

- 1. A 79-year old home health client with severe arthritis of the hands tells the nurse that she has difficulty instilling eye drops for glaucoma. What can the nurse do to assist the client?**
 - a. Teach the client to tilt her head back.**
 - b. Refrigerate the drops to increase viscosity.**
 - c. Instruct the client to lie down when using the drops.**
 - d. Ask a family member to take over the task.**

- 2. During a routine prenatal visit by a woman at 24 weeks' gestation, the healthcare provider notes the woman's pre-pregnancy hematocrit was 42% (0.420) but today the hematocrit is 34% (0.340). Which of the following provides the best explanation of the change in hematocrit for this client?**
 - a. During pregnancy the increase in plasma volume exceeds the increase in erythrocyte production.**
 - b. Because of pregnancy-related immune suppression, the woman is not making enough erythrocytes.**
 - c. Because she has been experiencing pregnancy-related nausea, the woman's diet has been poor.**
 - d. The woman is anemic because more of her blood is being diverted to the placenta and fetus.**

- 3. The healthcare provider is teaching a patient with emphysema pursed-lip breathing. Pursed lip breathing helps patients with emphysema because it**

- a. **Helps keep the small airways open and prevents air trapping.**
 - b. **Increases the respiratory rate and oxygenation.**
 - c. **Helps the patient achieve maximum inhalation.**
 - d. **Creates negative pressure in the airways.**
4. **A mother tells the nurse that her 8-year old doesn't eat as much as her toddler or teenager. The nurse should explain that school-age children have a lower**
- a. **Growth rate**
 - b. **Metabolic rate**
 - c. **Hormone level**
 - d. **Activity level**
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5. **The nurse is instructing a 53 year-old male client with newly-diagnosed type 2 diabetes how to care for his feet at home. Which statement indicates that the client understands?**
- a. **"It's okay to go barefoot in my own home."**
 - b. **"If I cut my foot, I'll just apply antibiotic ointment."**
 - c. **"I'll dry my feet very well after every shower."**
 - d. **"Every Sunday evening, I will carefully inspect my feet."**
6. **According to Erikson's stages of psychosocial development, which intervention is most appropriate for a hospitalized 16-year old?**
- a. **Request the hospital chaplain to stop by.**
 - b. **Encourage friends to visit at the hospital.**
 - c. **Restrict visitors to the teen's best friend.**
 - d. **Ask parents to assist with missed homework.**

- 7. A patient reports smoking 10 cigarettes per day for 40 years. How will the healthcare provider document this patient's smoking habit in terms of pack years?**
 - a. 10 pack years**
 - b. 4 pack years**
 - c. 5 pack years**
 - d. 20 pack years**

- 8. A 32-year old client refuses to have any analgesia or anesthesia during her birth experience. As the nurse assists her during the second stage of her labor, which position should she use to begin pushing?**
 - a. Lying on her left side in the Sims' position**
 - b. Lithotomy position with high stirrups**
 - c. Knee-chest position with head elevated**
 - d. Squatting with her body curved into a "C" position**

- 9. When making a checklist for an older adult who is learning to do self-catherization, which action is most helpful?**
 - a. Use short words and sentences.**
 - b. Print material in a fun and colorful font.**
 - c. Include charts and graphs.**
 - d. Write at a high school reading level.**

- 10. An 18-year old male asks about using condoms to keep his girlfriend from becoming pregnant. What is the nurse's best response?**
 - a. "Condoms will commonly increase sensitivity of the penis."**
 - b. "You should know that the failure rate for condoms is about 25%."**
 - c. "If you use a spermicide with the condom, you'll get more protection."**

- d. ". " Be sure and get natural skin condoms. They prevent sexually transmitted infections

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11. A school nurse is instructing a health class about the dangers of smoking. Which student's statement shows a lack of understanding and need for more information?

- a. "Second hand smoke is a public health issue."
- b. "Chewing tobacco is safe since there's no smoke."
- c. "Smoking will cause me to get wrinkles."
- d. "I can get sick if people smoke in my house."

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12. All the following affect pharmacokinetics in the elderly EXCEPT

- a. Reduced hepatic clearance
- b. Loss of mucosal intestinal surface
- c. Decrease in functioning nephrons
- d. Improved blood-brain barrier

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13. Which common pregnancy condition can occur during the 3rd trimester?

- a. Physiologic anemia
- b. Unilateral mastitis
- c. Acne vulgaris
- d. Respiratory acidosis

14. How long is the first phase of the transitional period of the newborn?

- a. 0-10 minutes
- b. 0-30 minutes
- c. 0-5 minutes
- d. 0-20 minutes

15. During a routine check-up, the nurse assesses a 76-year old female whose husband died seven months ago. Which statement indicates ineffective coping?

- a. "I've been sorting through our old family photos."**
- b. "I've gone back to my craft club at the Senior Center."**
- c. "I've had no interest in how I look or what I wear. Why bother?"**
- d. "I've been going to visit his grave every month."**

16. A woman in her second trimester of pregnancy is diagnosed with preeclampsia. Which of the following statements about preeclampsia will guide the care provided to this patient?

- a. The patient should not be concerned because the disorder will not affect the fetus.**
- b. If untreated, preeclampsia may result in fetal growth restriction.**
- c. The most serious problem with preeclampsia is edema, which is treated with diuretics.**
- d. Preeclampsia is the most common cause of delivery after 40**

weeks gestation..

17. A patient has been diagnosed with primary syphilis (Stage I). When assessing the patient, which of these findings will the healthcare provider anticipate?

- a. Firm and painless genital ulcer**
- b. Muscle weakness and visual changes**
- c. Sore throat and swollen lymph glands**
- d. Reddish rash on the palms of the hands**

18. What is the best way to educate a 10-year old girl about her upcoming heart surgery?

- a. Use a model of the heart to show her how the surgery will go.**
- b. Introduce her to another child who just had the same surgery.**

- c. Give her with a booklet to read about the surgery.
- d. Provide a verbal explanation just prior to the surgery.

19. A 32-year old primigravida who 35 weeks pregnant is admitted following a rupture of membranes and loss of mucous plug 9 hours earlier. An internal exam shows she is dilated 4 cm. Since she is at risk for infection, which action is most appropriate?

- a. Initiate Universal precautions
- b. Prepare an Oxytocin infusion
- c. Perform more vaginal examinations
- d. Monitor her temperature frequently

20. The nurse is instructing a client with newly-diagnosed type 2 diabetes how to use a blood glucose monitor. Which consistent glucose level should the client report to the health care provider?

- a. 350 mg/dL
- b. 150 mg/dL
- c. 450 mg/dL
- d. 250 mg/dL

21. A client who is 26 weeks pregnant arrives at the Emergency Department in full labor. She is admitted and gives birth to a live neonate. However, the baby's condition quickly deteriorates and death is imminent. The parents are Roman Catholics and request that their baby be baptized. What should the nurse do?

- a. Baptize the neonate, regardless of personal religious beliefs.
- b. Contact the hospital chaplain to perform the baptism.
- c. Alert the nursing supervisor of the impending demise.
- d. Locate an employee who is Roman Catholic to do the baptism.

22. When a child is able to grasp the idea that a ball continues to exist, even though the parent places the ball under a pillow, which of Piaget stages is the child in?

- a. Sensorimotor
- b. Preoperational
- c. Concrete operations
- d. Formal operations

23. The mother of a 2-year old girl is frustrated by her daughter's temper tantrums, and asks the pediatric nurse for advice. Which action is most appropriate when a tantrum occurs?

- a. Leave her alone, as long as she is safe.**
- b. Move the girl to a "time-out" chair.**
- c. Explain that tantrums are inappropriate.**
- d. Punish her for her bad behavior.**

24. After the nurse does an assessment of an 83-year old with dementia, what will be the most realistic plan of care for the client?

- a. The client's family should hire 24-hour caregivers to keep the client at home.**
- b. The client can be instructed to remain living independently.**
- c. The client must move to a long-term care facility, so all ADL can be done.**
- d. The client can be supported to function at the best possible level of autonomy.**

25. As the nurse prepares to instruct a client who has just been prescribed atorvastatin (Lipitor), which periodic laboratory test should the client receive?

- a. Renal panels**
- b. Bleeding times**
- c. Liver function studies**

- d. A1c levels
26. During her check-up after a spontaneous abortion at 12 weeks, a client becomes angry and screams at the nurse, "Why did God punish me? I haven't done anything to deserve this." Which response is most appropriate?
- a. "It isn't God's fault. There was probably a good reason."
 - b. "You're a strong woman. I know that you will get through this."
 - c. "I can see that you're angry. It's so hard to lose your baby."
 - d. "Go ahead, God can handle your anger. It's okay."
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27. The nurse is teaching parents to administer eardrops at home. Which action will indicate that the parents understand?
- a. Quiz the parents on the medication handout.
 - b. Watch as they administer the eardrops.
 - c. Request that they list each step of the process.
 - d. Ask the parents to describe the procedure.
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28. At her 10-year old daughter's routine physical, a mother reports that her daughter has started to develop breasts and grow pubic hair. The nurse tells them that after signs of puberty appear, menstruation usually occurs within
- a. 20 months
 - b. 30 months
 - c. 40 months
 - d. 10 months
29. While planning a prenatal nutrition class for primigravid clients, the nurse knows to include the need for adequate Vitamin A. Which foods should the clients choose for their diets?
- a. Egg yolks and squash

- b. Skim milk and cheese**
 - c. Oranges and tomatoes**
 - d. Berries and broccoli**
- 30. The nurse is providing discharge instructions to the parents of a 7-year old girl who was admitted with a diagnosis of acute rheumatic fever. Which is a long- term care component for their daughter?**
 - a. Antibiotic Therapy**
 - b. Cardiac Therapy**
 - c. Physical Therapy**
 - d. Psychological Therapy**
- 31. A client at 30 weeks gestation complains of heartburn. What is the best way for the nurse to explain it?**
 - a. "Your stomach is producing less digestive acid."**
 - b. "Your intestines are more active during pregnancy."**
 - c. "The stomach releases a backflow into your esophagus."**
 - d. "The diaphragm is pushing against your stomach."**
- 32. A 27-year old woman has Type 1 Diabetes (T1D). She and her husband want to have a baby. Her endocrinologist gave them information on pregnancy and diabetes. The first thing the nurse should discuss with the prospective parents is**
 - a. The need for early prenatal medical oversight**
 - b. Understanding the health risk to the mother**
 - c. Considering adoption as an alternative to giving birth**
 - d. Education about dietary modifications during pregnancy**

- 33. On discharge from the hospital, the health care provider prescribes lisinopril (Prinivil, Zestril) for a 54-year old male client. Which common side effect should the nurse teach the client?**
- a. Constipation**
 - b. Cough**
 - c. Hypokalemia**
 - d. Hypertension**
- 34. The healthcare provider is teaching a youth group about how to avoid acquiring a sexually transmitted disease (STD) if they are sexually active. Which of the following is the best method of prevention?**
- a. Consistent condom use**
 - b. Use of spermicidal creams**
 - c. Human papillomavirus (HPV) vaccination**
 - d. Douching after intercourse**
- 35. The pediatric nurse is instructing the parents of a 10-year old boy who is newly diagnosed with type 1 diabetes. When teaching about hypoglycemia, which instruction should the nurse provide?**
- a. Check the child's urine four times a day for acetone.**
 - b. Always have glucose tablets and subcutaneous glucagon available.**
 - c. If the child is active in a sport, the evening dose of NPH insulin can be withheld.**
 - d. Contact the health care provider if the child becomes drowsy.**

36. A 41-year old male visits a urologist to learn about getting a vasectomy as a permanent method of contraception. Which statement should the nurse use during client education?
- "If you change your mind in the future, it's simple to reverse the procedure."
 - "You will need to return for an annual follow-up visit and sperm count."
 - "You'll need to use another type of birth control until your sperm count is zero."
 - "If you have a history of cardiac disease, we won't be able to do the vasectomy."
37. When planning to teach a patient with a new colostomy, which food should the nurse recommend to avoid odors in the stool?
- Cucumbers
 - Yogurt
 - Peanut butter
 - Eggs
38. A 7-month old infant weighing 16 pounds (7.25 kg) will have a normal urine output of
- 3 mL/kg/hr
 - 2 mL/kg/hr
 - 1 mL/kg/hr
 - 4 mL/kg/hr
39. Percussion is a physical assessment technique used to assess all the following EXCEPT
- Density of a body structure
 - Fluid in body cavities
 - Edges of body organs
 - Resilience of body tissues
- .

40. The nurse is caring for an 18-month old male on the pediatric unit. Which of the following is important?
- Let him play with other children
 - Encourage the child to eat finger food
 - Allow him to explore without supervision
 - Hold and cuddle the child frequently
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41. A 19-year old college student comes to the clinic after missing her second period. When a pregnancy is confirmed, she asks about having an abortion within the next few weeks. The nurse tells her that an abortion can safely be done by which method?
- Vacuum aspiration
 - Menstrual extraction
 - Emergency contraception
 - Saline induction
42. A multiparous client at 16 weeks gestation is diagnosed as having a fetus with probable anencephaly. The client is fervently Pro-Life and has decided to continue the pregnancy, and to donate organs after the death of the neonate. Which of the following actions by the nurse is most appropriate?
- Explore his or her own feelings about the issues of anencephaly and organ donation.
 - Ask the client and husband if they have discussed this decision with family.
 - Advise the client that a prolonged neonatal death will be very painful for her.
 - Contact the client's minister to discuss the client's options related to the pregnancy.

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- 43. When instructing a client with acquired immunodeficiency syndrome (AIDS) about proper food choices, which item should the nurse teach the client avoid?**
- a. Raw shelled oysters**
 - b. Overcooked meat**
 - c. Pasteurized milk**
 - d. Bottled soft drinks**
- 44. The most appropriate toys to give to a 5-month old infant are**
- a. Wooden puzzles**
 - b. Teething objects**
 - c. Plastic toy cars**
 - d. Stuffed animals**
- 45. A primigravid client who is at 14 weeks gestation has been diagnosed with hyperemesis gravidarum. The nurse explains to the client that the condition is related to high levels of**
- a. Testosterone**
 - b. Estrogen**
 - c. Aldosterone**
 - d. Progesterone**
- 46. A patient with pre-eclampsia is admitted to the unit with an order for magnesium sulfate. The nurse will understand that the therapy is effective if**
- a. Scotomas are present**
 - b. Ankle clonus is increased**
 - c. No seizures occur**
 - d. Blood pressure drops**

47. When caring for an older adult, the nurse may see an increase in
- Salt craving
 - Urinary retention
 - Skin turgor
 - Nerve conduction
48. To assess cranial nerve VII, the nurse should ask the client to all of the following actions EXCEPT
- Smile and frown
 - Distinguish tastes
 - Raise the eyebrows
 - Extend the tongue
- .
49. During her first prenatal appointment, a 24-year old primigravida asks the nurse how the doctor could tell she was pregnant "just by looking inside." The nurse explains that the client had a positive Chadwick's sign, which is a
- Bluish color of the cervix and vaginal walls
 - Slight displacement of the uterus to the right
 - Pronounced softening of the cervix
 - Presence of a mucous plug at the cervix
50. As the nurse assesses a new client who is being evaluated for Hepatitis C, which question should the nurse ask?
- "Have you ever gotten a tattoo?"
 - "How often do you eat shellfish?"
 - "Did you travel to India recently?"
 - "Did you drink any contaminated water?"
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51. Which developmental age group is most likely to regress when ill?
- Adolescent
 - Infant
 - Toddler
 - Child
- .
52. A 26-year old client comes to the birthing center in early active labor. She is full-term and membranes are intact. The nurse locates fetal heart sounds above the client's umbilicus at midline. The nurse should continue to assess that the fetus is in which position?
- Breech
 - Face
 - Transverse
 - Cephalic
53. The nurse reviews recent lab results with a new client. Which elevated test level is most important for the nurse to address in order to reduce the risk for coronary artery disease (CAD)?
- Low-density lipoprotein
 - Triglyceride
 - High-density lipoprotein
 - Glucoamylase
- .
54. A patient diagnosed with trichomoniasis is being treated with metronidazole (Flagyl). When teaching the patient about this medication, which of the following will the healthcare provider include?
- "You should avoid milk or dairy products during therapy."
 - "Call our office if you experience any tendon pain or tenderness."
 - "Do not drink alcohol while you are taking this medication."
 - "Report the occurrence of pain in your upper abdomen immediately."
55. After instructing a 63-year old female with a new prescription for captopril (Capoten) for her hypertension, the nurse realizes the client needs further teaching when the client states
- "I will use a salt substitute."

- b. "I'll take my blood pressure every week."
- c. "I shouldn't stand up too quickly."
- d. "I'll call if I get a fever or sore throat."

Captopril (Capoten) is an angiotensin-converting enzyme (ACE) inhibitor prescribed for hypertension, congestive heart failure, and diabetic nephropathy. Clients should not use salt substitutes, because they contain potassium and the ACE inhibitors cause the body to retain potassium. The other responses are appropriate.

- 56. Management of gestational diabetes mellitus (GDM) is usually done with**
- a. Nutritional therapy
 - b. PO hypoglycemic drugs
 - c. NPH Insulin injections
 - d. All of the above

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- 57. When a father calls Poison Control Center after discovering that his 3-year old son has taken 12 grape-flavored chewable acetaminophen tablets, what should the nurse instruct the father to do?**
- a. Give Syrup of Ipecac to induce vomiting.
 - b. Record the boy's pulse rate for 24 hours.
 - c. Force the boy to drink 8 oz. of milk.
 - d. Quickly go to the Emergency Department.

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- 58. A client with type 2 diabetes has a glycosylated hemoglobin (HbA1c) level of 9.1%. The nurse will need to make an instruction plan because this lab result indicates**
- a. The nurse must create a new plan because the lab result reveals no new information.
 - b. The client has a normal value and can be allowed to follow the current plan.

- c. The nurse must make a plan to help the client manage poor glucose level control.
 - d. The client has a low value and requires a plan to raise the HbA1c level..
59. Following instruction about post-menopausal osteoporosis with a Caucasian 52-year old female, which statement indicates that the nurse should provide more education?
- a. "I'm glad that I have a low risk of getting osteoporosis."
 - b. "If I can't eat dairy products, I should take a calcium supplement."
 - c. "I need to include exercise to slow the loss of bone."
 - d. "A cup of yogurt has the same amount of calcium as a glass of milk."
60. Assessment of a primigravida in active labor reveals cervical dilation at 9 cm, 100% effacement, and the fetus at +1 station. When the medical resident orders meperidine 50mg IM for the patient, what should the nurse do?
- a. Administer the medication as prescribed
 - b. Refuse to administer the medication to the patient
 - c. Ask the resident to validate the drug dosage
 - d. Place naloxone is at the patent's bedside
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61. The football coach invites the school nurse to instruct the team on proper hydration during hot weather. The nurse teaches the athletes to avoid dehydration by
- a. Drinking extra water before and after practice.
 - b. Taking a fluid break every 30 minutes during practice.
 - c. Taking 1-2 salt tablets before starting practice.
 - d. Changing practice times to early morning or evening.

62. Rhogam is most often used to treat _____ mothers that have a _____ infant.
- RH negative, RH negative
 - RH negative, RH positive
 - RH positive, RH negative
 - RH positive, Rh positive
63. Two toddlers are arguing over a toy truck in the playroom. The nurse should say to the children
- "If you can't play together, you will each have to go back to your rooms."
 - "How about taking turns? One of you goes first and then you give it to the other."
 - "Let's see if we can find another truck, so you each have one to play with."
 - "I'll fix this problem. Just give the truck to me. That way no one has it."
64. A 3-month old African American male is being assessed during his routine checkup. The nurse notes a dark blue pigmented mark across his back and buttocks. What should the nurse do?
- Document the observation in the infant's record.
 - Assess the infant for other signs of cyanosis.
 - Notify the Department of Family Services.
 - Provide the parent with a referral for laser therapy.
65. During a routine prenatal appointment, a client who is six months pregnant states she has constipation. To relieve this condition, the nurse should instruct her to
- Ask the obstetrician for a laxative
 - Stop taking prenatal iron supplements
 - Increase fluid intake to 3 liters each day

- d. Take 2 tablespoons of mineral oil a day
66. The nurse is instructing a 46-year old primigravid client prior to a percutaneous umbilical blood sampling (PUBS) procedure. When the client asks why, the nurse explains that it will diagnose
- a. Fetal lung maturity
 - b. Genetic disorders
 - c. Alpha-fetoprotein level
 - d. A multiple pregnancy
67. A 13-year old has just started to menstruate. Which statement should the nurse use during client education?
- a. "Do not use tampons until you are 16-years old."
 - b. "Cold food and beverages can make menstrual pain worse."
 - c. "Avoid gym class and exercise during your period."
 - d. "You can take a mild analgesic if you get cramps."
68. The nurse is teaching a new hemodialysis client how to monitor fluid status between dialysis treatments. Which action is most important for the client to record daily?
- a. Urine acetone level
 - b. Complete vital signs
 - c. Number of steps walked
 - d. Intake, output, weight
69. The nurse is planning activities for elderly residents in a long-term care facility. Which of the following activities will be MOST effective in meeting the growth and development needs of a person in this age group?
- a. Reminiscence therapy
 - b. Trips outside the facility
 - c. Resident council meetings
 - d. Strengthening classes
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70. When a mother enters the playroom of the pediatrics unit to visit her 3-year old son, he does not immediately go to her. A reason for his behavior is
- a. The child has become self-centered.
 - b. The child is angry and withdrawn.
 - c. The child has adapted to the hospital setting.

d. The child is displaying normal behavior.

71. After assessing their speech development, which of the following children should the nurse refer for further evaluation?

a. A 12-month old girl who can say 3-5 words

b. An 18-month old boy who only says "no"

c. A 4-month old girl who laughs out loud

d. A 10-month old boy who says "dada" and "mama"

72. When the home health nurse reviews her daily schedule, which client is most at risk for abuse?

- a. A 74-year old man with poorly controlled hypertension.**
- b. A 76-year old woman recovering from a broken hip.**
- c. A 88-year old male with newly diagnosed bilateral cataracts.**
- d. An 84-year old woman with advanced diabetes complications.**

73. The nurse is doing discharge teaching for a client who is status-post total hip arthroplasty. The client should be instructed to do all of the following EXCEPT

- a. Apply cream to the incision every day until sutures are removed.**
- b. Put a pillow between your legs when lying down for 6 weeks.**
- c. Use a cane or walker for 4 weeks, even if you don't think you need it.**
- d. Avoid dislocation by not bending the hip beyond 90 degrees.**

74. An hour after the vaginal birth of a term neonate weighing 10 lb 8 oz (4763 gm), which of the following should the nurse monitor closely?

- a. Hyponatremia**
- b. Hypercalcemia**
- c. Hyperbilirubinemia**
- d. Hypoglycemia**

75. A mother calls the pediatric clinic to report that her 3-year old has diarrhea, and asks how to manage it at home. The nurse should suggest

- a. Switch to bananas, rice, applesauce, and toast.**
- b. Continue the child's usual diet, as tolerated.**
- c. Serve low-fat, low-sodium foods for 2 days.**
- d. Clear liquids only for the next 24 hours.**

- 76. Following the birth of her first child, a 27-year old makes an appointment to discuss oral contraception. During the assessment, the client discloses a family history of heart disease. What question should the nurse ask next?**
- "Have you considered other types of birth control?"**
 - "Do you eat a low-salt and low-fat diet?"**
 - "Are you a smoker?"**
 - "How often do you exercise?"**
- 77. After completing infertility evaluations, the husband is diagnosed with a low sperm count. When the nurse assesses his understanding of possible causes, the nurse knows more instruction is needed when the client says**
- "My thyroid hormones are imbalanced."**
 - "I sit in steamy saunas too often."**
 - "It's because I have a varicocele."**
 - "My scrotum temperature is too cold."**
- 78. When meeting with a pregnant client to teach about prenatal nutrition, the nurse's FIRST step is to**
- Ask her to keep a food journal until her next appointment.**
 - Conduct a diet history to determine her normal eating routines.**
 - Explain the nutritional changes required during pregnancy.**
 - Teach her how to meet the dietary needs for herself and her family.**
- 79. At her first prenatal appointment, the client states that her last menstrual period began on February 5, 2017 and ended on February 10, 2017. Using Naegele's rule her estimated date of birth would be**
- November 5, 2017**
 - November 17, 2017**
 - November 12, 2017**
 - October 29, 2017**

80. When her pregnancy is confirmed, a 28-year old becomes worried about being physically uncomfortable. She tells the nurse, "I'm not sure I want to be pregnant." What does the nurse understand about the client's statement?

- a. She is experiencing ambivalence about being pregnant.**
- b. She is considering terminating the pregnancy.**
- c. The client is afraid that her baby will not be healthy.**
- d. She is concerned about caring for a newborn baby.**

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81. A 17-year old unmarried primigravida who is 9 weeks pregnant tells the nurse that her family doesn't have much money. Her dad just got laid off from his job. Which of the following actions would be most appropriate?

- a. Determine whether the client qualifies for local assistance programs.**
- b. Refer her to the social worker to enroll in a food assistance program.**
- c. Ask the client if she has a job and how much she earns.**
- d. Teach the client in ways to make low-cost, highly nutritious meals.**

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82. Before discharge after treatment for leg trauma, the nurse instructs the client on the tripod position when using crutches. Which is the proper distance for placement of the crutch tips?

- a. 18 inches to the front and side of the toes**
- b. 12 inches to the front and side of the toes**
- c. 6 inches to the front and side of the toes**
- d. 24 inches to the front and side of the toes**

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83. Which chair is best for an elderly client who is learning self-care for managing hip pain from rheumatoid arthritis?

- a. A recliner with a low seat to get in and out more easily**
- b. A wooden rocking chair for back support and therapeutic movement**
- c. A straight back chair with a raised seat to decrease flexion**

- d. A soft sofa to relieve stress on back and hip joints**
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- 84. A female client asks her healthcare provider about the benefits of receiving the human papillomavirus (HPV) vaccine. Which statement is the most appropriate response by the healthcare provider?**
- a. "The HPV vaccine will protect you from all types of the virus."**
 - b. "You will need to have a booster vaccination each year."**
 - c. "The HPV vaccine can help prevent cervical cancer."**
 - d. "You will no longer need to get a routine cervical exam."**
- 85. During a routine check-up for her 2-year old son, the mother proudly tells the nurse, "He loves to drink milk! I give him as much as he wants." The nurse should counsel the mother and tell her that more than 3.5 cups a day can lead to**
- a. Vitamin A deficiency**
 - b. Iron deficiency**
 - c. Folate deficiency**
 - d. Vitamin C deficiency**
- 86. An unresponsive patient with diabetes is brought to the emergency department with slow, deep respirations. Additional findings include: blood glucose 450 mg/dL (24.9 mmol/L), arterial pH 7.2, and urinalysis showing presence of ketones and glucose. Which of the following statements best describes the underlying cause of this patient's presentation?**
- a. Nocturnal elevation of growth hormone results in hyperglycemia in the morning**
 - b. Lack of insulin causes increased counter-regulatory hormones and ketone release**
 - c. Hyperglycemia causes oxidative stress, renal dysfunction, and acidosis**

- d. Hypoglycemia causes release of glucagon resulting in glycogenolysis and hyperglycemia**
- 87. When a drug's effect is increased after a second drug is given, this interaction is called**
- a. Antagonism**
 - b. Synergism**
 - c. Absolution**
 - d. Potentiation**
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- 88. The healthcare provider is caring for a patient who has septic shock. Which of these should the healthcare provider administer to the patient first?**
- a. IV fluids to increase intravascular volume.**
 - b. Vasopressors to increase blood pressure.**
 - c. Antibiotics to treat the underlying infection.**
 - d. Corticosteroids to reduce inflammation.**
- 89. A patient with chronic hepatitis C is scheduled for a liver biopsy. Before the procedure, the nurse checks the most recent lab results. Which of the following laboratory tests does NOT assess coagulation?**
- a. Prothrombin time**
 - b. Partial thromboplastin time**
 - c. Platelet count**
 - d. Hematocrit**
- .

- 90. The healthcare provider is caring for a patient on a ventilator with an endotracheal tube in place. What assessment data indicate the tube has migrated too far down the trachea?**
- a. Low pressure alarm sounds**
 - b. A high pressure alarm sounds**
 - c. Increased crackles auscultation bilaterally**
 - d. Decreased breath sounds on the left side of the chest**
- 91. When evaluating the arterial blood gases (ABGs) of a patient with a 20 year history of chronic bronchitis, which of these would the healthcare provider expect?**
- a. Metabolic alkalosis, compensated**
 - b. Metabolic acidosis, uncompensated**
 - c. Respiratory acidosis, compensated**
 - d. Respiratory alkalosis, uncompensated**
- 92. When caring for a patient with a cardiac dysrhythmia, which laboratory value is a priority for the healthcare provider to monitor?**
- a. BUN and creatinine**
 - b. PT and INR**
 - c. Sodium, potassium, and calcium**
 - d. Hemoglobin and hematocrit**
- 93. Before administering two units of whole blood, what type of intravenous (IV) device should be used?**
- a. The smallest possible catheter to prevent pain on insertion.**
 - b. The same IV device as previously used. Consult the patient's chart.**
 - c. A large bore catheter to allow blood cells to pass easily into the patient.**
 - d. Whatever the doctor has ordered. Consult the patient's chart.**

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94. Which of these assessment findings should the healthcare provider expect to identify as an early clinical characteristic of multiple sclerosis (MS)?

- a. Dementia**
- b. Clonus**
- c. Vision loss**
- d. Muscle atrophy**

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95. A patient with a diagnosis of lung cancer is receiving chemotherapy and reports nausea and loss of appetite resulting in decreased food intake. What should the healthcare provider recommend to promote adequate nutrition?

Advise the patient to

- a. Eat only favorite foods to increase appetite.**
- b. Eat small meals throughout the day.**
- c. Eat large meals but less frequently throughout the day.**
- d. Eat only when feeling hungry.**

96. The healthcare provider prepares to administer a corticosteroid to a patient with a diagnosis of asthma. What is the rationale for administering this drug to this patient?

- a. Prevent respiratory infections**
- b. Promote bronchodilation**
- c. Decrease airway swelling**
- d. Promote expectoration of mucus**

- 97. A patient diagnosed with ulcerative colitis is admitted to the medical unit. When assessing the patient, which of these findings would be of the most concern?**
- a. Rebound tenderness**
 - b. Bloody diarrhea**
 - c. Oral temperature of 99.0 F (37.2 C)**
 - d. Borborygmi**
- 98. The healthcare provider is seeing four patients at the neighborhood clinic. Which of these patients should the healthcare provider identify to be most at risk for iron-deficiency anemia?**
- a. The patient who follows a strict vegan diet.**
 - b. The woman of childbearing age reporting a craving for ice.**
 - c. The obese patient with a history of gastric bypass surgery.**
 - d. The patient who has a diagnosis of chronic renal failure.**
- 99. A female patient complains of abdominal discomfort. Watery stool has been leaking from her rectum. This could be a sign of**
- a. fecal impaction**
 - b. constipation**
 - c. bowel incontinence**
 - d. diarrhea**
- .
- 100. During an assessment of a patient experiencing acute hemorrhage, the healthcare provider would most likely expect to find**
- a. Tachycardia**

- b. Nausea**
- c. Hypotension**
- d. Jaundice**

101. During a prenatal visit, a client at 36 weeks' gestation tells a nurse that she has painful, irregular contractions. What should the nurse recommend?

- A. Add description here!**
- B. Lie down until they stop**
- C. Time them for at least 1 hour**
- D. Walk around until they subside**
- E. Take 1 over-the-counter analgesic**

102. A health care provider prescribes losartan (Cozaar) for a client. Which is the most important nursing action?

- A. Assess the client for hypokalemia**
- B. Ensure that the medication is ingested with food.**
- C. Monitor the client's blood pressure during therapy.**
- D. Teach that a missed dose can be doubled at the next scheduled time.**

103. During the postpartum period a nurse identifies that a client's rubella titer is negative. What action should the nurse plan to take?

- A. Check for allergies to penicillin.**
- B. Alert the staff in the newborn nursery.**
- C. Assure the client that she has active immunity.**
- D. Obtain a prescription for an immunization before discharge.**

104. An infant with hydrocephalus has a ventriculoperitoneal (VP) shunt surgically inserted. What nursing care is essential during the first 24 hours after this procedure?

- A. Medicating the infant for pain**
- B. Placing the infant in a high-Fowler position**
- C. Positioning the infant on the side that has the shunt**
- D. Monitoring the infant for increasing intracranial pressure**

105. An older adult is hospitalized for weight loss and dehydration because of nutritional deficits. What should the nurse consider when caring for this client?

- A. Financial resources usually are unrelated to nutritional status.**
- B. An older adult's daily fluid intake must be markedly increased.**

- C. The client's diet should be high in carbohydrates and low in proteins.**
- D. The nutritional needs of an older adult are unchanged except for a decreased need for calories.**

106. A health care provider orders peak and trough levels of an antibiotic for a client who is receiving vancomycin IV piggyback (IVPB). When should a blood sample be obtained to determine a peak level of the antibiotic?

- A. Anytime it is convenient for the client**
- B. Between 30 and 60 minutes after a dose**
- C. Halfway between two doses of the drug**
- D. At 30 minutes before the medication is administered**

107. A nurse is teaching a client who has arthritis about the steroid medication prescribed by the health care provider. Which client statement about why it is important to take steroid medication at mealtimes indicates that the teaching was effective?

- A. "The presence of food will enhance the medication's absorption."**
- B. "Taking it with meals serves as a reminder to take the medication."**
- C. "Food will help decrease the gastric irritation effect of the medication."**
- D. "The acid medium in the presence of food makes the medication more effective."**

108. What is the priority nursing intervention on admission of a primigravida in labor?

- A. Monitoring the fetal heart rate.**
- B. Asking the client when she ate last.**
- C. Obtaining the client's health history.**
- D. Determining if the membranes have ruptured.**

109. An external monitor is placed on the abdomen of a client admitted in active labor. The nurse identifies that during each contraction, the fetal heart rate decelerates as the contraction peaks. What should the nurse do next?

- A. Help the client to a knee-chest position to avoid cord compression.**
- B. Notify the health care provider because of possible head compression.**
- C. Monitor the fetal heart rate until it returns to baseline when the contraction ends.**
- D. Place the client in a semi-Fowler position to prevent compression of the vena cava.**

110. A nurse is caring for a client with the diagnosis of bulimia nervosa. The

nurse understands that individuals with bulimia use food to:

- A. gain attention.
- B. control others.
- C. avoid growing up.
- D. meet emotional needs

111. A client is admitted with a diagnosis of chronic adrenal insufficiency. When assigning a room, which roommate should be avoided because of the newly admitted client's condition?

- A. Young adult client with pneumonia
- B. Adolescent client with a fractured leg
- C. Middle-age client who has cholecystitis
- D. Older adult client who has had a brain attack

112. While on a hike, a rusty nail pierces the sole of an adolescent's foot and the adolescent is brought to the emergency department of a local hospital. Tetanus immune globulin is prescribed because the adolescent does not know when the last tetanus immunization was received. The nurse administers the prescribed dose of tetanus immune globulin and explains that it provides:

- A. lifelong passive immunity.
- B. long-lasting active protection.
- C. immediate passive short-term immunity
- D. stimulation for the production of antibodies.

113. A nurse is caring for a client with Addison disease. What should the nurse teach the client to do regarding an appropriate diet?

- A. Add extra salt to food.
- B. Limit intake to 1200 calories.
- C. Omit protein foods at each meal.
- D. Restrict the daily intake of fluids to 1 liter.

114. What response should a nurse be particularly alert for when assessing a client for side effects of long-term cortisone therapy?

- A. Hypoglycemia
- B. Severe anorexia
- C. Behavioral changes
- D. Anaphylactic shock

115. A nurse observes that an infant has head control and can roll over but can neither sit up without support nor transfer an object from one hand to the

other. What developmental age should the nurse estimate based on these observations?

- A. 1 to 2 months
- B. 3 to 4 months
- C. 5 to 6 months
- D. 8 to 9 months

116. A health care provider prescribes milrinone (Primacor) for a client with a diagnosis of congestive heart failure who was unresponsive to conventional drug therapy. What is most important for the nurse to do first?

- A. Administer the loading dose over ten minutes.
- B. Monitor the ECG continuously for dysrhythmias during infusion.
- C. Assess the heart rate and blood pressure continuously during infusion.
- D. Have the order, dosage calculations, and pump settings checked by a second nurse.

117. A nurse plans care for a client with a somatoform disorder based on the understanding that it is:

- A. a physiologic response to stress.
- B. a conscious defense against anxiety.
- C. an intentional attempt to gain attention.
- D. an unconscious means of reducing stress.

118. During a group therapy session, some members accuse a client of intellectualizing to avoid discussing feelings. The client asks whether the nurse agrees with the others. What is the nurse's best response?

- A. "It seems that way to me, too."
- B. "What is your perception of my behavior?"
- C. "Are you uncomfortable with what you were told?"
- D. "I'd rather not give my personal opinion at this time."

119. A client is admitted to the postanesthesia care unit after an abdominal hysterectomy. Which assessment should the nurse report to the health care provider immediately?

- A. Apical pulse of 90
- B. Decreased urinary output
- C. Increased drainage from the nasogastric tube
- D. Serosanguineous drainage on the perineal pad 1 hour after surgery

120. A client rescued from a burning building has partial- and full-thickness burns over 40% of the body. Which is the initial physiologic change that the

nurse can expect?

- A. An increase in blood volume**
- B. An increase in serum potassium**
- C. A decrease in capillary permeability**
- D. A decrease in urinary specific gravity**

121. A nurse is caring for a newly admitted client who has been diagnosed with bipolar disorder and has a history of hyperactivity and combativeness. Later in the evening, a commotion is heard, and this client is found hitting another client. What are the legal implications of this situation?

- A. The client should have been placed in restraints on admission.**
- B. A client who is known to have been combative should have been kept sedated.**
- C. A client with bipolar disorder who is in contact with reality does not require supervision.**
- D. Because it was known that the client was frequently combative, close observation by the nursing staff was indicated**

122. While the nurse is talking to a hypermanic client, the client's conversation becomes vulgar. How should the nurse respond to the client's behavior?

- A. Tactfully teasing the client about the use of such vulgarity**
- B. Restricting the client's contact with staff members until the behavior stops**
- C. Asking the client to limit the use of vulgarity while continuing the conversation**
- D. Discreetly refusing to talk to the client when the client is speaking in this manner**

123. A nurse is teaching a 10-year-old child with type 1 diabetes about insulin requirements. When should the nurse explain that insulin needs will decrease?

- A. Puberty is reached**
- B. Infection is present.**
- C. Emotional stress occurs.**
- D. Active exercise is performed.**

124. On which concern should the nurse focus when caring for a client after abdominal surgery?

- A. Identifying signs of bleeding**
- B. Preventing pressure on the suture site**
- C. Encouraging use of an incentive spirometer**

D. Detecting clinical manifestations of inflammation

125. A health care provider informs a client that a T-tube will be in place after an abdominal cholecystectomy and a choledochostomy. What should the nurse include in the preoperative teaching for this client regarding the primary reason why a T-tube is necessary?

- A. Drains bile from the cystic duct.**
- B. Keeps the common bile duct patent.**
- C. Prevents abscess formation at the surgical site.**
- D. Provides a port for contrast dye in a cholangiogram.**

126. The nurse is training a mother whose daughter deals with iron-deficiency anemia. The nurse demonstrates the parent understood the dietary modifications if she chooses?

- a) Bread and coffee**
- b) Fish and Pork meat**
- c) Cookies and milk**
- d) Oranges and green leafy vegetables**

127. What is the most common clinical explanation of G6PD following ingestion of aspirin?

- a) Kidney failure**
- b) Acute hemolytic anemia**
- c) Hemophilia A**
- d) Thalassemia**

128. A client who is in isolation requires a temperature taken many times a day. Where is the exact place for the thermometer to be kept?

- a) At the nurses' station.**
- b) On the isolation cart outside the client's room.**
- c) In the dirty utility room.**
- d) In the patient's room.**

129. Choose the option that best illustrates how persons affected by Parkinson's disease typically walk?

- a) Long, steady gaits**
- b) They drag their feet while taking small steps**
- c) Fast movement of the feet**
- d) Always needs support from assistive devices**

130. The nurse evaluates a patient with an ileostomy for possible growth of which of the following acid-base imbalances?

- a) Respiratory acidosis**
- b) Metabolic acidosis**
- c) Metabolic alkalosis**
- d) Respiratory alkalosis**

131. The nurse expects which of the following responses in a patient who grow metabolic acidosis.

- a) Heart rate of 105 bpm**
- b) Urinary output of 15 ml**
- c) Respiratory rate of 30 cpm**
- d) Temperature of 39 degree Celsius**

132. A patient who is dealing with pain during the first stage of labor. What is the best way a nurse can use to instruct the patient to manage the pain?

- a) Walk in the hospital room.**
- b) Use slow chest breathing.**
- c) Request pain medication on a regular basis.**
- d) Lightly massage her abdomen.**
- e) Sip ice water.**

133. The nurse is observing a child with burns during treatment for burn shock. Which of the following evaluation provides the most correct guide to knowing the adequacy of fluid resuscitation?

- a) Skin turgor**
- b) Level of edema at burn site**
- c) Adequacy of capillary filling**
- d) Amount of fluid tolerated in 24 hours**

134. A client possessing a phosphorus level of 5.0mg/dL. The nurse closely assess the patient for?

- a) Signs of tetany**
- b) Elevated blood glucose**
- c) Cardiac dysrhythmias**
- d) Hypoglycemia**

135. A nurse who is caring for a child with pyloric stenosis should look for symptoms of?

- a) Vomiting large amounts**
- b) Watery stool**
- c) Projectile vomiting**
- d) Dark-colored stool**

136. What symptoms is common in patients dealing with active tuberculosis?

- a) Weight loss.**
- b) Increased appetite.**
- c) Dyspnea on exertion.**
- d) Mental status changes.**

137. A client with a severe asthma attack has the following arterial blood gas: pH 7.33; PCO₂ 48; PO₂ 58; HCO₃ 26. A nurse has to perform first?

- a) Albuterol (Proventil) nebulizer.**
- b) Chest x-ray.**
- c) Ipratropium (Atrovent) inhaler.**
- d) Sputum culture.**

138. What will be the steps for adult CPR if a patient is found unresponsive?

- a) Assess consciousness**
- b) Give 2 breaths**
- c) Perform chest compression**
- d) Check for serious bleeding and shock**
- e) Open patient's airway**
- f) Check breathing**

139. If there is continuous bubbling in the water seal chamber of the closed chest drainage system, what will occur?

- a) The connection has been taped too tightly**
- b) The connection tubes are kinked**
- c) Lung expansion**
- d) Air leak in the system**

140. A client having multiple sclerosis (MS) is experiencing bowel incontinence and is going through a bowel retraining program. Which strategy is not correct?

- a) Eating a diet high in fiber.**
- b) Setting a regular time for elimination.**
- c) Using an elevated toilet seat.**

d) Limiting fluid intake to 1,000 mL/day.

141. A nurse often evaluates a post-thyroidectomy patient for?

- a) Polyuria**
- b) Hypoactive deep tendon reflex**
- c) Hypertension**
- d) Laryngospasm**

142. An 18-month-old baby is having a rounded belly, a slightly large head and bowlegs. The nurse assumes?

- a) The child appears to be a normal toddler**
- b) The child is developmentally delayed**
- c) The child is malnourished**
- d) The large head of the child may have neurological problems.**

143. What should a nurse perform before taking the client's history?

- a) Offer the client a glass of water**
- b) Establish rapport**
- c) Ask the patient to undress and put on a gown**
- d) Ask relevant information for insurance purposes**

144. The harmful outcome for post hemodialysis is a drop in?

- a) Creatinine**
- b) BUN**
- c) Phosphorus**
- d) Red blood cell count**

145. Which correct instruction to be followed in the discharge teaching of a patient following a spinal fusion?

- a) Don't use the stairs**
- b) Don't bend at the waist**
- c) Don't walk for long hours**
- d) Swimming should be avoided**

146. The home health nurse is visiting a new client with COPD who has just been discharged from the hospital. What is the most important topic for the nurse to teach the client?

- a. The importance of maintaining social ties**
- b. Removing potential lung irritants from the home**
- c. Better oxygenation and less CO₂ retention**
- d. Starting a gradual exercise and walking program**

147. When caring for an elderly client who has visual and hearing impairments, which of the following should the nurse assess?

- e. Cognitive decline**
- f. Sensory overload**
- g. Confusion and anger**
- h. Social isolation**

148. The nurse plans to instruct parents of a 4-year old with cystic fibrosis (CF) about the child's nutritional needs. Which should be included during teaching?

- a. High fat**
- b. Low carbohydrate**
- c. High calorie**
- d. Low protein**

149. During a home assessment of a 2-year old, which behavior indicates normal development?

- a. Tries to cut food with a knife**
- b. Knows how to eat with a fork**
- c. Uses a cup to drink**
- d. Pours milk into cereal bowl**

150. A client calls the clinic after a home pregnancy test is positive. Which hormone will be cause this result?

- e.** Progesterone
- f.** Estrogen
- g.** Alpha-fetoprotein
- h.** Human chorionic gonadotropin