

### Question 1

A patient experiencing primary insomnia asks the nurse, "I take a nap during the day. Doesn't that make up for a lost night's sleep?" Select the nurse's best reply.

- a. "Circadian drives give daytime naps a structure different from nighttime sleep."
- b. "The body clock operates on a 24-hour cycle, making nap effectiveness unpredictable."
- c. "It is a matter of habit and expectation. We expect to be more refreshed from a night's sleep."
- d. "Sleep restores homeostasis but works more efficiently when aided by melatonin secreted at night."

Answer: <https://biology-forums.com/index.php?topic=355722>

### Question 2

Which changes reflect short-term physiological responses to stress? Select all that apply.

- a. Muscular tension, blood pressure, and triglycerides increase.
- b. Epinephrine is released, increasing heart and respiratory rates.
- c. Corticosteroid release increases stamina and impedes digestion.
- d. Cortisol is released, increasing gluconeogenesis and reducing fluid loss.
- e. Immune system functioning decreases, and risk of cancer increases.
- f. Risk of depression, autoimmune disorders, and heart disease increases.

Answer: <https://biology-forums.com/index.php?topic=355174>

### Question 3

At the last contracted visit in the crisis intervention clinic, an adult says, "I've emerged from this a stronger person. You helped me get my life back in balance." The nurse responds, "I think we should have two more sessions to explore why your reactions were so intense." Which analysis applies?

- a. The patient is experiencing transference.
- b. The patient demonstrates need for continuing support.
- c. The nurse is having difficulty terminating the relationship.
- d. The nurse is empathizing with the patient's feelings of dependency.

Answer: <https://biology-forums.com/index.php?topic=356134>

### Question 4

An adolescent hospitalized after a violent physical outburst tells the nurse, "I'm going to kill my father, but you can't tell anyone." Select the nurse's best response.

- a. "You are right. Federal law requires me to keep clinical information private."
- b. "I am obligated to share that information with the treatment team."
- c. "Those kinds of thoughts will make your hospitalization longer."
- d. "You should share this thought with your psychiatrist."

Answer: <https://biology-forums.com/index.php?topic=354944>

### Question 5

The family of a child diagnosed with an impulse control disorder needs help to function more adaptively. Which aspect of the child's plan of care will be provided by an advanced practice nurse rather than a staff nurse?

- a. Leading an activity group
- c. Formulating nursing diagnoses
- b. Providing positive feedback
- d. Dialectical behavioral therapy (DBT)

Answer: <https://biology-forums.com/index.php?topic=355801>

### Question 6

In which situations would a nurse have the duty to intervene and report? Select all that apply.

- a. A peer has difficulty writing measurable outcomes.
- b. A health care provider gives a telephone order for medication.
- c. A peer tries to provide patient care in an alcohol-impaired state.
- d. A team member violates relationship boundaries with a patient.
- e. A patient refuses medication prescribed by a licensed health care provider.

Answer: <https://biology-forums.com/index.php?topic=354971>

### Question 7

Which finding best indicates that the goal "Demonstrate mentally healthy behavior" was achieved? A patient:

- a. sees self as capable of achieving ideals and meeting demands.

- b. behaves without considering the consequences of personal actions.
- c. aggressively meets own needs without considering the rights of others.
- d. seeks help from others when assuming responsibility for major areas of own life.

Answer: <https://biology-forums.com/index.php?topic=354676>

### Question 8

The feeling experienced by a patient that should be assessed by the nurse as most predictive of elevated suicide risk is

- a. hopelessness. c. elation.
- b. sadness. d. anger.

Answer: <https://biology-forums.com/index.php?topic=356072>

### Question 9

A nurse assesses an elderly patient. The nurse should complete the Geriatric Depression Scale if the patient answers which question affirmatively.

- a. "Would you say your mood is often sad?"
- b. "Are you having any trouble with your memory?"
- c. "Have you noticed an increase in your alcohol use?"
- d. "Do you often experience moderate to severe pain?"

Answer: <https://biology-forums.com/index.php?topic=356306>

### Question 10

A nurse performing an assessment interview for a patient with a substance use disorder decides to use a standardized rating scale. Which scales are appropriate? Select all that apply.

- a. Addiction Severity Index (ASI)
- b. Brief Drug Abuse Screen Test (B-DAST)
- c. Abnormal Involuntary Movement Scale (AIMS)
- d. Cognitive Capacity Screening Examination (CCSE)
- e. Recovery Attitude and Treatment Evaluator (RAATE)

Answer: <https://biology-forums.com/index.php?topic=355024>

### Question 11

A person says, "I was the only survivor in a small plane crash. Three business associates died. I got depressed and saw a counselor twice a week for 4 weeks. We talked about my feelings related to being a survivor, and I'm better now." Which type of therapy was used?

- a. Milieu therapy c. Behavior modification
- b. Psychoanalysis d. Interpersonal psychotherapy

Answer: <https://biology-forums.com/index.php?topic=354716>

### Question 12

A patient with severe injuries is irritable, angry, and belittles the nurses. As a nurse changes a dressing, the patient screams, "Don't touch me! You are so stupid. You will make it worse!" Which intervention uses a cognitive technique to help the patient?

- a. Wordlessly discontinue the dressing change and then leave the room.
- b. Stop the dressing change, saying, "Perhaps you would like to change your own dressing."
- c. Continue the dressing change, saying, "This dressing change is needed so your wound will not get infected."
- d. Continue the dressing change, saying, "Unfortunately, you have no choice in this because your health care provider ordered this dressing change."

Answer: <https://biology-forums.com/index.php?topic=356179>

### Question 13

A woman just received notification that her husband died. She approaches the nurse who cared for him during his last hours and says angrily, "If you had given him your undivided attention, he would still be alive." How should the nurse analyze this behavior?

- a. The comment suggests potential allegations of malpractice.
- b. In some cultures, grief is expressed solely through anger.
- c. Anger is an expected emotion in an adjustment disorder.
- d. The patient had ambivalent feelings about her husband.

Answer: <https://biology-forums.com/index.php?topic=355528>

### Question 14

A patient took a large quantity of bath salts. Priority nursing and medical measures include: (select all that apply)

- a. administration of naloxone (Narcan).

- b. vitamin B12 and folate supplements.
- c. restoring nutritional integrity.
- d. management of heart rate.
- e. environmental safety.

Answer: <https://biology-forums.com/index.php?topic=355902>

### Question 15

The parent of a child diagnosed with Tourette's disorder says to the nurse, "I think my child is faking the tics because they come and go." Which response by the nurse is accurate?

- a. "Perhaps your child was misdiagnosed."
- b. "Your observation indicates the medication is effective."
- c. "Tics often change frequency or severity. That doesn't mean they aren't real."
- d. "This finding is unexpected. How have you been administering your child's medication?"

Answer: <https://biology-forums.com/index.php?topic=355227>

### Question 16

Select the example of a tort.

- a. The plan of care for a patient is not completed within 24 hours of the patient's admission.
- b. A nurse gives a PRN dose of an antipsychotic drug to an agitated patient because the unit is short-staffed.
- c. An advanced practice nurse recommends hospitalization for a patient who is dangerous to self and others.
- d. A patient's admission status changed from involuntary to voluntary after the patient's hallucinations subside.

Answer: <https://biology-forums.com/index.php?topic=354929>

### Question 17

A child known as the neighborhood bully says, "Nobody can tell me what to do." After receiving a poor grade on a science project, this child secretly loaded a virus on the teacher's computer. These behaviors support a diagnosis of:

- a. conduct disorder.
- b. oppositional defiant disorder.
- c. intermittent explosive disorder.
- d. attention deficit hyperactivity disorder.

Answer: <https://biology-forums.com/index.php?topic=355806>

### Question 18

A patient demonstrating characteristics of acute mania relapsed after discontinuing lithium. New orders are written to resume lithium twice daily and begin olanzapine (Zyprexa). What is the rationale for the addition of olanzapine to the medication regimen? It will:

- a. minimize the side effects of lithium.
- b. bring hyperactivity under rapid control.
- c. enhance the antimanic actions of lithium.
- d. be used for long-term control of hyperactivity.

Answer: <https://biology-forums.com/index.php?topic=355328>

### Question 19

A patient states, "I'm not worth anything. I have negative thoughts about myself. I feel anxious and shaky all the time. Sometimes I feel so sad that I want to go to sleep and never wake up." Which nursing intervention should have the highest priority?

- a. Self-esteem—building activities
- c. Sleep enhancement activities
- b. Anxiety self-control measures
- d. Suicide precautions

Answer: <https://biology-forums.com/index.php?topic=354990>

### Question 20

To provide culturally competent care, the nurse should:

- a. accurately interpret the thinking of individual patients.
- b. predict how a patient may perceive treatment interventions.
- c. formulate interventions to reduce the patient's ethnocentrism.
- d. identify strategies that fit within the cultural context of the patient.

Answer: <https://biology-forums.com/index.php?topic=354861>