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Chapter 01: Introduction to Nursing

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.
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
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.
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
5. Who is considered to be the founder of professional nursing?
- A) Dorothea Dix
 - B) Lillian Wald
 - C) Florence Nightingale
 - D) Clara Barton
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
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
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
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
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
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
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
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.
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
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
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.
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
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
19. Which of the following is a criteria that defines nursing as 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
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
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) masters degree
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
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
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
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
26. A nurse has been tried and found guilty of the felony crime of forgery. How might this affect the nurses 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.
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
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

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

Answer Key

1. C, E, F

2. B

3. A

4. D

5. C

6. B

7. A

8. B

9. B

10. B

11. C, E

12. B

13. A

14. C

15. D

16. A

17. B

18. B

19. D

20. B

21. D

22. C

23. A

24. B

25. C

26. C

27. D

28. A

29. D

Chapter 02: Theory, Research, and Evidence-Based Practice

1. What phrase best describes the science of nursing?
 - A) application of clinical skills
 - B) body of nursing knowledge
 - C) holistic patient care
 - D) art of individualized nursing
2. The practice of changing patients bedclothes each day in acute care settings is an example of what type of knowledge?
 - A) authoritative
 - B) traditional
 - C) scientific
 - D) applied
3. A student nurse learns how to give injections from the nurse manager. This is an example of the acquisition of what type of knowledge?
 - A) authoritative
 - B) traditional
 - C) scientific
 - D) applied
4. Which of the following sources of knowledge is based on objective data?
 - A) authoritative
 - B) traditional
 - C) scientific

- D) applied
5. A patient undergoing chemotherapy for a brain tumor believes that having a good attitude will help in the healing process. This is an example of what type of knowledge?
- A) science
- B) philosophy
- C) process
- D) virtue
6. Which of the following examples represents the type of knowledge known as process? Select all that apply.
- A) A nurse dispenses medications to patients.
- B) A nurse changes the linens on a patients bed.
- C) A nurse studies a nursing journal article on infection control.
- D) A nurse consults an ethics committee regarding an ethical dilemma.
- E) A nurse believes in providing culturally competent nursing care.
- F) A nurse monitors the vital signs of a postoperative patient.
7. Which of the following accurately describes Florence Nightingales influence on nursing knowledge?
- A) She defined nursing practice as the continuation of medical practice.
- B) She differentiated between health nursing and illness nursing.
- C) She established training for nurses under the direction of the medical profession.
- D) She established a theoretical base for nursing that originated outside the profession.
8. During the first half of the 20th century, a change in the structure of society resulted in changed roles for women and, in turn, for nursing. What was one of these changes?
- A) More women retired from the workforce to raise families.
- B) Women became more dependent and sought higher education.

- C) The focus of nursing changed to hands-on training.
 - D) Nursing research was conducted and published.
9. Who was the first nurse to develop a nursing theory?
- A) Clara Barton
 - B) Dorothea Dix
 - C) Florence Nightingale
 - D) Virginia Henderson
10. A nurse observes that certain patients have less pain after procedures than do others, and forms a theory of why this happens. What is a theory?
- A) a concept used to directly prove a fact or a group of facts
 - B) an understanding borrowed from other disciplines
 - C) a best guess based on intangible ideas
 - D) a statement of an occurrence based on observed facts
11. A staff nurse asks a student, Why in the world are you studying nursing theory? How would the student best respond?
- A) Our school requires we take it before we can graduate.
 - B) We do it so we know more than your generation did.
 - C) I think it explains how we should collaborate with others.
 - D) It helps explain how nursing is different from medicine.
12. Why are the developmental theories important to nursing practice?
- A) They describe how parts work together as a system.
 - B) They outline the process of human growth and development.

- C) They define human adaptation to others and to the environment.
 - D) They explain the importance of legal and ethical care.
13. Breaking the healthcare community into separate entities (such as the medical community, the nursing staff, management, support staff) and analyzing how they work as a whole together is an example of which nursing theory?
- A) general systems theory
 - B) adaptation theory
 - C) developmental theory
 - D) compartment theory
14. There are four concepts common in all nursing theories. Which one of the four concepts is the focus of nursing?
- A) person
 - B) environment
 - C) health
 - D) nursing
15. Which of the following are characteristics of nursing theories? Select all that apply.
- A) They provide rational reasons for nursing interventions.
 - B) They are based on descriptions of what nursing should be.
 - C) They provide a knowledge base for appropriate nursing responses.
 - D) They provide a base for discussion of nursing issues.
 - E) They help resolve current nursing issues and establish trends.
 - F) They use complex terminology to resolve specific nursing issues.
16. What is the ultimate goal of expanding nursing knowledge through nursing research?
- A) learn improved ways to promote and maintain health

- B) develop technology to provide hands-on nursing care
 - C) apply knowledge to become independent practitioners
 - D) become full-fledged partners with other care providers
17. What was significant about the promotion of the National Center for Nursing Research to the current National Institute of Nursing Research (NINR)?
- A) Increased numbers of articles are published in research journals.
 - B) NINR gained equal status with all other National Institutes of Health.
 - C) NINR became the major research body of the International Council of Nurses.
 - D) It decreased emphasis on clinical research as an important area for nursing.
18. Which of the following terms are part of quantitative research?
- A) process
 - B) concept
 - C) ethnography
 - D) variable
19. A nurse uses the process of quantitative research to study the incidence and causes of hospital-acquired pneumonia in her hospital. The statement of what the researcher expects to find in these studies is called the:
- A) variable
 - B) data
 - C) hypothesis
 - D) instrument
20. Information is collected for analysis in both quantitative and qualitative research. What is the information called?
- A) surveys

- B) answers
 - C) interviews
 - D) data
21. A patient in a clinical research study has given informed consent. This means that the patient has certain rights. These rights include which of the following? Select all that apply.
- A) confidentiality
 - B) free medical care
 - C) refusal to participate
 - D) protection from harm
 - E) guarantee of treatment
 - F) consent knowledgeably
22. Which of the following represents the basic framework of the research process?
- A) Qualitative data
 - B) Quantitative data
 - C) Nursing Process
 - D) Nursing Theory
23. Which of the following is a responsibility of an institutional review board (IRB)?
- A) secure informed consent for researchers
 - B) review written accuracy of research proposals
 - C) determine risk status of all studies
 - D) secure funding for institutional research
24. Before developing a procedure, a nurse reviews all current research-based literature on insertion of a

nasogastric tube. What type of nursing will be practiced based on this review?

- A) institutional practice
- B) authoritative nursing
- C) evidence-based nursing
- D) factual-based nursing

25. Which of the following are examples of characteristics of evidence-based practice? Select all that apply.

- A) It is a problem-solving approach.
- B) It uses the best evidence available.
- C) It is generally accepted in clinical practice.
- D) It is based on current institutional protocols.
- E) It blends the science and art of nursing.
- F) It is not concerned with patient preferences.

26. One step in implementing evidence-based practice is to ask a question about a clinical area of interest or an intervention. The most common method is the PICO format. Which of the following accurately defines the letters in the PICO acronym?

- A) P = population
- B) I = institution
- C) C = compromise
- D) O = output

27. A beginning student is reading a published research article. Where in the article would the student find the abstract?

- A) in the introduction
- B) in the methods section

C) after the references

D) at the beginning

Answer Key

1. B
2. B
3. A
4. A
5. B
6. A, B, F
7. B
8. D
9. C
10. D
11. D
12. B
13. A
14. A
15. A, C, D, E
16. A
17. B
18. D
19. C