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- 2 Ceftriaxone
- 3 Azithromycin
- 4 Benzathine penicillin

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✓ Correct

Azithromycin is recommended for clients with chlamydia infections. Imiquimod is beneficial for treating genital warts in clients with human papillomavirus infections. Ceftriaxone is the drug of choice for treating gonorrhea. Benzathine penicillin is recommended for treating syphilis.

2.

A 9-year-old child with chronic kidney disease is undergoing peritoneal dialysis. For which associated complication should the nurse monitor the child?

- 1 Petechiae
- 2 Abdominal bruit
- 3 Cloudy return dialysate
- 4 Increased blood glucose level

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- 3 Cloudy return dialysate
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Incorrect

The returned dialysate should be clear; cloudy return dialysate solution is indicative of infection. Petechiae do not occur during dialysis treatments. There is no danger of developing an abdominal bruit during dialysis. Dialysis does not affect the blood glucose level.

3.

A nurse is caring for a 15-year-old client who is undergoing chemotherapy for leukemia. What does the nurse recognize that adolescents with health problems are most concerned about?

- 1 Missing time at school
- 2 Limiting social activities
- 3 Being dependent while enjoying the sick role
- 4 Feeling different regarding changes in body image

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Incorrect

✓ Correct

The 15-year-old is preoccupied with appearance. The side effects of the antineoplastics and prednisone may result in the adolescent feeling different, which affects body image. Although missing school may be a concern, it is typically not the primary concern. Although limitation of social activities is a concern, it is not the primary concern. Socialization can be facilitated. A 15-year-old enjoys and strives for independence and does not enjoy the sick role.

Test-Taking Tip: Come to your test prep with a positive attitude about yourself, your nursing knowledge, and your test-taking abilities. A positive attitude is achieved through self-confidence gained by effective study. This means (a) answering questions (assessment), (b) organizing study time (planning), (c) reading and further study (implementation), and (d) answering questions (evaluation).

4.

A school nurse is planning a class on injury prevention for a group of high school students. What guidelines should the nurse include? Select all that apply.

- 1 Swim with a buddy.
- 2 Drink beer instead of wine.
- 3 Use well-traveled walkways.
- 4 Smoke only in designated areas.
- 5 Refuse to play "chicken" with others.

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- ✓ Correct 5 Refuse to play "chicken" with others.

Developmentally, adolescents have a drive for independence, an inclination for risk-taking, and a feeling of indestructibility. These traits increase the risk for injury. If one develops problems in the water, the buddy can secure help. Using well-traveled walkways reduces the risk for being alone and overcome by an individual who wishes to do harm. Refusing to play "chicken" helps the student prevent dangerous situations from which the student cannot retreat. Beer is alcohol, and its intake, and that of all types of alcohol, should be discouraged; when one is under the influence of alcohol, reaction time and judgment decrease and the risk for injury increases. Smoking should be discouraged to decrease the risk for respiratory disease.

5.

The parents of a 6-year-old child with celiac disease tell the school nurse that their child becomes dejected because she is not able to eat snack foods like the rest of her class and friends. What snack can the nurse recommend that is safe for the child to eat?

- 1 Pretzels
- 2 Tortilla chips
- 3 Oatmeal cookies
- 4 Peanut butter crackers

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Products composed of corn, rice, and millet do not contain gluten and are permitted on a low-gluten diet; tortilla chips are made from corn flour. Pretzels contain wheat flour, which is not permitted on a low-gluten diet; products containing rye, oats, and barley are also restricted. Oatmeal cookies contain oats, which are not permitted on a low-gluten diet. Peanut butter crackers contain wheat flour, which is not permitted on a low-gluten diet.

6.

What statement by the nursing student indicates understanding of the precautions needed in the provision of care to a 7-year-old child who is HIV positive?

1 "I'll put on a mask."

2 "I'll put on an N-95 mask."

3 "I'll put on a gown and gloves."

4 "I'll put on gloves if I'm going to be in contact with body fluids."

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The Centers for Disease Control and Prevention (Canada: Public Health Agency of Canada) recommends [standard precautions](#) for the care of individuals with HIV infection or AIDS without opportunistic infections. Droplet precautions are not necessary because HIV is not transmitted in large-particle respiratory droplets. Contact precautions are not necessary unless the HIV infection or AIDS is complicated by the presence of disease or infection, necessitating the addition of these precautions to standard precautions. Airborne precautions are unnecessary because HIV is not spread in airborne droplet nuclei; these precautions are used in addition to standard precautions if an opportunistic infection such as *Mycobacterium tuberculosis* is present.

7.

A 14-year-old teenager with type 1 diabetes wants to go out to eat with friends after a volleyball game. The teenager asks the school nurse whether this is permissible on the insulin/diet/exercise regimen that has prescribed. How should the nurse respond?

- 1 "Fast foods are unhealthy, especially for teenagers with diabetes."
- 2 "It would be best if you ate at home, where you can control your diet."
- 3 "Go with your friends but make an effort to eat something other than pizza."
- 4 "I'll teach you how to determine the amount of carbohydrates in different fast foods."

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✓ Correct

A fast food exchange list allows the diabetic teenager to participate in postgame activities without feeling different from peers; this is important to the adolescent. The nutritional benefits of fast foods are not the issue. [The adolescent needs to learn how to select appropriate foods when away from the home environment](#); this will promote social interaction with peers. Eating a different food when all of the friends are eating pizza will make the adolescent feel different from the peers; the temptation not to adhere to the diet may be too great to resist.

8.

An unconscious school-aged child is admitted to the pediatric intensive care unit with a closed head injury. Arterial and central venous pressure lines, an indwelling urinary catheter, and a nasogastric tube are inserted. What is the nurse's primary goal for this child?

- 1 Prevention of unnecessary trauma to the vital organs
- 2 Limitation of stimuli that increase intracranial pressure
- 3 Establishment of access routes for infusion of medications
- 4 Enhancement of the health team's management of the illness

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✓ Correct

[Increased intracranial pressure is associated with a high risk for mortality](#); stimuli must be minimized. Although prevention of trauma to the vital organs, establishment of routes for the delivery of medications, and fulfilling the health team's needs are all important, none is the priority.

9.

A school-aged child is being observed overnight for responses to a closed head injury sustained when the child fell off a piece of playground equipment. The nurse knows to call the healthcare provider immediately if which symptom occurs?

- 1 The child begins vomiting.
- 2 The child's pupils measure 3 mm.
- 3 The respiratory rate is 24 breaths/min.
- 4 The systolic blood pressure falls below 110 mm Hg.

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[Vomiting is a sign of increased intracranial pressure.](#) Normal pupil size ranges from 2.0 to 5.0 mm. The expected respiratory rate for a school-aged child is 20 to 30 breaths/min. The systolic blood pressure range for a school-aged child is 80 to 120 mm Hg.

10.

What is the maximum recommended length for enema tube insertion in an adolescent? Record your answer using a whole number. _____ cm

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In adolescents, the maximum length for insertion of an enema tube is 10 cm.

11.

What is female athlete triad?

- 1 Amenorrhea in athlete females
- 2 Hypogonadotropic amenorrhea
- 3 Amenorrhea, an eating disorder, and osteoporosis
- 4 Amenorrhea and osteoporosis

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✓ Correct

Athletes with amenorrhea, irregular eating habits and reduced nutritional intake, and osteoporosis are said to have female athlete triad. Simple amenorrhea is not considered female athlete triad. Hypogonadotropic amenorrhea results from a problem in the central hypothalamic-pituitary axis, where there is a hypothalamic suppression resulting in amenorrhea.

12.

Which medication is the first-line treatment for acne in adolescents?

- 1 Tretinoin
- 2 Doxycycline
- 3 Clindamycin
- 4 Benzoyl peroxide

12.

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1 Tretinoin

Incorrect

2 Doxycycline

3 Clindamycin

✓ Correct

4 Benzoyl peroxide

Benzoyl peroxide is an effective first-line medication used to treat acne in adolescents; this medication is effective against inflammatory and noninflammatory acne. Tretinoin, doxycycline, and clindamycin are also used to treat acne, but they are not first-line agents.

1.

Mebendazole is prescribed for a 3-year-old child with a pinworm infestation. What information will the nurse include when teaching the parents about this medication?

1 It may cause transient diarrhea.

2 One dose is all that will be needed.

3 Rectal itching will be relieved the next day.

4 Other family members will not need to take it.

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3 Rectal itching will be relieved the next day.

4 Other family members will not need to take it.

Diarrhea is expected with the administration of mebendazole; the parents should be informed so they do not become alarmed. Reinfestation is common; the medication should be taken again in 2 weeks. The medication will not affect rectal itching; it will eradicate the pinworms, and this takes time to accomplish. All family members should take the medication because cross-contamination frequently occurs.

2.

A nurse in the pediatric unit is admitting an 8-year-old child with asthma after an exacerbation at home. The child is short of breath. In what position should the child be placed to facilitate breathing?

- 1 Supine
- 2 Left lateral
- 3 High-Fowler
- 4 Trendelenburg

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- 2 Left lateral
- 3 High-Fowler
- 4 Trendelenburg

✓ Correct

Clients find it easier to breathe while sitting up than lying down. So helping them get into a comfortable sitting position is crucial. The high-Fowler position gives the lungs more room to expand, thereby promoting respiration and affording more comfort. The supine, left lateral, and Trendelenburg positions will all increase dyspnea; they do not permit chest expansion.

3.

A student in high school asks the school nurse why a classmate has been absent for so long. What is the best response by the nurse?

- 1 "Have you asked his girlfriend?"
- 2 "I wonder why you're so curious."
- 3 "Students sometimes miss school for long periods."
- 4 "I know you're concerned, but you'll need to ask your classmate for yourself."

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✓ Correct

Responding by recognizing the student's concern and indicating that the student needs to ask the classmate directly acknowledges the student's concern while maintaining confidentiality. Asking whether the student has asked the girlfriend does not address the student's concern. Commenting about the student's curiosity is judgmental and does not acknowledge the student's concern. Stating that students sometimes miss school is a general statement that ignores the student's concern.

4.

What sexually transmitted diseases are caused by bacteria? Select all that apply.

- 1 Syphilis
- 2 Hepatitis
- 3 Gonorrhea
- 4 Herpes simplex
- 5 Trichomoniasis

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Syphilis is caused by *Treponema pallidum*, a motile spirochete bacterium. Gonorrhea is caused by a bacteria called *Neisseria gonorrhoeae*. Hepatitis A and herpes simplex are caused by viruses. Trichomoniasis is caused by a protozoan.

5.

A child is admitted to the pediatric intensive care unit after an accident at school. The mother, at the child's bedside, is visibly upset. What is the most therapeutic statement the nurse can make?

- 1 "You must be full of emotions right now."
- 2 "Let me give you a referral for social services."
- 3 "Your child will get excellent care at this hospital."
- 4 "It's a shame that your child has become ill so suddenly."

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A child is admitted to the pediatric intensive care unit after an accident at school. The mother, at the child's bedside, is visibly upset. What is the most therapeutic statement the nurse can make?

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- 3 "Your child will get excellent care at this hospital."
- 4 "It's a shame that your child has become ill so suddenly."

Noting that the mother must be racked with emotion reflects the mother's feelings. Offering a referral does not address the mother's feelings. Although assuring the mother that the child will receive excellent care, this statement gives false hope for recovery. "It's a shame that your child has become ill so suddenly" does not address the mother's feelings.

6.

What is the first activity of daily living (ADL) that the nurse should help teach a developmentally disabled 8-year-old child?

- 1 Dressing
- 2 Toileting
- 3 Self-feeding
- 4 Combing hair

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✓ Correct

Self-feeding is an early step in the progression of growth and developmental skills. All the steps for acquiring the skills needed to fulfill ADLs should progress in the same order as they do for a child who is not mentally challenged. The difference is the age when the skill is acquired and the difficulty in learning to acquire the skill. Dressing is a more advanced skill than self-feeding; it requires mastery of gross and fine motor skills and hand-eye coordination. Toileting is a more advanced skill than self-feeding; it requires control of the anal and urethral sphincters, readiness of psychophysiological factors, and motivation. Combing the hair is a more advanced skill than self-feeding. It requires control of gross and fine motor skills and muscle coordination.

7.

Which of these statements about adolescents in the United States are true? Select all that apply.

- 1 Homicide is infrequent among adolescents.
- 2 Suicide is the leading cause of death in adolescents.
- 3 Half of all teens have used alcohol by high school graduation.
- 4 Overall teen pregnancy rates have decreased during the last 25 years.
- 5 Anorexia nervosa and bulimia are two eating disorders found in adolescence.

7.

Which of these statements about adolescents in the United States are true? Select all that apply.

1 Homicide is infrequent among adolescents.

Incorrect

2 Suicide is the leading cause of death in adolescents.

Incorrect

3 Half of all teens have used alcohol by high school graduation.

✓ Correct

4 Overall teen pregnancy rates have decreased during the last 25 years.

✓ Correct

5 Anorexia nervosa and bulimia are two eating disorders found in adolescence.

Overall teen pregnancy rates have decreased in the US during the last 25 years. Also, anorexia nervosa and bulimia are two eating disorders found in adolescents in the US. Homicide is not infrequent; it is the second leading cause of death among adolescents in the US. Motor vehicle collision and not suicide is the leading cause of death among adolescents in the US. Eighty-five percent of teens and not 50% have used alcohol by high school graduation in the US.

8.

A young pregnant adolescent reports bleeding and abdominal pain and is diagnosed with an ectopic pregnancy. Which risk factors should the nurse look for in the client? Select all that apply.

1 Habit of smoking

2 Irregular menses

3 Use of contraceptive pills

4 Damage to the fallopian tubes

5 History of pelvic inflammatory disease

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3 Use of contraceptive pills

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4 Damage to the fallopian tubes

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5 History of pelvic inflammatory disease

Adolescents who smoke experience a higher risk for ectopic pregnancy. Inflammation of the fallopian tubes and ovaries and a history of pelvic inflammatory disease are risk factors. The use of contraceptive pills and a history of irregular menses are not associated with ectopic pregnancy.

9.

What should nursing care for a child admitted with acute glomerulonephritis be directed toward?

1 Enforcing bed rest

2 Promoting diuresis

3 Encouraging fluids

4 Removing dietary salt

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With the reduction of edema the child's health improves, the appetite increases, and the blood pressure normalizes. Ambulation does not have an adverse effect on this disorder; most children voluntarily restrict their activities and remain in bed during the acute phase. Fluids are not encouraged because the kidneys are inflamed and cannot tolerate large amounts of fluid. Sodium intake is decreased, not eliminated; sodium restriction is not tolerated well by children and may further decrease their appetite.

STUDY TIP: Establish your study priorities and the goals by which to achieve these priorities. Write them out and review the goals during each of your study periods to ensure focused preparation efforts.

10.

A 5-year-old child is admitted to the pediatric unit with a diagnosis of acute poststreptococcal glomerulonephritis. What assessment data lead the nurse to conclude that the child has a fluid volume excess?

- 1 Dysuria, rash, pruritus
- 2 Diarrhea, polyuria, weight loss
- 3 Hypotension, tachycardia, proteinuria
- 4 Periorbital edema, smoky urine, headaches

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✓ Correct

Periorbital edema indicates fluid retention, and headaches are a symptom of hypertension. Glomeruli are edematous and infiltrated with white blood cells that occlude the capillary lumen; hematuria results from kidney damage. Skin disorders and dysuria are not related to fluid overload. Diarrhea, polyuria, and weight loss are not related to fluid volume excess. Nor are hypotension and proteinuria related to a fluid volume excess; however, cardiac problems are complications that occur if the fluid overload is not corrected or becomes severe.

11.

A school-aged child is brought to the emergency department with partial- and full-thickness burns of the lower extremities. The practitioner writes multiple prescriptions. What is the nurse's priority intervention?

- 1 Administering oxygen
- 2 Inserting a urinary catheter
- 3 Giving prescribed pain medication
- 4 Starting an intravenous line with a large-bore catheter

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Incorrect

✓ Correct

Because of the location and degree of burns, [an IV line for fluid restoration and access for pain medications is the priority](#). Oxygen is not needed because the airway is not involved and oxygen deprivation has not been identified. The insertion of a urinary catheter is a secondary action after fluid administration begins. Although giving pain medication is important, an IV infusion for fluid restoration to prevent hypovolemic shock is the priority. Pain medication for both children and adults with burns usually is administered through an IV catheter.

12.

The nurse is teaching crutch-walking to a 12-year-old adolescent. What does the child do that indicates the need for more teaching?

- 1 Takes short steps of equal length
- 2 Looks forward to maintain balance
- 3 Looks down when placing the crutches
- 4 Assumes an erect posture when walking

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- 4 Assumes an erect posture when walking

✓ Correct

The child should maintain an erect walking posture, without looking down, to ensure equilibrium and prevent loss of balance. Taking short steps is the correct technique for safe ambulation while crutch-walking. Looking forward is the correct technique for safe ambulation while crutch-walking; it keeps the body's center of gravity over the hips. Maintaining an erect posture is the correct technique for safe ambulation during crutch-walking; it keeps the body's center of gravity over the hips.