

TEST BANK

BRUNNER & SUDDARTH'S
TEXTBOOK OF
**Medical-Surgical
Nursing** 14TH EDITION

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Table of Contents

Table of Contents	1
Chapter 01: Health Care Delivery and Evidence-Based Nursing Practice	3
Chapter 02: Community-Based Nursing Practice	22
Chapter 03: Critical Thinking, Ethical Decision Making and the Nursing Process	41
Chapter 04: Health Education and Promotion	64
Chapter 05: Adult Health and Nutritional Assessment	83
Chapter 06: Individual and Family Homeostasis, Stress, and Adaptation	104
Chapter 07: Overview of Transcultural Nursing	124
Chapter 08: Overview of Genetics and Genomics in Nursing	144
Chapter 09: Chronic Illness and Disability	164
Chapter 10: Principles and Practices of Rehabilitation	183
Chapter 11: Health Care of the Older Adult	220
Chapter 12: Pain Management	240
Chapter 13: Fluid and Electrolytes: Balance and Disturbance	260
Chapter 14: Shock and Multiple Organ Dysfunction Syndrome	280
Chapter 15: Management of Patients with Oncologic Disorders	300
Chapter 16: End-of-Life Care	319
Chapter 17: Preoperative Nursing Management	338
Chapter 18: Intraoperative Nursing Management	357
Chapter 19: Postoperative Nursing Management	376
Chapter 20: Assessment of Respiratory Function	396
Chapter 21: Respiratory Care Modalities	415
Chapter 22: Management of Patients With Upper Respiratory Tract Disorders	434
Chapter 23: Management of Patients with Chest and Lower Respiratory Tract Disorders	453
Chapter 24: Management of Patients With Chronic Pulmonary Disease	472
Chapter 25: Assessment of Cardiovascular Function	490
Chapter 26: Management of Patients With Dysrhythmias and Conduction Problems	508
Chapter 27: Management of Patients With Coronary Vascular Disorders	526
Chapter 28: Management of Patients With Structural, Infectious, and Inflammatory Cardiac Disorders	545
Chapter 29: Management of Patients With Complications from Heart Disease	564
Chapter 30: Assessment and Management of Patients With Vascular Disorders and Problems of Peripheral Circulation	582
Chapter 31: Assessment and Management of Patients With Hypertension	601
Chapter 32: Assessment of Hematologic Function and Treatment Modalities	620
Chapter 33: Management of Patients With Nonmalignant Hematologic Disorders	638
Chapter 34: Management of Patients With Hematologic Neoplasms	656
Chapter 35: Assessment of Immune Function	674
Chapter 36: Management of Patients With Immune Deficiency Disorders	692
Chapter 37: Assessment and Management of Patients With Allergic Disorders	710
Chapter 38: Assessment and Management of Patients With Rheumatic Disorders	728
Chapter 39: Assessment of Musculoskeletal Function	746
Chapter 40: Musculoskeletal Care Modalities	764
Chapter 41: Management of Patients With Musculoskeletal Disorders	782
Chapter 42: Management of Patients With Musculoskeletal Trauma	800
Chapter 43: Assessment of Digestive and Gastrointestinal Function	819
Chapter 44: Digestive and Gastrointestinal Treatment Modalities	837
Chapter 45: Management of Patients with Oral and Esophageal Disorders	855
Chapter 46: Management of Patients with Gastric and Duodenal Disorders	874
Chapter 47: Management of Patients With Intestinal and Rectal Disorders	893

Chapter 48: Assessment and Management of Patients with Obesity	911
Chapter 49: Assessment and Management of Patients with Hepatic Disorders	921
Chapter 50: Assessment and Management of Patients with Biliary Disorders	940
Chapter 51: Assessment and Management of Patients with Diabetes	959
Chapter 52: Assessment and Management of Patients with Endocrine Disorders	978
Chapter 53: Assessment of Kidney and Urinary Function	996
Chapter 54: Management of Patients with Kidney Disorders	1015
Chapter 55: Management of Patients with Urinary Disorders	1034
Chapter 56: Assessment and Management of Patients With Female Physiologic Processes	1054
Chapter 57: Management of Patients with Female Reproductive Disorders	1072
Chapter 58: Assessment and Management of Patients with Breast Disorders	1091
Chapter 59: Assessment and Management of Patients With Male Reproductive Disorders	1110
Chapter 60: Assessment of Integumentary Function	1129
Chapter 61: Managements of Patients with Dermatologic Problems	1147
Chapter 62: Managements of Patients with Burn Injury	1165
Chapter 63: Assessment and Management of Patients with Eye and Vision Disorders	1184
Chapter 64: Assessment and Management of Patients with Hearing and Balance Disorders	1203
Chapter 65: Assessment of Neurologic Function	1221
Chapter 66: Management of Patients with Neurologic Dysfunction	1239
Chapter 67: Management of Patients with Cerebrovascular Disorders	1257
Chapter 68: Management of Patients with Neurologic Trauma	1276
Chapter 69: Management of Patients with Neurologic Infections, Autoimmune Disorders, and Neuropathies	1294
Chapter 70: Management of Patients With Oncologic or Degenerative Neurologic Disorders	1312
Chapter 71: Management of Patients With Infectious Diseases	1331
Chapter 72: Emergency Nursing	1349
Chapter 73: Terrorism, Mass Casualty, and Disaster Nursing	1367

Chapter 01: Health Care Delivery and Evidence-Based Nursing Practice

1. The public health nurse is presenting a health promotion class to a group of new mothers. How should the nurse best define health?
- A) Health is being disease free.
 - B) Health is having fulfillment in all domains of life.
 - C) Health is having psychological and physiological harmony.
 - D) Health is being connected in body, mind, and spirit.

Ans: D

Feedback:

The World Health Organization (WHO) defines health in the preamble to its constitution as a state of complete physical, mental, and social well-being and not merely the absence of disease and infirmity. The other answers are incorrect because they are not congruent with the WHO definition of health.

2. A nurse is speaking to a group of prospective nursing students about what it is like to be a nurse. What is one characteristic the nurse would cite as necessary to possess to be an effective nurse?
- A) Sensitivity to cultural differences
 - B) Team-focused approach to problem-solving
 - C) Strict adherence to routine
 - D) Ability to face criticism

Ans: A

Feedback:

To promote an effective nurse-patient relationship and positive outcomes of care, nursing care must be culturally competent, appropriate, and sensitive to cultural differences. Team-focused nursing and strict adherence to routine are not characteristics needed to be an effective nurse. The ability to handle criticism is important, but to a lesser degree than cultural competence.

3. With increases in longevity, people have had to become more knowledgeable about their health and the professional health care that they receive. One outcome of this phenomenon is the development of organized self-care education programs. Which of the following do these programs prioritize?

- A) Adequate prenatal care
- B) Government advocacy and lobbying
- C) Judicious use of online communities
- D) Management of illness

Ans: D

Feedback:

Organized self-care education programs emphasize health promotion, disease prevention, management of illness, self-care, and judicious use of the professional health care system. Prenatal care, lobbying, and Internet activities are secondary.

4. The home health nurse is assisting a patient and his family in planning the patients return to work after surgery and the development of postsurgical complications. The nurse is preparing a plan of care that addresses the patients multifaceted needs. To which level of Maslows hierarchy of basic needs does the patients need for self-fulfillment relate?

- A) Physiologic
- B) Transcendence
- C) Love and belonging
- D) Self-actualization

Ans: D

Feedback:

Maslows highest level of human needs is self-actualization, which includes self-fulfillment, desire to know and understand, and aesthetic needs. The other answers are incorrect because self-fulfillment does not relate directly to them.

5. The view that health and illness are not static states but that they exist on a continuum is central to professional health care systems. When planning care, this view aids the nurse in appreciating which of the following?

- A) Care should focus primarily on the treatment of disease.
- B) A persons state of health is ever-changing.

- C) A person can transition from health to illness rapidly.
- D) Care should focus on the patients compliance with interventions.

Ans: B

Feedback:

By viewing health and illness on a continuum, it is possible to consider a person as being neither completely healthy nor completely ill. Instead, a persons state of health is ever-changing and has the potential to range from high-level wellness to extremely poor health and imminent death. The other answers are incorrect because patient care should not focus just on the treatment of disease. Rapid declines in health and compliance with treatment are not key to this view of health.

6. A group of nursing students are participating in a community health clinic. When providing care in this context, what should the students teach participants about disease prevention?
- A) It is best achieved through attending self-help groups.
 - B) It is best achieved by reducing psychological stress.
 - C) It is best achieved by being an active participant in the community.
 - D) It is best achieved by exhibiting behaviors that promote health.

Ans: D

Feedback:

Today, increasing emphasis is placed on health, health promotion, wellness, and self-care. Health is seen as resulting from a lifestyle oriented toward wellness. Nurses in community health clinics do not teach that disease prevention is best achieved through attending self-help groups, by reducing stress, or by being an active participant in the community, though each of these activities is consistent with a healthy lifestyle.

7. A nurse on a medical-surgical unit has asked to represent the unit on the hospitals quality committee. When describing quality improvement programs to nursing colleagues and members of other health disciplines, what characteristic should the nurse cite?
- A) These programs establish consequences for health care professionals actions.
 - B) These programs focus on the processes used to provide care.
 - C) These programs identify specific incidents related to quality.
 - D) These programs seek to justify health care costs and systems.

Ans: B

Feedback:

Numerous models seek to improve the quality of health care delivery. A commonality among them is a focus on the processes that are used to provide care. Consequently, a focus on incidents, and justification for health care costs are not universal characteristics of quality improvement efforts.

8. Nurses in acute care settings must work with other health care team members to maintain quality care while facing pressures to care for patients who are hospitalized for shorter periods of time than in the past. To ensure positive health outcomes when patients return to their homes, what action should the nurse prioritize?
- A) Promotion of health literacy during hospitalization
 - B) Close communication with insurers
 - C) Thorough and evidence-based discharge planning
 - D) Participation in continuing education initiatives

Ans: C

Feedback:

Following discharges that occur after increasingly short hospital stays, nurses in the community care for patients who need high-technology acute care services as well as long-term care in the home. This is dependent on effective discharge planning to a greater degree than continuing education, communication with insurers, or promotion of health literacy.

9. You are admitting a patient to your medical unit after the patient has been transferred from the emergency department. What is your priority nursing action at this time?
- A) Identifying the immediate needs of the patient
 - B) Checking the admitting physician's orders
 - C) Obtaining a baseline set of vital signs
 - D) Allowing the family to be with the patient

Ans: A

Feedback: