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Fundamentals for NCLEX

Questions 1-7

When obtaining a health history, the nurse should focus on which approach that is most appropriate?

1. Completing the process in a timely manner
2. Using therapeutic communication skills to identify the client's healthcare status
3. Documenting objective data using the client's own words
4. Attempting to have no interruptions from family members who are present

Before palpating the abdomen during an assessment, the nurse should perform which action?

1. Put on sterile gloves.
2. Auscultate bowel sounds.
3. Elevate the client's head.
4. Percuss all four quadrants.

The nurse should attempt to gather which items of information while obtaining a health history from a client? Select all that apply.

1. Who lives with the client and the client's support systems
2. Annual household income
3. Client's use of vitamins and herbal supplements
4. History of past illnesses and surgeries
5. Religious preference and beliefs that might relate to healthcare issues

The nurse should document as objective data which item of information obtained during client assessment?

1. Detailed description of pain in an extremity
2. Loss of hair on lower legs bilaterally
3. Report of numbness of the right hand
4. Description of scalp itching, which occurs each evening

What action should increase the nurse's ability to obtain accurate data when performing a complete physical assessment?

1. Provide adequate lighting and a comfortably warm room for the interview and physical assessment.
2. Outline the process in detail prior to beginning the examination.
3. Ask all family members or significant others to wait outside the room.
4. Identify each piece of equipment used with the appropriate medical term.

The nurse should use which method of examination to assess for the presence of a bruit in the client's abdomen?

1. Auscultation
2. Percussion
3. Palpation
4. Inspection

In order to examine the ocular mobility of a client who recently experienced a stroke, the nurse should examine which cranial nerves? Select all that apply.

1. Cranial nerve I
2. Cranial nerve II
3. Cranial nerve III
4. Cranial nerve IV
5. Cranial nerve VI

Questions 8-10

The nurse is conducting a physical examination. Which client statement indicates an understanding of the nurse's directions about the Romberg test, which will be completed as the next step in the examination?

1. "You want me to tell you when I can no longer hear the sound from the tuning fork after you place it on my head."
2. "You want me to use my index finger to touch my nose and then your finger as quickly as possible."
3. "I am going to walk five or six steps in a straight line, placing my toes directly behind the heel of my other foot."
4. "You want me to stand with my feet together and eyes closed for a short time."

A client who is alert and responsive was admitted directly from the provider's office with a diagnosis of "rule out acute myocardial infarction." Of the following alterations found on the initial assessment, which is of greatest concern to the nurse?

1. Blood pressure supine is 138/76.
2. Respirations are 28 and labored.
3. Temperature is 37.7°C (99.8°F).
4. There are infrequent missed apical beats.

A nurse has conducted a physical examination on a client and notes that the thyroid gland is normal. How should the nurse document this in the medical record?

1. Thyroid slightly deviated to the left, no nodules palpated
2. Thyroid midline, smooth, with no nodules palpated
3. Thyroid midline, with parathyroid glands easily palpated bilaterally
4. Thyroid slightly deviated to the right, with pea-sized nodules at the base

Questions 11-13

Prior to obtaining a client's health history, what should be the first step by the nurse?

1. Establish rapport with the client.
2. Offer the client a beverage of choice.
3. Establish that insurance coverage exists.
4. Ask the client to disrobe and put on a gown.

The nurse should use which technique first when examining the abdomen of an infant?

1. Palpation
2. Auscultation
3. Percussion
4. Inspection

When assessing a client's mental status, which of the following would be key areas to include? Select all that apply.

1. Level of attained education
2. General appearance, facial expressions, mood, and affect
3. Gait and balance
4. Judgment and recent (short-term) memory
5. Presence or absence of suicidal thoughts and ideations

Questions 14-20

When obtaining a client's health history, what is the first action the nurse should take after the client describes the chief complaint?

1. Document verbatim what the client has said about the problem.
2. Paraphrase in the nurse's own words what the problem is.
3. Refrain from note-taking to appear focused.
4. Make a determination about the probable cause of the client's symptoms.

The nurse should select which piece of equipment to test for a cremasteric reflex?

1. Penlight
2. Cotton applicator
3. Neurologic hammer
4. Reflex hammer

The nurse preparing to assess for jugular venous distention (JVD) should place the client into which position?

1. Supine with head of bed elevated 30 degrees
2. Supine with neck placed downward on chest
3. High Fowler with head elevated upward
4. Supine with bed flat and no pillows under the head

The nurse should select which area of concern as the highest priority for a 70-year-old male client with an absence of hair on the lower left leg?

1. Inadequate nutrition to meet body needs
2. Risk for infection
3. Dehydration
4. Inadequate circulation to extremities

The nurse is preparing to assess for the first time the pulse of a client who has heart disease and a history of cardiac dysrhythmias. What would be the best technique for the nurse to use?

1. Auscultate the apical pulse for 1 full minute while another nurse palpates the radial pulse.
2. Auscultate the apical pulse for 30 seconds and multiply the rate by 2 to obtain an accurate heart rate.
3. Auscultate the apical pulse over the second intercostal space at the midclavicular line.
4. Auscultate the apical pulse for 1 full minute and then palpate the radial pulse during the next minute.

In which position should the nurse place the client to best inspect and palpate the Bartholin glands?

1. Semi-Fowler
2. Sims
3. Lithotomy
4. Prone

To inspect the external ear canal of an adult client adequately, the nurse should perform which action prior to inserting the otoscope?

1. Require that all earrings be removed for safety purposes.
2. Pull the pinna up and back.
3. Use a cotton-tipped applicator to remove cerumen.
4. Pull the pinna down and back.