

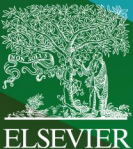
STUDY GUIDE

ELEVENTH EDITION

FUNDAMENTALS of NURSING

Geralyn Ochs

POTTER | PERRY
STOCKERT | HALL



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Study Guide for

Fundamentals of Nursing

Eleventh Edition

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Introduction

The *Study Guide for Fundamentals of Nursing*, Eleventh Edition, has been developed to encourage independent learning for beginning nursing students. As a beginning nursing student, you may be wondering, “How will I possibly learn all of the material in this chapter?” The essential objective of this study guide is to assist you in this endeavor by helping you learn *what* you need to know and then testing what you have learned with hundreds of review questions.

This study guide follows the textbook layout chapter for chapter. For each chapter your instructor assigns, you will use the same chapter number in this study guide. Each chapter of this study guide has several sections to assist you to comprehend and recall.

The *Preliminary Reading* section is designed to teach prereading strategies. You will become familiar with the chapter by first reading the chapter title, key terms, objectives, key points (found at the end of each chapter), as well as all main headings. Also pay close attention to all illustrations, tables, and boxes. This can be done rather quickly and will give you an overall idea of the content of the chapter.

Next you will find the *Comprehensive Understanding* section. This will prove to be a very valuable tool not only as you first read the chapter but also as you review for exams. This section identifies both topics and main ideas for each chapter as an aid to concentration, comprehension, and retaining textbook information. By completing this section, you will learn to “pull out” key information in the chapter. As you write the answers in the study guide, you will be reinforcing that content. Once completed, this will serve as a review tool for exams.

The Case Study provides a short synopsis followed by one or more open-ended questions. This will give you an opportunity to apply the knowledge you have gained through working the previous sections.

The review questions in each chapter provide a valuable means of testing and reinforcing your knowledge of the material. All questions are multiple choice or multiple select. As a further means for independent learning, each answer requires a rationale (the reason *why* the option you selected is correct). After you have completed the review questions, you can check the answers in the back of the study guide.

Chapters 27 and 34-50 include exercises based on the care plans and concept maps found in the text. These exercises provide practice in synthesizing nursing process and critical thinking as you, the nurse, care for patients. Taking one aspect of the nursing process, you will be asked to imagine you are the nurse in the case study and write your answers to the questions. You will have to think about what knowledge, experiences, standards, and attitudes might be used in caring for the patient.

When you finish answering the review questions and exercises, take a few minutes for self-evaluation using the Answer Key. If you answered a question incorrectly, begin to analyze the thoughts that led you to the wrong answer:

1. Did you miss the key word or phrase?
2. Did you read into something that wasn’t stated?
3. Did you not understand the subject matter?
4. Did you use an incorrect rationale for selecting your response?

Each incorrect response is an opportunity to learn. Go back to the text and reread any content that is still unclear. In the long run, it will be a time-saving activity.

The learning activities presented in this study guide will assist you in completing the semester with a firm understanding of nursing concepts and process that you can rely on for your entire professional career.

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Answer Key, **294**

1 Nursing Today

PRELIMINARY READING

Chapter 1

COMPREHENSIVE UNDERSTANDING

Nursing as a Profession

1. According to Benner, an expert nurse goes through five levels of proficiency. Identify them.

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____

2. What are the American Nursing Association (ANA, 2020) Standards of Nursing Practice?

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____
- f. _____

3. Define *nursing* (according to the ANA, 2020).

4. Identify the ANA (2020) Standards of Professional Performance.

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____
- f. _____

- g. _____
- h. _____
- i. _____
- j. _____
- k. _____
- l. _____

5. Describe ANA's Nursing Code of Ethics.

Professional Responsibilities and Roles

Match the following.

- | | |
|---|--|
| 6. _____ Autonomy | a. Conducts evidence-based practice and research to improve nursing care and to expand the scope of nursing practice |
| 7. _____ Caregiver | b. Independent nursing interventions that the nurse initiates without medical orders |
| 8. _____ Advocate | c. Is essential for all nursing roles and activities |
| 9. _____ Educator | d. Helps the patient maintain and regain health, manage disease and symptoms, and attain a maximal level of function and independence |
| 10. _____ Communicator | e. Manages patient care and the delivery of specific nursing services within a health care agency |
| 11. _____ Manager | f. Has personnel, policy, and budgetary responsibility for a specific nursing unit |
| 12. _____ Advanced Practice Registered Nurse (APRN) | g. Explains concepts and facts about health, describes the reason for activities, demonstrates, reinforces, and evaluates the patient's progress in learning |
| 13. _____ Clinical Nurse Specialist (CNS) | h. Works primarily in schools of nursing, staff development, departments of health care agencies, and patient education departments |
| 14. _____ Nurse Practitioner | i. Expert clinician in a specialized area of practice |
| 15. _____ Certified Nurse-Midwife (CNM) | j. Involves the independent care for women in normal pregnancy, labor and delivery, and care of newborns |
| 16. _____ Certified Registered Nurse Anesthetist (CRNA) | k. Provides comprehensive health care to a group of patients in an inpatient, outpatient, ambulatory care, or community-based setting |
| 17. _____ Nurse educator | l. Provides surgical anesthesia |
| 18. _____ Nursing administrator | m. Four roles: certified nurse-midwife, certified nurse practitioner, clinical nurse specialist, and certified registered nurse anesthetist |
| 19. _____ Nurse researcher | n. Protects patients' human and legal rights and provides assistance in asserting these rights |

Historical Highlights

20. How did Florence Nightingale see the role of the nurse in the early 1800s?

Match the following.

- | | |
|--|---|
| 21. _____ Clara Barton | a. First professionally trained African-American nurse |
| 22. _____ Lillian Wald and Mary Brewster | b. Instrumental in moving nursing education into universities |
| 23. _____ Mary Adelaide Nutting | c. Opened the Henry Street Settlement, focusing on the health needs of the poor |
| 24. _____ Mary Mahoney | d. Founder of the American Red Cross |

Contemporary Influences

25. What are the external forces that have affected nursing practice in the twentieth-first century?
- a. _____
 - b. _____
 - c. _____
 - d. _____
 - e. _____
26. Explain *compassion fatigue*.
- _____
- _____

Trends in Nursing

27. Identify the competencies of the Quality and Safety Education for Nurses (QSEN) initiative.
- a. _____
 - b. _____
 - c. _____
 - d. _____
 - e. _____
 - f. _____
28. Define the term *genomics*.
- _____
- _____

Professional Registered Nurse Education

Match the following.

- | | |
|--------------------------------------|--|
| 29. _____ Associate degree | a. A practice-focused doctorate |
| 30. _____ Baccalaureate degree | b. Emphasizes advanced knowledge in basic sciences and research-based clinical practice |
| 31. _____ Master's degree | c. Focuses on the basic sciences and theoretical and clinical courses related to the practice of nursing |
| 32. _____ Doctor of Philosophy | d. A 4-year program that focuses on basic sciences theoretical and clinical courses and courses in social sciences, arts, and humanities |
| 33. _____ Doctor of Nursing Practice | e. Rigorous research and theory development |
| 34. _____ In-service education | f. Educational programs by various institutions and organizations |
| 35. _____ Continuing education | g. Instruction or training provided by health care agencies |

Nursing Practice

36. What is the purpose of nurse practice act?

37. The examination for Registered Nurse (RN) *licensure* provides:

38. The value of *certification* is:

Professional Nursing Organizations

39. The goals of any professional nursing organization are to:

CASE STUDY

40. Tony, a student nurse, is preparing to participate in a team care conference for his patient. He listens to the registered dietitian and physical and occupational therapists detail the plan for the patient. Tony then describes the patient's concerns about walking to the group. Explain the QSEN competency here.

REVIEW QUESTIONS

Select the appropriate answer and cite the rationale for choosing that particular answer.

41. The factor that best advanced the practice of nursing in the twentieth-first century was:
1. the growth of cities
 2. the teachings of Christianity
 3. better education of nurses
 4. improved conditions for women

Answer: _____

Rationale: _____

42. Graduate nurses must pass a licensure examination administered by the:

1. State Boards of Nursing
2. National League for Nursing
3. Accredited School of Nursing
4. American Nurses Association

Answer: _____

Rationale: _____

43. A group that lobbies at the state and federal levels for advancement of nurses' role, economic interests, and health care is the:

1. State Boards of Nursing
2. American Nurses Association
3. American Hospital Association
4. National Student Nurses Association

Answer: _____

Rationale: _____

2

The Health Care Delivery System

PRELIMINARY READING

Chapter 2

COMPREHENSIVE UNDERSTANDING

1. Give examples of each of the levels of health care services available in the U.S. health care system.
 - a. Primary care (health promotion): _____
 - b. Preventive care: _____
 - c. Secondary acute care: _____
 - d. Tertiary care: _____
 - e. Restorative care: _____
 - f. Continuing care: _____
2. Levels of prevention describe the focus of health care-related activities, identify the three levels:
 - a. _____
 - b. _____
 - c. _____
3. Explain what an integrated health care delivery system (IHCD) is _____
4. Identify the core mission of hospitals across the country: _____
5. Explain the focus of the following two acute care facilities:
 - a. Intensive care units

 - b. Mental health facilities

6. To improve care for patients residing in rural areas, rural hospitals are expected to:
 - a. _____
 - b. _____
 - c. _____
 - d. _____
 - e. _____

7. Define what discharge planning is. _____
8. What is the focus of discharge planning? _____
9. Describe the following models of discharge planning that focus on the patient and their family caregiver:
- a. Care transitions program

 - b. Transitional care model

 - c. High-intensity care model (GRACE)

10. Identify the discharge instructions that are required by The Joint Commission (TJC):
- a. _____
 - b. _____
 - c. _____
 - d. _____
 - e. _____
11. List the tips on making a referral process.
- a. _____
 - b. _____
 - c. _____
 - d. _____
12. The goal of *restorative care* is:
- _____

13. What is the focus of home health care?
- _____

14. _____ is a process aimed at enabling people with disabilities to reach and maintain their optimal physical, sensory, intellectual, psychological, and social functional levels.

Match the following.

- | | |
|----------------------------------|--|
| 15. _____ Extended care facility | a. 24-hour intermediate and custodial care |
| 16. _____ Continuing care | b. Includes immediate care and skilled nursing facilities |
| 17. _____ Nursing center | c. Services are for people who are disabled, not functionally independent, or who suffer a terminal disease |
| 18. _____ Assisted living | d. Long-term care setting with an environment like home and greater resident autonomy |
| 19. _____ Respite care | e. Provides short-term relief to the family members who care for the patient |
| 20. _____ Adult day care center | f. Provides a variety of health and social services to specific patients populations who live in the community |
| 21. _____ Hospice | g. Is a system of family-centered care that allows patients to live with comfort, independence, and dignity while easing the pains of a terminal illness |

Issues in Health Care Delivery

Match the following health care payment models:

- | | |
|---|---|
| 22. _____ Fee-for-service | a. Includes both the gain share potential of an upside model, but also the downside risk of sharing the excess costs of health care delivery between provider and payer |
| 23. _____ Pay-for-coordination | b. Most traditional health care payment model; requires patients or payers to reimburse the provider for each service performed |
| 24. _____ Pay-for-performance (P4P) | c. Value-based reimbursement; providers are compensated only if they meet certain metrics for quality and efficiency |
| 25. _____ Episode-of-care payment | d. Provide incentives for providers treating specific patient populations; % of net savings go to providers |
| 26. _____ Upside shared savings program | e. Coordinates care between the primary care provider and specialists |
| 27. _____ Downside shared savings program | f. Payments are assigned a per-member per-month (PMPM) payment |
| 28. _____ Partial or full capitation | g. Reimburses health care providers for specific episodes of care; a set amount of money will be paid |

29. Identify the payment system that the Social Security Act established under Medicare A (hospital insurance):

30. Factors that have been identified to improve patient satisfaction are:

- a. _____
- b. _____
- c. _____
- d. _____

31. Identify the two main reasons for a nursing shortage.

- a. _____
- b. _____

32. Identify the Quality and Safety Education (QSEN) for Nurses competencies for registered nurses:

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____
- f. _____

33. The Institute of Medicine (IOM) defines patient-centered care as:

34. Identify the eight principles of patient-centered care:

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____
- f. _____
- g. _____
- h. _____

35. Health care organizations that apply for Magnet[®] status must demonstrate:

- a. _____
- b. _____
- c. _____

36. The revised Magnet[®] model has five components affected by global issues; please identify them.

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____

37. Explain nurse-sensitive outcomes and give some examples.

38. Explain telemedicine.

39. Health care disparities are: _____

40. Identify the social determinants of health that are linked to health care disparities:

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____
- f. _____
- g. _____
- h. _____
- i. _____
- j. _____
- k. _____
- l. _____
- m. _____
- n. _____
- o. _____

CASE STUDY

41. A school nurse has been following a 9-year-old student who has behavioral problems in class. The student acts out and does not follow teacher instructions. The nurse plans to meet with the student's family and learn more about social determinants of health that might be affecting them. What specific factors would you consider in this assessment?

REVIEW QUESTIONS

Select the appropriate answer and cite the rationale for choosing that particular answer.

42. Health promotion programs are designed to help patients:
1. Reduce the incidence of disease
 2. Maintain maximal function
 3. Reduce the need to use more expensive health care services
 4. All of the above

Answer: _____

Rationale: _____

43. Rehabilitation services begin:
1. When the patient enters the health care system
 2. After the patient's physical condition stabilizes
 3. After the patient requests rehabilitation services
 4. When the patient is discharged from the hospital

Answer: _____

Rationale: _____

44. An example of an extended care facility is a:
1. Home care agency
 2. Skilled nursing facility
 3. Suicide prevention center
 4. State-owned psychiatric hospital

Answer: _____

Rationale: _____

45. A patient and his or her family facing the end stages of a terminal illness might best be served by a:
1. Hospice
 2. Rehabilitation center
 3. Extended care facility
 4. Crisis intervention center

Answer: _____

Rationale: _____

3

Community-Based Nursing Practice

PRELIMINARY READING

Chapter 3

COMPREHENSIVE UNDERSTANDING

Community-Based Care

1. Community-based care focuses on: _____
2. Community-based health care focuses on: _____
3. Identify some of the challenges in community-based health care. _____

4. Improved delivery of health care involves three key components; identify them:
 - a. _____

 - b. _____

 - c. _____

5. Identify five social determinants of health. _____

6. Define health disparities. _____

Community-Oriented Nursing

7. Briefly describe the differences between:
 - a. Public health nursing focus: _____
 - b. Community health nursing focus: _____
8. The community-oriented nurse's focus is on:
 - a. _____
 - b. _____
 - c. _____

Community-Based Nursing

9. Community-based nursing care takes place in: _____
10. Vulnerable populations are those patients who:
- a. _____
 - b. _____
 - c. _____

Identify the risk factors for the following vulnerable groups.

11. Immigrant population: _____
12. Poverty and homelessness: _____
13. Abused patients: _____
14. Mental illness: _____
15. Older adults: _____

Competency in Community-Based Nursing

A nurse in a community-based practice must have a variety of skills and talents in assisting patients within the community. Briefly explain the competencies the nurse needs in the following roles.

16. Caregiver: _____
17. Case manager: _____
18. Change agent: _____
19. Patient advocate: _____
20. Collaborator: _____
21. Counselor: _____
22. Educator: _____
23. Epidemiologist: _____

Community Assessment

24. There are three components of a community that need to be assessed. Identify them and give an example of each.
- a. _____
 - b. _____
 - c. _____

CASE STUDY

25. While assessing an immigrant community, the nurse identifies that the children are under vaccinated. The nurse notes that there is a health clinic within a 3-mile radius. The nurse meets with the community leaders to develop a plan of improving the rate of vaccinations. What specific practices would the nurse provide?

REVIEW QUESTIONS

Select the appropriate answer and cite the rationale for choosing that particular answer.

- | | |
|--|--|
| <p>26. Which of the following is an example of an intrinsic risk factor for homelessness?</p> <ol style="list-style-type: none">1. Severe anxiety disorders2. Psychotic mental disorders3. Living below the poverty line4. Progressive chronic alcoholism | <p>28. The first step in community assessment is determining the community's:</p> <ol style="list-style-type: none">1. Goals2. Set factors3. Boundaries4. Throughputs |
|--|--|

Answer: _____

Answer: _____

Rationale: _____

Rationale: _____

27. When the community health nurse refers patients to appropriate resources and monitors and coordinates the extent and adequacy of services to meet family health care needs, the nurse is functioning in the role of:
1. Advocate
 2. Counselor
 3. Collaborator
 4. Case manager

Answer: _____

Rationale: _____

4

Theoretical Foundations of Nursing Practice

PRELIMINARY READING

Chapter 4

COMPREHENSIVE UNDERSTANDING

Theory

Match the following concepts that relate to theories.

- | | |
|---------------------------------|--|
| 1. _____ Nursing theory | a. Label given to describe an idea about an event or group of situations |
| 2. _____ Theory | b. Address nursing interventions for a phenomenon, guide practice change, and predict consequences |
| 3. _____ Phenomenon | c. More limited in scope, they address a specific phenomenon and reflect practice |
| 4. _____ Concepts | d. Can be an abstract or concrete |
| 5. _____ Definitions | e. A conceptualization of some aspect of nursing communicated for the purpose of describing, explaining, predicting, or prescribing nursing care |
| 6. _____ Assumptions | f. Concepts, explaining relationships, and predicting outcomes |
| 7. _____ Grand theories | g. Describe phenomena and identify circumstances in which the phenomena occur |
| 8. _____ Middle-range theories | h. Define a particular concept based on the theorist's perspective |
| 9. _____ Descriptive theories | i. "Taken for granted" statements |
| 10. _____ Prescriptive theories | j. Theories that are abstract, broad in scope, and complex |

Domains of Nursing

Match the following.

- | | |
|--------------------------------|--|
| 11. _____ Domain | a. All possible conditions affecting the patient and the setting of health care delivery |
| 12. _____ Paradigm | b. The diagnosis and treatment of human responses to actual or potential health problems |
| 13. _____ Conceptual framework | c. Perspective or territory of a profession |
| 14. _____ Nursing metaparadigm | d. Links science, philosophy, and theories accepted and applied by the discipline |
| 15. _____ Person | e. Provides a way to organize major concepts and visualize the relationship |
| 16. _____ Environment | f. Is the recipient of nursing care |
| 17. _____ Nursing | g. What nursing is, what it does, and what we do |

Shared Theories

18. Shared theory explains: _____
19. Explain the following components of the nursing process as it pertains to systems.
- a. Input: _____
- b. Output: _____

- c. Feedback: _____
- d. Content: _____

Selected Nursing Theories

Match the following nursing theories and their focus

- | | |
|-------------------------|--|
| 20. _____ Nightingale's | a. Five stages of skill acquisition of nurses |
| 21. _____ Peplau's | b. Culturally specific nursing care |
| 22. _____ Henderson's | c. Patient's self-care needs |
| 23. _____ Benner | d. The patient's environment was the focus of nursing care |
| 24. _____ Orem's | e. Nurse-patient relationship |
| 25. _____ Leininger's | f. Adaptation; help patient cope with changes |
| 26. _____ Roy's | g. Principles and practice of nursing; assist patient with 14 basic activities |
| 27. _____ Watson's | h. Caring; transpersonal relationship |

Link Between Theory and Knowledge Development in Nursing

28. Research refines the knowledge base of nursing. Briefly explain each one.

- a. Theory generating: _____
- b. Theory testing: _____

CASE STUDY

29. You are taking care of Bob, who was recently transferred to the hospital with a diagnosis of pneumonia and weight loss.
- a. How might Florence Nightingale analyze this situation?
- b. How might Roy analyze this situation?

REVIEW QUESTIONS

Select the appropriate answer and cite the rationale for choosing that particular answer.

- | | |
|---|---|
| <p>30. Which of the following models is based on the physiological, sociocultural, and dependence–independence adaptive modes?</p> <ol style="list-style-type: none"> 1. Roy's adaptation model 2. Orem's model of self-care 3. King's model of personal, interpersonal, and social systems 4. Rogers' life process interactive person–environmental model <p>Answer: _____</p> <p>Rationale: _____</p> <p>_____</p> <p>_____</p> | <p>31. Nursing metaparadigm includes which of the following linkages:</p> <ol style="list-style-type: none"> 1. Person 2. Health 3. Environment or situation 4. All of the above <p>Answer: _____</p> <p>Rationale: _____</p> <p>_____</p> <p>_____</p> |
|---|---|

PRELIMINARY READING

Chapter 5

COMPREHENSIVE UNDERSTANDING

The Need for Evidence-Based Practice

1. Define *evidence-based practice*. _____

2. Identify the steps of evidence-based practice.
 - a. _____
 - b. _____
 - c. _____
 - d. _____
 - e. _____
 - f. _____
 - g. _____
3. Identify the five elements of a PICOT question.
 - a. _____
 - b. _____
 - c. _____
 - d. _____
 - e. _____
4. Identify the sources where the evidence can be found.
 - a. _____
 - b. _____
 - c. _____
 - d. _____
5. A *peer-reviewed* article is one where: _____
6. A _____ is the highest level of experimental research.
7. To critique the evidence and determine its worth to practice, the nurse must consider what questions?
 - a. _____
 - b. _____
 - c. _____

Critiquing the Evidence

Briefly explain the following elements of evidence-based articles.

8. Abstract: _____
9. Introduction: _____
10. Literature review: _____
11. A clinical article describes: _____
12. Identify and define the subsections that a research article contains in the manuscript narrative.
 - a. _____
 - b. _____
 - c. _____
 - d. _____
 - e. _____

Nursing Research

13. Define *nursing research*. _____
14. Define *translation research*. _____
15. Define *outcomes research*. _____
16. Define *scientific method*. _____
17. List the five characteristics of scientific research.
 - a. _____
 - b. _____
 - c. _____
 - d. _____
 - e. _____
18. Briefly describe the following quantitative methods.
 - a. Experimental: _____
 - b. Nonexperimental: _____
 - c. Surveys: _____
 - d. Evaluation: _____
19. Qualitative nursing research is: _____

Research Process

20. Identify the nursing process step that corresponds to each step in the research process.
 - a. Identify the area of interest or clinical problem: _____
 - b. Develop research question(s)/hypotheses: _____
 - c. Determine how the study will be conducted: _____
 - d. Conduct the study: _____
 - e. Analyze results of the study: _____

21. Briefly explain informed consent in relation to conducting a study.

- a. _____
- b. _____
- c. _____
- d. _____

22. Explain confidentiality: _____

CASE STUDY

23. The nurses on a medicine unit have seen an increase in the number of pressure injuries developing in their patients. The nurses decide to initiate a quality improvement project using the plan-do-study-act model. What would be a plan from the model?

REVIEW QUESTIONS

Select the appropriate answer and cite the rationale for choosing that particular answer.

24. Place the steps of the evidence-based practice (EBP) process in the appropriate order.

1. Critically appraise the evidence you gather.
2. Ask the clinical question in picot format.
3. Evaluate the outcomes of the practice decision or change.
4. Search for the most relevant and best evidence.
5. Cultivate a spirit of inquiry.
6. Integrate the evidence.
7. Communicate the outcomes of the EBP change.
8. Sustain the EPB change.

Answer: _____

Rationale: _____

26. A research report includes all of the following except:

1. The researcher's interpretation of the study results
2. A description of methods used to conduct the study
3. A summary of other research studies with the same results
4. A summary of literature used to identify the re-search problem

Answer: _____

Rationale: _____

25. Research studies can most easily be identified by:

1. Examining the contents of the report
2. Looking for the study only in research journals
3. Reading the abstract and introduction of the report
4. Looking for the word *research* in the title of the report

Answer: _____

Rationale: _____

6

Health and Wellness

PRELIMINARY READING

Chapter 6

COMPREHENSIVE UNDERSTANDING

Healthy People

1. Explain the framework of *Healthy People 2030*.

Definition of Health

2. Define *health*.

Models of Health and Illness

3. Identify some practices of each health behavior.

- a. Positive health behavior: _____

- b. Negative health behavior: _____

4. Describe the three components of the health belief model.

- a. _____

- b. _____

- c. _____

5. The health promotion model focuses on three areas. They are:

- a. _____

- b. _____

- c. _____

6. Define the main concepts of the holistic health model.

Variables Influencing Health and Health Beliefs and Practices

7. Briefly describe the following internal variables.

- a. Developmental stage: _____
- b. Intellectual background: _____
- c. Perception of functioning: _____
- d. Emotional factors: _____
- e. Spiritual factors: _____

8. Briefly describe the following external variables.

- a. Family role and practices: _____
- b. Social determinants of health: _____
- c. Culture: _____

Health Promotion, Wellness, and Illness Prevention

9. Define *health promotion*.

10. Health education includes: _____

11. Define *illness prevention*.

12. Identify the differences between passive and active strategies for health promotion.

13. Define the following levels of preventive care.

- a. Primary: _____
- b. Secondary: _____
- c. Tertiary: _____

Risk Factors

14. Define *risk factor*.

15. Identify at least two risk factors for each of the following categories.

- a. Genetic and physiological factors: _____
- b. Age: _____
- c. Environment: _____
- d. Lifestyle: _____

Risk-Factor Identification and Changing Health Behaviors

16. Briefly explain the five stages of health behavior change.

- a. Precontemplation: _____
- b. Contemplation: _____
- c. Preparation: _____
- d. Action: _____
- e. Maintenance: _____

Illness

17. Define *illness*.

18. Explain the two general classifications of illness.

- a. Acute illness: _____
- b. Chronic illness: _____

19. Illness behavior involves: _____

20. Give examples of the following variables that influence illness.

- a. Internal variables: _____
- b. External variables: _____

Impact of Illness on the Patient and Family

21. The patient and family commonly experience the following. Briefly explain each one.

- a. Behavioral and emotional changes: _____
- b. Impact on body image: _____
- c. Impact on self-concept: _____
- d. Impact on family roles: _____
- e. Impact on family dynamics: _____

CASE STUDY

22. Mary, a student nurse is creating a plan of care for a patient with a new below-the-knee amputation. What factors does Mary need to consider for her patient?

REVIEW QUESTIONS

Select the appropriate answer and cite the rationale for choosing that particular answer.

23. An interprofessional health care team is developing health education program for middle-school. Which health topics are consistent with the goals of *Health People 2020*? (Select all that apply.)

1. Determining the best treatment for strep throat
2. Explaining why it is important to get immunizations as scheduled
3. Teaching about healthy snacks
4. Describing why genetically modified foods are controversial
5. Teaching different ways to fit exercise into the daily routine
6. Explaining the problems related to lead exposure in the environment

Answer: _____

Rationale: _____

24. Internal variables influencing health beliefs and practices include:

1. Developmental stage
2. Intellectual background
3. Emotional and spiritual factors
4. All of the above

Answer: _____

Rationale: _____

25. Any variable increasing the vulnerability of an individual or a group to an illness or accident is a(an):

1. Risk factor
2. Illness behavior
3. Lifestyle determinant
4. Negative health behavior

Answer: _____

Rationale: _____

26. Marsha states, "My chubby size runs in our family. It's a glandular condition. Exercise and diet won't change things much." The nurse determines that this is an example of Marsha's:

1. Health beliefs
2. Active strategy
3. Acute situation
4. Positive health behavior

Answer: _____

Rationale: _____

7

Caring in Nursing Practice

PRELIMINARY READING

Chapter 7

COMPREHENSIVE UNDERSTANDING

Theoretical Views on Caring

1. Define *caring*.

2. Explain Leininger's concept of care from a transcultural perspective.

3. Summarize Watson's transpersonal caring.

4. What does Watson mean by "transformative model"?

5. Swanson's theory of caring consists of five categories. Explain each.

a. Knowing:

b. Being with:

c. Doing for:

d. Enabling:

e. Maintaining belief:

6. List the common themes in nursing caring theories.

- a.

- b.

- c.

- d.

Ethics of Care

7. Identify the nurse's responsibilities in relation to the ethics of care.

Caring in Nursing Practice

8. Summarize the concept of presence.

9. The outcomes of nursing presence include:

- a.

- b.

- c.

10. The use of touch is one comforting approach. Explain the differences between the three categories of touch.

a. Task-oriented:

b. Caring:

c. Protective:

11. Describe what listening involves.

12. Two elements that facilitate knowing are:

- a. _____
- b. _____

13. List the 10 caring behaviors that are perceived by families.

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____
- f. _____
- g. _____
- h. _____
- i. _____
- j. _____

The Challenge of Caring

14. Summarize the challenges facing nursing in today's health care system.

CASE STUDY

15. Sue is a nurse who is caring for an older man who is going to an assisted-living facility after discharge. Give an example of how Sue can listen to the patient that can display caring.

REVIEW QUESTIONS

Select the appropriate answer and cite the rationale for choosing that particular answer.

16. Touch is a caring intervention. Before implementing touch, what does the nurse need to know about touch? (Select all that apply.)

- 1. Some cultures may have specific restrictions about non-skill-based touch.
- 2. Touch is type of verbal communication.
- 3. Touch forms a connection between nurse and patient.
- 4. There is never a problem with using touch at any time.
- 5. Touch reduces physical pain only.

Answer: _____

Rationale: _____

17. Leininger's care theory states that the patient's caring values and behaviors are derived largely from:

- 1. gender
- 2. culture
- 3. experience
- 4. religious beliefs

Answer: _____

Rationale: _____

18. The central common theme of the caring theories is:
1. Maintenance of patient homeostasis
 2. Compensation for patient disabilities
 3. Pathophysiology and self-care abilities
 4. The nurse–patient relationship and psychosocial aspects of care

Answer: _____

Rationale: _____

19. For the nurse to effectively listen to the patient, he or she needs to:
1. Lean back in the chair
 2. Sit with the legs crossed
 3. Maintain good eye contact
 4. Respond quickly with appropriate answers to the patient

Answer: _____

Rationale: _____

20. The nurse demonstrates caring by:
1. Maintaining professionalism at all costs
 2. Doing all the necessary tasks for the patient
 3. Following all of the health care provider's orders accurately
 4. Helping family members become active participants in the care of the patient

Answer: _____

Rationale: _____

PRELIMINARY READING

Chapter 8

COMPREHENSIVE UNDERSTANDING

1. Chronic illness affects the _____, _____, and _____ aspects of a patient and family's life.

Prevalence and Costs of Chronic Disease

2. Chronic disease is _____.

3. Chronic illness is _____.

List the most common diseases by body systems:

4. Cardiac

5. Digestive

6. Endocrine

7. Pulmonary

8. Musculoskeletal

9. Neurologic/Psychiatric

10. Renal

Genetics and Chronic Illness

11. Define genetic mutation: _____
12. Give an example of the two types of autosomal disorders:
- a. Dominant

 - b. Recessive

Interaction of Genetics, Environment, and Lifestyle

13. Explain multifactorial inheritance: _____
14. What factors should you consider when examining a family disease history:
- a. _____
 - b. _____
 - c. _____
15. Genetic counseling includes:
- a. _____
 - b. _____
 - c. _____
 - d. _____
 - e. _____
16. Identify some lifestyle and risk factors that are modifiable:
- a. _____
 - b. _____
 - c. _____
 - d. _____
 - e. _____

The Effect of Chronic Illness on Patients and Families

17. List the factors that affect adherence to chronic illness:
- a. _____
 - b. _____
 - c. _____
 - d. _____
 - e. _____

18. Explain the Five A's model that supports patients in self-managing their chronic disease:
- Assess: _____
 - Advise: _____
 - Agree: _____
 - Assist: _____
 - Arrange: _____
19. The physical effects and limitations of chronic illness vary depending on the _____ and _____.
20. The psychosocial needs of patient with chronic illness include _____, _____, _____, _____, _____, and _____.
21. Patients who live with chronic illness often experience depression related to _____, _____, and _____.
22. Patients who experience depression often express _____, _____, _____, and _____.
23. Explain the reasons why social isolation can occur in chronic illness:
- _____
 - _____
 - _____
24. Give an example of the following personal strengths and strategies to cope with the psychosocial effects of chronic illness:
- Internal strengths

 - External strengths

 - Self-management strategies

25. The focus on caring for older adults with chronic illness is:
- _____
 - _____
 - _____

26. Identify the factors that put the caregiver at greatest risk for poor outcomes:

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____

27. Briefly explain the chronic care model:

28. Identify the six essential elements of the chronic care model:

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____
- f. _____

29. Give some examples of questions that you would ask when collecting a nursing history to assess the affect a chronic disease has on their lives:

a. Symptoms

b. Psychosocial problems

30. Identify the focus areas for chronic disease self-management:

- a. _____
- b. _____
- c. _____

31. Explain the purpose of the Chronic Disease Self-Management Resource Program (CDSMRP):

CASE STUDY

32. You are screening a woman at high risk for breast cancer for the BRCA genetic mutation; explain what a positive result will yield for the patient.

REVIEW QUESTIONS

33. All of the following are modifiable risk factors except:
1. genetics
 2. smoking
 3. obesity
 4. alcohol intake

Answer: _____

Rationale: _____

34. The Five A's model includes the following, select all that apply:

1. agree
2. acknowledge
3. advise
4. arrange
5. assist

Answer: _____

Rationale: _____

35. As a nurse, you are caring for an elderly woman who is caring for her husband who has dementia. The woman states, "I just cannot stand watching him suffer any more. It makes me so angry that he has dementia. Why did it have to happen to us? He makes me so upset sometimes, I cannot remember any of the good times we used to have together." Which statement is the most appropriate response by the nurse?

1. "Why don't you love your husband anymore?"
2. "It sounds like you need a break. Can't your children help you?"
3. "I understand your frustration. Is there something you would like to talk about now?"
4. "I will ask the social worker to come see you to arrange for someone to come help you at home."

Answer: _____

Rationale: _____

PRELIMINARY READING

Chapter 9

COMPREHENSIVE UNDERSTANDING

Health Disparities

1. Define *health disparity*.

2. Social determinants of health are:

3. Health care disparities are:

Culture

Match the following.

- | | |
|------------------------------------|--|
| 4. _____ Culture | a. A formal and informal system of advantages and disadvantages tied to a membership in social groups |
| 5. _____ Intersectionality | b. Transcultural care |
| 6. _____ Oppression | c. Learned and shared beliefs, values, norms, and traditions of a particular group |
| 7. _____ Marginalized groups | d. Conditions in which people are born, grow, live, work, and age |
| 8. _____ Culturally congruent care | e. Health care must be culturally sensitive and appropriate to the needs of the patient |
| 9. _____ Cultural competence | f. Research and policy model to study the complexities of people's lives and experiences |
| 10. _____ Emic worldview | g. Outsider perspective |
| 11. _____ Etic worldview | h. Have poorer health outcomes because of complex interactions due to behaviors, environment, and clinical care received |
| 12. _____ Stereotype | i. Insider perspective |
| 13. _____ Social determinants | j. Assumed belief regarding a particular group |

Race, Ethnic, and Cultural Diversity

Define the following.

14. Racial identity _____
15. Ethnic and cultural identity _____
16. Acculturation _____
17. Assimilation _____

Core Measures

18. Define *Core measures* and their purpose: _____

A Model of Cultural Competence

19. Briefly explain the five interrelated constructs of cultural competency:

a. Cultural awareness

b. Cultural knowledge

c. Cultural skill

d. Cultural encounter _____

e. Cultural desire

Cultural Awareness and Knowledge

20. Identify the *areas* to focus on in conducting a comprehensive cultural assessment:

a. _____

b. _____

c. _____

d. _____

e. _____

f. _____

21. List the domains of transcultural assessment model:

a. _____

b. _____

c. _____

d. _____

e. _____

f. _____

g. _____

- h. _____
 - i. _____
 - j. _____
 - k. _____
 - l. _____
22. Linguistic *competence* is: _____
23. State the *recommendations* that all organizations are to follow to provide culturally and linguistically appropriate services:
- a. _____
 - b. _____
 - c. _____
 - d. _____
24. Define health *literacy*: _____
25. Explain the teach-back method: _____

26. Explain the *following* mnemonic *LEARN* model that assists the nurse to reflect upon in each patient encounter:
- a. L _____
 - b. E _____
 - c. A _____
 - d. R _____
 - e. N _____

CASE STUDY

27. A 35-year-old woman has Medicaid coverage for herself and two young children. She missed an appointment at the local health clinic to get an annual mammogram because she had no transportation. She gets the annual screening because her mother had breast cancer. Identify some social determinants of this woman's health?

REVIEW QUESTIONS

Select the appropriate answer and cite the rationale for choosing that particular answer.

28. When providing care to patients with varied cultural backgrounds, it is imperative for the nurse to *recognize* that:

1. Cultural considerations must be put aside if basic needs are in jeopardy.
2. Generalizations about the behavior of a particular group may be inaccurate.
3. Current health standards should determine the acceptability of cultural practices.
4. Similar reactions to stress will occur when individuals have the same cultural background.

Answer: _____

Rationale: _____

29. To be *effective* in meeting various ethnic needs, the nurse should:

1. Treat all patients alike
2. Be aware of patients' cultural differences
3. Act as if he or she is comfortable with the patient's behavior
4. Avoid asking questions about the patient's cultural background

Answer: _____

Rationale: _____

30. The *most* important factor in providing nursing care to patients in a specific ethnic group is:

1. Communication
2. Time orientation
3. Biological variation
4. Environmental control

Answer: _____

Rationale: _____

31. Which of the following is an example of a health disparity? (Select all that apply.)

1. A patient who has a homosexual sexual preference
2. A patient unable to access primary care services
3. Patients living with chronic disease
4. A family who relies on public transportation
5. A patient who has had a history of smoking for 10 years

Answer: _____

Rationale: _____

10 Family Dynamics

PRELIMINARY READING

Chapter 10

COMPREHENSIVE UNDERSTANDING

The Family

1. Define the three important attributes that characterize contemporary families.

- a. Family durability: _____
- b. Family resiliency: _____
- c. Family diversity: _____

2. A family is defined as:

Family Forms and Current Trends

3. Summarize the various family forms.

- a. Nuclear family: _____
- b. Extended family: _____
- c. Single-parent family: _____
- d. Blended family: _____
- e. Alternative family: _____

4. Explain the following threats and concerns facing the family.

- a. Family caregivers: _____
- b. Poverty: _____

- c. Homelessness: _____
- d. Domestic violence: _____

5. Define the following:

- a. Structure: _____

- b. Function: _____

6. Structure may enhance or detract from the family's ability to respond to stressors. Briefly explain each of the following.
- a. Rigid structure: _____
 - b. Open or flexible structure: _____

Identify the three levels and focuses proposed for family nursing practice. Briefly explain each.

- 7. Family as context: _____
 - 8. Family as patient: _____
 - 9. Family as system: _____
10. Explain the following attributes of healthy families:
- a. Hardiness:

 - b. Resiliency:

11. Identify how the following affect health:
- a. Genetics: _____
 - b. Chronic illness and/or trauma: _____
 - c. End-of-life care: _____

Family-Centered Care and the Nursing Process

12. Three factors underlie the family approach to the nursing process. Name them.
- a. _____
 - b. _____
 - c. _____
13. Identify and define the areas to include in a family assessment.
- a. _____
 - b. _____
 - c. _____
14. A comprehensive, culturally sensitive family assessment is critical in order to:
- a. _____
 - b. _____
 - c. _____
 - d. _____

15. Give some examples of nursing diagnoses applicable to family care:

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____
- f. _____
- g. _____

16. When planning family-centered care, the goals and outcomes are: _____

Implementing Family-Centered Care

17. When implementing family-centered care, the following need to be addressed. Briefly explain.

- a. Health promotion: _____
- b. Acute care: _____
- c. Discharge planning: _____
- d. Communication: _____
- e. Restorative and continuing care: _____

CASE STUDY

18. John is a 55-year-old male who was severely injured in a motor vehicle accident 2 weeks ago. He is now stable and is prepared for rehabilitation to assist him to return home. What are some teaching strategies to give to his family to avoid caregiver role strain?

REVIEW QUESTIONS

Select the appropriate answer and cite the rationale for choosing that particular answer.

19. A married couple has three children. The youngest child has graduated from college and is moving to a different city to take a job. The other two children left the home several years ago. What developmental tasks does the nurse expect this family to experience at this point in time? (Select all that apply.)

1. Take on parenting roles
2. Making room for the wisdom of older adults
3. Refocusing on marital issues
4. Determining new focus on recreational activities
5. Developing intimate relations with others

Answer: _____

Rationale: _____

20. Family structure can best be described as:

1. A complex set of relationships
2. A basic pattern of predictable stages
3. The pattern of relationships and ongoing membership
4. Flexible patterns that contribute to adequate functioning

Answer: _____

Rationale: _____

21. When planning care for a patient and using the concept of family as patient, the nurse:

1. Includes only the patient and his or her significant other
2. Considers the developmental stage of the patient and not the family
3. Understands that the patient's family will always be a help to the patient's health goals
4. Realizes that cultural background is an important variable when assessing the family

Answer: _____

Rationale: _____

22. Interventions used by the nurse when providing care to a rigidly structured family include:

1. Attempting to change the family structure
2. Providing solutions for problems as they arise
3. Exploring with the family the benefits of moving toward more flexible modes of action
4. Administering nursing care in a manner that provides minimal opportunity for change

Answer: _____

Rationale: _____

11 Developmental Theories

PRELIMINARY READING

Chapter 11

COMPREHENSIVE UNDERSTANDING

Developmental Theories

1. Briefly summarize Gesell's theory of development.

2. Briefly summarize theories of psychoanalytical/psychosocial theory.

3. Explain the five stages of Freud's psychoanalytic model of personal development.

- a. Stage 1: Oral: _____
- b. Stage 2: Anal: _____
- c. Stage 3: Phallic: _____
- d. Stage 4: Latency: _____
- e. Stage 5: Genital: _____

Match the following stages of Erickson (psychosocial development) with the appropriate years.

- | | |
|--|--------------------|
| 4. _____ Trust vs. mistrust | a. 3–6 years |
| 5. _____ Autonomy vs. shame | b. Birth to 1 year |
| 6. _____ Initiative vs. guilt | c. Puberty |
| 7. _____ Industry vs. inferiority | d. 1–3 years |
| 8. _____ Identity vs. role confusion | e. 6–11 years |
| 9. _____ Intimacy vs. isolation | f. Middle-age |
| 10. _____ Generativity vs. self-absorption | g. Young adult |
| 11. _____ Integrity vs. despair | h. Old age |

12. Define *temperament*.

13. Identify the three basic classes of temperament and briefly explain each.

- a. _____
- b. _____
- c. _____

14. Contemporary life-span approach considers:

15. Identify the four periods of Piaget's theory of cognitive development.

- a. _____
- b. _____
- c. _____
- d. _____

Kohlberg identified six stages of moral development under three levels. Briefly describe each.

16. Level I: Preconventional level: _____

a. Stage 1: _____

b. Stage 2: _____

17. Level II: Conventional level: _____

a. Stage 3: _____

b. Stage 4: _____

18. Level III: Postconventional level: _____

a. Stage 5: _____

b. Stage 6: _____

CASE STUDY

19. Connor is a shy 9-year-old boy who presents to the clinic for a physical exam prior to summer camp. Initially he seems uncomfortable with the experience of the exam. You ask Connor if he wants his parents in the room for the exam. The mother responds before Connor can answer and states, “of course I’ll come in with you.”
- According to Erickson, at what stage of development is Connor?
 - How do you think Connor might respond to his mother’s comment?
 - According to temperamental theory and based on your observations, what temperament style is Connor most likely displaying?

REVIEW QUESTIONS

Select the appropriate answer and cite the rationale for choosing that particular answer.

- | | |
|--|--|
| <p>20. According to Piaget, the school-age child is in the third stage of cognitive development, which is characterized by:</p> <ol style="list-style-type: none">Concrete operationsConventional thoughtPostconventional thoughtIdentity vs. role diffusion <p>Answer: _____</p> <p>Rationale: _____</p> <p>_____</p> <p>_____</p> | <p>22. According to Erikson’s developmental theory, the primary developmental task of the middle years is to:</p> <ol style="list-style-type: none">Achieve intimacyAchieve generativityEstablish a set of personal valuesEstablish a sense of personal identity <p>Answer: _____</p> <p>Rationale: _____</p> <p>_____</p> <p>_____</p> |
| <p>21. According to Erikson, the developmental task of adolescence is:</p> <ol style="list-style-type: none">Industry vs. inferiorityIdentity vs. role confusionAutonomy vs. shame and doubtRole acceptance vs. role confusion <p>Answer: _____</p> <p>Rationale: _____</p> <p>_____</p> <p>_____</p> | <p>23. According to Kohlberg, children develop moral reasoning as they mature. Which of the following is most characteristic of a preschooler’s stage of moral development?</p> <ol style="list-style-type: none">The rules of correct behavior are obeyed.Behavior that pleases others is considered good.Showing respect for authority is important behavior.Actions are determined as good or bad in terms of their consequences. <p>Answer: _____</p> <p>Rationale: _____</p> <p>_____</p> <p>_____</p> |

PRELIMINARY READING

Chapter 12

COMPREHENSIVE UNDERSTANDING

Intrauterine Life

1. Identify the three stages of a full-term pregnancy, and state when each occurs.
 - a. _____
 - b. _____
 - c. _____
2. Identify some of the common concerns that are verbalized by the expectant mother that are attributable to fetal growth and hormonal changes.

Transition From Intrauterine to Extrauterine Life

3. The assessment tool used to assess newborns is the Apgar score. Identify the components.
 - a. _____
 - b. _____
 - c. _____
 - d. _____
 - e. _____
4. Direct nursing care at birth includes _____, _____, and _____.
5. Give some examples of how to encourage parent–child attachment immediately after birth.

Newborn

Match the following terms that address the newborn.

- | | |
|--|---|
| 6. _____ Neonatal period | a. Screenings, car seats, and cribs |
| 7. _____ Molding | b. Closes at the end of the second to third month |
| 8. _____ Anterior fontanel | c. Overlapping of the soft skull bones |
| 9. _____ Early cognitive development | d. First month of life |
| 10. _____ Infant positioning | e. Innate behavior, reflexes, and sensory functions |
| 11. _____ Posterior fontanel | f. Sleep on their back |
| 12. _____ Normal behavior | g. Sucking, crying, sleeping, and activity |
| 13. _____ Health promotion of the infant | h. Closes at 12–18 months |

Infant

14. Infancy is the period from _____ to _____.

15. Summarize the changes in size, weight, and height that occur in the first 12 months.

16. Describe the cognitive changes that occur in infants.

17. Identify the language development in infants and how to help parents further develop infants' language.

18. Explain the following psychosocial changes that occur.

- a. Separation and individuation: _____
- b. Play: _____

19. Explain the following in relation to health risks of the infant.

- a. Injury prevention: _____
- b. Child maltreatment: _____

20. Give an example of health promotion activities for the following.

- a. Nutrition: _____
- b. Supplementation: _____
- c. Immunizations: _____
- d. Sleep: _____