

Directions: This comprehensive open-book exam has 75 questions each of which is worth one point. This exam is a combination of multiple-choice and true-false questions. The exam is loaded into *My Methodist* and needs to be completed there. Please do not start the exam in *My Methodist* until you have marked all your answers here and are ready to respond to all the questions, as you will only have one opportunity to access the exam. There is no time limit for completion. The exam will open at the beginning of Week 5 in *My Methodist* and is due on or before the end of Week 5.

1. The steps in the nursing process include:
 - A) Assessment, strategic planning, negotiating, implementation, and evaluation.
 - B) History, planning, goal setting, and evaluation.
 - C) Current medical history, past medical history, and review of systems.
 - D) Assessment, diagnosis, planning, implementation, and evaluation.
2. After gathering data, the nurse should:
 - A) Formulate potential nursing diagnoses.
 - B) Formulate actual nursing diagnoses.
 - C) Cluster the data into categories.
 - D) Make a plan.
3. Which diagnosis is a wellness diagnosis?
 - A) Body image disturbance
 - B) Risk for aspiration
 - C) Ineffective breastfeeding
 - D) Health-seeking behaviors
4. Which of the following findings is considered a symptom?
 - A) Rapid respirations
 - B) Sweaty palms
 - C) Belching
 - D) Palpitations
5. During the initial assessment interview, the nurse should allow for how much personal space?
 - A) 0–18 inches
 - B) 18 inches–3 feet
 - C) 4–12 feet
 - D) 12 or more feet
6. Restating the patient's main idea demonstrates that the nurse:
 - A) Is unclear about the patient's main complaint.
 - B) Is hard of hearing.
 - C) Is giving instructions.
 - D) Understands the patient's concerns.

7. During the interview, a patient states that she or he doesn't use many drugs. The nurse's best response to this statement is:
- A) "Tell me about the drugs you use."
 - B) "To some people, six or seven is not many."
 - C) "Do you mean legal drugs or illegal ones?"
 - D) "What kind of drugs are you talking about?"
8. During the interview, a patient tells the nurse that he rarely sleeps more than 4 hours a night and hasn't experienced any problems because of lack of sleep. An appropriate response by the nurse is:
- A) "Okay, I see."
 - B) "That can't be true, is it?"
 - C) "That's awful. Anyone needs more sleep than that."
 - D) "Did I understand that you sleep only 4 hours every night?"
9. The best question to begin a complete health history with is:
- A) "What problem brought you here today?"
 - B) "How old are you?"
 - C) "Have you had any difficulty breathing?"
 - D) "What childhood illnesses have you had?"
10. The purpose of taking the family history is to identify:
- A) Functional or dysfunctional family dynamics.
 - B) Support systems.
 - C) Familial or genetically linked health disorders.
 - D) Rehabilitation needs.
11. Which data are part of the past health history?
- A) Health beliefs
 - B) Surgeries
 - C) Genetically linked diseases
 - D) Age of siblings
12. Asking a patient about her or his occupation is important to assist in identifying:
- A) Insurance coverage.
 - B) Possible health risks.
 - C) Genetic mutations.
 - D) Developmental tasks.
13. The patient tells the nurse, "I can never seem to get warm lately and decided to come to the clinic." The nurse records this under which section of the health history?
- A) Past health history
 - B) Present health status
 - C) Reason for seeking care
 - D) Objective assessment data

14. The bell of the stethoscope is best for detecting which type of sounds?
- A) High pitched
 - B) Low pitched
 - C) Medium pitched
15. The patient exclaims, "I am sorry I am late for my appointment, but I ran into so much traffic on the way here." She is out of breath and her face is red. Her vital signs are: P 100, R 30, BP 150/90, and T 98°F. What is the most appropriate action?
- A) Document vital signs.
 - B) Disregard vital signs and retake in 5 minutes.
 - C) Retake vital signs in 5 minutes.
 - D) Document vital signs and retake in 5 minutes.
16. Which part of the hand is best for detecting vibrations?
- A) Fingertips
 - B) Fingerpads
 - C) Ball of hand
 - D) Dorsal surface
17. The nurse uses indirect percussion to assess the abdomen. What is the purpose of percussion?
- A) To assess areas of tenderness
 - B) To assess organ and tissue density
 - C) To assess areas of inflammation
 - D) To assess consistency
18. What is the correct technique for using the bell portion of the stethoscope?
- A) Do not touch the bell during auscultation.
 - B) Hold the bell lightly on the chest wall.
 - C) Apply light pressure with the bell slightly tilted up.
 - D) Hold the bell firmly against the chest wall.
19. Your patient is 75 years old and is experiencing sudden onset of recent memory loss. This change in mental status describes:
- A) Delirium.
 - B) Dementia.
 - C) Depression.
20. You are performing a depression screening on an older adult. Your patient scored 13 on the Geriatric Depression Scale (GDS). How would interpret this score?
- A) This is a normal finding.
 - B) This indicates mild depression.
 - C) This indicates moderate depression.
 - D) This indicates severe depression.

21. Assessing the developmental stage of a patient, before developing a teaching plan, will help the nurse know:
- A) How fast to teach new material.
 - B) How often to review material.
 - C) Which teaching methodologies to use.
 - D) When to teach new materials.
22. A 32-year-old accountant decides to begin exercising after his father has a heart attack. The nurse should:
- A) Know that there is ample information available to him to make safe choices.
 - B) Discuss appropriate exercise equipment available on the market.
 - C) Discourage him from beginning an aerobic program because he, too, may have heart disease.
 - D) Recommend that he have a complete physical before embarking on an exercise regime.
23. Which of the following developmental behaviors of adolescents increases their risk of injury?
- A) Peer pressure
 - B) Hypothetical thinking
 - C) Trying out new identities
 - D) Team sports
24. Which of the following definitions is an example of malnutrition?
- A) Less than 15 percent ideal body weight
 - B) More than 15 percent ideal body weight
 - C) Low protein intake
 - D) All of the above.
25. Which of the following women requires the least amount of protein?
- A) 23-year-old pregnant woman
 - B) 40-year-old secretary
 - C) 19-year-old breastfeeding woman
 - D) 35-year-old weightlifter
26. Which individual is at greatest risk for dehydration?
- A) 5 month old
 - B) 5 year old
 - C) 55 year old
 - D) 75 year old
27. The best early indicator of dehydration is:
- A) Confusion.
 - B) Thirst.
 - C) Dry, hacking cough.
 - D) Dry mucous membranes.

28. When should the nurse gather the data for the spiritual assessment?
- A) During the physical exam
 - B) After the physical exam
 - C) As part of the review of systems
 - D) As part of the health history
29. A bluish tinge to the lips and mucous membranes indicates an oxygen saturation of:
- A) 75 percent.
 - B) 85 percent.
 - C) 95 percent.
 - D) 100 percent.
30. Which of the following individuals is at greatest risk for the development of skin cancer?
- A) 38-year-old, red-haired female of Irish descent
 - B) 42-year-old African American male
 - C) 50-year-old female of Mediterranean descent
 - D) 52-year-old Hispanic male
31. The best area to assess for cyanosis in dark-skinned patients is:
- A) Nail beds.
 - B) Palms.
 - C) Buccal mucosa.
 - D) Conjunctiva.
32. Which of the following clusters of findings would you expect to find in association with acute bacterial sinusitis?
- A) Inflamed nasal mucosa; yellow drainage on posterior pharynx; perforated septum
 - B) Yellow drainage on the posterior pharynx; pale and boggy nasal mucosa; fever
 - C) Pale, boggy nasal mucosa; fever; perforated septum
 - D) Inflamed nasal mucosa; yellow drainage on the posterior pharynx; fever
33. During your neck exam, you identify a 1.5-cm hard, nonpainful anterior cervical node with an irregular surface. You should suspect that it is caused by:
- A) Infection.
 - B) Allergy.
 - C) Malignancy.
 - D) Edema.
34. Which part of the hand is best for palpating lymph nodes?
- A) The dorsal aspect of the hand
 - B) The fingerpads
 - C) The ball of the hand
 - D) The palm of the hand

35. Which of the following characteristics of a palpable node would be present with infection?
- A) It is hard.
 - B) It is tender.
 - C) It is fixed.
 - D) It is immobile.
36. The nurse is screening children before they enter preschool. The expected visual acuity at this age is:
- A) 20/20,
 - B) 20/40,
 - C) 20/60,
 - D) 20/100
37. The Weber test is used to screen for hearing deficits. When performing the Weber test, where should the nurse place the tuning fork?
- A) On the mastoid process
 - B) In front of the ear
 - C) On the forehead
 - D) On the tragus
38. During the otoscopic exam, how should the nurse hold the adult patient's ear?
- A) Pull the helix up and back
 - B) Pull the lobule down and forward
 - C) Pull the lobule down and back
 - D) Pull the helix up and forward
39. Upon exam of the tympanic membrane, the normal color would be:
- A) Light pink.
 - B) Deep red.
 - C) Pearly gray.
 - D) Yellow-white.
40. Mary Barnett, age 57, is scheduled for a routine eye exam. Ms. Barnett's far vision is 20/25. How would you explain these findings to Ms. Barnett?
- A) You can read from 20 ft. what the person with normal vision can read from 25 ft.
 - B) You can read the entire chart from 20 ft.
 - C) You can read from 25 ft. what the person with normal vision can read from 20 ft.
 - D) Your left eye can read the chart from 20 ft. and the right eye can read the chart from 25 ft.
41. A patient's pupils are equal and reactive to light, direct, and consensual. Consensual constriction of the pupil indicates which of the following?
- A) The pupil reacts immediately, equally, and briskly.
 - B) The pupil receiving the light constricts.
 - C) The pupil constricts and converges equally.
 - D) The pupil not receiving the direct light constricts with the pupil receiving the direct light.

42. To inspect the cornea, the examiner should shine a light:
- A) Directly on the cornea.
 - B) From the side across the cornea.
 - C) From the top of the cornea.
 - D) From an oblique angle.
43. Paroxysmal nocturnal dyspnea (PND) usually indicates which of the following conditions?
- A) Pneumonia
 - B) Asthma
 - C) Croup
 - D) Congestive heart failure
44. The best position to place the patient in to assess the lungs is:
- A) Supine.
 - B) Semi-Fowler's.
 - C) Fowler's.
 - D) Side-lying.
45. Upon palpation of the patient's rib cage, the nurse notes a crackling sensation like crumpling cellophane. This indicates:
- A) Fluid leaking into the surrounding tissue.
 - B) Air leaking into the surrounding tissue.
 - C) Infection of the lung.
 - D) Cancer in the lung.
46. The nurse asks the patient to repeat saying the number "99" several times as the rib cage is lightly palpated. The nurse is assessing for:
- A) Fremitus.
 - B) Egophony.
 - C) Excursion.
 - D) Crepitus.
47. The nurse then assesses for tactile fremitus. Which statement best defines tactile fremitus?
- A) Palpable vibrations
 - B) Audible voice sounds
 - C) Audible breath sounds
 - D) Palpable chest movement
48. Percussion over healthy lung tissue normally elicits which sound?
- A) Tympany
 - B) Dullness
 - C) Resonance
 - D) Hyperresonance

49. Stanley Walters, age 74, is admitted to the hospital with aspiration pneumonia of the right middle lobe. Which approaches will best facilitate assessment of the right middle lobe of the lung?
- A) Anterior and lateral
 - B) Posterior and lateral
 - C) Posterior and anterior
 - D) Superior and inferior
50. What type of breath sound would you expect to auscultate over most of the lung fields in a healthy patient?
- A) Bronchial
 - B) Tracheal
 - C) Vesicular
 - D) Bronchovesicular
51. A patient becomes agitated after talking to his wife on the phone. His heart rate increases from 80 to 100 beats per minute (BPM). What effect does this have on his cardiac output?
- A) It decreases.
 - B) It increases.
 - C) It decreases first, then increases.
 - D) It does not change.
52. Jim's blood pressure rises from 140/90 to 180/100 mm Hg. What effect does this have on his cardiac output?
- A) It decreases.
 - B) It increases.
 - C) It decreases first, then increases.
 - D) It does not change.
53. To measure jugular venous pressure, the patient should be placed in which position?
- A) Supine
 - B) High Fowler's
 - C) Semi-Fowler's
 - D) Prone
54. Bruits are best heard with the:
- A) Fetoscope.
 - B) Diaphragm.
 - C) Bell.
 - D) Unassisted ear.

55. The best location for palpation of pulses is:
- A) Over a bone.
 - B) On soft tissue.
 - C) Under a lymph node.
 - D) On top of a lymph node.
66. The nurse palpates an older patient's lower legs and notices an indentation of approximately 4 mm left by the fingertips, which disappears in about 10 seconds. The nurse documents this edema as:
- A) +1.
 - B) +2.
 - C) +3.
 - D) +4.
57. When auscultating the patient's BP, what should the nurse do to avoid the auscultatory gap?
- A) Take a palpable BP.
 - B) Inflate the cuff 20 to 30 mm Hg greater than the point where the palpable pulse is obliterated.
 - C) Inflate the cuff to the point where the palpable pulse is obliterated.
 - D) Always inflate the cuff above 200 mm Hg pressure.
58. Which method is best for breast self-exam (BSE)?
- A) Vertical strip method
 - B) Wedge method
 - C) Concentric circle method
 - D) All three are good; consistency is more important.
59. Susan Waters, age 42, comes to the clinic because she has a small lump on her left breast. When you inspect her breast, which position is most likely to reveal hidden breast dimpling?
- A) Sitting with her hands on her hips
 - B) Lying supine with her arms at her sides
 - C) Standing with her arms at her sides
 - D) Leaning forward with her hands outstretched
60. A patient has a positive shifting dullness. The shifting dullness test is used to detect:
- A) Ascites.
 - B) Liver enlargement.
 - C) Pancreatitis.
 - D) An abdominal mass.
61. How long do you listen to each quadrant to determine that bowel sounds are absent?
- A) 30 seconds
 - B) 1 minute
 - C) 2 minutes
 - D) 5 minutes

62. Which of the following is the correct sequence for the abdominal exam?
- A) Inspection, palpation, percussion, and auscultation
 - B) Inspection, percussion, palpation, and auscultation
 - C) Inspection, auscultation, percussion, and palpation
 - D) Inspection, auscultation, palpation, and percussion
63. The nurse places the nondominant hand over the costovertebral angle (CVA) and strikes it with the dominant hand. This tests for tenderness in which organ?
- A) Spleen
 - B) Kidney
 - C) Liver
 - D) Bladder
64. Mrs. Martin brings her son John, age 15, to the emergency room with the chief complaint of right lower quadrant (RLQ) pain. He is admitted with the diagnosis of rule out appendicitis. What test can be done to assess for appendicitis?
- A) Murphy's sign
 - B) Iliopsoas sign
 - C) CVA tenderness
 - D) Scratch test
65. The nurse attempts to elicit rebound tenderness. Which of the following indicates positive rebound tenderness?
- A) Pain during light palpation over the affected area
 - B) Pain during deep palpation over the affected area
 - C) Pain upon gradual withdrawal of fingers after light palpation
 - D) Pain upon sudden withdrawal of fingers after deep palpation
66. A coordinated gait involves all of the following except:
- A) Heel strike, foot flat, midstance, push off.
 - B) Arms swing in same direction as feet.
 - C) Arms swing in opposition of feet.
 - D) Base of support 2 to 4 inches.
67. True leg length should be measured from the:
- A) Anterior superior iliac crest to the medial malleolus.
 - B) Sternal notch to the medial malleolus.
 - C) Umbilicus to the medial malleolus.
 - D) Umbilicus to the tibia.

68. The school nurse is performing spinal assessments. In what two positions should the nurse inspect the spine?
- A) Sitting up and standing straight
 - B) Lying supine and in a lateral recumbent position
 - C) Standing straight and lying supine
 - D) Standing straight and bending forward from the waist
69. Which is the correct order in which to assess level of arousal?
- A) Visual, auditory, and then tactile stimuli
 - B) Tactile, visual, and then painful stimuli
 - C) Auditory, tactile, and then painful stimuli
 - D) Painful, visual, and then auditory stimuli
70. Which is typically the last to be lost in regard to determining the patient's level of orientation?
- A) Purpose
 - B) Place
 - C) Time
 - D) Person
71. What is the normal response for the Achilles reflex?
- A) Inversion of foot
 - B) Dorsiflex foot
 - C) Plantarflex foot
 - D) Eversion of foot
72. To assess stereognosis, the nurse should:
- A) Touch two points simultaneously and have patient identify touch.
 - B) Have patient identify familiar object by touch.
 - C) Have patient identify number written in palm of hand.
 - D) Move finger and have patient identify direction of movement.
73. Which of the following provides the most complete database for a nursing diagnosis?
- A) The objective data collected
 - B) The subjective data collected
 - C) The subjective and objective data collected
 - D) The health history
74. The most commonly held belief about older adults that transcends most cultures is:
- A) Older people are to be respected and revered.
 - B) Old age is a state of mind.
 - C) Older people have an important role in teaching and keeping rituals.
 - D) Older people are respected and are thought to become wiser with age.

75. While performing the health history, a 90-year-old man has difficulty answering the questions. The nurse should first:

- A) Ask a family member for the answers.
- B) Speak louder and face the patient.
- C) Speak more slowly and wait for a response.
- D) Use a written questionnaire.