

Health Implications & Counseling Considerations for Individuals with Piercings & Tattoos

1. Brittany, an 18-year-old presenting for a family planning visit, tells you she is contemplating getting a tattoo of a scorpion on her lower leg. She says her mother is very much against her getting a tattoo but that she needs to be her own person. Brittany is expressing which motivations for a tattoo?
 - a. Group commitment and spirituality
 - b. Individuality and resistance
 - c. Physical endurance and addiction
2. Morgan, a 22-year-old pregnant woman, tells you she had her navel pierced when she was 20 years old and had her abdomen tattooed with a yin-yang symbol the following year. According to the authors, what are typical motivations for piercings and for tattoos, respectively, such as Morgan's?
 - a. Addiction/group identity
 - b. Fashion choice/beliefs
 - c. Resistance/impulse
3. What is one reason it is important for nurses to understand an individual's motivations for body modification?
 - a. To facilitate therapeutic conversations with patients about body modifications
 - b. To improve how nurses convey risk and instill fear about body modification
 - c. To improve the nurse's confidence to dissuade patients at risk from having body modification
4. Absolute contraindications for tattoos include which of the following?
 - a. History of keloid formation
 - b. Immune suppression
 - c. Placement of the tattoo on or near the scar of a previous malignancy
5. Which is a true statement about tattoos?
 - a. Allergic reactions cannot be predicted.
 - b. Sun exposure after a tattoo can promote healing.
 - c. The ingredients of the ink are reliably known based on the color of the ink.
6. Strategies to prevent complications of piercings include which of the following?
 - a. Benzalkonium chloride applied twice daily to prevent infection
 - b. Premedication with a nonsteroidal anti-inflammatory drug to minimize pain
 - c. Wearing surgical steel or titanium jewelry initially to decrease metal allergy risk

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7. Positive effects of tattoos for individuals discussed by the authors include which of the following?
 - a. An increase in feelings of body appreciation and uniqueness
 - b. Learning to dismiss pain associated with piercing or tattoos
 - c. Using body modification to claim power in a relationship
8. Pregnancy and early lactation are absolute contraindications to new tattoos or piercings because of which of the following?
 - a. Increase in keloid formation during pregnancy
 - b. Risk of birth defects if the tattoo is acquired in the first trimester
 - c. Risk of infection as the tattoo or piercing wound heals
9. Counseling for patients about how piercings can affect lactation and breastfeeding does not include which of the following?
 - a. Leaking of milk through piercing tracts can result in difficulties with latch or the infant gagging.
 - b. Nipple jewelry is a serious potential aspiration risk for the infant.
 - c. Scarring associated with nipple piercings can result in women experiencing less nipple sensitivity during the early days of breastfeeding.
10. The authors identify which topics as having insufficient research?
 - a. Immune responses to tattooing and piercing tract closure
 - b. Piercing aftercare and laser tattoo removal
 - c. Tattoo aftercare and the effects of piercing on breastfeeding
11. Piercing sites with increased risks are which of the following?
 - a. Ear cartilage, penis, and tongue
 - b. Labia, nipple, and navel
 - c. Nostril, lip, and clitoris