

Nursing From A Testing Perspective

# 注册护士考试指南

国外护士注册考试试题分析及应试技巧

Analyses and Strategies for R.N.  
Nursing Examinations

主编 刘 玲



北京医科大学出版社

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## ZHUCE HUSHI KAOSHI ZHINAN

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# 前言

## Preface

19 世纪中叶弗洛伦斯·南丁格尔 (Florence Nightingale) 作为现代护理学的奠基人载入史册。一百多年来,护理学在实践中日益完善,不断从社会科学及自然科学中汲取营养。到 20 世纪 80 年代已发展成为现代医学中的独立学科。

护理是艺术,是科学。临床护理有明确的客观指针,可加以观察和衡量。正是护理领域观念的改变、思维的更新,孕育产生了与病例有关、多选客观测试题的模式。美国的护士执照考试 NCLEX 及相关的国外护士资格考试 CGFNSQE 始于 20 世纪 70 年代。二十年来,在实践运用中改进提高,越来越成为国际上考察专业护士资格的主要指针之一。在美国,通过 NCLEX 被视为护理生涯的一个里程碑,它使你能够做为专业护士开始你的事业。对于美国境外的护士,通过 CGFNSQE 是在美国从事护理职业的必备条件。NCLEX 和 CGFNSQE 为我国护士了解国外护理的临床实践和理论发展开辟了一条途径,同时为我国一年一度护士执照资格考试提供了一个重要参考资料来源。

《注册护士考试指南》一书试图从临床各科、护理程序、病人需求、应试及语言等不同的角度对护理试题加以分析。其对象不仅针对在国外工作及国内的涉外护士,同时更着眼于渴望了解、学习、研究国际先进护理理论及临床实践,以护理为长期职业,把时间、精力、爱心献给自己所服务的病人的广大护士及在校学生。为此参加本书编写的作者,对大量试题中出现的难点和重点进行了详细的注释,有的佐以中文。这样设计的目的是使有不同英文基础的读者都能从书中受到启迪,获得教益。

护理测试题是一代一代的护士及专家们长期科学研究及临床实践的产物。二百多年前,首批被称为“SISTER”的女基督教徒出于仁爱,组织起来,无私地为无人照顾的病人进行护理。她们是医学护理的先驱者、开拓者。如果她们看到今日的护理作为一门独立的学科,一个与人类息息相关的专业在全球蓬勃发展,该感到何等欣慰!

《注册护士考试指南》一书的作者希望读者从浩瀚题海中所看到的不仅是答案 A、B、C 或 D,更要看到护理的新概念、新思维、新发展、新发现,看到自己作为健康天使的重大责任,挖掘自己的潜力和创造性,步入促进护理学发展的行列。

护理学同其它学科一样,在探索与实践,成就与挫折中前进。在这个领域中没有绝对正确的字眼,变化和修正是永恒的。《注册护士考试指南》将在护理学的发展中,不断修改,逐步完善。

本书全体编写人员感谢北京医科大学出版社王凤廷和靳新强编辑和人民卫生出版社的孟昭美女士,在这套书里有他们心血和灵感。感谢我们所咨询过的专家学者以及一切给予我们帮助和支持的朋友和同事们。没有他们,就没有《注册护士考试指南》一书的问世。

刘 玲  
于北京大学医学部



# 如何使用《注册护士考试指南》

## How to Use This Book

《注册护士考试指南》,全书共十个单元。前五个单元对临床内、外、产、儿、精神护理试题进行分析。各科根据自身特点或按照机体系统(如内、外、儿科),或按照常见疾病(如精神科),或根据发展进程(如产科护理)加以分类。除了每题对所做答案后面的原则加以分析外,通常在各科中还分门别类地对所涉及的原则进行了概括归纳和分析总结。在每一试题问题词干(stem)后的右下方注有答案,你要养成这样的习惯:直到做完某个部分全部试题才去参考答案。心理精神护理试题是我国护士应试最感头痛的部分。北京大学第六医院的胜利博士,对该部分护理试题进行了深入浅出地分析,相信会对您有所帮助。

护理程序的五个阶段——评估、诊断、计划、实施和评价,以从事护理的逻辑科学方法为基础,旨在给病人提供高质量、有针对性的护理,并在以下方面满足护理对象(Clients)的需求:安全有效的护理环境,生理整合,社会心理整合以及促进和维持健康。病人需求和护理程序分别在第六单元的第一部分有所介绍,是本书强调的又一重点。你可以看到每题英语解释后,一般都标明本题属于护理程序哪一个步骤,要满足病人的哪一个需求。了解试题的大致方向,使你更容易有的放矢。

如果你对上述两方面都有一定基础,可从第七单元模拟试题开始,先做一套题,评估你的强项和薄弱环节,制定你的学习计划。如果你在某个专题上频繁地出错,应加强该部分的护理理论和临床的学习,然后集中攻克有关的护理试题。在制定学习计划和掌握应试技巧方面,可参考第六单元的第二、三部分。

当然,你可以按照本书的目录系统地做题。从临床部分开始。先做与你的专业直接相关的部分,树立自信心。在你精力最集中的时候,做你不那么熟悉的专业试题部分。复习有关的护理学理论和基础,再结合本书各科作者介绍的解题原则,辅应以试的技巧和方法,会极大提高你答题的命中率。

第八部分向你介绍护理考试中的英语语言部分的细节和有关模拟试题。

或许你面临护理考试的口试或涉外医疗机构、国际诊所等招聘的面试,可参考第九单元。其中的情景反应、口头作文及面试问答,不仅涉及日常生活话题,更注重护理理论和临床的实际问题,其中包括与病人的交流,护理基本技能,护士职业素质和常见的专业问题等。为了帮助你有效地与患者进行交流,提高护理质量,并成功地应对各种形式不同的面试和口试,本单元的第一部分总结了临床护理交流的原则、要素及技巧。

最后一部分对美国的注册护士考试及美国境外护士考试,我国护士出国途径和护士到国外工作的部分国家做了概括的介绍,与你一起打开一条了解世界同行的通道,从而更加了解自己,开发提高自己,发挥你的潜力。

《注册护士考试指南》一书从构思、选材、分类、专题分析,三次易稿,前后历经了4个

春秋。作为本书的主编，我深感责任的重大，我内心的声音不断地提醒我不能把自己尚不满意的书稿见诸于印刷文字。我和全体编者真诚地希望我们付出的时间能为您赢得时间，我们消耗的精力能使你节省精力，奉献给你的《注册护士考试指南》一书能够成为你的职业生涯发展中的一个 Facilitator，使你的路途更容易一些，在有限的时间内所付出的努力收效更大一些。面对中西方浩瀚的文化，面对中英两种语言和思维方式的差异，面对日新月异的护理学的发展，我们深感自己的无知、肤浅和有限。好在您是书的主人。您的才智、勤奋、坚实的护理理论基础和丰富的临床经验，一定会弥补本书的缺陷和遗憾。

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## 内科护理

### Adult Medical Nursing

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### 1.0 引言(Foreward)

“病人”或“患者”可以说是社会中的一个特殊群体,有的人患病后成为这一群体中的一员,甚至直到去世也未能离开,他们是慢性病患者;有的人却是在他一生中的某个或某几个阶段进入这个群体,痊愈后离开,或许我们每个人都有类似经历。护士的主要职责就是服务于患者,帮助他们尽快恢复身心健康;如果疾病不能治愈,那么就要帮助他们减轻疾病带来的痛苦,改善生活质量。因此,护理对于患者个人和整个社会的重要性不言而喻。

内科疾病种类多、病程迁延、慢性病多、常可累及全身多个器官和系统,而且患者年龄跨度大,同一疾病在不同年龄可能有不同特点,这些因素使得内科疾病的病情更加复杂。另外,内科患者多,许多其他疾病的患者常同时合并内科疾病,加大了内科护理的工作量。如何在从事大量内科护理的同时,对复杂的病情有正确的认识,并且作出恰当的护理评价和处理,是学习内科护理的精髓所在,这需要有扎实而广泛的护理知识及丰富的临床经验。随着医学模式由生物医学模式向社会-心理-生物医学模式的转变,内科护理学增添了许多新的内容,需要在护理实践中不断摸索、学习和提高。

内科护理分析试题分为消化、呼吸、心血管、泌尿生殖、血液、内分泌和神经系统等七个部分,但人体是一个有机的整体,其各个系统不仅有相对独立的结构和功能,更是相互调节与相互影响。某个疾病不仅是主要累及某个或某几个系统的疾病,更是影响整个人体的疾病。所以,对病人要进行整体护理,在做内科护理试题时,也同样不要忘记这一大

的框架:“Medical-Surgical Nursing requires the broadest and most extensive mastery of nursing knowledge, for it encompasses every system of the body and all disease processes.”

## 1.1 消化系统(Digestive System)

消化性溃疡:主要是指发生于胃和十二指肠的慢性溃疡。

上消化道出血:指屈氏韧带以上的食管、胃、十二指肠以及胰管和胆道的出血。

肝硬化:是一种常见的由不同病因引起的慢性、进行性、弥漫性肝病,病理特点为广泛的肝细胞变性和坏死、纤维组织弥漫性增生,并有再生小结节形成、正常肝小叶结构和血管解剖的破坏,导致肝脏逐渐变形、变硬而成为肝硬化。

肝性脑病:指严重肝病引起的,以意识行为异常和昏迷为主要表现的中枢神经系统的功能失调。

胆石症:胆道系统任何部位发生结石的疾病。

急性胰腺炎:是由胰酶激活后引起胰腺组织自身消化所致的急性化学性炎症。

溃疡性结肠炎:是一种原因不明的慢性结肠炎,病变主要限于结肠的粘膜,且以溃疡为主,多累及直肠及远端结肠。

### Words and Expressions

gastroendoscopy n. 胃镜

complication n. 合并症

vital signs 生命体征

gag reflex 呕吐反射

gastric bleeding 胃出血

gastric lavage 洗胃

metabolic alkalosis 代谢性碱中毒

hypernatremia n. 高血钠

cholecystitis n. 胆囊炎

liver biopsy 肝活检

cirrhosis n. 硬变;肝硬化

spironolactone n. 螺内酯,安体舒通

albumin n. 白蛋白

transaminase n. 转氨酶

prothrombin time 凝血酶原时间

serum magnesium 血清镁

lower extremity 下肢

cleansing enema 清洁灌肠

epigastric a. 上腹部的

gastrointestinal a. 胃肠的

constipation n. 便秘

Miller-Abbott tube 米勒-艾波管(为一种双重管路的肠管,用于治疗小肠梗阻,有时亦用于诊断)

laryngospasm n. 喉痉挛

duodenal ulcer 十二指肠溃疡

mucosa n. 粘膜

antacid regimen 抗酸治疗方案

work-up n. 检查(尤指化验、X线等辅助检查)

sepsis n. 脓毒症

ascites n. 腹水

jaundice n. 黄疸

potassium n. 钾

ammonia n. 氨

bilirubin n. 胆红素

creatinine n. 肌酐

abdominal binder 腹带

esophageal varices 食道静脉曲张

portal hypertension 门脉高压

central venous pressure 中心静脉压

varicose a. 曲张的

hemorrhoid n. 痔

intermittent claudication 间歇性跛行

jugular vein distention 颈静脉怒张

Fowler's position 福勒位, 斜坡卧位

Sengstaken-Blakemore tube 三腔管

cardiac sphincter 贲门括约肌

esophagus n. 食管

normal saline 生理盐水

esophagitis n. 食管炎

hematemesis n. 呕血

nausea n. 恶心

vomit n. 呕吐; 呕吐物 v. 呕吐

anorexia n. 厌食

dehydration n. 脱水(作用); 失水(病理)

septic shock 败血症性休克

urobilinogen n. 尿胆原

biliary obstruction 胆道梗阻

oral cholecystogram 口服胆囊造影

pancreatitis n. 胰腺炎

pancreatic fibrosis 胰腺纤维化

hypocalcemia n. 低血钙

amylase n. 淀粉酶

1. Following a gastroduodenoscopy, the patient has an order for diet as tolerated. To prevent a complication from occurring, the nurse should evaluate the patient's

A. Gag reflex

B. Ability to chew

C. Vital signs

D. Desire for food

Topical anesthesia may be used in preparation for a gastroduodenoscopy. Before fluids are given to the patient, his gag reflex should be tested.

*Nursing process: Evaluation*

*Client need: Safe Effective Care Environment*

胃十二指肠镜检查前需在咽部喷局麻药, 因此, 进水前应检查患者的呕吐反射, 以免误吸入气道。

2. A patient who has gastric bleeding is having gastric lavage. It would be important to assess the patient for which of these complications?

A. Fluid overload

B. Metabolic alkalosis

C. Hypernatremia

D. Hyperthermia

An iced saline lavage may be used as initial attempt to control gastric bleeding by the vaso-constricting action of cold. The lavage also removes gastric secretions; prolonged lavage may cause an electrolyte imbalance that may lead to metabolic alkalosis.

*Nursing process: Evaluation*

*Client need: Physiological Integrity*

胃出血时, 首先应予冰盐水洗胃使血管收缩而起止血作用, 但洗胃也使胃液大量丢失, 洗胃过久可导致电解质失衡而出现低钾低氯性碱中毒。

3. In addition to pain in the right upper quadrant, a patient who has cholecystitis may experience pain that radiates to which of these sites?

A. Left upper quadrant

B. Left arm

C. Right scapula

D. Midsternum

A patient who has acute cholecystitis will have pain in the upper right quadrant, which may radiate to the right shoulder and to the back under the scapula

*Nursing process: Analysis*

Client need: Physiological Integrity

急性胆囊炎除右上腹痛外,还会出现向右肩和右肩胛下背部的放射痛。

4. A patient has a liver biopsy. Following the procedure, which of the measures should be included in the patient's care plan? C

A. Assessing lung sounds

B. Listening for bowel sounds

C. Monitoring the blood pressure

D. Evaluating the pedal pulses

Following a liver biopsy, the patient's blood pressure should be monitored. The patient with a prolonged prothrombin time will be at risk for bleeding.

Nursing process: Planning

Client need: Physiological Integrity

患者肝活检后易于出血,因此应监测血压。凝血酶原时间延长的患者有发生出血的危险。

5. A patient who has advanced cirrhosis of the liver is receiving spironolactone (Aldactone). Because of this order, which of these assessments of the patient should be done on a daily basis? D

A. Checking the patient's reflexes

B. Determining the specific gravity of the patient's urine

C. Recording the number of the patient's bowel movements

D. Weighing the patient

As the disease progresses, ascites develops. Spironolactone (Aldactone) is prescribed to decrease fluid retention. The most accurate determination of the effectiveness of the drug is to weigh the patient daily.

Nursing process: Assessment

Client need: Physiological Integrity

肝硬化患者晚期出现浮肿、腹水,螺内酯可拮抗醛固酮的作用,抑制水在远端肾小管和集合管的重吸收,从而起到利尿消肿的作用,利尿的同时体重也随之下降。因此用药时应每日量体重,以观察药物是否有效,及用量是否合适。

6. Laboratory studies done for a patient who has cirrhosis will most likely have which of these test results? B

A. Increased serum albumin

B. Elevated serum transaminase

C. Normal prothrombin time

D. Increased serum magnesium

Laboratory results for a patient with cirrhosis will show elevated serum enzymes that include serum glutamic-oxaloacetic transaminase (SGOT), serum glutamic-pyruvic transaminase (SGPT), serum lactic dehydrogenase (LDH), and elevated prothrombin time.

Nursing process: Analysis

Client need: Physiological Integrity

肝硬化患者血清转氨酶可升高,同时血清白蛋白降低、凝血酶原时间延长,血清镁含量可不变。

7. When assessing a patient who has been diagnosed with cirrhosis, the nurse should expect the patient to have which of these symptoms? C

A. Visual distortion

B. Brittle fingernails

C. Brownish color of urine

#### D. Diminished muscle mass in the lower extremities

The assessment of a patient who is suspected of having cirrhosis of the liver will reveal a brown color of the urine that is due to the presence of bile. The inflammatory process, with degeneration of liver cells and scarring, occurs over a prolonged period. The disease alters the normal flow of blood, bile, and metabolites in the liver.

*Nursing process: Assessment*

*Client need: Physiological Integrity*

肝硬化患者可因尿胆红素和尿胆原增高而表现尿色黄。

A 46-year-old male patient is admitted to the hospital with a three-day history of severe, burning abdominal pain in the left epigastric area. On admission his blood pressure is 138/64, pulse 92, respiration 18. He states, he is 5'10" tall and weighs about 170 pounds. His admitting diagnosis is suspected peptic ulcer disease.

8. Which of the following questions will reveal the most information concerning the source of the pain? **D**

A. How long does the pain last?

B. Does exercise bring on the pain?

C. Do certain foods cause the pain?

D. When does the pain occur?

The symptoms of peptic ulcers are due to mucosal inflammation. There is usually pain when the stomach is empty: one to three hours after meals in gastric ulcers and three to four hours after meals in duodenal ulcers. The other questions already make the assumption the client has ulcer disease. The pattern of the pain will help to determine whether or not he does have ulcer disease.

*Nursing process: Assessment*

*Client need: Physiological Integrity*

消化溃疡的典型症状是长期反复发作的规律性上腹痛,它的发作时间是有规律的。胃溃疡引起的腹痛往往在进食后的1~3小时发生,而十二指肠的腹痛则出现于进食后3~4小时。因此询问腹痛发生于什么时候,以了解有无上述规律,对诊断消化性溃疡有重要意义。其他三个问题也是需要了解的,但不是最关键的。题目中5'10"即5英尺10英寸,1英尺=30.48cm,1英寸=2.54cm,所以,5英尺10英寸=177.8cm;1英磅=0.454kg,170英磅=87.18kg。

9. He is found to have gained about 6 kg over the last two months. The most appropriate nursing response is **D**

A. Why were you eating more?

B. Has the weight gain been intentional?

C. Does your weight usually fluctuate this much?

D. How does your eating habit change?

Weight loss from a decreased intake is typical of clients with ulcer disease; however, some clients gain weight due to increased food consumption. The clients are usually trying to neutralize the pain by keeping food in the stomach. Asking "why" questions is sometimes threatening to clients. Response C assumes that there has been a weight fluctuation pattern rather than a one-time change in the client's weight.

*Nursing process: Implementation*

*Client need: Safe, Effective Care*

消化性溃疡患者常会因进食差而体重减轻。可是,有些患者却会因进食增加而体重增加,他们通过进食来缓解腹痛。所以应当询问患者饮食习惯的改变以了解是否增加了进食量。



10. As taking the medical history, you need to question any clinical manifestations that might reflect changes in GI system. Which of the following questions is the most relevant? **C**

- A. Are there any changes in your bowel or bladder habits?
- B. Are you frequently constipated?
- C. Have you had any changes in your stool?
- D. Do you have frequent diarrhea?

The client is complaining of abdominal pain; therefore, the questions seeking to determine gastrointestinal bleeding (tarry stools) is the most relevant.

*Nursing process: Assessment*

*Client need: Safe, Effective Care*

患者上腹痛且疑为消化性溃疡,因此询问大便症状,了解有无柏油便,可以帮助判断是否因溃疡病而继发了上消化道出血,因此 C 最相关。

11. Your first priority of nursing care for him will mostly likely to be **C**

- A. Assist in inserting a Miller-Abbott Tube
- B. Assist in inserting an arterial pressure line
- C. Insert an NG Tube
- D. Insert an IV

An NG tube insertion is the most appropriate intervention because it will determine the presence of active gastrointestinal bleeding. A Miller-Abbott tube is a weighted, mercury-filled, ballooned tube used to remove bowel obstructions. There is no evidence of shock or fluid overload in the client; therefore, an arterial line is not appropriate at this time.

*Nursing process: Implementation*

*Client need: Safe, Effective Care*

C 是最合适的处理,因为可以发现是否有活动性上消化道出血。Miller-Abbott 管带有气囊,可测压,用于治疗肠梗阻。患者并无休克表现,因此动脉测压没有必要。

12. He is scheduled for a gastroduodenoscopy. Your pre-procedure instruction will include that he will be **B**

- A. Heavily sedated during the procedure
- B. Given a local anesthetic to ease the discomfort during the procedure
- C. Asked to assist with the procedure by coughing during the procedure
- D. Asked to assist with the procedure by performing a Valsalva maneuver during the procedure

A gastroduodenoscopy is the visualization of the esophagus, stomach, and duodenum through a flexible tube inserted orally. The exam is not a comfortable one because the muscles of the gastrointestinal tract have spasms as the tube is passed. This causes difficult swallowing. The client is usually given a local anesthetic to the posterior pharynx to reduce the discomfort during the passage of the tube. He will not be heavily sedated because he must be able to assist by swallowing. Coughing or performing a Valsalva maneuver would impede the passage of the tube.

*Nursing process: Implementation*

*Client need: Safe, Effective Care*

胃镜经口腔、食管、胃及十二指肠时,消化道平滑肌可能痉挛而引起患者不适,并影响吞咽,因此应在咽后部喷局麻药。在检查过程中,患者应作吞咽动作以配合检查。镇静、咳嗽和瓦氏动作均影响检查,所以 A、C、D 都不对。

13. The patient return to the unit following the gastroduodenoscopy. Several hours later, you will be observing primarily for C

A. Hypovolemic shock

B. Gastrointestinal hemorrhage

C. Laryngospasm

D. Allergic reactions to the dye

Laryngospasm may occur several hours following the procedure, as the symptoms develop gradually. The client may be short of breath; wheezing and respiratory distress follow. The laryngospasm is due to the spasms in the musculature of the upper respiratory tract from manipulation during the gastroscopy.

*Nursing process: Assessment*

*Client need: Physiological Integrity*

在胃镜检查数小时后,有可能由于胃镜操作使上呼吸道肌肉痉挛而导致喉痉挛、呼吸道梗阻,故应注意观察。

A 50-year-old female patient is admitted to the hospital with a suspected duodenal ulcer. She has no other significant health problems.

14. Planning her nursing care, the nurse realizes that the most important therapeutic goal in the treatment of a duodenal ulcer is to D

A. Neutralize excess gastric acid

B. Suppress acid secretion

C. Block vagal stimulation

D. Protect the GI mucosa

Protecting the gastric mucosa prevents complications and allows the ulcer to heal. Often, mental, physical, and psychological rest are enough to allow the ulceration to heal. Simply neutralizing excess gastric acidity (present in some clients with peptic ulcers) and suppressing acid secretion are not sufficient interventions. Blocking vagal stimulation accomplished surgically and is not an appropriate intervention at this point.

*Nursing process: Planning*

*Client need: Safe, Effective Care*

治疗消化性溃疡仅仅抑制胃酸分泌和中和过量胃酸是不够的。保护粘膜可以促进溃疡愈合和防止合并症,这一点对于十二指肠溃疡治疗最为主要。

15. Her ulcer diet will most likely include C

A. Six small feedings of regular food

B. Milk or cream every two hours

C. A regular diet without milk

D. A high-fiber diet without spices

Most physicians now prescribe a regular three-meal routine, eliminating roughage, gas-forming foods, highly spiced foods, and gastric acid stimulants such as caffeine, alcohol, and smoking. In the past, milk and cream were the mainstays of dietary ulcer therapy. They were taken every hour with antacids in between. Currently, it is known that this regimen increases gastric acid secretion. A bland diet has no effect on peptic ulcer disease. Some physicians prescribe six small feeding of bland food to keep food in the stomach.

*Nursing process: Planning*

*Client need: Health Promotion and Maintenance*

饮食中,不应含粗糙食物、辛辣食物及容易产生气体的食物。烟酒、咖啡可刺激胃酸分泌,亦应避免。牛奶、奶油曾经是治疗溃疡病的推荐食品,但现已被证明可增加胃酸分泌。因此,只要避开上述不利因素,患者可每日三餐常规进食,也有人建议每日六餐,少量多餐饮食清淡,使食物留存于胃。

16. While you are planning the nursing care of the client, you keep in mind that a major goal of therapy is to help her C

- A. Talk about the recent stressful situations in her life which may have contributed to the ulcer formation
- B. Understand the pathogenesis of the ulcer
- C. Accept that she is under stress and needs rest
- D. Discover what substances caused her to have pain

Physical and psychosocial assessments are most important in dealing with ulcer clients. The nursing goal is to promote physical rest and psychosocial relief. Discussing stressful situation may cause the client to become anxious and delay ulcer healing. Discussing the pathogenesis of ulcer disease will not help the client to relax. Identification of substances that cause pain will assist in planning for teaching. Dietary teaching needs to include incorporating the client's food preference into such a regimen.

*Nursing process : Planning*

*Client need : Psychosocial Integrity*

在溃疡病治疗过程中,保证患者身心放松十分重要,是护理的一个主要目标。与患者谈论她的生活压力、发病机理均不利于此。

17. She is placed on an antacid regimen consisting of 15ml of Riopan one hour after meal and at bedtime. As the nurse, you know that this drug prevents D
- A. Electrolyte imbalance
  - B. Hemorrhage
  - C. Vomiting
  - D. Diarrhea

Riopan consists of aluminum and magnesium hydroxide combined into one chemical. This antacid helps prevent diarrhea that is caused by pure magnesium antacids, such as milk of magnesia, and constipation that is caused by aluminum product antacids.

*Nursing process : Analysis*

*Client need : Physiological Integrity*

Riopan 是氢氧化铝和氢氧化镁的复合制剂,可防止由含镁盐制剂引起的腹泻及铝盐引起的便秘。

A 31 years old male patient is admitted to the hospital for a work-up for peptic ulcer disease. He also has history of being a Type I diabetic under good control for the last two years.

18. A Type I diabetic like this client must be controlled and /or maintained by D
- A. Oral hypoglycemics
  - B. A diabetic diet (ADA) regimen
  - C. Weight reduction
  - D. Insulin injections

The insulin dosage is generally given once or twice daily. It is either intermediate-acting insulin alone or in conjunction with a short-acting insulin. Diet is important and is usually 50 percent carbohydrate, 30 percent fat, and 20 percent protein.

*Nursing process : Planning*

*Client need : Psychosocial Integrity*

I型糖尿病治疗应当用胰岛素,同时控制饮食,碳水化合物、脂肪和蛋白的比例可为5:3:2。

19. The patient is scheduled for an upper GI series at 8 a. m. The most important nursing intervention will be to A
- A. Administer his usual intermediate-acting insulin dose before the test
  - B. Explain that he will not receive his insulin until after the test is completed
  - C. Administer regular insulin before the test and explain that his breakfast will be given after the