

# SELF-ASSESSMENT QUIZ: NURSING CARE PART I

The Continuing Education Committee presents this quiz for self-evaluation on nursing care. These questions are not designed to test all your skills, and by no means claim to cover all aspects of nursing care. The Committee thanks all item writers for their time and interest.

Answers can be found on page 149. Where possible, references are included for your use on questions that seem unclear. We encourage you to further your professional growth and development by reading up on the subject of nursing care. The nursing education department of your institution should be able to provide information to help in your growth in this important area of our profession.

Be sure and select the BEST answer for each question.

1. In the application of good body mechanics when standing with feet slightly apart and with one foot forward, you should:
  - a. rock slightly back and forth.
  - b. put your weight on the forward foot.
  - c. put your weight on the rear foot.
  - d. keep weight equally distributed on both feet.Ref 2 pp. 135–57
2. Which of the following statements is incorrect?
  - a. Transport patients on stretchers feet first.
  - b. Pull wheelchair patients on and off the elevator.
  - c. Stretcher patients always enter an elevator feet first.
  - d. Always leave a hospital bed in the lowered position after a patient has been returned to his room. Ref 3 p. 16
3. When confronted with an obese bedridden patient who needs to use a bedpan, which of the following is the method of choice for bedpan placement?
  - a. Elevate head, place hand under hips to lift pelvis.
  - b. Lower head, have patient flex knees, and push down with heels.
  - c. Elevate head, have patient flex knees and push down with heels.
  - d. Lower head, roll patient onto side, and place bedpan. Then roll patient back. Ref 4 p. 79
4. A patient should be moved from the direction of the weak side of the body.
  - a. True.
  - b. False. Ref 3 p. 12
5. Physical restraints without a physician's order constitute false imprisonment.
  - a. True.
  - b. False. Ref 5 p. 787
6. Slander is defined as verbal statements regarding a person that are untrue and damaging.
  - a. True.
  - b. False. Ref 5 p. 787
7. If a patient is receiving anticoagulation therapy, apply pressure to the puncture site for at least 5 min.
  - a. True.
  - b. False. Ref 4 p. 257
8. The complication of possible air embolism in a central venous line can be prevented by quickly turning the patient on his/her right side.
  - a. True.
  - b. False. Ref 4 p. 258
9. Which of the following movements must be prevented while transferring a postsurgical hip prosthesis patient?
  - a. Abduction.
  - b. Adduction.
  - c. Pronation.
  - d. Medial rotation. Ref 6 p. 407
10. Which of the following routes of medication administration best describes parenteral medication administration?
  - a. Sublingual.
  - b. Subcutaneous.
  - c. Intravenous.
  - d. Inhalation. Ref 6 p. 530
11. What type of fire extinguisher is safe to use in a nuclear medicine imaging room with a computer and other electronics present?
  - a. Type A.
  - b. Type B.
  - c. Type B+C Halon.
  - d. Type D. Ref 3 p. 15
12. When handling sterile supplies enclosed in a wrapper, you should:
  - a. Open the corner toward you, the sides right and left, and the remaining corner away from you.
  - b. Open the corner away from you, the sides left and right, and the remaining corner toward you.
  - c. Open the corner to the right of you, the end corners of the wrapper toward and away from you, and the remaining corner to the left of you.
  - d. Open the corner to the left of you, the end corners of the wrapper away from and toward you, and the remaining corner to the right of you. Ref 7 p. 33
13. The four vital signs are:
  - a. Temperature, pulse, respiration, and blood gasses.
  - b. Skin color, temperature, blood pressure, and pulse.
  - c. Age, sex, pulse, and blood pressure.
  - d. Temperature, pulse, respiration, and blood pressure. Ref 2 p. 147
14. What effect on blood pressure will result if the arm is not level with the patient's heart in either upright or supine positions?
  - a. Falsely high reading.
  - b. Falsely low reading.
  - c. No effect on the reading.
  - d. Produces fluctuating readings. Ref 4 p. 17
15. The signs of shock are:
  - a. Rising blood pressure, rapid pulse, and slow respirations.
  - b. Rapid pulse, rapid respirations, and warm skin.
  - c. Falling blood pressure, rapid pulse and respirations, and cold, moist, pale skin.
  - d. Falling blood pressure, slow pulse and respirations, thirst, restlessness, and warm flushed skin. Ref 5 p. 384
16. Elevation of a patient's feet is contraindicated in which of the following conditions:
  1. Head injury
  2. Breathing difficulty
  3. Abdominal pain
  4. Lower extremity fracture
  - a. 1 and 4.
  - b. 4.
  - c. 2 and 3.
  - d. All of the above. Ref 5 p. 384

17. If a patient begins to have a seizure during a nuclear medicine procedure, which of the following actions would be incorrect?
- Keep the patient lying on his side (if possible) to minimize the possibility of aspiration.
  - Simply try to protect patient from falling or banging into surrounding objects, but do not restrain them during the tonic-clonic phase of the seizure.
  - Place a bite block or padded tongue blade between upper and lower molars even if the patient's teeth are clenched.
  - Maintain patient's airway and observe severity and duration of seizure. Ref 1 p. 482
18. Arrange the steps of relieving complete body obstruction in the unconscious victim in order:
- Perform a finger sweep
  - Perform four rapid back blows
  - Perform abdominal thrusts
  - Attempt to ventilate
- 1, 2, 3, 4.
  - 4, 2, 3, 1. Ref 10 p. 48
19. Abdominal thrusts are given to relieve an obstructed airway. Which statement is false?
- Four quick thrusts are given.
  - A fist is made with one hand.
  - The thrusts are given inward and upward at the lower end of the sternum.
  - The hands are positioned in the middle between the umbilicus and the lower end of the sternum. Ref 4 p. 442
20. Irreversible brain damage occurs after a lack of cerebral circulation for:
- 30 sec.
  - 1 min.
  - 4 min.
  - 10 min. Ref 9 pp. 3-4
21. Arrange the steps of cardiopulmonary resuscitation in order:
- Open airway by tilting the head
  - Perform mouth-to-mouth breathing
  - Perform external cardiac compression
  - Determine consciousness
- 4, 3, 2, 1.
  - 4, 1, 2, 3. Ref 10 p. 9
22. When CPR is performed by two people, ventilations are given:
- After every fifth compression.
  - After every fifteenth compression.
  - After every compression.
  - Only when the positions are changed. Ref 5 p. 583
23. Select the statement that best describes the intubation process:
- Providing oxygen through nasal cannula.
  - Providing oxygen during mouth-to-mouth respiration.
  - Successful voluntary respirations after CPR.
  - Insertion of tube into the larynx. Ref 5 p. 306
24. Using the standard venipuncture technique with the bevel facing up, the needle should penetrate through the skin, lowered, and inserted into the patient's vein at a \_\_\_\_\_ angle.
- 5°.
  - 8°.
  - 15°.
  - 25°. Ref 4 p. 256
25. The abrupt removal of the cuff when performing a bolus injection causes:
- The vein to engorge with blood.
  - The resumption of venous flow.
  - The blood pressure to rise.
  - None of the above. Ref 8 p. 163
26. Possible local reaction at or near the site of the venipuncture include:
- Hematoma
  - Thrombosis
  - Phlebitis
  - Thrombophlebitis
- 1 is correct.
  - 1 and 2 are correct.
  - 1, 2, and 3 are correct.
  - All are correct. Ref 4 pp. 258-59

## References

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