

# Outpatient/Community Health Nursing

# 8

*“Intuition will tell the thinking mind where to look next.”*

—Jonas Salk

## ABBREVIATION LIST

<b>ACE</b>	Angiotensin-Converting Enzyme	<b>NCSBN</b>	National Council of State Boards of Nursing
<b>AHA</b>	American Heart Association	<b>NSAID</b>	Nonsteroidal Anti-Inflammatory Drug
<b>BP</b>	Blood Pressure	<b>PPD</b>	Purified Protein Derivative
<b>D<sub>5</sub>W</b>	5% Dextrose in Water	<b>PTT</b>	Partial Thromboplastin Time
<b>ECG</b>	Electrocardiogram	<b>PT</b>	Prothrombin Time
<b>GERD</b>	Gastroesophageal Reflux Disease	<b>RN</b>	Registered Nurse
<b>HCP</b>	Health-Care Provider	<b>R/O</b>	Rule Out
<b>H&amp;H</b>	Hemoglobin and Hematocrit	<b>UAP</b>	Unlicensed Assistive Personnel
<b>HIPAA</b>	Health Insurance Portability and Accountability Act	<b>UTI</b>	Urinary Tract Infection
<b>INR</b>	International Normalized Ratio	<b>WBC</b>	White Blood Cell
<b>IV</b>	Intravenous		
<b>LPN</b>	Licensed Practical Nurse		

## PRACTICE QUESTIONS

### Setting Priorities When Caring for Clients

1. The community health nurse is triaging victims at a bus accident. Which client would the nurse categorize as red, priority 1?
  1. The client with head trauma whose pupils are fixed and dilated.
  2. The client with compound fractures of the tibia and fibula.
  3. The client with a sprained right wrist with a 1-inch laceration.
  4. The client with a piece of metal embedded in the right eye.
2. The nurse is caring for clients in a family practice clinic. Which client should the nurse assess first?
  1. The client who is complaining of right lower abdominal pain.
  2. The client who is having burning and pain on urination.
  3. The client who has low back pain radiating down the right leg.
  4. The client who has a sore throat and had a fever last night.

3. The clinic nurse is reviewing the laboratory data of clients seen in the clinic the previous day. Which client requires immediate intervention by the nurse?
  1. The client whose white blood cell (WBC) count is  $9.5 \text{ mm}^3$ .
  2. The client whose cholesterol level is 230 mg/dL.
  3. The client whose calcium level is 10.4 mg/dL.
  4. The client whose international normalized ratio (INR) is 3.8.
4. Which child should the nurse in the pediatric clinic assess first?
  1. The 1-year-old male child who is crying and pulling at his ears.
  2. The 5-year-old female child who has a fever and red rash over her body.
  3. The 8-year-old male child who has neck stiffness and light hurts his eyes.
  4. The 15-year-old female adolescent whose mother thinks she may be pregnant.
5. The clinic nurse is caring for a client diagnosed with osteoarthritis. The client tells the nurse, "I am having problems getting in and out of my bathtub." Which intervention should the clinic nurse implement first?
  1. Determine whether the client has grab bars in the bathroom.
  2. Encourage the client to take a shower instead of a bath.
  3. Initiate a referral to a physical therapist for the client.
  4. Discuss whether the client takes nonsteroidal anti-inflammatory drugs (NSAIDs).
6. The employee health nurse has cared for six clients who have similar complaints. The clients have a fever, nausea, vomiting, and diarrhea. Which action should the nurse implement first after assessing the clients?
  1. Have another employee drive the clients home.
  2. Notify the public health department immediately.
  3. Send the clients to the emergency department.
  4. Obtain stool specimens from the clients.
7. The clinic nurse is scheduling a chest x-ray for a female client who may have pneumonia. Which question is most important for the nurse to ask the client?
  1. "Have you ever had a chest x-ray before?"
  2. "Can you hold your breath for a minute?"
  3. "Do you or have you ever smoked cigarettes?"
  4. "Is there any chance you may be pregnant?"
8. The clinic nurse is returning phone messages from clients. Which phone message should the nurse return first?
  1. The client who called reporting being dizzy when getting up.
  2. The client who has been having abdominal cramping.
  3. The client who is complaining of nausea and vomiting.
  4. The client who has not had a bowel movement in 3 days.
9. The clinic nurse is caring for clients in a pediatric clinic. Which client should the nurse assess first?
  1. The 4-year-old child who fell and is complaining of left leg pain.
  2. The 3-year-old child who is drooling and does not want to swallow.
  3. The 8-year-old child who has complained of a headache for 2 days.
  4. The 10-year-old child who is thirsty all the time and has lost weight.
10. The community health nurse is triaging victims at the scene of a building collapse. Which intervention should the nurse implement first?
  1. Discuss the disaster situation with the media.
  2. Write the client's name clearly in the disaster log.
  3. Place disaster tags securely on the victims.
  4. Identify an area for family members to wait.

## Delegating and Assigning Nursing Tasks

11. The nurse and an unlicensed assistive personnel (UAP) are working in a family practice clinic. Which task should the nurse delegate to the UAP?
  1. Give the client sample medications for a urinary tract infection (UTI).
  2. Show the client how to use a self-monitoring blood glucometer.
  3. Answer the telephone triage line and take messages from the client.
  4. Take the vital signs of a client scheduled for a physical examination.
12. The registered nurse (RN) is working in an outpatient clinic along with a licensed practical nurse (LPN). Which client should the RN assign the LPN?
  1. The male client whose purified protein derivative (PPD) induration of the left inner arm is 14 mm.
  2. The client diagnosed with pneumonia whose pulse oximeter reading is 90%.
  3. The client diagnosed with arterial hypertension whose blood pressure (BP) is 148/94.
  4. The adolescent client whose pregnancy test came back positive.
13. Which task would be most appropriate for the clinic nurse to delegate to the unlicensed assistive personnel (UAP)?
  1. The client diagnosed with atrial fibrillation who needs an electrocardiogram.
  2. The client diagnosed with rule out (R/O) urinary tract infection who needs to give a urine specimen.
  3. The client diagnosed with gastroenteritis who needs an intravenous (IV) of D<sub>5</sub>W 125 mL/hour.
  4. The client diagnosed with a head injury who needs discharge teaching.
14. The unlicensed assistive personnel (UAP) tells the clinic nurse the male client in room 1 is “really breathing hard and can’t seem to catch his breath.” Which action should the nurse implement first?
  1. Tell the UAP to put 4 mL oxygen on the client.
  2. Ask the UAP whether the client is sitting up in a chair.
  3. Request the UAP to go with the nurse to the client’s room.
  4. Instruct the UAP to take the client’s vital signs.
15. The LPN informs the clinic nurse that the client diagnosed with atrial fibrillation has an INR of 4.5. Which intervention should the nurse implement?
  1. Tell the LPN to notify the clinic health-care provider (HCP).
  2. Instruct the LPN to assess the client for abnormal bleeding.
  3. Obtain a stat electrocardiogram on the client.
  4. Take no action because this INR is within the normal range.
16. The nurse at a disaster site is triaging victims when a woman states, “I am a certified nurse aide. Can I do anything to help?” Which action should the nurse implement?
  1. Request the woman to please leave the area.
  2. Ask the woman to check the injured clients.
  3. Tell the woman to try and keep the victims calm.
  4. Instruct the woman to help the paramedics.
17. The clinic nurse hears the UAP tell the client, “You have gained over 15 pounds since your last visit.” The scale is located in the office area. Which action should the clinic nurse implement?
  1. Tell the UAP in front of the client to not comment on the weight.
  2. Ask the UAP to put the client in the room and take no action.
  3. Explain in private that this is an inappropriate comment and violates HIPAA.
  4. Report the UAP to the director of nurses of the clinic.

18. The clinic nurse is making assignments to the staff. Which assignment/delegation would be most appropriate?
  1. Request the LPN to escort the clients to the examination rooms.
  2. Ask the unlicensed assistive personnel (UAP) to prepare the room for the next client.
  3. Instruct the RN to administer the tetanus shot to the client.
  4. Tell the clinic secretary to call in a new prescription for a client.
19. The client tells the nurse that the female unlicensed assistive personnel (UAP) did not know how to take the blood pressure. Which action should the nurse take first?
  1. Discuss the client's comment with the UAP.
  2. Retake the BP and inform the client of the BP readings.
  3. Explain that the UAP knows how to take BP.
  4. Ask the UAP to demonstrate taking a BP.
20. Which task would be most appropriate for the clinic nurse to assign to an LPN?
  1. The intravenous push antiemetic to the client who is nauseated and vomiting.
  2. The subcutaneous epinephrine to a client who is having an asthma attack.
  3. The antacid to the client who is diagnosed with gastroesophageal reflux.
  4. The sublingual nitroglycerin to the client who is complaining of chest pain.

## Managing Clients and Nursing Staff

21. The clinic RN manager is discussing osteoporosis with the clinic staff. Which activity is an example of a secondary nursing intervention when discussing osteoporosis?
  1. Obtain a bone density evaluation test on a female client older than 50.
  2. Perform a spinal screening examination on all female clients.
  3. Encourage the client to walk 30 minutes daily on a hard surface.
  4. Discuss risk factors for developing osteoporosis.
22. The clinic nurse is scheduling a 14-year-old client for a tonsillectomy. Which intervention should the clinic nurse implement?
  1. Obtain informed consent from the client.
  2. Send a throat culture to the laboratory.
  3. Discuss the need to cough and deep breathe.
  4. Request the laboratory to draw a PT and a PTT.
23. The female client calls the clinic nurse and reports being nauseated, vomiting, and having diarrhea for the last 6 hours. Which priority intervention should the nurse implement?
  1. Tell the client to not eat anything and to drink fluids.
  2. Ask the client what she has eaten in the last 24 hours.
  3. Request the client to bring a stool specimen to the clinic.
  4. Instruct the client to take an antidiarrheal medication.
24. The RN observes an LPN discussing a scheduled diagnostic test with a client in the waiting room of the outpatient clinic. Which action should the RN implement?
  1. Praise the LPN for talking to the client about the diagnostic test.
  2. Tell the LPN the RN needs to talk to her in the office area.
  3. Go to the waiting room and tell the LPN not to discuss this there.
  4. Inform the HCP that the LPN was talking to the client in the waiting room.
25. The charge nurse in a large outpatient clinic notices the staff is arguing and irritable with one other and the atmosphere has been very tense for the past week. Which action should the charge nurse implement?
  1. Wait for another week to see whether the situation resolves itself.
  2. Write a memo telling all staff members to stop arguing.
  3. Schedule a meeting with the staff to discuss the situation.
  4. Tell the staff to stop arguing or staff will be terminated.

26. The employee health nurse is obtaining a urine specimen for a pre-employment drug screen. Which intervention should the nurse implement?
  1. Obtain informed consent for the procedure.
  2. Maintain the chain of custody for the specimen.
  3. Allow the client to go to any bathroom in the clinic.
  4. Take and record the client's tympanic temperature.
27. The clinic nurse is assessing a client who is complaining of right leg calf pain. The right calf is edematous and warm to the touch. Which intervention should the nurse implement first?
  1. Notify the clinic HCP immediately.
  2. Ask the client how long the leg has been hurting.
  3. Complete a neurovascular assessment on the leg.
  4. Place the client's right leg in a dependent position.
28. The fire alarm starts going off in the family practice clinic. Which action should the nurse take first?
  1. Determine whether there is a fire in the clinic.
  2. Evacuate all the people from the clinic.
  3. Immediately call 911 and report the fire.
  4. Instruct clients to stay in the room and close the door.
29. The female unlicensed assistive personnel (UAP) tells the clinic nurse, "One of the medical interns asked me out on a date. I told him no but he keeps asking." Which statement is the nurse's best response?
  1. "I will talk to the intern and tell him to stop."
  2. "Did anyone hear the intern asking you out?"
  3. "He asks everyone out; that is just his way."
  4. "You should inform the clinic director of nurses."
30. The clinic nurse overhears another staff nurse telling the pharmaceutical representative, "If you bring us lunch from the best place in town, I will make sure you get to see the HCP." Which action should the clinic nurse take?
  1. Tell the representative the staff nurse's statement was inappropriate.
  2. Report this behavior to the clinic director of nurses immediately.
  3. Do not take any action and wait for the food to be delivered.
  4. Inform the HCP of the staff nurse and representative's behavior.