

Chapter 3. Health Promotion

Multiple Choice

1. Which of the following is a primary prevention measure for a 76-year-old man newly diagnosed with a testosterone deficiency?

- A. Calcium supplementation
- B. Testicular self-examination
- C. Bone density test
- D. Digital rectal examination

Answer: A

Feedback: Primary prevention refers to efforts to prevent disease from occurring. In this case, calcium supplementation is an example of primary prevention.

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Difficulty: Moderate

2. Which of the following is an example of secondary prevention in a 50-year-old woman?

- A. Yearly mammogram
- B. Low animal fat diet
- C. Use of seat belt
- D. Daily application of sunscreen

Answer: A

Feedback: Secondary prevention consists of early screening and detection of disease, such as having a yearly mammogram.

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Difficulty: Moderate

3. Which of the following is an example of tertiary prevention in a patient with chronic renal failure?

- A. Fluid restriction
- B. Hemodialysis 4 days a week
- C. High-protein diet
- D. Maintenance of blood pressure at 120/80

Answer: B

Feedback: Tertiary prevention is the restoration of health after illness or disease has occurred. Undergoing hemodialysis to treat chronic renal failure is an example of tertiary prevention.

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Difficulty: Moderate

4. Immunizations are an example of which type of prevention?

- A. Primary
- B. Secondary
- C. Tertiary
- D. Quaternary

Answer: A

Feedback: Immunizations are an example of primary prevention. They seek to prevent the occurrence of disease.

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Difficulty: Moderate

5. The nurse is speaking to a patient regarding endemic diseases. Which of these choices describes an endemic statistic?

- A. The typical incidence of influenza in a country
- B. The surprise outbreak of malaria in new regions
- C. Higher levels of Ebola in a country when compared to the previous year
- D. Abnormal outbreak of measles in pockets of a country

Answer: A

Feedback: Because influenza rates are occurring at the same frequency as expected based on past history, this is an example of an endemic disease.

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Difficulty: Moderate

6. The nurse is reviewing old and current trends in disease history. Which of these would be considered an example of a sporadic outbreak?

- A. The number of people diagnosed with rabies virus in 2017
- B. The number of people diagnosed with chlamydia in Texas over a 1-month period
- C. The number influenza cases diagnosed from 1918 to 1919
- D. The number of common cold cases diagnosed in Washington between October 2016 and March 2017

Answer: A

Feedback: A sporadic outbreak occurs when there are occasional cases of an event unrelated in space or time. The best example of this is the number of people diagnosed with rabies virus in 2017.

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Difficulty: Moderate

7. Which accurately defines *incidence rate*?

- A. The number of old cases of a disease at a point in time
- B. The number of cases of a disease at a point in time divided by the percentage of the population at a point in time
- C. The number of total cases of a disease diagnosed at a point in time
- D. The number of new cases of a disease diagnosed at a point in time

Answer: D

Feedback: The incidence rate is the number of new cases of a disease diagnosed at a point in time.

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Difficulty: Easy

8. What describes a pandemic?

- A. An event more than epidemic magnitude affecting a single community or country over a long period of time
- B. An event of epidemic magnitude affecting a single community or country in a short period of time
- C. An event of epidemic magnitude affecting multiple communities and countries in a short period of time
- D. An event less than epidemic magnitude affecting multiple communities and countries over a long period of time

Answer: C

Feedback: A pandemic is defined as the presence of an event in epidemic proportions affecting many communities and countries in a short period of time.

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Difficulty: Easy

9. Which test of health literacy can be completed quickly and provide results comparable to more time-consuming tests?

- A. Test of Functional Health Literacy in Adults (TOFHLA)
- B. Patient Health Questionnaire (PHQ-9)
- C. Rapid Estimate of Adult Literacy in Medicine-Short Form (REALM-SF)
- D. Newest Vital Scale (NVS)

Answer: D

Feedback: The NVS can provide results comparable to more time-consuming literacy tests such as the TOFHLA or REALM-SF.

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Difficulty: Easy

10. The nurse is working with a 65-year-old patient who was recently diagnosed with hypertension. The patient is concerned about their optimal health with their new diagnosis. Which nursing action is necessary for health promotion with the patient?

- A. Discussing appropriate stress management techniques
- B. Sharing with the patient how to increase sodium consumption
- C. Discussing with the patient exercises that increase heart rate
- D. Emphasizing the importance of avoiding flu vaccinations

Answer: A

Feedback: Applying appropriate stress management techniques will help keep blood pressure within normal limits. This is the primary goal of managing hypertension.

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Difficulty: Moderate

Chapter 5. Evidence-Based Care

Multiple Choice

1. What is the goal of nursing research?

- A. Make decisions regarding nursing education based on published literature
- B. Determine topics that could develop nursing knowledge
- C. Gather information from published literature to make decisions about application to clinical practice
- D. Conduct studies to develop a body of nursing knowledge

Answer: D

Feedback: Nursing research focuses on human responses to health and illness situations; as such, the goal of nursing research is to conduct studies to develop a unique body of nursing knowledge that is key to building evidence-based practice in our discipline.

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Difficulty: Easy

2. Which is the most important question to ask in evidence-based practice?

- A. Who funded the research?
- B. How will the findings be used?
- C. Is this a randomized controlled trial?
- D. What theory is being utilized?

Answer: B

Feedback: When evaluating research to be used in evidence-based practice, it is important to ask how the findings will be used. It is also important to consider what constitutes evidence.

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Difficulty: Easy

3. Nursing research should be utilized by

- A. Nurses at the bedside
- B. Advanced practice nurses
- C. Nurse researchers
- D. Nurses at all levels of practice

Answer: D

Feedback: Nurses at all levels of practice should use research to improve patient outcomes.

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Difficulty: Easy

4. A clinical guideline may be found useful if the guideline was

- A. Published 2 to 3 years ago
- B. Created using one group
- C. Authored by a relatively unknown source
- D. Funded by an anonymous source

Answer: A

Feedback: Guidelines must be current. This means the guideline must have been created or revised in the past 2 to 3 years to be considered useful.

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Difficulty: Easy

5. Practice guidelines are designed to

- A. Be inflexible
- B. Be utilized in every circumstance
- C. Provide a reference point for decision making
- D. Define the scope of work

Answer: C

Feedback: Guidelines are intended to provide a reference point and general direction for decision making. They are not meant to be interpreted as rigid criteria that must be followed regardless of the context.

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Difficulty: Moderate

6. Which of the following is an example of determining whether a crucial element of a guideline is applicable to your patients?

- A. There are no intended specific patients in the guideline.
- B. You are a primary care provider and the guidelines were written for primary care providers.
- C. Your patients have a markedly lower prevalence of a condition than the patients in the guideline.
- D. You are a pediatric oncologist and the guidelines were written for geriatric specialists.

Answer: B

Feedback: Clinical guidelines written for a primary care provider would be most applicable to a primary care provider. The key criteria to consider when assessing applicability of guideline recommendations are (1) who the guidelines are written for and whether they suit the intended purpose, (2) how closely the individual patient characteristics match those of the patients defined in the guidelines, and (3) whether the guideline is appropriate for the setting and environmental conditions.

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Difficulty: Easy

7. Which of the following would be considered the research design for Level I evidence?

- A. Single, well-designed randomized controlled trial
- B. Systematic review of randomized controlled trial studies
- C. Well-designed controlled trials without randomization
- D. Systematic reviews of descriptive or qualitative studies

Answer: B

Feedback: Level I evidence includes systematic reviews and meta-analyses of randomized controlled trials.

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Difficulty: Easy

8. Which of the following would be considered the research design for Level II evidence?

- A. Single descriptive or qualitative study
- B. Well-designed case control or cohort studies
- C. Single, well-designed randomized clinical trial
- D. Systematic review of randomized clinical trial studies

Answer: C

Feedback: A single, well-designed randomized clinical trial is considered Level II evidence.

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Difficulty: Easy

9. Which of the following would be considered the research design for Level III evidence?

- A. Well-designed controlled trials without randomization
- B. Systematic reviews of descriptive or qualitative studies
- C. Systematic review of randomized clinical trial studies

D. Opinion of authorities and expert committees

Answer: A

Feedback: Well-designed controlled trials without randomization are classified as Level III evidence.

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Difficulty: Easy

10. Which of the following would be considered the research design for Level IV evidence?

- A. Single descriptive or qualitative study
- B. Opinion of authorities and expert committees
- C. Systematic review of randomized clinical trial studies
- D. Well-designed case control or cohort studies

Answer: D

Feedback: Level IV evidence consists of well-designed case control or cohort studies.

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Difficulty: Easy

11. Which of the following would be considered the research design for Level V evidence?

- A. Systematic review of randomized clinical trial studies
- B. Well-designed controlled trials without randomization
- C. Systematic reviews of descriptive or qualitative studies
- D. Single descriptive or qualitative study

Answer: C

Feedback: Systematic reviews of descriptive or qualitative studies are classified as Level V evidence.

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Difficulty: Easy

12. Which of the following would be considered the research design for Level VI evidence?

- A. Systematic reviews of descriptive or qualitative studies
- B. Opinion of authorities and expert committees
- C. Well-designed case control or cohort studies
- D. Single descriptive or qualitative study

Answer: D

Feedback: A single descriptive or qualitative study is considered Level VI evidence.

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Difficulty: Easy

13. Which of the following would be considered the research design for Level VII evidence?

A. Well-designed controlled trials without randomization

B. Opinions of authorities and expert committees

C. Well-designed case control or cohort studies

D. Single descriptive or qualitative study

Answer: B

Feedback: Opinions of authorities and expert committees are considered Level VII evidence.

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Difficulty: Easy

Section 1. Neurological Problems

Multiple Choice

1. Which statement about confusion is true?
- A. Confusion is a disease process.
 - B. Confusion is always temporary.
 - C. Age is a reliable predictor of confusion.
 - D. Polypharmacy is a major contributor to confusion in older adults.

Answer: D

Feedback: Although age is not a reliable predictor of confusion, older adults are at increased risk for confusion because of polypharmacy. Confusion is a symptom, rather than a disease process, and it can be temporary or permanent.

Chapter: Chapter 6, Common Neurological Complaints

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Difficulty: Moderate

2. Which of the following indicates a diagnosis of dementia?
- A. Onset after an infection
 - B. Abrupt onset over a week
 - C. Difficulty with long-term memory
 - D. Hard time finding words

Answer: D

Feedback: Dementia affects language ability and can make it difficult for a person to find the right words.

Chapter: Chapter 6, Common Neurological Complaints

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Difficulty: Moderate

3. Which diagnostic tool is used to differentiate between focal onset and generalized onset epilepsy?
- A. Electroencephalogram (EEG)
 - B. Computed tomography (CT)
 - C. Magnetic resonance imaging (MRI)
 - D. Positron emission tomography (PET) scan

Answer: A

Feedback: An EEG can help differentiate between focal onset and generalized onset epilepsy. CT and MRI are used to evaluate for a structural lesion, such as a hemorrhage or tumor, as the cause of the seizure.