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QUESTION 1

A successful executive left her job and became a housewife after her marriage to a plastic surgeon. She started doing volunteer work for a charity organization. She developed pain in her legs that advanced to the point of paralysis. Her physicians can find no organic basis for the paralysis. The client's behavior can be described as:

- A. Housework phobia
- B. Malingering
- C. Conversion reaction
- D. Agoraphobia

Correct Answer: C

(A) A typical phobia does not result in physical symptoms (i.e., paralysis). (B) Malingering is pretending to be ill. This person has a true paralysis. (C) A conversion reaction is a physical expression of an emotional conflict. It has no organic basis. (D) Agoraphobia is fear of public places.

QUESTION 2

The nurse provides a male client with diet teaching so that he can help prevent constipation in the future. Which food choices indicate that this teaching has been understood?

- A. Omelette and hash browns
- B. Pancakes and syrup
- C. Bagel with cream cheese
- D. Cooked oatmeal and grapefruit half

Correct Answer: D

(A) Eggs and hash browns do not provide much fiber and bulk, so they do not effectively prevent constipation. (B) Pancakes and syrup also have little fiber and bulk, so they do not effectively prevent constipation. (C) Bagel and cream cheese do not provide intestinal bulk. (D) A combination of oatmeal and fresh fruit will provide fiber and intestinal bulk.

QUESTION 3

A male client is scheduled to have angiography of his left leg. The nurse needs to include which of the following when preparing the client for this procedure?

- A. Validate that he is not allergic to iodine or shellfish.
- B. Instruct him to start active range of motion of his left leg immediately following the procedure.
- C. Inform him that he will not be able to eat or drink anything for 4 hours after the procedure.
- D. Inform him that vital signs will be taken every hour for 4 hours after the procedure.

Correct Answer: A

(A) Angiography, an invasive radiographic examination, involves the injection of a contrast solution (iodine) through a catheter that has been inserted into an artery. (B) The client is kept on complete bed rest for 6-24 hours after the procedure. The extremity in which the catheter was inserted must be immobilized and kept straight during this time. (C) The contrast dye, iodine, is nephrotoxic. The client must be instructed to drink a large quantity of fluids to assist the kidneys in excreting this contrast media. (D) The major complication of this procedure is hemorrhage. Vital signs are assessed every 15 minutes initially for signs of bleeding.

QUESTION 4

A 4 year old has an imaginary playmate, which concerns the mother. The nurse's best response would be:

- A. "I understand your concern and will assist you with a referral."
- B. "Try not to worry because you will just upset your child."
- C. "Just ignore the behavior and it should disappear by age 8."
- D. "This is appropriate behavior for a preschooler and should not be a concern."

Correct Answer: D

(A) This is normal for a preschooler, and a referral is not appropriate. (B) Telling a parent not to worry is unhelpful. This response does not address the mother's concern. (C) This response is incorrect. The behavior is normal and will usually disappear by the time the child enters school. (D) This behavior is normal development for a preschooler.

QUESTION 5

A 30-year-old client has just been treated in the ER for bruises and abrasions to her face and a broken arm from domestic violence, which has been increasing in frequency and intensity over the last few months. The nurse assesses her as being very anxious, fearful, bewildered, and feeling helpless as she states, "I don't know what to do, I'm afraid to go home." The best response by the nurse to the client would be:

- A. "I wouldn't want to go home either; call a friend who could help you."
- B. "Did you do something that could have made him so angry?"
- C. "Let's talk about people and resources available to you so that you don't have to go home."
- D. "I'll call the police and they will take care of him, and you can go home and get some rest."

Correct Answer: C

(A) A person in crisis needs support, assistance, and direction from a caregiver rather than just an instruction. (B) A battered person may feel guilt and think that they cause the abuser's behavior; however, the abuser has the problem and goes through phases of violence. (C) The nurse should provide support and guidance to the client in crisis by offering alternatives and assist in referrals. (D) Focusing on help from law enforcement may be a very temporary solution, because the victim may be fearful of pressing charges. This answer does not address the crisis of going home.

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