MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

1) The nurse is preparing to conduct a teaching session with older adults at a community center. Regarding health, the nurse plans to include:
   A) That health includes physical and social well-being.
   B) That health is the absence of infirmity.
   C) That health includes the ability to work.
   D) That health includes freedom from disease.

2) A client with a chronic condition would be described as experiencing which of the following by the nurse?
   A) Unhealthy  B) Illness  C) Normal health  D) Good health

3) The nurse is caring for an older adult, and is reinforcing teaching about methods of reducing risks of disease. The nurse advises the older client to: (Select all that apply.)
   A) Get plenty of rest to prevent hypothermia.
   B) Drink plenty of water to prevent hypothermia.
   C) Increase the intake of protein.
   D) Stay out of the sun during the day in high temperatures.
   E) Plan to prevent hypothermia.

4) The nurse is instructing a client about risk factors for disease and illness. The nurse informs the client that some factors that affect risks for disease cannot be changed. These factors include:
   A) Race and the environment.
   B) Gender and geographic area.
   C) Age and gender.
   D) Age and lifestyle.

5) A client who was previously independent with bathing is hospitalized for a possible bowel obstruction. When the client asks the nurse for help with bathing, the nurse recognizes the client's need to:
   A) Adjust for disease symptoms by restricting activity.
   B) Use the physical ailment to solicit more attention for himself.
   C) Have more physical contact with another human being.
   D) Revert to a more dependent stage of development.

6) A client with a gastrointestinal disease is admitted for dehydration. The physician treats the disease and the nurse treats the client's response to the disease. The nurse addresses:
   A) The diet the client is on.
   B) Measures to ease skin breakdown from diarrhea.
   C) The medications the client should take.
   D) Suggesting pain medications.

7) A client comes to the Emergency Department with chest pain and difficulty breathing. The nurse concludes that the client is in which stage of acute illness behavior?
   A) Seeking rehabilitation  B) Assuming a dependent role
   C) Seeking medical attention  D) Feeling out of sorts

8) A client is asking the nurse when recovery from an acute illness will occur. The best response by the nurse is:
   A) "This disease will probably develop into a chronic condition."
   B) "You should have recovered by now."
   C) "You will recover in one week."
   D) "Recovery is individual, and does not follow a timetable."
9) A client is experiencing a significant change from her normal health. In the first stage of an acute illness, the nurse can expect the client to report having:
   A) Bleeding.  
   B) Pain.  
   C) Fever.  
   D) Cough.

10) The nurse is helping the client adjust to experiencing chronic obstructive pulmonary disease. The nurse tells the client that chronic diseases:
   A) Require a short period of care.  
   B) Leave permanent disability.  
   C) Are temporary in nature.  
   D) Recover spontaneously.

11) When caring for a client with a chronic illness, the nurse is aware the client will have:
   A) Severe symptoms.  
   B) Reversible conditions.  
   C) Persistent pain.  
   D) Impaired function.

12) The nurse is planning interventions beneficial to clients with chronic illness. The nurse should focus on:
   A) Securing assistance from family members.  
   B) Assisting the client to accept her illness.  
   C) Education to promote independent functioning.  
   D) Pain management.

13) The nurse is teaching an elder client who is recovering from a prolonged illness about a new medication regimen. The most appropriate teaching aid would be to:
   A) Instruct a family member on the times for administration of the new medications.  
   B) Assist client with making a written list of medication times.  
   C) Encourage the client to ask frequent questions.  
   D) Have the client repeat the instructions back to you.

14) The nurse understands that home health care is provided to clients who are:
   A) Acutely ill.  
   B) Unable to afford hospitalization.  
   C) Chronically ill, disabled, or recuperating.  
   D) Not covered by medical insurance.

15) Upon graduation, the nurse decides to work in a setting for clients with a higher acuity. The nurse understands that these clients will be:
   A) Ambulatory, requiring care at home.  
   B) Significantly ill, and likely hospitalized.  
   C) Cared for in a rehabilitation setting.  
   D) Administered to in a clinic setting.

16) When planning care for elderly clients in long-term care facilities, the nurse gives highest priority to:
   A) Maintaining a safe environment.  
   B) Ensuring that they consume at least 1200 calories a day.  
   C) Providing opportunities for social interactions.  
   D) Providing regular periods of exercise daily.

17) The nurse providing home care is a guest in the client's home, and must:
   A) Obtain written consent from family members to make visits.  
   B) Respect boundaries and maintain confidentiality.  
   C) Take direction from the client for interventions.  
   D) Make home visits only when it is convenient for the client.

18) Infection control can present a challenge to the home care nurse, especially with clients who
wounds. 18) Important client teaching by the nurse must include:

A) Handwashing and proper disposal of waste.  
B) Documentation of wound care procedures.  
C) Avoiding contact with the open wound.  
D) Prohibiting family members from changing dressings.

19) The nurse working in a rehabilitation center must believe that the client:  
A) Can return to her former level of health.  
B) Is capable of walking.  
C) Has a unique set of strengths and abilities.  
D) Will be ready for discharge in 2 weeks.

20) The graduate nurse is considering a career working in a residential setting. The focus of this type of care is:  
A) Caring for clients with dementia only.  
B) Custodial care of the client.  
C) Caring for clients with acute illness.  
D) Maintaining client function and independence.

21) The rehabilitation nurse performs a primary assessment in order to determine the client’s:  
A) Medical condition.  
B) Nutritional status.  
C) Level of function.  
D) Insurance provider.

22) The nurse who plans to practice community-based nursing must be proficient at:  
A) Cultural competence.  
B) Caring for the obstetrical client.  
C) Caring for the elderly client.  
D) Caring for children.

23) The nurse who is delivering home health care must remember that this environment:  
A) Is generally easier than hospital care.  
B) Belongs to the client.  
C) Is the safest way to practice nursing.  
D) Is best for acute illnesses.

24) The nurse is caring for an elderly person with a fractured hip who lives alone. The client might require which of the following types of care after discharge from the hospital?  
A) Retirement center  
B) Intermediate care  
C) Nursing home care  
D) Transitional care

25) A client who is scheduled to have home health services asks the nurse who will come to see her in her home. The nurse explains that home health care is provided by:  
A) A multidisciplinary team of providers.  
B) Registered nurses only.  
C) Volunteers.  
D) Home health aides.

26) The nurse who is delivering home care is legally responsible for:  
A) Arriving on time.  
B) Establishing a trusting relationship.  
C) Assessing the home for safety.
27) The nurse who is delivering care in the community setting is aware of infection-control procedures to: (Select all that apply.)
   A) Protect the community from infection.
   B) Foster the spread of disease.
   C) Protect the client.
   D) Promote safety.
   E) Protect the nurse.

28) The nurse visits an elderly client who lives alone, is not eating well, and has very little food available in the home. The nurse also might want to assess the client's:
   A) Access to local restaurants.
   B) Number of visits by family.
   C) Ability to do her own grocery shopping.
   D) Availability of local grocery stores.

29) A nurse is planning to recommend a community clinic to a client. The nurse will need to consider the:
   A) Ethnicity of the client.
   B) Gender of the client.
   C) Availability of transportation.
   D) Socioeconomic status of the client.

30) A 75-year-old client expresses concern over not being eligible for home health visits. The nurse explains to the client that the elderly are entitled to home care under which of the following legislation?
   A) Medicaid Act
   B) Medicare Act
   C) Diagnosis-related groups (DRGs)
   D) Omnibus Reconciliation Act
1) A
2) B
3) D, E
4) C
5) A
6) B
7) C
8) D
9) B
10) B
11) D
12) C
13) B
14) C
15) B
16) A
17) B
18) A
19) C
20) D
21) C
22) A
23) B
24) D
25) A
26) C
27) A, C, E
28) C
29) C
30) B