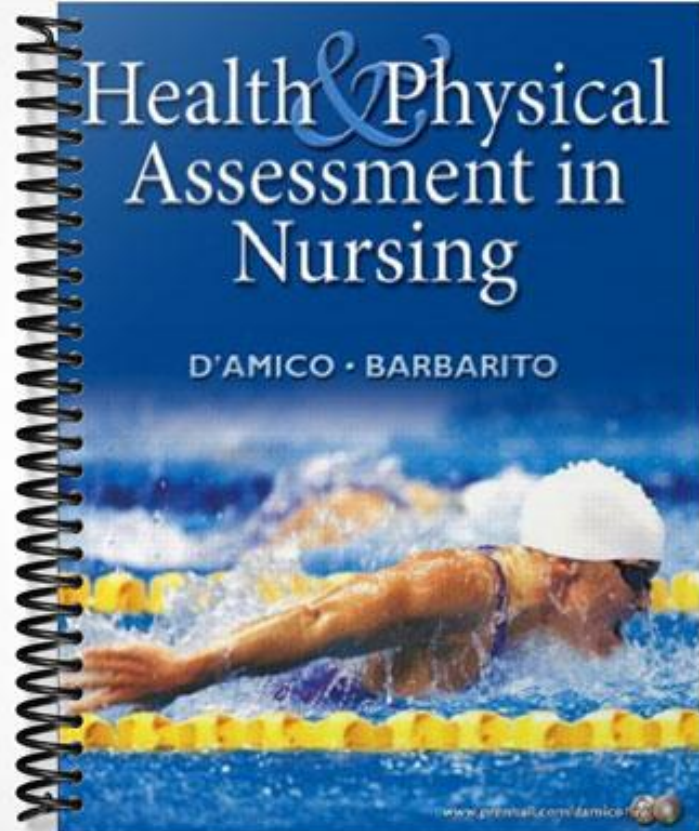


TEST BANK



MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 1) The nurse is planning a smoking cessation class prior to the upcoming *Great American Smokeout*, hoping it may motivate many individuals to stop smoking by promoting self-efficacy. Which of the following statements, if made by the client, would indicate the highest level of positive self-efficacy according to the Health Belief Model? 1) _____
- A) "I know that this time I will quit smoking permanently."
 - B) "I am afraid of getting lung cancer like my father."
 - C) "I think this time will be different."
 - D) "I am going to do the best that I can, so that I won't get lung cancer."

Answer: A

- 2) A couple who both have a positive family history of sickle cell anemia are concerned about the potential of having a child with sickle cell disease. Which statement indicates that the couple wishes to participate in primary prevention? 2) _____
- A) "We will have blood tests to determine if we are carriers."
 - B) "We need to both be treated for sickle cell anemia before we can have a baby."
 - C) "We need to see a genetics counselor to discuss the potential for having a child with sickle cell disease."
 - D) "Neither one of us has sickle cell disease, so any baby we had would be safe from the disease as well."

Answer: C

- 3) The nurse is interviewing a client who has experienced a 15-pound weight gain during the last year. The nurse obtains a 24-hour dietary recall, as well as determines the client's exercise habits and feelings regarding plans to take off the excess weight. The nurse is using what type of approach with this client to enhance health? 3) _____
- A) physiological perspective
 - B) illness perspective
 - C) wellness perspective
 - D) psychosocial perspective

Answer: C

- 4) The nurse is discharging a client who had a CVA and will be cared for at home by her husband. The nurse knows that the client's husband understands the need for tertiary prevention when he makes which of the following statements? 4) _____
- A) "She must take her blood pressure medications regularly."
 - B) "She will need instruction on using her walker."
 - C) "She will need to have her flu shot this year."
 - D) "She needs to have her cholesterol checked every 2 months."

Answer: B

- 5) The nurse is planning a weight reduction class and wants to use the Health Belief Model to motivate the clients in losing weight. The nurse would correctly choose which of the following as mediating factors in the Health Belief Model? (Select all that apply.) 5) _____
- A) ethnicity
 - B) gender
 - C) education
 - D) religion
 - E) age

Answer: A, B, C, E

- 6) The nurse is part of a committee examining ways to most meet the goals of Healthy People 2010. Which of the following clients would the nurse be most interested in? 6) _____
- A) a 16-year-old girl with her first pregnancy
 - B) several obese school-age children
 - C) an IV drug abuser that converts to Methadone use
 - D) a diabetic client that maintains optimal visual intactness

Answer: D

- 7) The nurse is planning an exercise class for a group of young adults. Which of the following would the nurse include as benefits of regular physical activity? (Select all that apply.) 7) _____
- A) reduced risk of hypertension
 - B) reduced risk of renal disease
 - C) reduced risk of skin cancer
 - D) reduced risk of cardiovascular disease
 - E) reduced risk of colon cancer

Answer: A, D, E

- 8) The school nurse is working with several teenagers in gym class. Which of the following individuals would the nurse know is meeting the age appropriate recommendations for physical activity developed by the Centers for Disease Control? The: 8) _____
- A) 13-year-old that speed walks 60 minutes once per week.
 - B) 17-year-old who jogs for 30 minutes 5 times per week
 - C) 16-year-old who runs at a fast pace for 20 minutes 2 times per week.
 - D) 15-year-old that lifts moderately heavy weights 15 minutes three times per week.

Answer: B

- 9) The school nurse is working with several teenagers in gym class. Which of the following individuals would the nurse know is meeting the age-appropriate recommendations for physical activity developed by the Centers for Disease Control? The: 9) _____
- A) 8-year-old who plays on the monkey bars at both 30-minute recess periods three times per week.
 - B) 12-year-old who plays in baseball games 5 days per week for the neighborhood playground.
 - C) 10-year-old who runs wind sprints for 15 minutes for PE class one day per week.
 - D) 9-year-old who plays kickball at one 20-minute recess daily 5 times per week.

Answer: B

- 10) The nurse is teaching a smoking cessation class and has included the following statements in the presentation: "Everyone here tonight has the ability to control the urge to smoke. You are all rational people who understand that smoking is a voluntary event that you are going to learn to do without. Regardless of your motivation, you will get help here to understand your triggers to smoke, and how to control them." The nurse is utilizing what type of theory/model to promote smoking cessation? 10) _____
- A) The Health Promotion Model
 - B) The Health Belief Model
 - C) The Self-Efficacy Model
 - D) The Theory of Reasoned Action

Answer: D

- 11) The nurse is working with several clients in a fitness setting. Which of the following individuals would the nurse know is meeting the age-appropriate recommendations for physical activity developed by the Centers for Disease Control? The: 11) _____
- A) 37-year-old who lifts weights for one hour twice per week.
 - B) 45-year-old that speed walks for 30 minutes 6 days per week.
 - C) 57-year-old who swims for 20 minutes twice per week.
 - D) 42-year-old that walks at a slow pace for 30 minutes 4 days per week.

Answer: B

- 12) The nurse is working with a client in a fitness setting. Which of the following would be the correct maximum desired heart rate target zone for both moderate and vigorous intensity 11) _____
works for
kou this

60-year-old female?

ld

female?

A) 80 – 112, and 112 – 136

B) 80 – 110, and 120 – 130

C) 60 – 85, and 85 – 110

D) 66 – 80, and 112 – 124

Answer: A

SHORT ANSWER. Write the word or phrase that best completes each statement or answers the question.

- 13) The nurse understands that _____ exercises are useful for strengthening larger muscle groups such as abdominals, gluteals, and quadriceps, and for endurance training. 13) _____

Answer: isometric

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

- 14) The nurse understands that _____ is responsible for the most deaths in the United States than all of the others combined? 14) _____
- A) cigarette smoking
B) automobile crashes
C) HIV and AIDS
D) drug abuse

Answer: A

- 15) A nursing student is preparing an educational program concerning breast cancer. The focus of the program is primary prevention. Which of the following topics would be most appropriate? 15) _____
- A) techniques for performing self breast examination
B) treatment options available for breast cancer clients
C) American Cancer Society recommendations for mammography
D) a dietary discussion concerning the connection between breast cancer and dietary intake

Answer: D

- 16) During a routine health examination, a client reports concern about their potential for the development of heart disease. During the assessment, the nurse reviews the client's risk factors. Which of the following assessed risk factors are considered modifiable? 16) _____
- A) weight, dietary intake, and environmental risks
B) age, heredity, and weight
C) biological characteristics, lifestyle factors, and family history
D) family history, self history of diabetes mellitus type I, and age

Answer: A

- 17) The Health Promotion Model is being used by a nurse to analyze the potential impact of an educational program being provided regarding the importance of regular exercise. According to the model, which of the following participants is most likely to initiate a successful program of exercise after attending the session? 17) _____
- A) an overweight female who has never participated in an exercise program
B) a 24-year-old female who reports she is anxious to begin exercising with her husband
C) a teenaged male who has low self esteem
D) a 30-year-old male who admits frequently joining and quitting exercise groups

Answer: B

- 18) During a physical examination, the parent of a 9-year-old voices an interest in the amount of exercise that is recommended for their child. Based upon your knowledge, which of the following recommendations should be made by the nurse? 18) _____
- A) The child should engage in moderate intensity activity for at least 1 hour each week.
B) The child should participate in 30 minutes of appropriate activity nearly every day.

- C) The child should participate in some type of structured sporting activity at least one hour per day.
- D) The child should engage in vigorous, intense exercise for 20 minutes or more at least 3 days each week.

Answer: B

- 19) A client who has recently experienced a fracture is concerned about maintaining muscle strength during recuperation. Which of the following activities would be most effective? 19) _____
- A) anaerobic exercises
 - B) isotonic exercises
 - C) isometric exercises
 - D) resistive exercises

Answer: C

- 20) The client reports having difficulty sleeping at night. The client asks the nurse for suggestions to assist them in getting a good night's sleep. Which of the following recommendations may be beneficial to the client? (Select all that apply.) 20) _____
- A) Establish a relaxation routine at bedtime.
 - B) Set a regular bedtime.
 - C) Perform a short exercise routine 30 minutes prior to retiring to promote fatigue.
 - D) Avoid alcohol.

Answer: A, B, D

- 21) During a routine well child health examination, the parents of a 4-year-old child report being concerned their child is not getting enough rest. The nursing assessment reveals the child usually gets 9 hours of sleep per night. Which of the responses by the nurse is most appropriate? 21) _____
- A) "The recommendation for children of this age is at least 11 hours per night."
 - B) "Your child should be fine with the 9 hours they are getting."
 - C) "I would not recommend making any bedtime changes for your child."
 - D) "Taking a nap will benefit your child."

Answer: A

- 22) The parents of a 7-month-old child, being seen at the clinic for the administration of a Hepatitis B vaccine, ask if their child be can also be given a vaccine to prevent the chickenpox during this visit. The best response by the nurse is: 22) _____
- A) "You really should wait and come back next month for this immunization."
 - B) "The additional injection will make your child run a fever."
 - C) "It will be less stressful to administer both shots during this visit."
 - D) "This immunization is not offered until after the age of 12 months."

Answer: D

- 23) The nurse is performing a health assessment. Which of the questions will provide the greatest assistance in the determination of social structure? 23) _____
- A) "Do you live alone?"
 - B) "Did you graduate from high school?"
 - C) "Who will assist in your care after discharge?"
 - D) "Are you involved in any types of exercise programs?"

Answer: C

- 24) A group of clients attend an educational program at which prevention and screening activities for breast cancer is discussed. Using the Health Belief Model, which participant is most likely to engage in the available health screenings? 24) _____
- A) the client who agreed to attend in support of another participant
 - B) the client who is attending the program as a course requirement

C) the client attending in support of the presenter

D) the client whose mother and grandmother have a history of breast cancer

Answer: D

25) The nurse is counseling a 52-year-old female client who has been instructed by her physician to have a screening mammogram performed. The nurse outlines this procedure for the client as which type of prevention? 25) _____

A) primary

B) secondary

C) prepathological

D) tertiary

Answer: B

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