

Chapter 2 Diversity and Maternal Child Nursing

1. A school-age child, a member of a family with a mother, father, and toddler, is hospitalized. The father is employed outside of the home, and the mother stays at home with the other child. The mother is challenged with supporting both children at this time. What should the nurse suggest to the mother?
 - A) Place the toddler in day care.
 - B) Suggest the father take time off to help.
 - C) Ask extended family members to help out during this time.
 - D) Visit with the patient after the father comes home from work.Ans: C

Feedback:

In a time of crisis, the nuclear family is challenged because there are few family members to share the burden or look at a problem objectively. The nurse should suggest that the family locate and reach out to support people in their extended family during a crisis. Placing the toddler in day care and suggesting the father take time off to help might negatively impact the family's financial situation and would be inappropriate for the nurse to suggest these options. The option of visiting the school-age child after the father comes home from work may not support the child adequately during the hospitalization.

2. A preadolescent patient, a member of a single-parent family, has abdominal pain and the health care provider suspects that an appendectomy might need to be performed. The patient's father is asking for a second opinion, whereas the mother tells the nurse to do whatever needs to be done to help the patient. What does the nurse need to assess before moving forward with planning care for this patient?
 - A) Permission to miss school
 - B) Identify the custodial parent
 - C) The type of health insurance
 - D) Plans for help upon discharge

Ans: B

Feedback:

The nurse needs to identify who is the custodial parent. This is especially important when consent forms for care need to be signed. Once this information is obtained, the nurse needs to clearly document it in the patient's medical record. Permission to miss school, health insurance, and needs after discharge do not necessarily need to be assessed prior to planning care for the patient.

3. During a family assessment, the nurse learns that the male parent smokes. What should the nurse do with this information to support the 2020 National Health Goals?
- A) Document the information in the medical record.
 - B) Explain that smoking can cause long-term health problems.
 - C) Ask if the male parent has made any efforts towards smoking cessation.
 - D) Suggest that smoking be done away from other family members because of health concerns.

Ans: C

Feedback:

One of the 2020 National Health Goals is to increase the percentage of adult smokers aged 18 years and older attempting to stop smoking from 48.3% to 80%. To support this goal, the nurse should ask the parent if any efforts toward smoking cessation have been taken. The nurse needs to do more than just document the information. Explaining that smoking can cause long-term health problems may not be an effective strategy to encourage the parent to stop smoking. Suggesting that smoking be done away from other family members is assuming that the parent is smoking with the family members present.

4. During a family assessment, it is identified that the mother is unemployed but stays at home to prepare meals, monitor medication doses, and comfort the children with emotional issues. The father works outside of the home and pays the bills. Which terms should the nurse use to document the role of the father in this family? (Select all that apply.)
- A) Provider
 - B) Nurturer
 - C) Culture bearer
 - D) Health manager
 - E) Financial manager

Ans: A, E

Feedback:

The provider is considered the person who brings home the money, which would be the father because he works outside of the home. The person who pays the bills is considered the financial manager. The nurturer would be the one who makes the meals or the mother in this situation. The health manager is also the mother because she is the person who monitors medication doses. There is no evidence to support that either the mother or father function in the role as culture bearer.

5. The nurse is completing an assessment of a family with a preschool-age child. Which areas should the nurse focus when instructing the parents on tasks needed during this stage of family development? (Select all that apply.)
- A) Prevention of accidental injuries
 - B) Importance of child's socialization
 - C) Promoting health through immunizations
 - D) Socialization through sporting events
 - E) Need for dental care and health assessments

Ans: A, B

Feedback:

In the stage of family development with a preschool-age child, the parent's tasks are to prevent accidental injuries and begin the child's socialization. Socialization through sporting events, promoting health through immunizations, and the need for dental care and health assessments are family responsibilities for the family with a school-age child.

6. The nurse is caring for a school-age child whose mother works two jobs, father is away from the home during the week truck driving, and older brother has a part-time after school job. The child will be hospitalized for several weeks for chemotherapy treatments. Which nursing diagnosis should the nurse identify as being appropriate for this family?
- A) Impaired parenting
 - B) Parental role conflict
 - C) Health-seeking behaviors
 - D) Readiness for enhanced family coping

Ans: B

Feedback:

The diagnosis parental role conflict would address the parents' work responsibilities and schedules and the relationship of work to the child's extended hospitalization. There is no evidence to suggest that there is impaired parenting, health-seeking behaviors, or readiness for enhanced family coping.

7. The nurse is evaluating outcomes about a family's ability to care for an adolescent child that is recovering from a spinal cord injury. Which statements indicate that this family is transitioning in a healthy manner?
- A) The patient states the injuries "messed up" the rest of his life.
 - B) The mother states the need to have a break at least once per week.
 - C) The patient states fewer episodes of nausea with changing position.
 - D) The father states the child's accident has brought the family closer together.
 - E) The mother states the ability to provide care for the child is becoming easier.
- Ans: D, E

Feedback:

The statements that indicate that the family is able to care for an adolescent child that is recovering from a spinal cord injury include the father's statement about the family being brought closer together and the mother's statement about the care being easier to provide. The patient's two statements do not address the family's ability to care for the patient. The mother's statement about needing a break does not measure if the family is able to care for the adolescent patient.

8. The nurse is planning outcomes of care for a family whose infant was born with a birth defect. Which outcome statement would be the most appropriate for this family?
- A) The parents will seek information regarding the birth defect.
 - B) The parents will limit involvement with extended family members.
 - C) The mother will return to work after 6 weeks as planned before the delivery.
 - D) The father will learn to care for the infant so that the mother can return to work.
- Ans: A

Feedback:

The family has a new member that has a birth defect. The outcome statement that would be most appropriate for the family would be for the parents to seek out information about the birth defect. The parents limiting involvement with extended family members may indicate that the family will be isolated. The father learning to care for the infant so that the mother can return to work does not take into consideration if the father is employed. The mother planning to return to work after 6 weeks as planned before the delivery does not take into consideration the newborn's health care needs.

9. The nurse is visiting a family with a toddler and school-age child. Which teaching should the nurse provide to the parents that would be appropriate for both children?
- A) Increased freedom
 - B) Actions to ensure safety
 - C) Encourage independent thinking
 - D) Importance of school experiences

Ans: B

Feedback:

The teaching that would support both of the children's needs would be to focus on actions to ensure safety. Increased freedom would be appropriate for the adolescent. Encourage independent thinking would be appropriate for the young adult. Importance of school experiences would be appropriate for the school-age child but not for the toddler.

10. A recently separated mother is overwhelmed with caring for three children under the age of 5 years. The oldest child has been recently diagnosed with muscular dystrophy. Which health care providers should the nurse consult to help the mother? (Select all that apply.)
- A) Dietician
 - B) Physician
 - C) Pharmacist
 - D) Social worker
 - E) Physical therapist

Ans: D, E

Feedback:

The mother is recently separated and is raising three children independently. The older child is diagnosed with a chronic illness. The nurse should consult a social worker to help identify resources that the mother and family need. The nurse should consult with a physical therapist to help the oldest child attain or maintain the maximum level of physical functioning. A dietician, physician, and pharmacist will not necessarily be of assistance to the family at this time.

11. A family of dual-parent employment with two school-age children has moved into a community. During the home visit, the nurse overhears the children talking about something on the Internet being more interesting than school work. What type of information would be beneficial for the nurse to share with the parents at this time?
- A) School clubs that meet on the weekends
 - B) Community activities planned specifically for after school
 - C) Names of the Internet providers that service the community
 - D) Local businesses seeking workers for part-time employment

Ans: B

Feedback:

The children of a dual-parent employment family might spend significant amounts of time on the Internet. The parents may not be aware of what Internet sites the children are frequenting. To reduce the amount of time spent alone on the Internet, the nurse should provide the parents with information about community activities planned specifically for after school. This could reduce the amount of time the children spend in the Internet while waiting for parents to return home from work. School clubs that meet on weekends will not help with the children spending time on the Internet during the week. Providing the names of Internet service providers does not address the issue. Local businesses seeking workers for part-time employment is inappropriate because the children are of school age.

12. The nurse is visiting a family new to a community. The mother has a disability, and the adolescent child is being treated for anorexia. What will the nurse do first when assessing this family?
- A) Construct an ecomap.
 - B) Complete a genogram.
 - C) Assess the home for safety.
 - D) Discuss the daughter's anorexia.

Ans: A

Feedback:

An ecomap documents the “fit” of a family into their community by diagramming the family and community relationships. Because this family is new to the community, this would be the best thing for the nurse to do first. A mark of families who are new to a community is they have few community contacts because they have not formed these as yet. A family with few connecting lines between its members and the community may need increased nursing contact and support to remain a well family. A genogram is a diagram that details family structure and provides information about the family's health history and the roles of various family members across several generations. This might be appropriate for the nurse to complete at a later time. Assessing the home for safety and discussing the daughter's anorexia could also be done at a later time.

13. The nurse has been working with a family on actions that strengthen loyalty between all members. Which healthy family behavior has been the focus of the nurse's interventions?
- A) Division of labor
 - B) Physical maintenance
 - C) Socialization of family members
 - D) Maintenance of motivation and morale

Ans: D

Feedback:

In maintenance of motivation and morale, healthy families have pride in their family and allow them to support each other during a crisis. Assessing for loyalty is one way to measure this behavior. Division of labor focuses on family members dividing the workload among family members and adjusting workloads as necessary. Physical maintenance focuses on food, shelter, clothing, and health care. Socialization of family members focuses on every family member feeling as a part of the family and interacting with people outside of the family.

14. The nurse determines that a small nuclear family has achieved the family task of division of labor. What did the nurse assess in this family to come to this conclusion?
- A) Parents take the children out to meet the new neighbors.
 - B) Parents and children attend religious services every week.
 - C) Older children finish homework before watching television.
 - D) Mother cares for children while father works outside of the home.

Ans: D

Feedback:

The task of division of labor is when the workload is divided evenly between family members. Parents taking children to meet the neighbors fulfill the task of family member socialization. The family attending religious services every week fulfills the task of member placement in society. Older children finishing homework before watching television fulfills the task of maintenance of order.

15. An extended family is experiencing a crisis. Excessive work demands have caused the primary parents to work longer hours, but the grandmother who usually watches the children after school is recovering from hip replacement surgery. What can the nurse suggest to help this family through this period of time?
- A) One parent reduces work hours.
 - B) Children go to the grandmother's house after school.
 - C) Identify another extended family member to assist while the grandmother recovers.
 - D) Recommend the children learn independence and stay at home alone until a parent arrives.

Ans: C

Feedback:

A positive aspect of the extended family is the availability of many people for child care and support. The family needs to call on this strength and ask another family member to help with the child support until the grandmother recovers. One negative aspect of the extended family is reduced resources because of fewer wage earners. This is not the case because both primary parents are working. Asking for one parent to reduce work hours would be a negative suggestion. Having the children go to the grandmother's home after school would negatively impact the grandmother's healing and is an inappropriate suggestion to make at this time. Recommending the children learn independence and stay at home alone could be a safety issue and would be an inappropriate suggestion at this time.

Chapter 3 The Childbearing and Childrearing Family in the Community

1. Which question should the nurse ask when assessing the sociocultural aspects of a patient's family?
- A) Citizenship
 - B) Occupation
 - C) Education level
 - D) Family structure

Ans: D

Feedback:

Family structure is a lifestyle area that is culturally determined. Citizenship, occupation, and education level are influenced by culture but on an individual basis.

2. The nurse suspects that an adolescent patient from the inner city stereotypes other people. Which statement did the patient make that caused the nurse to come to this conclusion?
- A) "Kids who study are just nerds."
 - B) "All people who live in the suburbs drive big cars."
 - C) "City people are smarter than those who live in the suburbs."
 - D) "I stay away from people who live downtown because they look funny."
- Ans: B

Feedback:

Stereotyping is expecting a person to act in a characteristic way without regard to his or her individual traits. Ethnocentrism is the belief one's own culture is superior to all others as exemplified by the statement, "City people are smarter than those who live in the suburbs." Discrimination is treating people differently based on their physical or cultural traits, or by performing an act. The statements that exemplify discrimination are "kids who study are just nerds" and "I stay away from people who live downtown because they look funny."

3. A young patient tells the nurse that it is taboo to date before the age of 18 years. How should the nurse interpret this patient's statement?
- A) Everyone dates before the age of 18 years.
 - B) Dating before the age of 18 years is not permitted.
 - C) Dating before the age of 18 years can be done with permission.
 - D) Dating before the age of 18 years is permitted in large groups only.
- Ans: B

Feedback:

A taboo is an action that is not acceptable to a culture. Dating before the age of 18 years being taboo means that it is not permitted to be done. This does not mean that everyone dates before the age of 18 years or that dating is done with permission or in large groups only.

4. Which nursing action supports a 2020 National Health Goal that addresses cultural diversity?

A) Focusing on actions to enhance disease prevention
B) Reviewing actions to prevent accidents in the home environment
C) Discussing breastfeeding with a pregnant patient who is Hispanic
D) Analyzing the patient's compliance with health promotion activities

Ans: C

Feedback:

One 2020 National Health Goal for cultural diversity is to increase the proportion of mothers who breastfeed their babies in the early postpartum period from a baseline of 43.5% to a target of 60.6%. Actions to enhance disease prevention, prevent accidents, and comply with health promotion activities do not support the 2020 National Health Goals for cultural diversity.

5. The nurse is preparing to assess a pregnant patient who is a member of a non-English-speaking culture. Which areas should the nurse assess to address cultural diversity? (Select all that apply.)

A) Pain
B) Time
C) Touch
D) Environment
E) Communication

Ans: A, B, C, E

Feedback:

When conducting an assessment, areas to include that address cultural diversity include pain, time, touch, and communication. Environment is a global term that may or may not be appropriate to for an assessment on cultural diversity.

6. The nurse is beginning an assessment with a pregnant patient from a non-English-speaking culture. The interpreter is having difficulty understanding what the patient is trying to say and the patient is becoming frustrated. Which nursing diagnosis would be the most appropriate for this situation?

A) Fear
B) Anxiety
C) Powerlessness
D) Impaired verbal communication

Ans: D

Feedback:

For this patient, impaired verbal communication is because of the frustration that is occurring between the patient, interpreter, and the nurse. There is no evidence to support the diagnoses of fear, anxiety, or powerlessness with this patient.