

Question 1

The nurse is working with new parents who have recently immigrated to the United States. The nurse is not familiar with the cultural background of the family. What statement is best?

1. You appear to be Muslim. Do you want your son circumcised?
2. Let me explain how newborn care takes place here in the U.S.
3. Your baby is a U.S. citizen. You must be very happy about that.
4. Could you explain what your preferences are regarding childbearing?

Answer: <https://biology-forums.com/index.php?topic=1452329>

Question 2

The mother of a child admitted after a motor vehicle accident expresses concern about caring for the child's wounds at home. The mother has demonstrated appropriate technique with medication administration and wound care.

- Which is the priority nursing diagnosis?
1. Parental Anxiety related to care of the child at home
 2. Altered Family Processes related to hospitalization
 3. Risk for Infection for related to presence of healing wounds
 4. Knowledge Deficit related to home care

Answer: <https://biology-forums.com/index.php?topic=1448984>

Question 3

A child who has beta-thalassemia is receiving numerous blood transfusions. The child is also receiving deferoxamine (Desferal) therapy. The parents ask how the deferoxamine will help their child.

Which rationale does the nurse use when responding to the parents?

1. It prevents blood transfusion reactions.
2. It stimulates red blood cell production.
3. It provides vitamin supplementation.
4. It prevents iron overload.

Answer: <https://biology-forums.com/index.php?topic=1453130>

Question 4

Which finding noted by the school nurse while conducting pediculosis capitis (head lice) checks would indicate the need for treatment?

1. White, flaky particles throughout the entire scalp region
2. Lesions on the scalp that extend to the hairline or neck
3. Maculopapular lesions behind the ears
4. Silver/white sacs attached to the hair shafts in the occipital area

Answer: <https://biology-forums.com/index.php?topic=1426164>

Question 5

Which is the rationale for why parents should be allowed to be present with their children during a medical procedure?

1. Parents want to support their child before, during, and immediately after the procedure.
2. Parents want to ensure that nothing goes wrong with the child.
3. Parents are interested because they are also in the medical field.
4. Parents want to ensure that the correct medication is being used.

Answer: <https://biology-forums.com/index.php?topic=1448988>

Question 6

Which patient is not a good candidate for Depo-Provera (DMPA)?

1. One who wishes to get pregnant within three months
2. One who wishes to breastfeed
3. One with a vaginal prolapse
4. One who weighs 200 pounds

Answer: <https://biology-forums.com/index.php?topic=1452598>

Question 7

Which distraction techniques should the nurse to use for a school-age child during a painful procedure? Select all that apply.

1. Blowing bubbles
2. Music therapy
3. Guided imagery
4. Hypnosis
5. Sucrose solution

Answer: <https://biology-forums.com/index.php?topic=1448922>

Question 8

The nursing instructor is demonstrating a newborn assessment using the Ballard gestational assessment tool. Which assessment should be performed after the first hour of birth?

1. Scarf sign
2. Arm recoil
3. Popliteal angle
4. Square window sign

Answer: <https://biology-forums.com/index.php?topic=1426465>

Question 9

Which information is least likely recorded as a part of the initial newborn assessment?

1. Presence or absence of meconium-stained fluid
2. Blood draw for phenylketonuria (PKU) screening
3. Resuscitative measures required in the birthing area
4. Parents' desires regarding circumcision for a male infant

Answer: <https://biology-forums.com/index.php?topic=1426442>

Question 10

The nurse encounters a woman giving birth at the local mall. What should the nurse do first?

1. Apply counterpressure to the perineum.
2. Ask a bystander for a dry piece of clothing.
3. Visualize the perineum.
4. Determine if the membranes have ruptured.

Answer: <https://biology-forums.com/index.php?topic=1444835>

Question 11

The father of a newborn asks the nurse what medication is in the baby's eyes and why it is needed. Which should the nurse explain to the father?

- A) Destroy an infectious exudate of the vaginal canal
- B) Prevent infection of the baby's eyes by bacteria which may have been in the vaginal canal
- C) Prevent potentially harmful virus from invading the tear ducts
- D) Prevent the baby's eyelids from sticking together to help see

Answer: <https://biology-forums.com/index.php?topic=1451893>

Question 12

A four-year-old child is admitted to the hospital secondary to dehydration. Lab tests indicate a high hemoglobin and hematocrit, and the serum sodium is below normal levels. This fluid loss is indicative of which condition?

1. Hypernatremia
2. Metabolic acidosis
3. Hypotonic dehydration
4. Isotonic dehydration

Answer: <https://biology-forums.com/index.php?topic=1446271>

Question 13

The nurse notes that a newborn has tremor-like movements. For which health problems should this newborn be further assessed? Select all that apply.

1. Seizures
2. Bilirubinemia
3. Hypocalcemia
4. Hypoglycemia
5. Substance withdrawal

Answer: <https://biology-forums.com/index.php?topic=1449270>

Question 14

A 77-year-old Hispanic Catholic Nun (retired) who immigrated to the United States 15 years ago lives alone but in an apartment complex where her sister lives as well. She is being discharged home after a hospitalization for congestive heart failure with p

- a. Language barrier
- b. Living alone
- c. Large number of medications
- d. Ethnic background

e. Religious background
In order to best assure client safety and affective medication therapy, the nurse suggests that the son who will be administering his parent's medications via PEG (percutaneous enteral gastrostomy) tube:

- a. Ask the pharmacist to provide the medications in liquid form when available
- b. Crush all medications and add them to the tube feeding
- c. Medications that can not be crushed should be given orally
- d. Medications should be administered via the PEG all at once, one time daily

An 81-year-old patient is being discharged from the hospital to home. She is on seven different medications, which are to be taken at four different times during the day. What would be most useful in helping this patient manage her medications? The nurse

- a. the package inserts from all of the medications for the client to read
- b. a pillbox with compartments for each day and each of the doses
- c. a written list of all the client's medications and administration routine

d. a suggestion that the client's daughter administer the medications
The nurse's first response when told by a client during an assessment interview that they can't take furosemide (Lasix) is to ask:

- a. Is your healthcare provider aware that you are allergic to Lasix?
- b. Can you describe what happened when you took Lasix?
- c. When was the last time you took Lasix?

d. Have you any question regarding your reaction to Lasix?
When discussing pharmacological considerations a 68-year-old client asks, Why do medications seem to act differently than they did when I was younger? The nurse bases the response on the concept that:

- a. Age-related changes affect the way drugs are metabolized by older adults
- b. Over-the-counter (OTC) drugs have standardized dosages that are appropriate all ages
- c. Older adults may need larger doses of medication to bring about the desired effects
- d. Adverse drug reactions occur with similar frequency in older adults as the general population

When performing the initial assessment on a new client in the geriatric outpatients practice, the most effective method the nurse can implement to elicit an accurate medication assessment is to ask that the client:

- a. make a list of all their current medications
- b. work with a family member to make a list of their medications
- c. bring in all of the medications that they are currently taking
- d. allow their previous primary care provider to provide a list of medications

The Beers list is an effective tool for healthcare professionals prescribing and/or managing the medication therapy of older adults since it identifies medications that for this population:

- a. are not typically covered by drug benefit plans.
- b. have a higher than usual risk for injury
- c. are likely to be abused

d. generally cause allergic reactions
The nurse suspects that a client is experiencing tardive dyskinesia when observing:

- a. that the client can't seem to stop moving
- b. the client's facial muscles are twisting involuntarily
- c. the client not able to get up out of a chair
- d. that the client's hand tremors so much that drinking from a cup is difficult

Answer: <https://biology-forums.com/index.php?topic=1714700>

Question 15

Prior to discharging the child from the hospital, what routine discharge instructions should the nurse discuss with the family?

1. Monitoring of signs and symptoms specific to condition
2. No instructions are needed; the family is familiar with child.
3. Instruction on performing a medical exam on child
4. How to remove all catheters, including central lines

Answer: <https://biology-forums.com/index.php?topic=1445862>

Question 16

A patient calls his urologist's office to clarify instructions about semen analysis. The nurse should instruct the patient to:

1. Remain abstinent for 3 days prior to collecting the specimen.
2. Use a lubricant while obtaining the semen specimen.
3. Immediately refrigerate the specimen for a maximum of 8 hours.
4. Deliver the specimen to the laboratory within 1 hour of collection.

Answer: <https://biology-forums.com/index.php?topic=1452575>

Question 17

The mother of a severely premature infant is being allowed to see her baby for the first time. The infant has an IV, a feeding tube, and is receiving phototherapy. He is also hooked up to cardiac and respiratory monitors.

What information or instructions should the mother NOT receive before seeing her infant?

1. The mother should not touch her infant because the baby's skin is fragile and could be easily hurt.
2. The mother should not hold the infant before thoroughly washing her hands.
3. The mother should be told what her infant will look like.
4. The mother should receive a description of the equipment that is hooked up to her child.

Answer: <https://biology-forums.com/index.php?topic=1452297>

Question 18

Which data, noted by the nurse during the physical assessment, would indicate the need to refer an adolescent client for further treatment due to possible depression? Select all that apply.

1. Agoraphobia
2. Somatic complaints
3. Focus on violence
4. Poor self-care
5. Poor school performance

Answer: <https://biology-forums.com/index.php?topic=1426246>

Question 19

A postpartum client weighing 165 lb is prescribed to take 12 mg/kg/day of lysine to help with afterpains. If the client ingests 375 mg of lysine in food, how many additional milligrams of the supplement should the client take? (Calculate to the nearest whole number.)

What will be an ideal response?

Answer: <https://biology-forums.com/index.php?topic=1426355>

Question 20

1.
The term used to explain physical complaints and symptoms that are expressed because of psychological stress is what?

- A) Hysteria
- B) Somatization
- C) Psychophysiologic
- D) Somatoform

2.
A 36-year-old male comes to the clinic complaining of severe headaches. After assessing the client and reviewing test results, the physician finds no physical cause for the headaches. The physician believes that the client has a psychophysiologic syndrome. What is the client getting from the attention of the health care workers?

- A) Displacement of anxiety

- B) Primary gain
C) Secondary gain
D) Repression of trauma
3.
A client is seen in the outpatient clinic for the first time. When reviewing the history, the nurse notes that the client has a long history of being seen by many different doctors. The client has also had multiple exploratory surgeries with nothing found to cause the client's problem. What would the nurse suspect of this patient?
A) A slow growing cancer
B) Hypochondriasis
C) A central nervous system disorder
D) A somatoform disorder
4.
What symptoms would a client with a somatoform disorder complain of? (Mark all that apply.)
A) At least two gastrointestinal symptoms
B) Severe headaches and visual problems
C) Pain in at least four different locations
D) A sexual or reproductive problem
E) Flatus and diarrhea
5.
A client with somatoform disorder is commonly found to be what?
A) Depressed
B) Delusional
C) Demyelinated
D) Deceptive
6.
A client with somatoform disorder has become enraged with his coworker. What would be a common threat for the client to make in order to manipulate his coworker into meeting his needs?
A) Quitting his job
B) Going on a hunger strike
C) To kill himself
D) To kill someone else
7.
You are researching somatoform disorder for your mental health nursing class. What ethnic populations would you find this disorder is most prevalent in?
A) Greek and Hispanic
B) Spanish and Puerto Rican
C) Hispanic and Arabic
D) Greek and Puerto Rican
8.
A client with somatoform disorder has been admitted to the inpatient unit of the local hospital. The nurse would know to assess for what other personality disorder that is often seen in these clients?
A) Borderline
B) Paranoid
C) Histrionic
D) Hypochondria
9.
A mental health nurse working with somatoform clients knows that primary care physicians are an important part of these clients' treatment. Why does a trusting relationship need to be fostered between the client and the primary care physician?
A) To provide medical input into the care plan
B) To prevent the pattern of repeat medical treatment by a series of physicians
C) To prevent adverse interactions in pharmacotherapy
D) To provide support to the clients and their support system
10.
As a mental health nurse practitioner, you are treating a client with a somatoform disorder and a comorbidity of depression. You know that this patient will most likely benefit from what?
A) Reassurance that there is no serious medical reason for the symptoms
B) Psychotherapy
C) An antidepressant
D) An anti-anxiety agent
11.
What alternative therapies have been found helpful for some patients with somatoform disorders? (Mark all that apply.)
A) Pharmacotherapy
B) Massage therapy

- C) Herbal medicine
- D) Meditation
- E) Group therapy

12.
When taking a health history on a new client with a somatoform disorder, what is it that is most important to elicit?

- A) Any familial diseases
- B) Any genetic diseases
- C) Any surgical procedures
- D) Any pattern of repeated complaints

13.
When writing a care plan for a client with a somatoform disorder, what nursing diagnosis would most likely be included?

- A) Self-esteem disturbance, related to repressed unmet dependency needs and unsatisfactory interpersonal relationships
- B) Sexual dysfunction, related to an inability to feel pleasure
- C) Self-care deficit, related to loss of function
- D) Chronic pain, related to severe physical ailment

14.
You are updating a care plan for a client with a somatoform disorder. What outcome would you expect to have met before the client is discharged from the hospital?

- A) Demonstrates the use of manipulative behavior to secure attention
- B) Expresses positive feelings about self
- C) Verbalizes minor body defects and related feelings
- D) Performs self-care needs with assistance

15.
A mental health nurse practitioner has a client with a somatoform disorder. This client is being seen on an outpatient basis. What is a realistic outcome the nurse practitioner would expect of this client near the end of the nursepatient relationship?

- A) Expresses feelings of pain and distress
- B) Verbalizes alteration in physical functioning
- C) Discusses present health problem with health care provider and family
- D) Acknowledges physical pain

16.
You are caring for a client with a conversion disorder. What would be an appropriate nursing diagnosis for this client?

- A) Sleep pattern disturbance, related to sleep apnea
- B) Self-esteem disturbance, related to repressed unmet dependency needs and unsatisfactory interpersonal relationships
- C) Body image disturbance, related to severe anxiety or low self-esteem
- D) Self-care deficit, related to perceived loss of function or paralysis of body part

17.
What would be your first nursing intervention when caring for a client with a somatoform disorder?

- A) Establishing a trusting relationship
- B) Providing a comfortable environment
- C) Identifying positive feelings that the client may have
- D) Helping the client face his or her responsibilities

18.
You are caring for a client who is exhibiting psychophysiologic behaviors. What would be an important nursing intervention for you to use?

- A) Encourage confrontation concerning the psychologic defense nature of the symptoms.
- B) Respond to the client with understanding and patience.
- C) Identify fulfilled dependency needs of the client.
- D) Maximize time and attention given to physical symptoms.

19.
You are admitting a client to the clinic who exhibits psychophysiologic behaviors. What nursing intervention would be appropriate to use with this patient?

- A) Confront the client when he or she exhibits psychophysiologic behaviors.
- B) Recognize that the physical complaints are phantom to the client even though supportive medical evidence is lacking.
- C) Remember that the client is not consciously trying to be sick or avoid responsibilities.
- D) Observe behaviors unrelated to current illness.

20.
The mental health nurse is caring for a client with psychophysiologic behaviors. What would be an important intervention for the nurse with this client?

- A) Encourage confrontation concerning the psychologic defense nature of the symptoms.
- B) Encourage the client to use physical means to express feelings.
- C) Maximize the time and attention given to physical symptoms.
- D) Continue to monitor physical complaints to assist in ruling out any actual cause for the symptoms.

21.
When evaluating the nursing interventions used with a client exhibiting psychophysiologic behaviors, what is the nurses focus?

- A) The clients ability to recognize the underlying psychologic stress and anxiety

- B) The clients ability to decrease the manipulative behavior
- C) The clients ability to perform self-care activities independently and willingly
- D) The clients ability to verbalize the physical deficits

22.

A client diagnosed with conversion disorder may exhibit what?

- A) Severe pain
- B) Munchausen syndrome
- C) La belle indifference
- D) Physician-shopping

23.

What somatoform disorder is considered to be a chronic condition with an onset in the late teens, have intermittent reoccurrence over a lifetime, and occur with equal prevalence in both men and women?

- A) Body dysmorphic disorder
- B) Hypochondriasis
- C) Pain disorder
- D) Conversion disorder

24.

A father brings his 10-year-old daughter to see the pediatrician for complaints that lead to a differential diagnosis of somatoform disorder. The father tells the pediatrician that the child's mother was diagnosed with somatoform disorder 18 months ago. Why might this child adopt familial patterns of behavior?

- A) To be more like her mother
- B) So her daddy will love her as much as he loves her mother
- C) To gain the attention of others in the family
- D) To be loved more than her siblings

25.

An adolescent has been diagnosed with conversion disorder and is being seen in the local mental health clinic. The client's mother asks the nurse what the prognosis for this disorder is. What would be the nurse's best response?

- A) Unfortunately, this disorder tends to recur in times of severe stress.
- B) Most clients recover in 2 to 4 weeks without reoccurrence.
- C) Most clients recover in 8 to 12 weeks without reoccurrence.
- D) Unfortunately, most patients never truly recover from this disorder.

26.

A client is being admitted to the psychiatric unit with a somatoform disorder. When assessing the client, what should the nurse be sure to assess?

- A) Whether the person's lifestyle has improved
- B) Previous coping skills
- C) Any behavior that indicates independence
- D) Is the client aware of events surrounding the disappearance of symptoms

27.

When assessing a client with a somatoform disorder, how would the mental health nurse assess the client's secondary gains?

- A) By asking questions concerning the type and amount of medications the client is taking
- B) By asking questions to elicit any pattern of repeated complaints by taking a history of current and past health status
- C) By asking questions concerning any previous work or activity the client used to be able to do that he or she is unable to perform as a result of the symptoms
- D) By asking questions concerning physical complaints

28.

An 18-year-old girl is diagnosed with body dysmorphic disorder. She has perceived her breasts as being too small. What symptoms would this client exhibit?

- A) A sedentary lifestyle
- B) Periods of checking and attempting to alter the defect
- C) Seeing the flaw as slight
- D) Feeling that they are one of a kind

29.

A 13-year-old boy is brought to the emergency department by his parents because he has lost the use of his right upper extremity. After medical testing, the physician tells the parents that there is no neurologic reason that can be found for the client's loss of functioning. The parents ask the nurse to explain what this means. What would be the nurse's best response?

- A) The actual conversion aspect of this disorder refers to the transfer of psychologic conflict or stressors into a perceived paralysis of body parts or sensory functioning.
- B) This is not an unusual occurrence in an adolescent when there is trouble in the home.
- C) Usually there are related stress or trauma factors that have occurred concurrently with the onset of the symptoms.
- D) These types of disease processes are considered pseudoneurologic, or false neurologic.

30.

A 24-year-old female client presents at the clinic with specific complaints of a physical illness. This is the 5th time in 5 months this client has been seen. The nurse identifies what signs and symptoms that indicate hypochondriasis? (Mark all that apply.)

- A) Concerns continue despite medical testing and reassurance that a disease does not exist
- B) Multiple symptoms that begin before age 30 and extend over a period of years
- C) Creates enough distress to cause difficulty in social or work-related functioning over a period of 6 months or more
- D) Also referred to as Briquets syndrome
- E) An excessive fear or preoccupation with having a serious illness that is based on a misinterpretation of somatic signs and symptoms

Answer Key

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A, C, E

Answer: <https://biology-forums.com/index.php?topic=1906417>

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