

1. What is one of the broad goals within nursing?
 - A) To prevent mental health
 - B) To form broad nursing diagnoses
 - C) To promote self-care
 - D) To treat human responses

2. What do nursing activities that promote health and prevent disease accomplish? (Select all that apply.)
 - A) Reduce the risk of disease
 - B) Maintain optimal functioning
 - C) Reinforce good habits
 - D) Optimize self-care abilities
 - E) Create home care safety

3. The purpose of a health assessment includes what? (Select all that apply.)
 - A) Identifying the patient's major disease process
 - B) Collecting information about the health status of the patient
 - C) Clarifying the patient's ability to pay for health care
 - D) Evaluating patient outcomes
 - E) Synthesizing collected data

4. The nurse is conducting a physical assessment. The data the nurse would collect vary depending on what?
 - A) How much time the nurse has
 - B) The patient's acuity
 - C) The patient's cooperation
 - D) Onset of current symptoms

5. A nursing instructor is discussing the purposes of health assessment. What is one purpose of health assessment?
 - A) To establish a database against which subsequent assessments can be measured
 - B) To establish rapport with the patient and family
 - C) To gather information for specialists to whom the patient might be referred
 - D) To quantify the degree of pain a patient may be experiencing

6. How do nurses facilitate the achievement of high-level wellness with a patient?
 - A) Encouraging the patient to keep appointments
 - B) Providing information on alternative treatments
 - C) Promoting health
 - D) Providing good patient care

7. The nurse is caring for a patient who, on the continuum between wellness and illness, is moving toward illness and premature death. How would the nurse know this to be true?
- A) The patient stops doing wellness-promoting activities
 - B) The patient develops signs and symptoms
 - C) The patient begins exercising
 - D) The patient verbalizes anxiety over the cost of medications
8. A nursing instructor is discussing the health belief model with students. What elements would the instructor explain as part of the health belief model? (Select all that apply.)
- A) Vector
 - B) Chronicity
 - C) Host
 - D) Agent
 - E) Environment
9. A nurse is writing a care plan for a newly admitted patient. When formulating the diagnostic statements in the care plan, what would the nurse use?
- A) Rationale
 - B) ANA recommendations
 - C) Physical assessment skills
 - D) Diagnostic reasoning
10. A nurse is caring for three patients whose care involves complex situations and multiple responsibilities. What is the key to resolving problems for this nurse?
- A) Diagnostic reasoning
 - B) Physical assessment
 - C) Critical thinking
 - D) Nursing care plan
11. A community health nurse is planning individualized care for a community. What does the nurse use as a framework for this plan?
- A) Nursing process
 - B) Diagnostic reasoning
 - C) Critical thinking
 - D) Community care map

12. What are the types of nursing assessments? (Select all that apply.)
- A) Physical
 - B) Focused
 - C) Mental
 - D) Emergency
 - E) Comprehensive
13. A nurse performs a comprehensive assessment on a patient. What is included in this assessment?
- A) Circulatory assessment
 - B) Assessment of the airway
 - C) Complete health history
 - D) Disability assessment
14. The nurse is admitting a patient to the clinic and performs a focused assessment. What makes a focused assessment different from a comprehensive assessment?
- A) Covers the body head to toe
 - B) Occurs only in the clinic area
 - C) Involves all body systems
 - D) Is more in-depth on specific issues
15. A nurse is admitting a patient, has completed the health history, and is now doing a physical assessment. The physical assessment will provide what type of data?
- A) Concrete
 - B) Subjective
 - C) Realistic
 - D) Objective
16. The nurse is performing a health assessment on a new patient. While taking the detailed history, the nurse knows to include what?
- A) Functional status
 - B) Only data involving the patient complaint
 - C) A focused assessment of the patient complaint
 - D) Family history for the past three generations

17. What does the Health Insurance Portability and Accountability Act (HIPAA, 2002) regulate?
- A) Who empties the hospital waste
 - B) Privacy of information
 - C) How insurance information is obtained
 - D) Where a chart can be stored
18. The nursing instructor is teaching about health assessment and explains to students how to assess the roles and relationships of the patient. The students know that this type of information is assessed in what type of assessment?
- A) Body systems
 - B) Head to toe
 - C) Functional
 - D) Comprehensive
19. A clinical instructor is teaching a group about organizing data when documenting and communicating findings. The clinical instructor knows that the method she is teaching promotes critical thinking and clustering of similar data. The instructor is teaching about which type of assessment?
- A) Body systems
 - B) Comprehensive
 - C) Head to toe
 - D) Functional
20. A 26-year-old male nurse is assessing a 14-year-old girl newly admitted to the pediatric unit. The nurse knows that an efficient assessment framework that provides additional modesty for the patient is what?
- A) Body systems
 - B) Functional
 - C) Focused
 - D) Head to toe

Answer Key

1. D
2. A, B, C
3. B, D, E
4. B
5. A
6. C
7. B
8. C, D, E
9. D
10. C
11. A
12. B, D, E
13. C
14. D
15. D
16. A
17. B
18. C
19. A
20. D