

Chapter 2: Caring as a Personal and Professional Behavior

Multiple Choice

Identify the choice that best completes the statement or answers the question.

- _____ 1. The patient tells the nurse that he has no interest in quitting smoking, even though he knows it is bad for his health. The nurse demonstrates caring with what response?
1. "If you would rather die young than quit smoking, that is your choice to make."
 2. "Let's look at ways you could reduce the harm from smoking as much as possible."
 3. "I am going to enroll you in a smoking cessation program and maybe you'll change your mind."
 4. "Continuing to smoke is your choice but that leaves me no way to help you stay healthy."
- _____ 2. The hospital nurse caring for a terminally ill patient who wishes she could see her dog one more time demonstrates holistic care with what action?
1. Explaining the infection risk associated with animals
 2. Arranging for the patient to be discharged to see the dog
 3. Explaining the hospital rules against animals
 4. Arranging a reunion with the dog in front of the hospital
- _____ 3. The nurse demonstrates transpersonal caring for patients when maintaining what attitude?
1. Nonjudgmental
 2. Detached
 3. Loving
 4. Friendly
- _____ 4. The nurse is teaching the newly diagnosed diabetic patient how to provide self-care, and demonstrates a caring paradigm with what statement?
1. "I want you to check your blood sugar level at 8 a.m., 12 noon, 4 p.m., and 9 p.m."
 2. "Check your blood sugar 4 times a day—before each meal and at bedtime."
 3. "Blood sugar levels are most accurate if taken before meals. Let's figure out the best times for you."
 4. "Ask your doctor to tell you when to check blood sugar levels each day."
- _____ 5. The medical model of nursing is demonstrated when the nurse does what?
1. Takes time to learn more about the patient
 2. Sits with a dying patient and holds her hand
 3. Administers medications
 4. Uses touch as an indication of concern and caring
- _____ 6. The nursing model of care is demonstrated with what nursing intervention?
1. Administering medications
 2. Changing a sterile dressing skillfully
 3. Inserting an indwelling catheter using aseptic technique
 4. Consoling a fearful mother whose child is in surgery

- ____ 7. What action would be interpreted as the nurse demonstrating a coparticipative manner?
1. The nurse tells the patient exactly what to do.
 2. The nurse works as part of a team with coworkers.
 3. The nurse asks the patient to choose activities.
 4. The nurse works together with the patient to choose activities.
- ____ 8. The student nurse demonstrates transpersonal caring in the classroom with what action?
1. Correcting a comment made by another student in front of the class
 2. Earning A's in every class test and assignment
 3. Leading most discussions and offering opinions on each question asked
 4. Encouraging shy class members to share their thoughts and ideas
- ____ 9. What is the term used by Florence Nightingale that is similar to Watson's transpersonal caring?
1. Patient-centered care
 2. Holistic nursing care
 3. Spiritual care
 4. Transcultural care
- ____ 10. The nurse demonstrates the concept of caritas with what intervention?
1. Holding the patient's hand while undergoing a painful procedure
 2. Requesting an order for a low pressure bed to prevent decubitus ulcers
 3. Using sterile technique when changing IV tubing
 4. Ordering a low-sodium diet for the patient with heart failure
- ____ 11. The nurse observes another nurse performing a procedure incorrectly. How would the nurse apply Dr. Watson's theory to this situation?
1. Avoid asking the errant nurse to perform this procedure again.
 2. Talk with the nurse privately and review the procedure together.
 3. Tell the nursing supervisor that the nurse needs a review class.
 4. Speak with other nurses on the floor and devise a plan to help this nurse.
- ____ 12. A nursing assistant asks the nurse, "I keep hearing talk of transpersonal nursing care. What does that mean?" What is the best response to explain the concept?
1. Transpersonal nursing care is care that treats everyone the same.
 2. Transpersonal nursing care is care that is based on self-respect.
 3. Transpersonal nursing care is based on the belief that people can't live in a vacuum.
 4. Transpersonal nursing care is care based on the belief that everyone is unique and deserves respect.
- ____ 13. The nurse is caring for a patient who just received a terminal diagnosis and is tearful and frightened. What is the best action to demonstrate caring?
1. Call the nurse's spiritual leader to talk to the patient.
 2. Call the family and ask them to come sit with the patient.
 3. Cry with the patient while sympathizing with her situation.
 4. Sit with the patient and listen to his or her fears.
- ____ 14. How does the nurse best demonstrate the spiritual aspect of caring for the patient?
1. Explain the nurse's spiritual beliefs to the patient.

2. Ask the patient to explain all the intricacies of his or her beliefs.
3. Ask what the patient requires to meet spiritual needs.
4. Talk with the family to learn the patient's spiritual needs.

- _____ 15. The nurse overhears a physician yelling at a newly hired graduate nurse in the hall. What is the nurse's best caring response?
1. Yell at the physician for yelling at a new graduate, and report the incident to the supervisor.
 2. Wait until the situation ends and comfort the graduate privately.
 3. Suggest that the physician take a quieter and more private approach to the problem.
 4. Ignore the situation to avoid embarrassing the graduate further.
- _____ 16. The student nurse enters the cafeteria and joins others who are making fun of the nursing instructor for being so particular in the skills lab. What is the most caring response the student can make?
1. Tell the other students that they are being mean and then leave the table.
 2. Shame the students for being so uncaring and cruel.
 3. Ask the other students why they think the instructor is so picky.
 4. Laugh and tell a story of a personal reprimand received from the instructor.
- _____ 17. The student nurse demonstrates care for classmates with what behavior?
1. Preparing for class discussion by reading the assigned chapter
 2. Calling the instructor to explain the reason for arriving late
 3. Ducking behind a book to hide eye rolling
 4. Arriving for class on time and prepared for class
- _____ 18. The new graduate nurse is sharing a journal article about caring with peers when a more experienced nurse says, "You'd be a lot better off studying pathophysiology instead of wasting time on caring." How does the graduate interpret the experienced nurse's comment?
1. The experienced nurse is just mean and doesn't like new graduates.
 2. The experienced nurse is most likely overworked and cranky.
 3. The experienced nurse was educated in the medical model.
 4. The experienced nurse is uncaring and dislikes new graduates.
- _____ 19. What is the reason for things the nurse does, whether at work or off duty?
1. Personal motivation
 2. Facility policies
 3. Fear of reprisals
 4. Parental expectations
- _____ 20. The nurse is caring for a patient transferred from the local prison who was arrested and convicted of child sexual abuse. The nurse feels disgust for the patient's behavior but can avoid being judgmental by understanding what?
1. Motivation
 2. State laws
 3. The patient's social history
 4. Code of ethics
- _____ 21. How does the nurse describe motivation?
1. As a stagnant, unchanging force

2. As a fluid, dynamic process that changes over time
3. As a process that requires great force to change
4. As a process that differs every day

- _____ 22. The nurse accepts a new job and will move from a long-term care facility to a job in an acute care facility. The nurse will need to do what?
1. Adapt motivational approaches
 2. Work more hours per week
 3. Obtain further formal education
 4. Reduce the time spent caring for patients

Multiple Response

Identify one or more choices that best complete the statement or answer the question.

- _____ 23. What actions performed by the nurse reflect a nursing model of patient care? (Select all that apply.)
1. Administer medications as ordered.
 2. Call the patient by title and last name, such as Mr. or Mrs.
 3. Arrange for a translator for the patient who doesn't speak English.
 4. Offer an opinion of the patient's choice of plan of care.
 5. Spend time with the patient who received bad news.
- _____ 24. What features are components of Jean Watson's caring theory of nursing? (Select all that apply.)
1. Caritas
 2. Transpersonal caring
 3. High-touch
 4. Intentionality
 5. Hierarchy of needs
- _____ 25. The nurse uses what terms to describe Dr. Watson's concept of caritas? (Select all that apply.)
1. Transpersonal caring
 2. High-touch care
 3. Curative care
 4. Medical model
 5. Nursing model

Chapter 2: Caring as a Personal and Professional Behavior

Answer Section

MULTIPLE CHOICE

1. ANS: 2

Caring means responding to others as unique individuals, sensing their emotions, and accepting them as they are, unconditionally. This response accepts the patient's choice without condemning or frightening him.

PTS: 1 REF: Chapter: 2 OBJ: Objective: 6

KEY: Content Area: Caring | Integrated Processes: Caring | Client Need: Health Promotion and Maintenance | Cognitive Level: Analyzing

2. ANS: 4

Finding a way for the patient to see the dog, even if she can only look out a window, shows caring by understanding this patient's needs.

PTS: 1 REF: Chapter: 2 OBJ: Objective: 6

KEY: Content Area: Caring | Integrated Processes: Caring | Client Need: Psychosocial Integrity | Cognitive Level: Applying

3. ANS: 1

The definition of transpersonal caring includes accepting individuals for who they are, so a nonjudgmental attitude is essential.

PTS: 1 REF: Chapter: 2 OBJ: Objective: 3

KEY: Content Area: Caring | Integrated Processes: Caring | Client Need: Safe, Effective Care Environment | Cognitive Level: Understanding

4. ANS: 3

This statement includes the patient in planning care, demonstrating caring for the patient's needs and preferences.

PTS: 1 REF: Chapter: 2 OBJ: Objective: 3

KEY: Content Area: Caring | Integrated Processes: Caring | Client Need: Safe, Effective Care Environment | Cognitive Level: Analyzing

5. ANS: 3

Curative nursing care is high-tech, or nursing care that is based on the medical model of care, which often is based on the use of technology.

PTS: 1 REF: Chapter: 2 OBJ: Objective: 2

KEY: Content Area: Caring | Integrated Processes: Caring | Client Need: Safe, Effective Care Environment | Cognitive Level: Applying

6. ANS: 4

Consoling a family member is a high-touch demonstration of the nursing model of care.

PTS: 1 REF: Chapter: 2 OBJ: Objective: 2

KEY: Content Area: Caring | Integrated Processes: Caring | Client Need: Safe, Effective Care Environment | Cognitive Level: Applying

7. ANS: 4

A coparticipative manner is demonstrated when the nurse works with the patient and family to achieve the best outcome.

PTS: 1 REF: Chapter: 2 OBJ: Objective: 3

KEY: Content Area: Caring | Integrated Processes: Caring | Client Need: Safe, Effective Care Environment | Cognitive Level: Applying

8. ANS: 4

Encouraging the shy student shows appreciation for that student's value and what he or she can add to class discussions, and it demonstrates transpersonal caring.

PTS: 1 REF: Chapter: 2 OBJ: Objective: 4

KEY: Content Area: Caring | Integrated Processes: Caring | Client Need: Psychosocial Integrity | Cognitive Level: Applying

9. ANS: 2

Nightingale talked about holistic care, providing care for the physical, spiritual, and psychological needs of patients, and seeing them not as a diagnosis but as unique individuals.

PTS: 1 REF: Chapter: 2 OBJ: Objective: 1

KEY: Content Area: Caring | Integrated Processes: Caring | Client Need: Safe, Effective Care Environment | Cognitive Level: Remembering

10. ANS: 1

Caritas measures, such as holding the patient's hands during a painful procedure, are high-touch.

PTS: 1 REF: Chapter: 2 OBJ: Objective: 6

KEY: Content Area: Caring | Integrated Processes: Caring | Client Need: Health Promotion and Maintenance | Cognitive Level: Applying

11. ANS: 2

Talking to the nurse privately will prevent embarrassment, and reviewing the procedure together will offer the opportunity to improve patient care for both nurses.

PTS: 1 REF: Chapter: 2 OBJ: Objective: 5

KEY: Content Area: Caring | Integrated Processes: Caring | Client Need: Safe, Effective Care Environment | Cognitive Level: Applying

12. ANS: 4

Transpersonal nursing care is care that recognizes the value and unique qualities of each individual and treats everyone with respect.

PTS: 1 REF: Chapter: 2 OBJ: Objective: 3

KEY: Content Area: Caring | Integrated Processes: Caring | Client Need: Safe, Effective Care Environment | Cognitive Level: Understanding

13. ANS: 4

Sitting with the patient and allowing him or her to talk about fears and concerns demonstrates caring and provides the nurse with needed information about how to best support the patient.

PTS: 1 REF: Chapter: 2 OBJ: Objective: 6

KEY: Content Area: Caring | Integrated Processes: Caring | Client Need: Psychosocial Integrity | Cognitive Level: Applying

14. ANS: 3

Asking the patient what the nurse can do to support spiritual beliefs shows caring.

PTS: 1 REF: Chapter: 2 OBJ: Objective: 6
KEY: Content Area: Caring | Integrated Processes: Caring | Client Need: Psychosocial Integrity | Cognitive Level: Applying

15. ANS: 3

Quietly talking to the physician to deescalate the situation immediately is the most caring way to handle it.

PTS: 1 REF: Chapter: 2 OBJ: Objective: 5
KEY: Content Area: Caring | Integrated Processes: Caring | Client Need: Safe, Effective Care Environment | Cognitive Level: Applying

16. ANS: 3

Guiding the conversation toward thinking about why the instructor is so particular and how patient care improves as a result is a productive response to the situation.

PTS: 1 REF: Chapter: 2 OBJ: Objective: 4
KEY: Content Area: Caring | Integrated Processes: Caring | Client Need: Psychosocial Integrity | Cognitive Level: Applying

17. ANS: 4

Arriving to class prepared and on time shows caring for other students, because the student will be able to participate fully and will not disrupt the class.

PTS: 1 REF: Chapter: 2 OBJ: Objective: 4
KEY: Content Area: Caring | Integrated Processes: Caring | Client Need: Psychosocial Integrity | Cognitive Level: Applying

18. ANS: 3

Nurses with many years of experience were most likely educated in the medical model, in which less emphasis was placed on the nursing model.

PTS: 1 REF: Chapter: 2 OBJ: Objective: 2
KEY: Content Area: Caring | Integrated Processes: Caring | Client Need: Psychosocial Integrity | Cognitive Level: Applying

19. ANS: 1

All actions are based on personal motivation, whether performed at work or off duty, because the nurse, and every individual, chooses how to respond to a given situation.

PTS: 1 REF: Chapter: 2 OBJ: Objective: 7
KEY: Content Area: Caring | Integrated Processes: Caring | Client Need: Psychosocial Integrity | Cognitive Level: Applying

20. ANS: 1

Understanding the patient's motivation may help the nurse be less judgmental.

PTS: 1 REF: Chapter: 2 OBJ: Objective: 7
KEY: Content Area: Caring | Integrated Processes: Caring | Client Need: Safe, Effective Care Environment | Cognitive Level: Applying

21. ANS: 2

Motivation is a dynamic process that changes over time because of experiences and the influence of others.

PTS: 1 REF: Chapter: 2 OBJ: Objective: 7
KEY: Content Area: Caring | Integrated Processes: Caring | Client Need: Psychosocial Integrity | Cognitive Level: Understanding

22. ANS: 1

The nurse will need to adapt motivational approaches to suit the new job, the change in acuity, and the many changes that will come with working in a new facility.

PTS: 1 REF: Chapter: 2 OBJ: Objective: 7
KEY: Content Area: Caring | Integrated Processes: Caring | Client Need: Psychosocial Integrity | Cognitive Level: Applying

MULTIPLE RESPONSE

23. ANS:

Showing respect by the manner in which the nurse addresses the patient, arranging for a translator to show caring about and consideration of the patient's unique individuality, and spending time with the anxious or upset patient all demonstrate the nursing model of care.

PTS: 1 REF: Chapter: 2 OBJ: Objective: 2
KEY: Content Area: Caring | Integrated Processes: Caring | Client Need: Safe, Effective Care Environment | Cognitive Level: Analyzing

24. ANS: 1, 2, 3, 4

Caritas measures are high-touch or nursing models of patient care and are part of Jean Watson's caring theory of nursing. Transpersonal caring and high-touch are important terms discussed by Dr. Watson; the latter also includes terminology such as caritas and the nursing model of care. Intentionality is a term used by Dr. Watson to indicate the need for nurses to enter every interaction with the intention of giving good care in a personalized, patient-focused manner.

PTS: 1 REF: Chapter: 2 OBJ: Objective: 3
KEY: Content Area: Caring | Integrated Processes: Caring | Client Need: Safe, Effective Care Environment | Cognitive Level: Understanding

25. ANS: 1, 2, 5

Caritas measures are described as transpersonal caring and high-touch care. The nursing model of care can be called caritas or caring measures.

PTS: 1 REF: Chapter: 2 OBJ: Objective: 3
KEY: Content Area: Caring | Integrated Processes: Caring | Client Need: Safe, Effective Care Environment | Cognitive Level: Understanding