

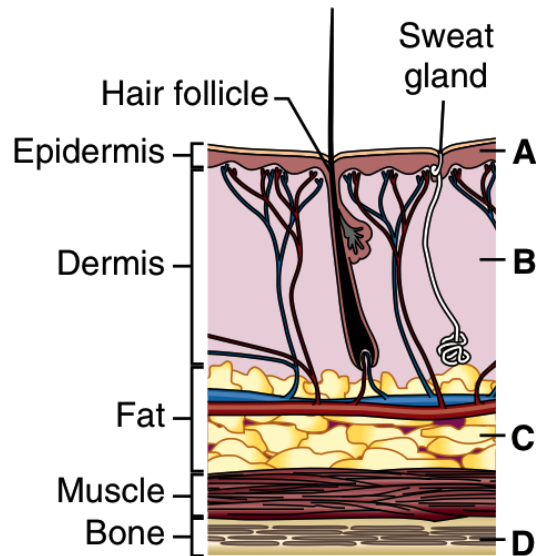
Health Promotion & Maintenance

Questions 1-10 MaryAnn Hogan, COPYRIGHT Pearson

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- 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
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- 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
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- 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
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- 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
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- 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
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- 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
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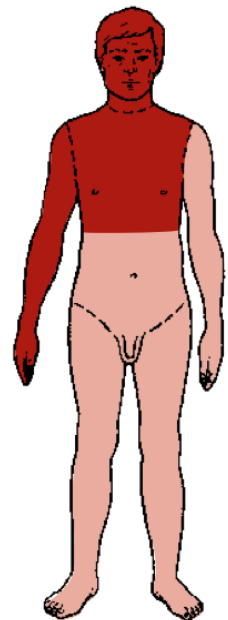
162. A nurse is explaining to a coworker the layer of tissue burned during a second-degree burn. Which location should the nurse identify to the coworker?



1. A
2. B
3. C
4. D

163. A nurse is estimating the extent of a client's burn injury. Using the "rule of nines," what percentage of the client's body surface should the nurse determine has been burned?

_____ percent (Record your answer as a whole number.)



164. Which statements to a nurse indicate that the client has achieved expected outcomes after a burn injury? **Select all that apply.**

1. "I used to wake up almost every hour with nightmares of being burned, but now it only occurs once or twice a night."
2. "How do you like my new wig? My husband helped me select it. I always wanted blond hair, and I think it makes me look terrific!"
3. "Now that I am in outpatient rehabilitation, I have been socializing a lot more with my friends. I even joined a Yoga class."
4. "I wish I had not picked up that burning pan from the stove to throw it outdoors; but it was such an instant reaction."
5. "I haven't been able to think about returning to work yet; I am so busy with my daily physical therapy and learning how to do the dressing changes for myself."

165. Which manifestations should a nurse associate with the development of staphylococcal cellulitis?

1. Inflammation
2. Lymphadenopathy
3. Cool to touch
4. Localized edema
5. Pallor
6. Pain

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

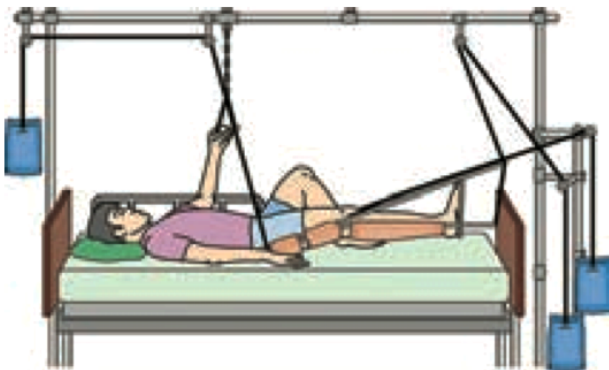
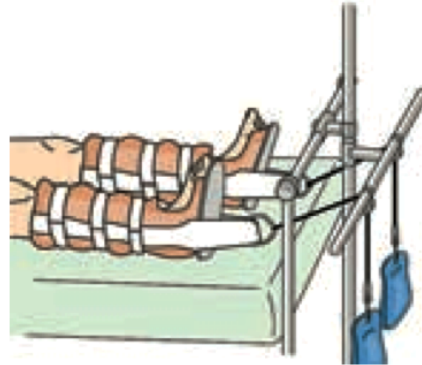
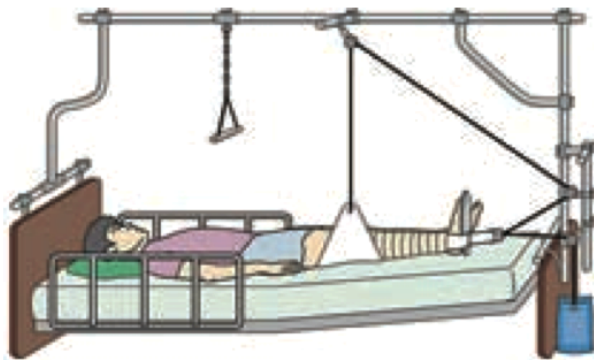
166. A nurse is evaluating a client's ability to perform quadriceps muscle-setting exercises. Place each step in the numerical order (1–6) that the client should demonstrate performing these exercises correctly.

- _____ 1. Holds the position for 5 to 10 seconds
- _____ 2. Positions supine in bed with legs extended
- _____ 3. Relaxes the quadriceps muscles
- _____ 4. Contracts the anterior thigh muscles
- _____ 5. Repeats the exercise nine more times
- _____ 6. Pushes the knee back onto the mattress

167. Which instructions should a nurse provide when teaching a client conservative management and measures to slow the progression of osteoarthritis of the right knee? **Select all that apply.**

1. Reduce weight by consuming a reduced calorie diet.
2. Begin a progressive walking program.
3. Apply cold to the knee joint for swelling, or heat for comfort.
4. Obtain a prescription for narcotic analgesics for pain control.
5. Stand as much as possible for completing work and other household activities.

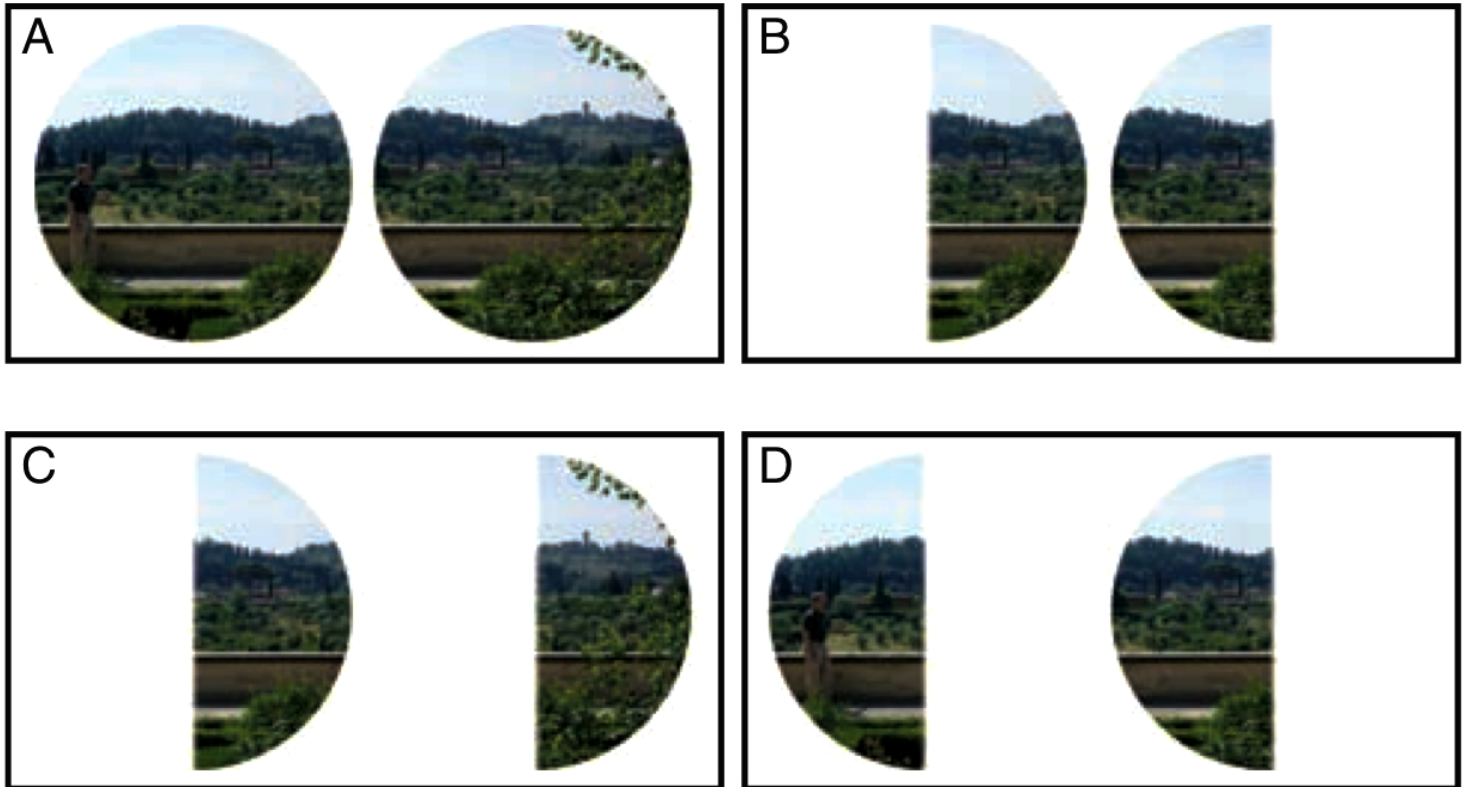
168. Which client position should a nurse anticipate when assessing a client in Buck's traction? Place an X on the correct type of traction.



169. Which findings should a nurse associate with the development of compartment syndrome when assessing a client with a cast? **Select all that apply.**

1. Capillary refill time 3 seconds
2. Deep, throbbing, unrelenting pain
3. States feeling "pins and needles" and tingling sensation
4. Nailbeds and fingers swollen and bright pink in appearance
5. States that third finger is touched when pressure is applied to the index finger

170. A client with a stroke is diagnosed with left homonymous hemianopsia. Place an X on the box that demonstrates the nurse's interpretation of the visual field defect that this client is experiencing.



171. While sitting on the edge of a bed, a client loses consciousness and experiences a generalized tonic-clonic seizure. Which actions should be taken by a nurse who witnesses the seizure? **Select all that apply.**

1. Guide the client's body to lie in bed, turn the client to the side, and remove objects in the area that could injure the client.
2. Quickly place a padded tongue blade between the client's teeth to prevent tongue laceration.
3. Apply restraints loosely to all four extremities to prevent injury to the client or others.
4. Ascertain if suction equipment is available and request it if it is not in the room.
5. Note the time the seizure started and the progression of events included in the seizure.