1) Which assessment data would prohibit the use of imagery with a client?

1. No previous history of using imagery techniques
2. States anxiety level of 6 on a 0–10 scale
3. Client feels reluctant to close eyes for the imagery session
4. Client has a history of psychosis

2) The nurse has determined that music therapy may be appropriate for use with a client. Which strategies should the nurse consider when choosing the music? 

Select all that apply.

1. Choose only music with words.
2. Choose music that is 5–7 minutes in duration.
3. Allow the client to choose music of his or her choice.
4. Encourage the client to respond to the music.
5. Ask the client not to analyze the music.

3) The nurse is using meditation with a client to help him decrease his pain. Which factor is important to consider when using this type of therapy?

1. The type of meditation is best determined by the nurse.
2. The client’s condition will influence the use of meditation.
3. Meditation is best taught when the client is in an outpatient setting.
4. A certified professional should teach the client how to perform meditation.

4) The client asks the nurse how humor therapy affects the client physiologically. Which effects should the nurse explain are attributed to laughter? Select all that apply.

1. Decreases heart rate and blood pressure
2. Increases salivary immunoglobulin A (S-IgA)
3. Produces an antagonist response to stress hormones
4. Decreases the immune response by decreasing T-lymphocytes
5. Changes temperature set point in the brain
5) The nurse decides to teach a client with hypertension the progressive relaxation technique. Which instructions should the nurse give to the client when using this relaxation method?

1. Sit in an upright position with legs crossed.
2. Place sensors on the forehead to monitor physiological activity.
3. Contract and relax the body’s muscles in groups from head to feet.
4. Monitor breathing pattern while repeating a word or phrase out loud.

6) The nurse teaches the client about massage therapy. Which statement by the client demonstrates a correct understanding of the benefits of massage?

Select all that apply.

1. “Massage reduces blood clot formation.”
2. “Massage impacts lymphatic drainage.”
3. “Massage increases the lactic acid in muscle.”
4. “Massage ultimately improves blood flow.”
5. “Massage creates a sense of wakefulness.”

7) A nurse is preparing to present information to a women’s group about the cautions associated with aromatherapy. What information is appropriate to include for the audience? Select all that apply.

1. Aromatic oils are produced by a standard-quality formula.
2. The oils should be stored in dark glass containers.
3. Test for allergies by applying a small amount of oil to the skin before use.
4. Essential oils should not be used during pregnancy.
5. Production of essential oils is tightly controlled.

8) The nurse is preparing a presentation for staff about the effects of humor in nursing situations. What feedback would indicate to the nurse that the participants understand the role of humor in the healthcare setting?

1. Understanding that humor increases the social distance between people
2. Noting that humor promotes effective teaching and learning
3. Anticipating that humor fosters the expression of anger and aggression
4. Accepting that humor is ineffective as a coping mechanism
9) The nurse is evaluating the effectiveness of guided imagery for a client with preoperative anxiety. Which client statement should indicate to the nurse that the therapy has been successful?

1. “I hope that I don’t have dreams about the images we used tonight.”
2. “It is a real challenge to concentrate while I have so much on my mind.”
3. “I will need to set up some practice time for next week.”
4. “The images and exercises are selected to reduce anxiety about the surgery.”

10) The nurse is using progressive relaxation on a client who is experiencing a great deal of stress. What nursing action is necessary in order to protect the client’s safety prior to the start of the session?

1. Evaluate the client’s muscle strength.
2. Determine if the client is taking sedatives.
3. Place the client in a totally supported position.
4. Obtain information regarding client allergies.

11) The nurse is teaching the client's partner how to perform a back massage on the client. Which observation by the nurse indicates that the partner understands how to perform the activity? **Select all that apply.**

1. The client is lying on the bed in his pajamas.
2. The client’s back is being rubbed with large, circular motions.
3. The partner places the bottle of lotion in warm water prior to the massage.
4. The partner massages the client’s back for 3–5 minutes.
5. The partner firmly massages reddened areas noted on the client.

12) The nurse taught the client about meditation. Which statement by the client demonstrates a correct understanding of this activity?

1. “Meditation is a technique used to quiet the mind and focus on the future.”
2. “Meditation involves self-reflection on my religious convictions.”
3. “Meditation is a pure concept with one clearly defined technique.”
4. “Meditation involves both relaxation and focus of attention.”
13) The nurse is performing an imagery session with a group of clients. What instruction should the nurse give the clients?

1. “Try to concentrate on your breathing, letting go of all your stress.”
2. “Imagine that your body is using its energy to heal itself.”
3. “Contract the muscles of your arm and then relax.”
4. “Listen to music of your choice and let the music take you away.”


1) A client is about to undergo skin biopsy to determine if a skin lesion is malignant. The client asks how much the biopsy will hurt. Which response by the nurse is best?

1. “We will give you a pain pill in just a moment that will minimize any pain during the biopsy.”
2. “Luckily, this type of procedure does not cause any pain for most people.”
3. “You may feel some discomfort while the local anesthetic is injected, but this will numb the area for the actual biopsy.”
4. “The procedure is fairly painful, but you can manage it afterward with acetaminophen.”

2) The client is about to undergo a computed tomography (CT) scan of the head with contrast. Which question by the nurse is most important to ask while preparing the client for the test?

1. “Have you ever had a procedure like this before?”
2. “Do you have an allergy to iodine?”
3. “Would you like something to drink before you leave the unit?”
4. “Have you voided in the bathroom in the last few hours?”

3) The client is scheduled for a magnetic resonance imaging (MRI) study of the spine. The outpatient nurse gives the client which instructions as part of pre-procedure care? Select all that apply.

1. “Do not eat anything after midnight the day before the test.”
2. “You will be able to drive yourself home after the test.”
3. “Expect to stay in the MRI department for an hour afterward for observation.”
4. “Do not wear any metal, such as jewelry or hair clips.”
5. “Do not drink any liquids for 6 hours before the test.”
4) A client will undergo a radionuclide scan of the thyroid. A nursing assistant asks what needs to be done to protect staff from any residual radiation after the scan. What is an appropriate response by the nurse? **Select all that apply.**

1. “Everyone must stand 6 feet away from the client for 24 hours. I should put a sign above the bed.”
2. “Using standard precautions for handling body fluids will be sufficient to protect staff.”
3. “I have arranged for the client to be moved to a private room for 48 hours after the test.”
4. “The client will need to be on contact precautions. Can you call the central processing department for a cart with gowns and gloves?”
5. “The amount of residual radiation is quite small.”

5) A 17-year-old girl is brought to the emergency department for x-rays after twisting her ankle. Which question is most important for the nurse to ask the client before sending her to the radiology department?

1. “Do you experience claustrophobia when in small spaces?”
2. “Are you wearing any necklaces or other metal objects?”
3. “When was your last monthly period?”
4. “Have you ever had an x-ray before?”

6) A female client is returning to the nursing unit following a pelvic ultrasound. What should the nurse plan to do for the client at this time? **Select all that apply.**

1. Make the client comfortable.
2. Instruct the client to drink at least one quart of water over the next hour.
3. Explain that analgesic medication is available to relieve the expected cramping pain.
4. Tell the client that she will be able to eat in 1 hour.
5. Ask the client if she needs anything.
7) A client who underwent bronchoscopy 4 hours ago is asking for something to drink to ease a sore throat. The nurse obtains some juice for the client after noting which assessment data?

1. Respiratory rate has ranged from 16 to 18.
2. Breath sounds are clear bilaterally.
3. The client has had no hemoptysis.
4. Gag and swallow reflexes have returned.

8) A client underwent angiography of the left leg. Which data obtained during the current assessment is of concern to the nurse? **Select all that apply.**

1. Skin paler on left foot than right.
2. Skin temperature cooler on left foot than right.
3. Left dorsalis pedis pulse audible by Doppler, previously 2.
4. Dressing at femoral access site has trace amount of dark red blood.
5. Client reports slight numbness and tingling in the left leg.

9) The client who will undergo a cardiac catheterization says to the nurse: “I am nervous about having a cardiac catheterization. Can you tell me what to expect?” Which response by the nurse is appropriate? **Select all that apply.**

1. “The procedure will be done in the operating room to help ensure sterile conditions.”
2. “The room will be brightly lit at all times.”
3. “The insertion of the catheter in the femoral area will be one of the few painful moments of the procedure.”
4. “The provider will ask you to lie still except to do specific things, such as cough or take a deep breath.”
5. “There will be a fluoroscopy screen in the room, which the staff may look at during the procedure.”
10) A client scheduled for a cardiac echocardiogram at 9:00 a.m. the next day asks whether eating breakfast before the test is allowed. What response by the nurse is appropriate?

1. “Yes, we can arrange for your breakfast tray to arrive a half hour early so that you have time to eat before the test.”
2. “Yes, but you will need to get up at 5:00 a.m. so that you will be without food or fluids for 4 hours before the test.”
3. “Yes, but you can only drink clear liquids, such as apple juice, and you cannot eat solid food until after the test.”
4. “No, you cannot eat or drink before the test, but you can have a full breakfast after the test.”

11) A client has just received a Holter cardiac monitor to wear for the next 24 hours. The nurse determines that the client understands its use when the client makes which statement?

1. “I should write in the diary what I am doing every half-hour.”
2. “I should only take a bath, not a shower, for the next 24 hours.”
3. “I can continue with my usual activity and exercise pattern while wearing the monitor.”
4. “I need to try to walk a total of 3 miles over the next 24 hours while wearing the monitor.”

12) A client who underwent cystography 16 hours ago has a urinary output of 180 mL in the previous 8 hours. Which actions should the nurse take at this time?

Select all that apply.

1. Measure the specific gravity of the urine.
2. Document the volume on the client’s flowsheet.
3. Encourage the client to drink more fluids.
4. Notify the healthcare provider.
5. Compare the output to the client’s intake during the previous shift.
13) The nurse has assigned an unlicensed assistant to work with a client who just returned to the nursing unit at 0945 after electroencephalography. What direction should the nurse give the assistant regarding care to the client?

1. “Do not give any food or fluids until lunchtime.”
2. “Wash the client’s hair at your earliest opportunity.”
3. “Keep the client on bedrest for the remainder of the shift.”
4. “Encourage the client to drink fluids to flush dye through the kidneys.”

14) A client has just returned to the nursing unit after a myelogram using water-based contrast to diagnose a herniated intervertebral disk. The nurse should assist the client to which position in bed after transferring from the stretcher?

1. Supine, with the head of the bed elevated 60 degrees
2. Supine, with the head of the bed elevated 15 degrees
3. Left side-lying, with the head of the bed flat
4. Any position of the client’s choice, with the head of the bed elevated 30 degrees