay?

- A) 24–48 hours or less
- B) 72–96 hours or less
- C) 48–72 hours or less
- D) 96–120 hours or less

14. Which of the following statements is accurate regarding women's health care in today's system?

- A) Women spend 95 cents of every dollar spent on health care.
- B) Women make almost 90% of all health care decisions.
- C) Women are still the minority in the United States.
- D) Men use more health services than women.

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. A nurse is developing cultural competence. Which of the following indicates that the nurse is in the process of developing cultural knowledge? Select all that apply.

- A) Examining personal sociocultural heritage
- B) Reviewing personal biases and prejudices
- C) Seeking resources to further understanding of other cultures
- D) Becoming familiar with other culturally diverse lifestyles
- E) Performing a competent cultural assessment
- F) Advocating for social justice to eliminate disparities.

17. A nurse is engaged in providing family-centered care for a woman and her family. The nurse is providing instrumental support with which activity?

- A) Explaining to the woman and family what to expect during the birth process.
- B) Assisting the woman in breathing techniques to cope with labor contractions.
- C) Reinforcing the woman's role as a mother after birth
- D) Helping the family obtain extra financial help for prescribed phototherapy

18. A nurse is considering a change in employment from the acute care setting to community-based nursing. The nurse is focusing her job search on ambulatory care settings. Which of the following would the nurse most likely find as a possible setting? Select all that apply.

- A) Urgent care center
- B) Hospice care
- C) Immunization clinic

D) Physician's office E) Day surgery center F) Nursing home

19. A nursing instructor is presenting a class for a group of students about community-based nursing interventions. The instructor determines that additional teaching is needed when the students identify which of the following?

- A) Conducting childbirth education classes
- B) Counseling a pregnant teen with anemia
- C) Consulting with a parent of a child who is vomiting
- D) Performing epidemiologic investigations

20. During class, a nursing student asks, "I read an article that was talking about integrative medicine. What is that?" Which response by the instructor would be most appropriate?

- A) "It refers to the use of complementary and alternative medicine in place of traditional therapies for a condition."
- B) "It means that complementary and alternative medicine is used together with conventional therapies to reduce pain or discomfort."
- C) "It means that mainstream medical therapies and complementary and alternative therapies are combined based on scientific evidence for being effective."
- D) "It refers to situations when a client and his or her family prefer to use an unproven method of treatment over a proven one."

21. While a nurse is obtaining a health history, the client tells the nurse that she practices aromatherapy. The nurse interprets this as which of the following?

- A) Use of essential oils to stimulate the sense of smell to balance the mind and body
- B) Application of pressure to specific points to allow self-healing
- C) Use of deep massage of areas on the foot or hand to rebalance body parts
- D) Participation in chanting and praying to promote healing.

22. A pregnant woman asks the nurse about giving birth in a birthing center. 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? (Select all that apply.)

- A) An alternative for women who are uncomfortable with a home birth.
- B) The longer length of stay needed when compared to hospital births
- C) Focus on supporting women through labor instead of managing labor
- D) View of labor and birth as a normal process requiring no intervention
- E) Care provided primarily by obstetricians with midwives as backup care

23. A nurse practicing in the community is preparing a presentation for a group of nursing students about this practice setting. Which of the following would the nurse include as characteristic of this role?

- A) Greater emphasis on direct physical care
- B) Broader assessment to include the environment
- C) Increased dependency on physician
- D) Limited decision making and support

24. A nurse is preparing a teaching plan for a woman who is pregnant for the first time. Which of the following would the nurse incorporate into the teaching plan to foster the client's learning?

(Select all that apply.)

- A) Teach “survival skills” first
- B) Use simple, nonmedical language
- C) Refrain from using a hands-on approach
- D) Avoid repeating information
- E) Use visual materials such as photos and videos

25. A group of nurses are reviewing the steps for developing cultural competence. The students demonstrate understanding when they identify which of the following as the final step?

- A) Cultural knowledge
- B) Cultural skills
- C) Cultural encounter
- D) Cultural awareness

Answer Key

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

Chapter 3- Anatomy and Physiology of the Reproductive System

1. When describing the menstrual cycle to a group of young women, the nurse explains that estrogen levels are highest during which phase of the endometrial cycle?
 - A) Menstrual
 - B) Proliferative
 - C) Secretory
 - D) Ischemic
2. After teaching a group of adolescent girls about female reproductive development, the nurse determines that teaching was successful when the girls state that menarche is defined as a woman's first:
 - A) Sexual experience
 - B) Full hormonal cycle
 - C) Menstrual period
 - D) Sign of breast development
3. A client with a 28-day cycle reports that she ovulated on May 10. The nurse would expect the client's next menses to begin on:
 - A) May 24
 - B) May 26
 - C) May 30
 - D) June 1
4. Which female reproductive tract structure would the nurse describe to a group of young women as containing rugae that enable it to dilate during labor and birth?
 - A) Cervix
 - B) Fallopian tube
 - C) Vagina
 - D) Vulva
5. After teaching a group of pregnant women about breast-feeding, the nurse determines that the teaching was successful when the group identifies which hormone as important for the production of breast milk after childbirth?
 - A) Placental estrogen
 - B) Progesterone
 - C) Gonadotropin-releasing hormone
 - D) Prolactin
6. The nurse is assessing a 13-year-old girl who has had her first menses. Which of the following events would the nurse expect to have occurred first?
 - A) Evidence of pubic hair
 - B) Development of breast buds
 - C) Onset of menses
 - D) Growth spurt

7. When describing the ovarian cycle to a group of students, which phase would the instructor include?

- A) Luteal phase
- B) Proliferative phase
- C) Menstrual phase
- D) Secretory phase

8. The nurse is explaining the events that lead up to ovulation. Which hormone would the nurse identify as being primarily responsible for ovulation?

- A) Estrogen
- B) Progesterone
- C) Follicle-stimulating hormone
- D) Luteinizing hormone

9. The nurse is teaching a health education class on male reproductive anatomy and asks the students to identify the site of sperm production. Which structure, if identified by the group, would indicate to the nurse that the teaching was successful?

- A) Testes
- B) Seminal vesicles
- C) Scrotum
- D) Prostate gland

10. The nurse is creating a diagram that illustrates the components of the male reproductive system. Which structure would be inappropriate for the nurse to include as an accessory gland?

- A) Seminal vesicles
- B) Prostate gland
- C) Cowper's glands
- D) Vas deferens

11. The nurse is preparing an outline for a class on the physiology of the male sexual response. Which event would the nurse identify as occurring first?

- A) Sperm emission
- B) Penile vasodilation
- C) Psychological release
- D) Ejaculation

12. A woman comes to the clinic complaining that she has little sexual desire. As part of the client's evaluation, the nurse would anticipate the need to evaluate which hormone level?

- A) Progesterone
- B) Estrogen
- C) Gonadotropin-releasing hormone
- D) Testosterone

13. A nurse is conducting a class for a group of teenage girls about female reproductive anatomy and physiology. Which of the following would the nurse include as an external female

reproductive organ? Select all that apply.

- A) Mons pubis
- B) Labia
- C) Vagina
- D) Clitoris
- E) Uterus

14. When describing the hormones involved in the menstrual cycle, a nurse identifies which hormone as responsible for initiating the cycle?

- A) Estrogen
- B) Luteinizing hormone
- C) Progesterone
- D) Prolactin

15. A nursing instructor is describing the hormones involved in the menstrual cycle to a group of nursing students. The instructor determines the teaching was successful when the students identify follicle-stimulating hormone as being secreted by which of the following?

- A) Hypothalamus
- B) Anterior pituitary gland
- C) Ovaries
- D) Corpus luteum

16. A woman comes to the clinic for an evaluation. During the visit, the woman tells the nurse that her menstrual cycles have become irregular. "I've also been waking up at night feeling really hot and sweating. The nurse interprets these findings as which of the following?

- A) Menopause
- B) Perimenopause
- C) Climacteric
- D) Menarche

17. After teaching a group of students about female reproductive anatomy, the instructor determines that the teaching was successful when the students identify which of the following as the site of fertilization?

- A) Vagina
- B) Uterus
- C) Fallopian tubes
- D) Vestibule

18. A woman comes to the clinic complaining of a vaginal discharge. The nurse suspects that the client has an infection. When gathering additional information, which of the following would the nurse be least likely to identify as placing the client at risk for an infection?

- A) Recent antibiotic therapy for an upper respiratory infection
- B) Last menstrual period about 5 days ago.
- C) Weekly douching
- D) Frequent use of feminine hygiene sprays.

19. A group of nursing students are reviewing information about the male reproductive structures. The students demonstrate understanding of the information when they identify which of the following as accessory organs? (Select all that apply.)

- A) Testes
- B) Vas deferens
- C) Bulbourethral glands
- D) Prostate gland
- E) Penis

20. A nurse is examining a female client and tests the client's vaginal pH. Which finding would the nurse interpret as normal?

- A) 4.5
- B) 7
- C) 8.5
- D) 10

21. When describing the male sexual response to a group of students, the instructor determines that the teaching was successful when they identify *emission* as which of the following?

- A) Semen forced through the urethra to the outside
- B) Movement of sperm from the testes and fluid into the urethras
- C) Dilation of the penile arteries with increased blood flow to the tissues.
- D) Body's return to the physiologic nonstimulated state

22. A nurse is describing the structure and function of the reproductive system to an adolescent health class. The nurse describes the secretion of the seminal vesicles as which of the following?

- A) Mucus-like
- B) Alkaline
- C) Acidic
- D) Semen

Answer Key

- 1. B
- 2. C
- 3. A
- 4. C
- 5. D
- 6. B
- 7. A
- 8. D
- 9. A
- 10. D
- 11. B
- 12. D
- 13. A, B, D
- 14. B

- 15. B**
- 16. B**
- 17. C**
- 18. B**
- 19. B, C, D**
- 20. A**
- 21. B**
- 22. B**