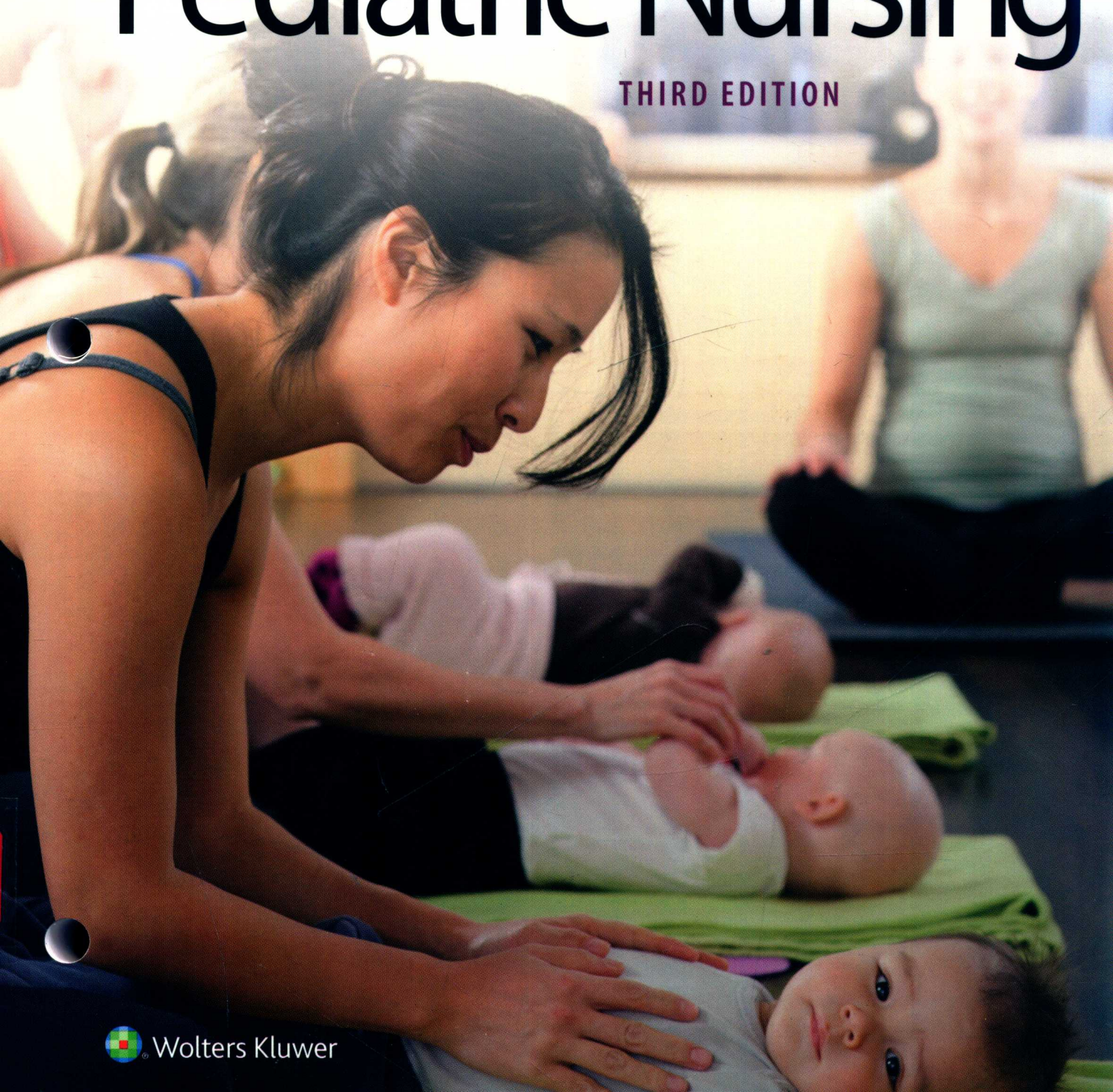


Study Guide for

Maternity and Pediatric Nursing

THIRD EDITION






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Maternity and Pediatric Nursing

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 **Wolters Kluwer**

Philadelphia • Baltimore • New York • London
Buenos Aires • Hong Kong • Sydney • Tokyo



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Third Edition

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9 8 7 6 5 4 3

Printed in the United States

ISBN 978-1-4511-9401-2

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Preface

This Study Guide was developed to accompany *Maternity and Pediatric Nursing* by Susan Scott Ricci, Terri Kyle, and Susan Carman. The Study Guide is designed to help you practice and retain the knowledge you have gained from the textbook, and it is structured to integrate that knowledge and give you a basis for applying it in your nursing practice. The following types of exercises are provided in each chapter of the Study Guide.

SECTION I: ASSESSING YOUR UNDERSTANDING

The first section of each Study Guide chapter concentrates on the basic information of the textbook chapter and helps you to remember key concepts, vocabulary, and principles.

- **Fill in the blanks**—Fill in the blank exercises test important chapter information, encouraging you to recall key points.
- **Labeling**—Labeling exercises are used where you need to remember certain visual representations of the concepts presented in the textbook.
- **Matching**—Matching questions test your knowledge of the definition of key terms.
- **Sequencing**—Sequencing exercises ask you to remember particular sequences or orders, for instance testing processes and prioritizing nursing actions.
- **Short answers**—Short answer questions will cover facts, concepts, procedures, and principles of the chapter. These questions ask you to recall information as well as demonstrate your comprehension of the information.

SECTION II: APPLYING YOUR KNOWLEDGE

The second section of each Study Guide chapter consists of case study-based exercises that ask you to begin to apply the knowledge you have gained from the textbook chapter and reinforced in the first section of the Study Guide chapter. A case study scenario based on the chapter's content is presented, and then you are asked to answer some questions, in writing, related to the case study. The questions cover the following areas:

- Assessment
- Planning nursing care
- Communication
- Reflection

SECTION III: PRACTICING FOR NCLEX

The third and final section of the Study Guide helps you practice NCLEX-style questions while further reinforcing the knowledge you have been gaining and testing for yourself through the textbook chapter and the first two sections of the study guide chapter. In keeping with the NCLEX, the questions presented are multiple choice and scenario based, asking you to reflect, consider, and apply what you know and to choose the best answer out of those offered.

ANSWER KEYS

The answers for all of the exercises and questions in the Study Guide are provided at the back of the book, so you can assess your own learning as you complete each chapter.

We hope you will find this Study Guide to be helpful and enjoyable, and we wish you every success in your studies toward becoming a nurse.

The Publishers

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Perspectives on Maternal and Child Health Care

Learning Objectives

Upon completion of the chapter, you will be able to:

- Analyze the key milestones in the history of maternal, newborn, and child health and health care.
- Outline the evolution of maternal, newborn, and pediatric nursing.
- Compare the past definitions of health and illness to the current definitions, as well as the measurements used to assess health and illness in children.
- Assess the factors that affect maternal and child health.
- Differentiate the structures, roles, and functions of the family and how they affect the health of women and children.
- Evaluate how society and culture can influence the health of women, children, and families.
- Appraise the health care barriers affecting women, children, and families.
- Research the ethical and legal issues that may arise when caring for women, children, and families.

SECTION I: ASSESSING YOUR UNDERSTANDING

Activity A FILL IN THE BLANKS

1. A _____ is a nonmedical birth companion who provides quality emotional, physical, and educational support to the woman and family during childbirth and the postpartum period.
2. The _____ is considered the basic social unit.
3. Under certain conditions, a minor can be considered _____ and can make health care decisions independently of parents.
4. The ability to apply knowledge about a client's culture to adapt his or her health care accordingly is known as cultural _____.
5. _____ is the measure of prevalence of a specific illness in a population at a particular time.
6. More children and adolescents die from _____ injuries than from any other cause.

7. Children's medical records are only shared with legal parents, _____, or others, with written authorization by the parents.
8. The resiliency model of family stress and family adjustment and the adaptation response model identify the element of risk and _____ factors that aid a family in achieving positive outcomes.
9. _____ refers to a basic human quality involving the belief in something greater than oneself and a faith that affirms life positively.
10. Children's temperament is categorized into three major groups: _____, difficult, and slow to warm up.

Activity B MATCHING

Match the cultural group in Column A with the characteristic in Column B.

Column A

- ___ 1. Asian Americans
- ___ 2. African Americans
- ___ 3. Native Americans
- ___ 4. Hispanics

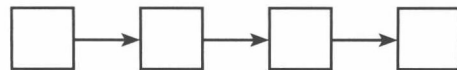
Column B

- a. Childbirth is viewed as a normal, natural process; entire family may be present during birth
- b. Bed rest maintained for the first 3 days postpartum
- c. Breastfeeding withheld for the first 2 to 3 days after birth
- d. Quiet stoic appearance of woman during labor

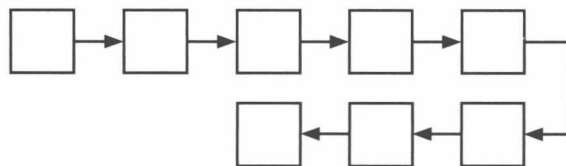
Activity C SEQUENCING

1. Using the boxes provided below, put the following characteristic approaches in the evolution of maternal and newborn nursing in the proper chronologic order.
 - a. The assistance of certified nurse midwives and doulas grew in popularity as a choice in childbirth.
 - b. "Granny midwives" handled the normal birthing process for most women; infant and maternal mortality rates were high.
 - c. "Natural childbirth" practices advocating birth without medication and focusing on relaxation techniques were introduced.

- d. Physicians attended about half the births, with midwives caring for women who could not afford a doctor.



2. Using the boxes provided below, place the letter of each of the following stages of Duvall's developmental theory into their proper sequence.
 - a. Family with school-aged children
 - b. Marriage
 - c. Family with adolescents
 - d. Childbearing stage
 - e. Middle-aged parents
 - f. Family with preschool children
 - g. Family in later years
 - h. Family with young adults



Activity D SHORT ANSWERS

Briefly answer the following.

1. How do the risk factors for cardiovascular disease differ between men and women?

2. What are considered the major risk factors for developing breast cancer?

3. What is meant by maternal mortality rate?

4. What are the predictors of infant mortality?

5. How has the Women, Infants, Children program supported the health of women and children?

6. When using positive reinforcement discipline strategies, what three characteristics of feedback are pivotal for success?

SECTION II: APPLYING YOUR KNOWLEDGE

Activity E CASE STUDY

Consider this scenario and answer the questions.

Isabella Gonzales is a 6-year-old female with a history of cerebral palsy. She was born at 28 weeks and is currently admitted to the hospital due to difficulty breathing secondary to pneumonia. Her parents, Jose and Angelina, are very active in her care. Isabella lives at home with her parents and two brothers, Sergio and Tito.

1. Discuss the barriers to health care that the Gonzales may encounter.

2. What cultural aspects would you need to keep in mind when providing care for this family?




SECTION III: PRACTICING FOR NCLEX

Activity F NCLEX-STYLE QUESTIONS

Answer the following questions.

- A client who has just given birth is concerned about the high rate of infant mortality in the United States. She is anxious about the health of her child and wants to know ways to keep her baby healthy. Which recommendation would **best** meet this goal?
 - Place the infant on his or her back to sleep
 - Breastfeed the infant
 - Begin feeding of solids by age 4 months
 - Give the infant liquid vitamins daily
- A nurse is caring for a client who wishes to undergo an abortion. The nurse has concerns because abortion is against her personal convictions, and this is interfering with her professional duty. Which action should the nurse take to follow American Nurses Association's (ANA) code of ethics for nurses?
 - Provide emotional support to the client while caring for her
 - Not allow her personal convictions to interfere with her profession
 - Involve the client's family in convincing the client against an abortion
 - Make arrangements for alternate care providers
- A client who has recently given birth arrives in a health care facility wanting to know ways to prevent sudden infant death syndrome (SIDS) in her infant. Which instructions should the nurse provide to address the concern?
 - Place the infant in warm clothes
 - Feed the infant only breast milk
 - Provide very soft bedding for the crib
 - Place the infant on his or her back to sleep

4. A group of nurses are discussing the most recent statistics on death due to prematurity in the United States. Which action, if implemented, would have the **greatest** impact on improving outcomes?
 - a. Track the incidence of violent crime against pregnant women
 - b. Examine health disparities between ethnic groups
 - c. Improve women's access to receiving prenatal care
 - d. Identify specific national health goals related to maternal and infant health
5. The nurse is caring for a pregnant Arab American woman. Which statement **most** accurately describes the client's potential health care beliefs?
 - a. Folk remedies are commonly used in women's health care.
 - b. The woman will participate in birthing classes as long as her husband accompanies her.
 - c. The husband makes all the healthcare decisions for the wife.
 - d. Birth control is considered an acceptable method for natality limitations.
6. The nurse is caring for a client with end-stage breast cancer. When the nurse takes chemotherapy medication into the client's room, the client states, "I'm too tired to fight any more. I don't want any more medication that may prolong my life." The client's husband is at the bedside and states, "No! You have to give my wife her medication. I can't let her go." What action by the nurse is **most** appropriate?
 - a. Give the medication as prescribed and make a referral to pastoral services
 - b. Explain to the husband that his wife has the right to refuse medication and care
 - c. Encourage the client to heed her husband's wishes
 - d. State that the nurse has to give the medication unless the health care provider prescribes that the medication be stopped
7. A client tells the nurse that she is getting divorced and wants to be sure that her soon-to-be ex-husband cannot have access to her medical information. Which response would be the **most** accurate for the nurse to give the client?
 - a. "Don't worry about things like that, you have too much else to worry about right now."
 - b. "Husbands always have access to their wife's health records."
 - c. "We have to give him access to your records in case they impact your divorce proceedings."
 - d. "You have the right to say who can access your health records and who cannot."
8. A nurse is caring for a 31-year-old pregnant client who is subjected to abuse by her partner. The client has developed a feeling of hopelessness and does not feel confident in dealing with the situation at home, which makes her feel suicidal. Which nursing intervention should the nurse offer to help the client deal with her situation?
 - a. Counsel the client's partner to refrain from subjecting his partner to abuse
 - b. Help the client understand the legal impact of her situation to help protect her
 - c. Provide emotional support to empower the client to help herself
 - d. Introduce the client to a women's rights group
9. A recently licensed nurse is orienting to a pediatric unit in an acute care facility. The nurse is discussing causes of infant mortality with her preceptor. Which statement by the preceptor **most** accurately addresses this problem?
 - a. "Most infants that die during infancy are victims of abuse and neglect."
 - b. "The most common cause of infant deaths is chromosomal abnormalities and congenital anomalies, which we have no control over."
 - c. "Most of the infant deaths I have seen are related to Sudden infant death syndrome (SIDS)."
 - d. "Infant death rates combine deaths from birth through the first year of life. That is why the numbers are so high."

- 
- 
- 
10. A group of women are attending a community presentation regarding the leading health concerns of women. Which interventions should the nurse recommend to have the greatest impact on the leading cause of death?
- Yearly gynecologic exams
 - Prompt attention to respiratory tract infections
 - Weight control and being knowledgeable about family history of cardiovascular disease
 - Regular neurologic exams to note any cognitive or behavioral changes early
11. The nursing instructor is discussing culture with a group of nursing students. Which aspects should be included in the discussion of this topic? Select all that apply.
- A sense of personal space
 - A person's race
 - Primary language spoken by the family
 - Level of education
 - Religious beliefs of the individuals
12. A pregnant client comes to the local health clinic for her scheduled prenatal visit. On her chart, the nurse notices that the client indicated that she resides in an extended family situation. Which arrangement would validate this information?
- She lives with her mother, step-father, and his two sons.
 - She lives with her best friend and her three children.
 - She lives with her husband and her daughter and son of whom she has joint custody.
 - She lives with her grandmother, her uncle, her mother, and her younger sister.
13. The nurse is caring for a Hispanic client who is in labor. The client appears to closely follow traditional cultural behaviors. Which behavior would **most** likely to be noted by the nurse?
- The woman is stoic during intense contractions, showing little emotion.
 - The woman reports a desire to have her extended family present during the labor and delivery.
 - The woman defers to her husband during interactions.
 - The woman wishes to labor unclothed.
14. The nurse is caring for a 14-year-old boy with a debilitating illness who wants to attend school. Which intervention addresses the child's physical health but not his quality of life?
- Helping the child modify trendy clothing to his needs
 - Consulting with the school nurse at the child's school
 - Assessing the child's daily oxygen supplement needs
 - Adapting technologies for use outside of the home
15. The nurse is updating the records of a 10-year-old girl who had her appendix removed. Which action could jeopardize the privacy of the child's medical records?
- Changing identification and passwords monthly
 - Letting another nurse use the nurse's log-in session
 - Closing files before stepping away from computer
 - Printing out confidential information for transmittal
16. The nurse is assessing a 9-year-old boy during a back-to-school check-up. Which finding is a factor for childhood injury?
- Records show child weighed 2,450 g at birth.
 - Mother reports she has abused alcohol and drugs.
 - The parents adopted the boy from Guatemala.
 - Mother reports the child is hostile to other children.
17. The school nurse is caring for several children who witnessed an 8-year-old girl get hit by car on the way to school. Which intervention is least important to the nursing plan of care for these children?
- Determining that the children were traumatized by what they saw
 - Arranging for counseling for the children who saw the accident
 - Including friends of the injured child to receive counseling too
 - Making phone calls to the parents of the children counseled

18. The nursery nurse is preparing a consent form for the circumcision of a newborn. The mother of the child is 16 years of age. The baby's father is not participating in the care. When planning to complete the surgical consent, which action by the nurse is **most** appropriate?
- Ask the grandmother of the newborn to sign the surgical consent
 - Determine if the baby's father is older than 18 years, and if so ask for him to sign
 - Recommend that the court appoint a guardian for the baby
 - Ask the baby's mother to sign the surgical consent
19. The parents of a 12-year-old child preparing to undergo surgery explain to the nurse that their religious beliefs do not allow for blood transfusions. What initial action by the nurse is **most** appropriate?
- Explain to the parents that the surgeon will make the final decision in the event a blood transfusion is needed by the child.
 - Ask the child what their preference will be.
 - Contact the hospital attorney.
 - Document the parents' requests.
20. Which nursing activity requires the pediatric nurse to implement the ethical principle of nonmaleficence?
- Encouraging an adolescent client to take ownership of her health status independent of her parents
 - Weighing the potential harm caused by a child's chemotherapy with its potential benefits
 - Mediating between a father, who wants his infant circumcised, and the mother who is opposed
 - Providing empathic, holistic care to a family who has just learned that their child's prognosis is poor

Family-Centered Community-Based Care

Learning Objectives

Upon completion of the chapter, you will be able to:

- Identify the core concepts associated with the nursing management of women, children, and families.
- Examine the major components and key elements of family-centered care.
- Explain the different levels of prevention in nursing, providing examples of each.
- Give examples of cultural issues that may be faced when providing nursing care.
- Provide culturally competent care to women, children, and families.
- Outline the various roles and functions assumed by the nurse working with women, children, and families.
- Demonstrate the ability to use excellent therapeutic communication skills when interacting with women, children, and families.
- Explain the process of health teaching as it relates to women, children, and families.
- Examine the importance of discharge planning and case management in providing nursing care.
- Explain the reasons for the increased emphasis on community-based care.
- Differentiate community-based nursing from nursing in acute care settings.
- Identify the variety of settings where community-based care can be provided to women, children, and families.

SECTION I: ASSESSING YOUR UNDERSTANDING

Activity A FILL IN THE BLANKS

1. The collaborative process of assessment, planning, application, coordination, follow-up, and evaluation of the options needed to meet an individual's needs is referred to as _____.
2. _____ communication, also referred to as body language, includes attending to others and active listening.
3. _____ may be defined as a "specific group of people, often living in a defined geographical area, who share a common culture, values, and norms."
4. _____ prevention involves avoiding the disease or condition before it occurs through health promotion activities, environmental protection, and specific protection against disease or injury.
5. Cultural _____ involve participating in cross-cultural interactions with people from culturally diverse backgrounds.
6. _____ literacy is the ability to read, understand, and use health care information.

Activity B MATCHING

Match the health care facility in Column A with the service provided in Column B.

Column A

- ___ 1. Counseling centers
- ___ 2. Wellness centers
- ___ 3. Wholeness healing centers
- ___ 4. Educational centers

Column B

- a. Provide health lecture instruction on breast self-examination and computers for research
- b. Provide acupuncture, aromatherapy, and herbal remedies
- c. Offer stress reduction techniques
- d. Offer various support groups

Activity C SEQUENCING

Using the boxes below, place the steps used to provide education to clients and families in the correct sequence.

- 1. Intervening to enhance learning
- 2. Planning education
- 3. Evaluating learning
- 4. Documenting teaching and learning
- 5. Assessing teaching and learning needs

**Activity D SHORT ANSWERS**

Briefly answer the following.

- 1. What are the three levels of care provided by maternal and pediatric nurses?

- 2. Describe the components of case management.

- 3. What techniques can the nurse use to enhance learning?

- 4. What are the four main purposes of documenting childcare and education?

- 5. What do discharge planning and case management contribute to in the community setting?

- 6. What is the focus of community health nursing?

- 7. What is a birthing center?

SECTION II: APPLYING YOUR KNOWLEDGE

Activity E CASE STUDY

Consider this scenario and answer the questions.

A couple in their late 20s is expecting their first child. They are touring the labor and delivery suite at the hospital they have chosen for the birth. The nurse who is conducting the tour refers to giving “family-centered care” and using “evidence-based nursing” on their unit.

1. During the question and answer period, the couple asks what “family-centered care” is. How would the nurse respond to this couple’s question?

2. The couple then asks what the nurse means by “evidence-based nursing” and how that affects the two of them and their newborn. What is the nurse’s best response?

SECTION III: PRACTICING FOR NCLEX

Activity F NCLEX-STYLE QUESTIONS

Answer the following questions.

1. A nurse is working in a community setting and is involved in case management. In which activity would the nurse **most** likely be involved?
 - a. Help a grandmother to learn a procedure
 - b. Assess the sanitary conditions of the home
 - c. Establish eligibility for a Medicaid waiver
 - d. Schedule speech and respiratory therapy services
2. What is a key element when providing family-centered care?
 - a. Communicate specific health information
 - b. Be in control of the way care is given
 - c. Give only the health information that is necessary while providing care
 - d. Avoid cultural issues by providing care in a standardized fashion
3. Nurses play important roles in a variety of community settings. Which nursing goal is common to all types of community settings?
 - a. Remove or minimize health barriers to learning
 - b. Promote the health of a specific group of clients
 - c. Determine the type of care a client needs initially at a visit
 - d. Ensure that the health and well-being of women and their families is achieved
4. A pregnant client arrives at the maternity clinic for a routine check-up. The client has been reading books on pregnancy and wants to know ways to prevent the incidence of neural tube defects (NTDs) in her fetus. Which recommendation should the nurse offer the client to reduce the risk of NTDs for this fetus?
 - a. Take vitamin E supplements 3 times per week
 - b. Take folic acid supplements each day
 - c. Increase consumption of legumes such as beans and peas
 - d. Consume citrus fruits every day to increase intake of vitamin C
5. A nurse is addressing a group of women on the issue of women’s health during their reproductive years. Which reason does the nurse provide regarding the need for comprehensive, community-centered care to women during this time period?
 - a. Women have more health problems during their reproductive years.
 - b. Increased stress causes more health problems during their reproductive years.
 - c. A women’s immune system weakens immediately after birth.
 - d. Women’s health care needs change with their reproductive goals.

6. The nurse has to prepare a discharge plan as a part of her postpartum care of a client, whom she is caring for in a home-based setting. Which aspect of care should the nurse include in her postpartum plan in this environment?
 - a. Provide the client with self-help books about infant care
 - b. Monitor the physical and emotional well-being of family members
 - c. Recognize infant needs in the discharge plan
 - d. Identify developing complications in the infant
7. A nurse is caring for a Turkish American client. The nurse understands that there could be major cultural differences between her and her client. The nurse contemplates assigning this client to a staff member who is of the same culture as the client. What is a potential consequence?
 - a. Lead to stereotyping of the client
 - b. Ensure better care and understanding
 - c. Help in assessing client's culture
 - d. Help build better nurse-client relationship
8. While interviewing a woman who has come to the clinic for a check-up, the woman tells the nurse that she places objects in her environment so that they are in harmony with chi. The nurse interprets this as which of the following?
 - a. Reflexology
 - b. Feng Shui
 - c. Therapeutic touch
 - d. Aromatherapy
9. The nurse is educating the family of a 2-day-old Chinese American boy with myelomeningocele about the disorder and its treatment. Which action involving an interpreter could jeopardize the family's trust in the health care providers?
 - a. Allowing too little time for the translation of health care terms
 - b. Using a person who is not a professional interpreter
 - c. Asking the interpreter questions not meant for the family
 - d. Using a relative to communicate with the parents
10. The nurse is striving to form a partnership with the family of a medically fragile child being cared for at home. Which actions on the part of the nurse would **best** support family-centered home care for this family?
 - a. Recognizing and utilizing unique family strengths
 - b. Ensuring a safe, nurturing environment is maintained
 - c. Maintaining all the high tech equipment used by the child is in excellent working condition
 - d. Correcting inadequate coping methods to aid the family in dealing with a difficult situation
11. A 4-year-old child is brought to the clinic by his parents for evaluation of a cough. Which action by the nurse would be *least* appropriate in promoting atraumatic care for the child?
 - a. Having the parents stay with the child during the examination
 - b. Allowing the child to touch the stethoscope before listening to his heart
 - c. Informing the child that the stethoscope might feel a bit cold but not hurt
 - d. Wrapping the child tightly in a blanket to prevent him from moving around
12. A nurse is working with a family to ensure effective therapeutic communication. The development of which would be least important?
 - a. Trust
 - b. Respect
 - c. Empathy
 - d. Literacy
13. A nurse is conducting a teaching session with a child and his family. Which techniques would help to facilitate their learning? Select all that apply.
 - a. Use medical terminology emphasizes the importance of the information
 - b. Limit each teaching session to about 10 to 15 minutes
 - c. Focus on the "need-to-know" information first
 - d. Repeat the information about 4 to 5 times
 - e. Use videos to help those having difficulty grasping information