

**Copyright: Pearson. Hogan, Comprehensive Review, ch 16,
Promoting Healthy Lifestyle Choices**

1) The nurse makes which dietary menu selection for a client with iron-deficiency anemia?

1. Salad with lettuce, fruit, and nuts
2. Roast beef and broccoli
3. Lasagna with tomato sauce and steamed carrots
4. Mixed greens salad topped with tuna fish

2) The nurse is **most** concerned with providing further teaching for the client with diabetes who has which dietary habit?

1. Drinks orange juice each morning
2. Eats an apple and cheese before going to bed
3. Buys canned fruit instead of fresh because it is cheaper
4. Eats six meals per day

3) The nurse explains to a client who has had all molars removed that he will likely be allowed to have which foods added to the diet by the third postoperative day?

1. Bacon and eggs
2. Pancakes and eggs
3. Cereal flakes and milk
4. Gelatin and applesauce

4) When the nurse assesses the intake of a vegetarian client's health and dietary patterns, which finding does the nurse conclude is **most** likely to negatively affect health status?

1. Use of vitamin B12 supplements
2. Intake of milk and dairy products
3. Genetic tendency toward lactose intolerance
4. Reports of problems with vision

5) The nurse should interpret that which client is **most** at risk for developing skin cancer?

1. An 80-year-old farmer who wears a cap when working
2. A 20-year-old lifeguard at the lake who wears sunscreen
3. A baby underneath a large beach umbrella
4. A teenager who wears a ski outfit when skiing

6) During a health fair at a public recreational park, the nurse providing cancer health risk information answers several questions for clients who use tanning salons. Which item of information is **most** important to include?

1. Tanning from ultraviolet light is safer than sunshine
2. Skin damage from ultraviolet light is more likely than from indirect sunlight
3. Using sunscreen will prevent skin cancers, even in tanning beds
4. Using tanning beds without clothing contaminates skin and leads to infections

7) When giving postoperative care to a 30-year-old male client, the nurse discusses cancer risks. The client states, "I have never heard of testicular exams." The nurse should include which **priority** intervention in the plan of care?

1. Teach the client to see a healthcare provider for a yearly testicular examination
2. Assist the client to set up a calendar of dates to perform self-testicular exams
3. Allow the client to verbalize fears related to cancer risk
4. Encourage a high-fiber diet to decrease the risk of testicular cancer

8) When a client comes into the emergency department (ED) reporting constipation and abdominal pain, what would be the **most** common risk factors for constipation for the nurse to assess for?

1. History of diverticulitis or diverticulosis
2. Dietary and exercise patterns
3. Nutritional intake of proteins and fatty acids
4. Level of nutrition understanding and laxative abuse

9) When teaching a 30-year-old male about testicular self-examination (TSE), the nurse recognizes more education is needed when the client makes which statement?

1. "I will perform TSE monthly and see my practitioner yearly."
2. "In the morning after a shower is the best time for TSE."
3. "The testicle and spermatic cords can be easily felt."
4. "One testicle may ride up into my lower abdomen during sleep, but I need to do TSE when it is descended."

10) The ambulatory care nurse working with adolescent male clients determines that which client is **most** at risk for testicular cancer?

1. Client whose father had colon cancer
2. Baseball catcher who wears supportive gear during sports activities
3. Teenager who swims daily on a swim team
4. Twenty-year-old with one undescended testicle

11) The nurse is participating in a health promotion fair. When discussing aerobic exercise, the nurse should include which point?

1. Exercise should be done 7 days per week
2. Fast walking is a good form of aerobic exercise
3. If one cannot talk when exercising, then the appropriate level of energy is being used
4. Each exercise session should last for at least 45 minutes, and preferably 60

12) A postmenopausal client is just learning to do breast self-examination (BSE). To aid in remembering to perform the procedure, at which time should the nurse recommend that the client perform BSE?

1. Weekly just before grocery shopping
2. On a random day once each month according to convenience
3. Once a month on a standard day that the client can remember
4. Just prior to each 6-month checkup for another identified health problem

13) A school nurse has finished conducting a teaching session with high school students about breast self-examination (BSE). The nurse concludes that the information was learned correctly when a female student states to do the exam at which time?

1. Once per month when the client thinks she is ovulating
2. On the first day of each month
3. Seven days after menstruation begins
4. On the first day of the menstrual cycle

14) An older adult female client has osteoporosis. In counseling the client about the best form of exercise, what exercise would the nurse recommend?

1. Swimming
2. Jogging
3. Cycling on a stationary bicycle
4. Walking

15) The nurse working in a prenatal clinic concludes that genetic counseling would be **most** important for the client who has a family history of which disorder?

1. Coronary heart disease
2. Sickle-cell disease
3. Type 2 diabetes mellitus
4. Hypertension

Try SATA questions 16-20 without the question but just the answers. Guess what the question might ask you and try to solve the problem based on your guess.

16) **Select all that apply.**

1. Body mass index (BMI) measurement
2. Blood glucose level
3. Clinical breast exam (CBE)
4. Mammography
5. Serum cholesterol level

17) **Select all that apply.**

1. Blood pressure
2. Vision
3. Urinalysis
4. Lead screening
5. Hearing

18) **Select all that apply.**

1. Painless swelling of scrotum
2. Dull pain in scrotum
3. Nodules in between testes and cord
4. Dragging sensation in scrotum
5. Reddened rash over affected testicle

19) **Select all that apply.**

1. Reading an eye chart
2. Standing on one foot
3. Urinalysis
4. Measuring height and weight
5. Testing of all cranial nerves

20) **Select all that apply.**

1. "My nutritional intake will be recorded."
2. "Medicine will be prescribed for me."
3. "Blood may be drawn from my spouse and I, as well as our children."
4. "Counseling will be provided at a follow-up appointment."
5. "I need to keep a diary of my activities during the week of the screening."