

TEST BANK

Introductory Medical-Surgical Nursing

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12th Edition

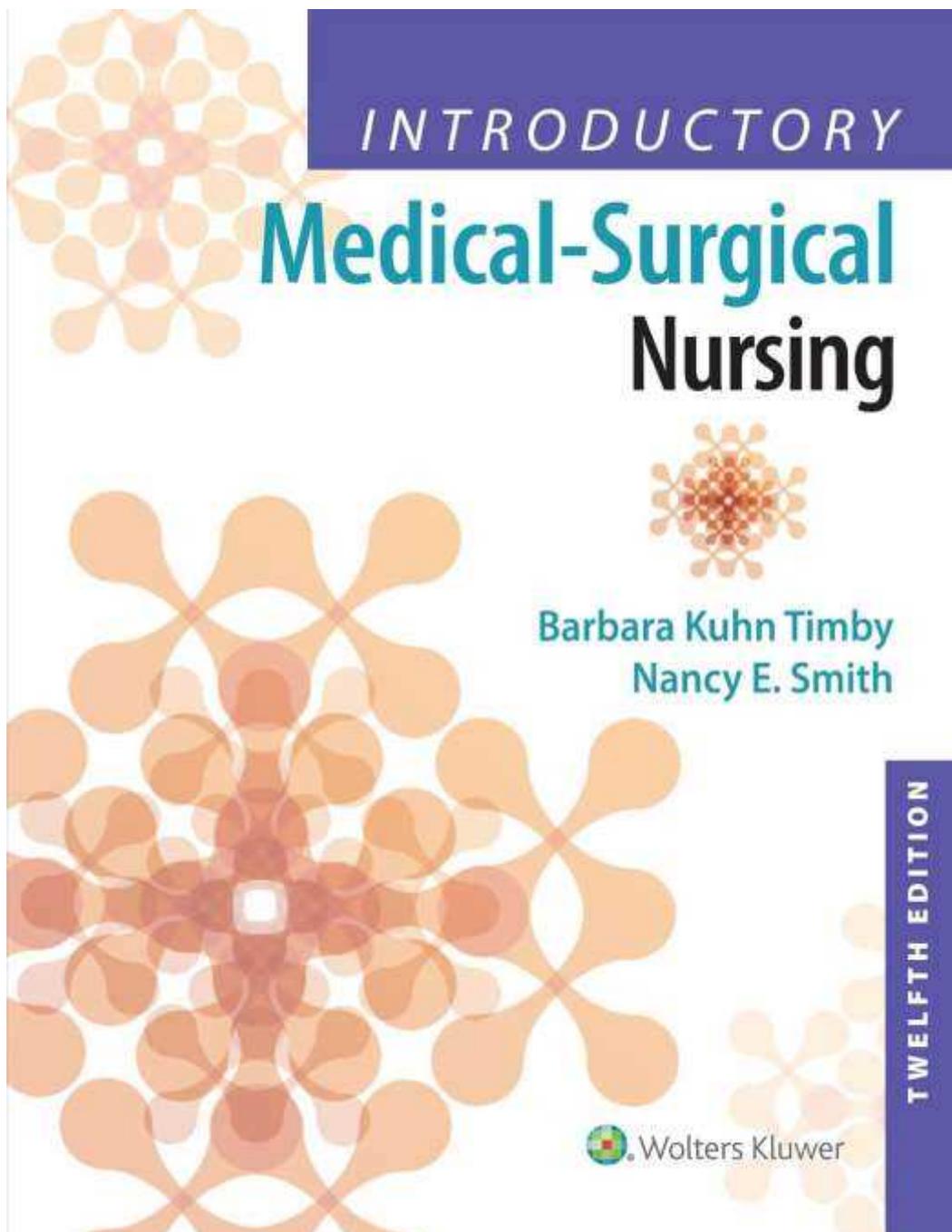


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1. CHAPTER 1

Managed care organizations are insurers that carefully plan and closely supervise the distribution of healthcare services. What is one of the goals of managed care?

- A) Preventing illness through screening and promotion of health activities
- B) Improving training of healthcare professionals
- C) Eliminating health disparities between segments of the population
- D) Providing hospice or home hospice care

Ans: A

Feedback:

Preventing illness through screening and promotion of health activities is one of the goals of managed care. Improved training of healthcare professionals is the priority for international health and not the goal of managed care. Eliminating health disparities between the segments of population is a goal of Healthy People 2020. Providing hospice or home hospice care is only for terminally ill clients.

2. In an effort to cut costs, hospitals have instituted many changes. Which of these cost-cutting factors is most likely to jeopardize the quality of care?

- A) Using unlicensed assistive personnel
- B) Increasing numbers of clients in hospitals
- C) Not devoting enough time to the client
- D) The rise of medical care costs in healthcare systems

Ans: A

Feedback:

Hospitals are using unlicensed assistive personnel to perform some duties practical and registered nurses once provided. Many are concerned that the use of unlicensed assistive personnel will jeopardize the quality of care. Increasing numbers of clients in hospitals, not devoting enough time to the client, or the rise of medical costs are less likely to jeopardize the quality of care.

3. Since losing his right leg years ago, Mr. Smith and his wife have formed a community walking group to raise money for the homeless in his area. Which of the following has contributed to him being viewed as “healthy”?

- A) The client is married and is moving on.
- B) The client is experiencing high quality of life within the limits of the physical condition.
- C) The client is facing various states of health and illness.
- D) The client is physiologically and psychologically stable.

Ans: B

Feedback:

Clients adapt physically, emotionally, and socially, enabling them to maintain comfort, stability, and self-expression. Clients with chronic illness can achieve a high level of wellness and experience high quality of life. Marriage is an aspect of quality of life but does not define the quality of the client's life. All clients experience various states of health and illness.

4. A 17-year-old client is having protected sex one to two times a week in a monogamous relationship. What is the client participating in?
- A) Health promotion
 - B) Health maintenance
 - C) Illness prevention
 - D) Wellness

Ans: B

Feedback:

Protecting one's current level of health by practicing safe sex to prevent illness is an example of a health maintenance activity. Health promotion strategies are used to enhance health, such as eating a diet high in fiber. Illness prevention includes identifying risk factors such as hypertension. Wellness is the balance of total well-being.

5. A client complaining of bloody urine has scheduled an appointment with a family practitioner. What type of care is the client receiving?
- A) Tertiary
 - B) Secondary
 - C) Skilled nursing care
 - D) Primary

Ans: D

Feedback:

The first provider that clients contact about a health need provides primary care; this person is typically a family practitioner or nurse practitioner. Secondary care includes referrals to facilities for additional testing. Tertiary care focuses on more complex medical and surgical intervention. Skilled nursing care occurs in facilities or units that offer prolonged health maintenance or rehabilitative services.

6. The hospital is having a problem with healthcare-associated infections. A committee has been established to study the problem and make recommendations. The nurse working on the committee knows that this work addresses what?
- A) Inpatient quality indicators
 - B) Prevention quality indicators
 - C) National Patient Safety Goals
 - D) Patient safety indicators

Ans: C

Feedback:

The Joint Commission has established National Patient Safety Goals that are updated annually. These safety goals have changed how patients are identified and prevent adverse effects. Some of the 2012 goals include reducing the risk of healthcare-associated infections. Patient safety indicators reflect the quality of care in hospitals but focus on potentially avoidable complications. Prevention indicators identify hospital admissions that could be avoided through high-quality outpatient care. Inpatient indicators reflect quality of care inside the hospital.

7. After hip surgery, a client is admitted to the rehabilitation hospital. What type of care is the client receiving?
- A) Secondary
 - B) Tertiary
 - C) Rehabilitation
 - D) Primary

Ans: B

Feedback:

Hospitals where specialized technology is available provide tertiary care. Primary care is the initial contact that a client has, such as an appointment with a family practitioner. Secondary care includes referrals for additional testing. Rehabilitation is aimed at restoring a person to his or her fullest ability.

8. An older man has been sick for 3 weeks but will not seek medical help even though he is able to get to the doctor's office. The client does not know what his insurance will cover. The client has many medical bills from treatments not covered and does not want to be faced with more. Why is this client waiting to obtain medical treatment?
- A) Cost
 - B) Language
 - C) Accessibility
 - D) Culture

Ans: A

Feedback:

Many groups, such as ethnic minorities and older adults, are underserved; many do not seek early services because they cannot afford to pay for them. Accessibility is not an issue because the client is able to get to the office. No cultural or language barrier is mentioned.

9. The *Healthy People 2020* initiative targets the improvement of health for all. In addition to eliminating health disparities, what are the broad goals of this plan?
- A) Increasing technological innovations
 - B) Preventing treatable problems
 - C) Applying a systematic approach to health improvement
 - D) Increasing the quality and length of a healthy life

Ans: D

Feedback:

Two broad goals of the *Healthy People 2020* initiative are to increase quality and years of healthy life and eliminate health disparities. *Healthy People 2020* initiatives will help with treatable problems but will not prevent problems. The initiative does not apply a systematic approach to health improvement or increase technological innovations.

10. What method for financing healthcare is based on the ability to keep clients healthy and out of the hospital through periodic screening, health education, and preventive services?
- A) Managed care
 - B) Preferred provider organization
 - C) Health maintenance organization
 - D) Point-of-service organization

Ans: C

Feedback:

Health maintenance organizations strive to keep their costs low and members out of the hospital through periodic screenings, health education, and preventive services.

Managed care organizations are insurers who carefully plan and closely supervise the distribution of healthcare services. Preferred provider organizations are a community network of providers who are willing to discount their fees for service in exchange for a steady stream of referral customers. Point-of-service organizations involve a network of providers; clients select a primary care physician within the group who then serves as the gatekeeper for other healthcare services.

11. The LPN is leading a cardiac rehabilitation support group. How can the nurse best demonstrate meeting the clients need holistically?
- A) Lead an exercise, show a video about healthy lifestyle changes, and invite a spiritual leader to talk with the group.
 - B) Have the clients share various healthy low-cholesterol recipes and participate in a cooking class.
 - C) Have the clients discuss ways to relieve stress and practice stress reduction.
 - D) Demonstrate low-impact aerobic exercise to the group and bring in a lecturer on Tai Chi.

Ans: A

Feedback:

Nurses practice from the perspective of holism, which is viewing a person's health as a state balance between body, mind, and spirit. Option A addresses all aspects of holism in caring for clients. Options B, C, and D address only one aspect of this level of care.

12. A client is brought into the emergency department by the rescue squad after involvement in a motorcycle accident with a severe spinal cord injury. What type of illness does the LPN view this event?
- A) Terminal
 - B) Acute
 - C) Chronic
 - D) Catastrophic

Ans: D

Feedback:

Illness refers to a state of being sick and can be viewed as catastrophic or a sudden, traumatic illness, which has occurred with this client. The client has suffered a traumatic accident with serious injury and would be classified as catastrophic. This event is not chronic, terminal, or acute.

13. A client with chronic obstructive pulmonary disease visits a local long-term care facility once a week to lead a bingo game for the residents. How does the LPN determine that this client is achieving a high level of wellness?
- A) The client enjoys the activity that she provides to the clients.
 - B) The client finds satisfaction in socialization with the residents.
 - C) The client is achieving a high quality of life within the limits of her illness.
 - D) The client needs to feel a part of a group setting.

Ans: C

Feedback:

Clients with chronic illness can achieve a high level of wellness if they can experience a high quality of life within the limits of that illness. This client would be considered healthy because she is engaged in a personal and social activity weekly. Although the client may enjoy the activity, find satisfaction in socialization, or need to feel a part of a group, the larger scope of wellness is option C.

14. The LPN is providing a program at the local YMCA about stress-reduction techniques combined with a 1-mile walk around the indoor track once a week. What does this type of program address for the community?
- A) Health promotion
 - B) Health maintenance
 - C) Illness prevention
 - D) Early detection of illness

Ans: A

Feedback:

Health promotion refers to engaging in strategies to enhance health such as eating a diet high in grains and complex carbohydrates, exercising regularly, balancing work with leisure activities, and practicing stress-reduction techniques. Illness prevention involves identifying risk factors such as a family history of hypertension or diabetes and reducing the effects of risk factors on one's health. Early detection uses screening diagnostic tests and procedures to identify a disease process earlier, so that treatment may be initiated earlier and be more effective. Health maintenance refers to protecting one's current level of health by preventing illness or deterioration, such as by complying with medication regimens, being screened for diseases such as breast and colon cancers, or practicing safe sex.

15. The LPN is collecting data at the clinic from a new client who is being seen for an employee physical. The client informs the nurse that both parents have a history of high blood pressure and his father had a stroke at age 52 years. The nurse discusses diet and exercise programs that may benefit the client. What is the nurse displaying with this information?
- A) Early detection
 - B) Health maintenance
 - C) Health promotion
 - D) Illness prevention

Ans: D

Feedback:

Illness prevention involves identifying risk factors such as family history of hypertension or diabetes and reducing the effects of risk factors on one's health. Early detection uses screening diagnostic tests and procedures to identify a disease process earlier, so that treatment may be initiated earlier and be more effective. Health maintenance refers to protecting one's current level of health by preventing illness or deterioration, such as by complying with medication regimens, being screened for diseases such as breast and colon cancers, or practicing safe sex. Health promotion refers to engaging in strategies to enhance health such as eating a diet high in grains and complex carbohydrates, exercising regularly, balancing work with leisure activities, and practicing stress-reduction techniques.