1. Which of the following statements accurately describe an element of nursing? Select all that apply.
   A) The skills involved in nursing are primarily technical in nature.
   B) The primary focus of nursing is to assist individuals to recover from illness.
   C) The science of nursing is the knowledge base for the care that is given.
   D) The art of nursing is the collection of knowledge through research.
   E) Nursing is considered to be both an art and a science.
   F) Nursing is a profession that used specialized knowledge and skills.

   **ANS:** C, E, F

   Nursing is a profession focused on assisting individuals, families, and communities to attain, recover, and maintain optimum health and function from birth to old age. Nursing care involves any number of activities, from carrying out complicated technical procedures to something as simple as holding a hand. Nursing is a blend of science and art. The science of nursing is the knowledge base for the care that is given, and the art of nursing is the skilled application of that knowledge to help others reach maximum health and quality of life. It is also a profession that uses specialized knowledge and skills to promote wellness and to provide care for people in both health and illness in a variety of practice settings.

   **PTS:** 1  
   **DIF:** Moderate  
   **REF:** 5  
   **OBJ:** 1  

2. Which of the following set of terms best describes nursing at the end of the Middle Ages?
   A) continuity, caring, critical thinking
   B) purpose, direction, leadership
   C) assessment, interventions, outcomes
   D) advocacy, research, education

   **ANS:** B

   During the Middle Ages, nursing began to have a more clearly defined role. Members of religious orders gave nursing care, nursing orders were founded, and nursing became a respected vocation. Although the Middle Ages ended in chaos, nursing had developed purpose, direction, and leadership.

   **PTS:** 1  
   **DIF:** Moderate  
   **REF:** 5  
   **OBJ:** 1  

3. Which of the following is a characteristic of nursing practiced from early civilization to the 16th century?
   A) Most early civilizations believed that illness had supernatural causes.
   B) The physician was the priest who treated disease with prayer.
   C) The nurse was a nun committed to caring for the needy and homeless.
   D) Nursing changed from a spiritual focus to an emphasis on knowledge expansion.

   **ANS:** A

   Most early civilizations believed that illness had supernatural causes. The physician was the medicine man who treated disease by chanting, inspiring fear, or opening the skull to release evil spirits (Dolan, Fitzpatrick, & Herrmann, 1983). The nurse usually was the mother who cared for her family during sickness by providing physical care and herbal remedies. As civilizations grew, temples became the centers of medical care because of the belief that illness was caused by sin and the gods' displeasure.

   **PTS:** 1  
   **DIF:** Easy  
   **REF:** 5  
   **OBJ:** 1  

4. In what time period did nursing care as we now know it begin?
   A) pre-civilization
   B) early civilization to 16th century
   C) 16th to 17th century
   D) 18th to 19th century

   **ANS:** D

   From the middle of the 18th century to the 19th century, social reforms changed the roles of nurses and of women in general. It was during this time that nursing as we now know it began, based on the beliefs of Florence Nightingale.

   **PTS:** 1  
   **DIF:** Easy  
   **REF:** 7  
   **OBJ:** 1
5. Who is considered to be the founder of professional nursing?
   A) Dorothea Dix
   B) Lillian Wald
   C) Florence Nightingale
   D) Clara Barton

ANS: C
Florence Nightingale is considered to be the founder of professional nursing. She elevated the status of nursing to a respected occupation, improved the quality of nursing care, and founded modern nursing education. Although the other choices were women who were important to the development of nursing, none of them is considered the founder.

PTS: 1 DIF: Easy REF: 7 OBJ: 1
TOP: Florence Nightingale and the Birth of Modern Nursing

6. Which of the following nursing pioneers established the Red Cross in the United States in 1882?
   A) Florence Nightingale
   B) Clara Barton
   C) Dorothea Dix
   D) Jane Addams

ANS: B
Clara Barton volunteered to care for wounds and feed union soldiers during the civil war, served as the supervisor of nurses for the army of the James, organized hospitals and nurses, and established the Red Cross in the United States in 1882.

PTS: 1 DIF: Easy REF: 9 OBJ: 1
TOP: Table 1-1

7. What was one barrier to the development of the nursing profession in the United States after the Civil War?
   A) lack of educational standards
   B) hospital-based schools of nursing
   C) lack of influence from nursing leaders
   D) independence of nursing orders

ANS: A
A lack of educational standards was one barrier to the development of the nursing profession after the Civil War. Other barriers included a male dominance of healthcare and the pervading belief that women were dependent on men. The location of nursing schools, a lack of influence from nursing leaders, and independent nursing orders were not barriers to the development of the nursing profession after the Civil War.

PTS: 1 DIF: Moderate REF: 7 OBJ: 1
TOP: Development of Nursing from the 19th to 21st Centuries

8. Which of the following individuals provided community-based care and founded public health nursing?
   A) Adelaide Nutting
   B) Lillian Wald
   C) Sojourner Truth
   D) Clara Barton

ANS: B
Lillian Wald established a neighborhood nursing service for the sick poor in New York City and is considered the founder of public health nursing. The other choices were important to the development of nursing, but not to public health nursing.

PTS: 1 DIF: Easy REF: 9 OBJ: 1
TOP: Table 1-1

9. Which of the following nursing groups provides a definition and scope of practice for nursing?
   A) ICN
   B) AAN
   C) ANA
   D) The Joint Commission

ANS: B
The American Nurses Association (ANA) describes the values and social responsibility of nursing, provides a definition and scope of practice for nursing, discusses nursing's knowledge base, and describes the methods by which nursing is regulated within its Nursing's Social Policy Statement (2003).

PTS: 1 DIF: Easy REF: 7 OBJ: 1
TOP: Definitions of Nursing
10. Teaching a woman about breast self-examination is an example of what broad aim of nursing?
   A) promoting health  
   B) preventing illness  
   C) restoring health  
   D) facilitating coping with disability and death  
   ANS: B  
   Nurses primarily prevent illness by teaching and personal example. Illness-prevention activities focus on avoiding illness or achieving early detection of an illness, such as breast cancer. Restoring health involves nursing interventions for people who have surgery or are ill. Facilitating coping with disability and death involves interventions for people who are disabled by an illness or injury, or are dying.

11. What nursing activity would meet the broad nursing aim of facilitating coping with disability and death? Select all that apply.
   A) conducting a blood pressure screening program  
   B) teaching testicular self-examination  
   C) referring to a community diabetic support group  
   D) administering intravenous fluids  
   E) admitting a patient to a hospice program  
   F) performing a physical assessment on a patient  
   ANS: C, E  
   Although the major goals of healthcare are to promote, maintain, and restore health, these goals cannot always be met. One activity nurses use to facilitate coping is referring individuals to community support systems. Others include maximizing patient strengths and teaching. A screening program meets the aim of promoting health, teaching testicular self-examination meets the aim of preventing illness, and administering intravenous fluids meets the aim of restoring health.

12. A nurse caring for a patient with diabetes chooses an appropriate plan of care and devises interventions to accomplish the desired outcomes. This is an example of using which of the following type of nursing skills?
   A) Technical  
   B) Cognitive  
   C) Interpersonal  
   D) Ethical/Legal  
   ANS: B  
   Cognitively skilled nurses think about the nature of things sufficiently to “make sense” of their world and to grasp conceptually what is necessary to achieve valued goals. Technically skilled nurses manipulate equipment skillfully to produce a desired outcome or result. Interpersonally skilled nurses establish and maintain caring relationships that facilitate the achievement of valued goals while simultaneously affirming the worth of those in the relationship. Ethically and legally skilled nurses conduct themselves in a manner consistent with their personal moral code and professional role responsibilities.

13. Which one of the following examples of nursing actions would be considered an ethical/legal skill?
   A) A nurse helps a patient prepare a living will.  
   B) A nurse obtains a urine sample for a urinalysis.  
   C) A nurse explains the rationale for a patient's plan of care.  
   D) A nurse holds the hand of a woman whose baby died in childbirth.  
   ANS: A  
   Ethical and legal skills include being trusted to act in ways that advance the interests of patients; being accountable for their practice to themselves, the patients they serve, the caregiving team, and society; acting as effective patient advocates mediating ethical conflicts among the patient, significant others, the healthcare team, and other interested parties; practicing nursing faithful to the tenets of professional codes of ethics and appropriate standards of practice; and using legal safeguards that reduce the risk of litigation.
14. A nurse practitioner is caring for a couple who are the parents of an infant diagnosed with Down's Syndrome. The nurse makes referrals for a parent support group for the family. This is an example of which nursing role?
A) Teacher/Educator
B) Leader
C) Counselor
D) Collaborator

ANS: C
Counseling skills involve the use of therapeutic interpersonal communication skills to provide information, make appropriate referrals, and facilitate the patient's problem-solving and decision-making skills. The teacher/educator uses communication skills to assess, implement, and evaluate individualized teaching plans to meet learning needs of patients and their families. A leader displays an assertive, self-confident practice of nursing when providing care, effecting change, and functioning with groups. The collaborator uses skills in organization, communication, and advocacy to facilitate the functions of all members of the healthcare team as they provide patient care.

PTS: 1  DIF: Moderate  REF: 8  OBJ: 2
TOP: Aims of Nursing

15. A nurse is providing nursing care in a neighborhood clinic to single pregnant teens. Which of the following actions is the best example of using the collaborator role as a nurse?
A) Discussing the legal aspects of adoption for teens wishing to place their infants with a family
B) Searching the Internet for information on child care for the teens who wish to return to school
C) Conducting a patient interview and documenting the information on the patient's chart
D) Referring a teen who admits having suicidal thoughts to a mental healthcare specialist

ANS: D
The role of the collaborator includes making referrals and coordinating multidisciplinary care for patients. Discussing legal issues is the role of the advocate and searching for information on the Internet is the role of researcher. Conducting a patient interview would fall under the role of the caregiver.

PTS: 1  DIF: Moderate  REF: 8  OBJ: 2
TOP: Aims of Nursing

16. A nurse instructor explains the concept of health to her students. Which of the following statements accurately describes this state of being?
A) Health is a state of optimal functioning.
B) Health is an absence of illness.
C) Health is always an objective state.
D) Health is not determined by the patient.

ANS: A
Health is a state of optimal functioning or well-being. As defined by the World Health Organization, one's health includes physical, social, and mental components and is not merely the absence of disease or infirmity. Health is often a subjective state—a person may be medically diagnosed with an illness but still consider himself or herself healthy.

PTS: 1  DIF: Easy  REF: 12  OBJ: 2
TOP: Promoting Health
KEY: Client Needs: B | Cognitive Level: Knowledge | Integrated Process: Teaching/Learning

17. A nurse incorporates the health promotion guidelines established by the U.S. Department of Health document: Healthy People 2010. Which of the following is a health indicator discussed in this document?
A) cancer
B) obesity
C) diabetes
D) hypertension

ANS: B
The 10 leading indicators of health established by Healthy People 2010 are: physical activity, overweight and obesity, tobacco use, substance abuse, responsible sexual behavior, mental health, injury and violence, environmental quality, immunizations, and access to healthcare.

PTS: 1  DIF: Easy  REF: 12  OBJ: 2
TOP: Promoting Health
KEY: Client Needs: B | Cognitive Level: Knowledge | Integrated Process: Nursing Process
18. A nurse conducts a smoking-cessation program for patients of a neighborhood clinic. This is an example of which of the following aims of nursing?
   A) promoting health
   B) preventing illness
   C) restoring health
   D) facilitating coping with disability or death

   ANS: B

   The objectives of illness-prevention activities are to reduce the risk for illness, to promote good health habits, and to maintain optimal functioning. The motivation for illness prevention is to avoid or achieve early detection of illness or to maintain function within the constraints of an illness (Pender et al., 2006).

   PTS: 1  DIF: Moderate  REF: 13  OBJ: 2
   TOP: Preventing Illness

19. Which of the following is a criteria that defines nursing as a profession?
   A) an undefined body of knowledge
   B) a dependence on the medical profession
   C) an ability to diagnose medical problems
   D) a strong service orientation

   ANS: D

   Nursing is recognized increasingly as a profession based on the following defining criteria: well-defined body of specific and unique knowledge, strong service orientation, recognized authority by a professional group, code of ethics, professional organization that sets standards, ongoing research, and autonomy.

   PTS: 1  DIF: Easy  REF: 14  OBJ: 2
   TOP: Nursing as a Professional Discipline

20. Although all of the following are nursing responsibilities, which one would be expected of a nurse with a baccalaureate degree?
   A) providing direct physical care
   B) using research findings to improve practice
   C) administering medications as prescribed
   D) collaborating with other healthcare providers

   ANS: B

   Nurses with baccalaureate degrees are expected to use research findings to improve practice. Graduates from vocational, diploma, and associate degree programs do not have coursework in nursing research and are not expected to independently use it in clinical practice. Nurses from all levels of education provide direct care, administer medications, and collaborate with other healthcare providers.

   PTS: 1  DIF: Moderate  REF: 16  OBJ: 3
   TOP: Baccalaureate in Nursing

21. Amy Jones, a high school senior, wants to become a geriatric nurse practitioner. What nursing degree will she need to attain this goal?
   A) licensed practical nurse
   B) associate degree
   C) baccalaureate degree
   D) master's degree

   ANS: D

   A nurse must have an advanced degree (master's in nursing) to become a nurse practitioner. The other levels of preparation do not provide adequate advanced knowledge and skills for the responsibilities of a nurse practitioner.

   PTS: 1  DIF: Moderate  REF: 16  OBJ: 3
   TOP: Graduate Education in Nursing

22. Why are nursing organizations important for the continued development and improvement of nursing as a whole?
   A) to provide socialization and networking for members
   B) to regulate work activities for members
   C) to set standards for nursing education and practice
   D) to provide information to nurses about legal requirements

   ANS: C

   Professional organizations set educational and practice standards for nursing education and practice. They also are concerned with current issues in nursing and healthcare and influence healthcare policy and legislation. Although professional organizations may provide outlets for networking, regulate work activities, and provide information about legal requirements, setting standards for education and practice is a primary focus.

   PTS: 1  DIF: Moderate  REF: 17  OBJ: 4
   TOP: Professional Nursing Organizations
23. Which of the following organizations has established standards for clinical nursing practice?
   A) American Nurses Association
   B) National League for Nursing
   C) International Council of Nurses
   D) State Board of Nursing

   ANS: A
   The American Nurses Association (ANA) has established standards of clinical nursing practice that define the specific and unique activities of nurses. Standards serve as protection for the nurse, the patient, and the institution where healthcare is given. The other organizations provide valuable services that differ from those of ANA.

   PTS: 1   DIF: Easy   REF: 18   OBJ: 4
   TOP: Standards of Nursing Practice

24. What is the primary purpose of standards of nursing practice?
   A) to provide a method by which nurses perform skills safely
   B) to ensure knowledgeable, safe, comprehensive nursing care
   C) to establish nursing as a profession and a discipline
   D) to enable nurses to have a voice in healthcare policy

   ANS: B
   Each nurse is accountable for his or her own quality of practice and is responsible for using standards to ensure knowledgeable, safe, comprehensive care. Standards of practice do not provide the ability to safely perform skills, establish nursing as a profession and discipline, or enable nurses to have a voice in healthcare policy.

   PTS: 1   DIF: Moderate   REF: 18   OBJ: 4
   TOP: Standards of Nursing Practice

25. After graduation from an accredited program in nursing and successfully passing the NCLEX, what gives the nurse a legal right to practice?
   A) enrolling in an advanced degree program
   B) filing NCLEX results in the county of residence
   C) being licensed by the State Board of Nursing
   D) having a signed letter confirming graduation

   ANS: C
   The Board of Nursing in each state has the legal authority to allow graduates of approved schools of nursing to take the licensing examination. Those who successfully meet the requirements for licensure are given a license to practice nursing in the state. It is illegal to practice nursing without a license issued by the State Board of Nursing. A nurse does not have the legal right to practice nursing by enrolling in an advanced degree program, filing NCLEX results, or having a letter confirming graduation.

   PTS: 1   DIF: Moderate   REF: 18   OBJ: 4
   TOP: Nurse Practice Acts and Licensure

26. A nurse has been tried and found guilty of the felony crime of forgery. How might this affect the nurse's license to practice nursing?
   A) It will have no effect on the ability to practice nursing.
   B) The nurse can practice nursing at a less-skilled level.
   C) The license may be revoked or suspended.
   D) The license will permanently carry the felony conviction.

   ANS: C
   The license and the right to practice nursing can be denied, revoked, or suspended for professional misconduct, such as a crime. Other areas of professional misconduct include incompetence, negligence, and chemical impairment. Committing a felony does affect the legal right to practice nursing, does not allow the nurse to practice at a lower level, and is not attached to the license.

   PTS: 1   DIF: Difficult   REF: 18   OBJ: 4
   TOP: Nurse Practice Acts and Licensure

27. Nurses use the nursing process to focus care on human responses to what?
   A) interactions with the environment
   B) physical effects of disease
   C) outcomes of medical or surgical treatment
   D) actual or potential health problems

   ANS: D
   Nursing focuses on human responses to actual or potential health problems. These health problems are identified by collecting data from the patient, identifying the problems as nursing diagnoses, mutually establishing expected outcomes, implementing individualized interventions, and evaluating outcomes in the cyclical process called the nursing process.

   PTS: 1   DIF: Moderate   REF: 18   OBJ: 4
   TOP: Nursing Process
28. Which age group in the population is expanding most rapidly, resulting in changes in the delivery of healthcare?

A) older adults  
B) young adults  
C) school-aged children  
D) newborns

ANS: A  
The older adult population is expanding more rapidly than any other age group. As a result, older adults will consume more healthcare services and will require individualized interventions that differ from those designed for younger populations.

PTS: 1  DIF: Moderate  REF: 20  OBJ: 5  
TOP: Aging Population  

29. Which of the following is a current trend affecting nursing education and practice?

A) over abundance of graduating nurses  
B) office-based care delivery systems  
C) increase in length of hospital stay  
D) increase in chronic health conditions

ANS: D  
Nursing changes continually in response to the needs and resources of society as a whole. It also changes in response to factors such as definitions of nursing, the aims of nursing, the educational preparation for nursing, and expanded practice roles. Some current trends affecting nursing include: nursing shortage, aging population, evidence-based practice, community-based nursing, decreased length of hospital stay, and increase in chronic health conditions.

PTS: 1  DIF: Moderate  REF: 20  OBJ: 5  
TOP: Increase in Chronic Health Conditions  