

Lecturers' Test Bank

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Chapter 1: What is nursing and what is a nurse?

Multiple choice

1. The notable figures in nursing history are:

- a. Nightingale and Seacole
- b. Cadwaladr and Richards
- c. West and Wood
- d. all of these

Answer: D

2. To practise legally as a nurse in the UK you must:

- a. be over 25 years of age
- b. hold a valid and current registration with the NMC
- c. have experience in caring for patients from each of the four fields of nursing
- d. all of these

Answer: B

3. The 6 Cs of nursing are:

- a. care, compassion, competence, communication, courage, commitment
- b. care, compassion, cleverness, courage, communication, commitment
- c. care, compassion, competence, cleanliness, courage, commitment
- d. Care, compassion, competence, clemency, commendableness, commitment

Answer: A

4. The term profession is accurately used to describe:

- a. an activity that is undertaken to earn a living
- b. a job which brings celebrity status and great fortune
- c. an occupation requiring extensive education with a code of ethics
- d. any job which requires specific training

Answer: C

5. The essence of nursing is:

- a. delivering effective care to adults, children, families and/or whole communities
- b. working in partnership with individual people, groups of people or the families and carers of those people
- c. helping individuals to achieve or maintain the best health, independence and quality of life possible
- d. all of these

Answer: D

6. The NMC standards apply:
- a. when you are caring for patients
 - b. when you are caring for patients and in class
 - c. at all times
 - d. when you are working with your mentor

Answer: C

7. As well as taking a holistic approach, nurses ensure the care they provide is:
- a. of a quality acceptable to the nurse
 - b. of a quality acceptable to the patient
 - c. of the highest quality
 - d. of a good quality

Answer: C

8. Nurses work:
- a. independently
 - b. as part of a multidisciplinary team
 - c. in partnership with patients
 - d. all of the above

Answer: D

9. Behaving in a professional manner is:
- a. helpful in nursing
 - b. fundamental in nursing
 - c. a good idea in nursing
 - d. not important in nursing

Answer: B

10. How many core principles does the NMC (2011) identify, which, if you uphold them, will ensure you behave professionally as a nursing student.

- a. two
- b. three
- c. four
- d. five

Answer: C

11. Patients value nurses who
- A care for them as individuals
 - B make them feel more comfortable
 - C make them feel less afraid
 - D all of the above

Answer: D

Short answer questions

1. Nurses apply knowledge from _____ and _____ science, nursing, legal and _____ theory and technology to the care they provide.

Answer: Physical/ social/ ethical

2. What are the core nursing elements which underpin the profession as a whole?

Answer: The core elements underpinning the profession as a whole are assisting patients with physical needs, counselling a patient or group of patients, supporting patients to recover or to cope with their needs more effectively, helping children and young people to manage their health by developing partnerships in care with families, delivering educational programmes to promote the health of a community or supporting an individual with a long-term condition to live independently.

3. Nurses care for individuals of ____ ages, who do not have to be ____.

Answer: all/sick

4. To protect the public, in many countries, what a nurse is allowed to do is governed by _____.

Answer: law

5. How long has a register been kept of all the nurses in the UK?

Answer: It has been compulsory for nurses practicing in the UK to be on a register since 1919.

6. What does being registered as a nurse with the NMC show?

Answer: Being registered as a nurse with the NMC shows that the individual has achieved a standard of nursing education and skill competence which enables them to deliver safe and effective care.

7. What have the most recent changes in nurse education strengthened?

Answer – The most recent changes in nurse education have been made to ensure patients receive safe, effective and compassionate care at all times.

8. Learning disability nurses have good communication, assessment and person centred planning skills and values grounded in _____, inclusion and _____.

Answer: Equality/human rights

9. Mental health nurses use _____ methods to promote _____ and _____ relationships.

Answer: supportive/positive/therapeutic

10. Why is it important for children's nurses to aim to maintain a child's normal daily routine?

Answer: It is important for children's nurses to aim to maintain a child's normal daily routine because children find being away from their usual environment distressing and disruptive to the life of their entire family.

11. What areas of nursing can adult health nurses specialise within?

Answer: Adult health nurses can specialise within the areas of Cancer Care, Intensive Care nursing, Surgical nursing or the Care of Older people.

12. Acting in a professional manner is _____ to being a nurse.

Answer: fundamental

13. Why is it important for student nurses to maintain the Standards set by the NMC

Answer – Maintaining these Standards is an important aspect of being a student nurse.

Firstly, because members of the public will see you as a nurse, even though you are still learning and secondly, in preparation for upholding the strict professional Standards when you complete your course.

14. What are the 6C's of nursing?

Answer: The 6C's of nursing are care, compassion, competence, communication, courage and commitment.

15. Why is it important to listen to the views of patients?

Answer: It is important to listen to the views of patients, because by doing this it becomes clear what they value which will enable us to ensure we deliver the best possible care.

Chapter 2: Being a nursing student

Multiple choice

1. During your course you will learn:
- a. only about your chosen field of nursing
 - b. field-specific and generic knowledge and skills
 - c. about your chosen field and one other field
 - d. About the importance of caring for children

Answer: B

2. The recurrent issues relating to the poor care of patients with learning disabilities include:
- a. signs and symptoms of illness attributed to learning disabilities rather than physical illness
 - b. poor communication with people with learning disabilities
 - c. treatment options influenced by negative views about the quality of life of individuals with learning disabilities
 - d. all of these

Answer: D

3. When you see the term 'learning disabilities' you:
- a. can assume the individual will need help with washing and dressing
 - b. should not make assumptions
 - c. should assume that the individual will not be able to understand information about their healthcare
 - d. will know that the individual requires a high level of support to meet their needs

Answer: B

4. During your nursing course it is important that you:
- a. concentrate on what you are being taught
 - b. turn your mobile phone off as soon as you enter class
 - c. respect those who are teaching you
 - d. all of these

Answer: D

5. The three senses we use to process information are:
- a. visual, auditory and kinaesthetic
 - b. visual, smell and kinaesthetic
 - c. visual, auditory and taste
 - d. visual, smell and taste

Answer: A

6. Patients should be informed that the information they share with you:

- a. is confidential
- b. may be shared with other members of the healthcare team if it is important in their care
- c. may be disclosed to others if there is risk of harm occurring
- d. all of these

Answer: D

7. Alice is on her second placement and has been working with a registered nurse who she thinks is not providing good care to patients. What should she do?

- a. Tell the Registered Nurse about her concerns
- b. Tell her university lecturer about her concerns
- c. Tell the nurse in charge of the placement area about her concerns
- d. All of the above

Answer: D

8. Throughout your nursing course you are expected:

- a. to act as an independent and professional learner
- b. to do as you are told
- c. not to ask questions
- d. not to speak out if you see poor practice

Answer: A

9. During your nursing course you will be supported by:

- a. registered nurses
- b. university lecturers
- c. other healthcare professionals
- d. All of the above

Answer: D

10. The knowledge and nursing procedures you gain during your nursing programme will reflect:

- a. just your chosen field of nursing
- b. all of the fields of nursing, not just your chosen one
- c. your chosen field of nursing and one other
- d. your chosen field of nursing and two others

Answer: B

11. Managing yourself effectively throughout your nursing programme is:

- a. not necessary in order to do well
- b. not important
- c. crucial to successfully completing the course
- d. too difficult to achieve

Answer: C

Short answer questions

1. You should always respect a patient's right to confidentiality and _____ them about _____ and _____ information is shared.

Answer: inform/how/why

2. Why is it never acceptable to discuss matters relating to the patients in your care outside the clinical setting?

Answer: It is never acceptable to discuss matters relating to the patients in your care outside the clinical setting because you may be overheard and thus breach the duty of confidence you owe the patient.

3. A _____ attitude and _____ outlook are helpful in all situations.

Answer: positive/optimistic

4 Under the _ of Registered Nurses you will be able to _ in the care of patients

Answer – guidance/participate

5 How can other Registered Nurses help your learning

Answer – Other Registered Nurses can help your learning by supporting you, explaining in simple terms what is happening and why, translating unknown terminology and unaccustomed practice, act as your role model and assist you to develop into a Registered Nurse.

6. Whilst on placement you will find many of the registered nurses, the _____ assistants, other student _____, qualified healthcare _____ and students will be happy to _____ things to you.

Answer: Healthcare/ nurses/professionals/ explain

7. As a student nurse it is important to apply a holistic approach to _____ as well as your patients.

Answer: yourself

8. How will effectively managing your time assist you?

Answer: Effectively managing your time will enable your professional life to run much more smoothly and you will be far less stressed.

9. The key to successfully managing your time is to be _____.

Answer: organised

10. Why can it be difficult to determine whether care is good?

Answer: It can be difficult to determine whether care is good because care can be delivered in ways that are different to what you have been taught, but this can be just as acceptable.

11. If you are unsure whether care is good remember the ____ and the importance of treating all patients with _____ and kindness.

Answers: 6Cs/ dignity

12. You must, at all times, _____ out if you witness what you think is bad care.

Answer: speak

13. What is the first responsibility of a nurse at all times?

Answer: The first responsibility of a nurse, at all times, is to patients.

14. The best way to learn how patients feel about illness is to _____ them.

Answer: ask

15. Understanding what it means to act as a _____ is fundamental to being a _____ nursing student.

Answer: professional/ successful