

EBP Presentation Post-Test

1. Maura Brown, Mary Dante

Based on the research conducted in this article about Mindfulness-Based Stress Reduction, what is the main point that the authors are trying to convey about stress?

- A. The harmful effects that stress can cause throughout your life.
- B. To identify which demographic background is more susceptible to stress.
- C. To know the signs of when to give patients medications based on their cortisol levels.
- D. To demonstrate that alternative non-pharmacological interventions can alleviate stress response.

2. Jillian Schloemer, Ann Huffnagle, Sydney Steffanni

A nurse is working on an inpatient unit in the hospital and discovers a patient smiling and laughing while talking to the new Care Coach avatar the unit just received. What risks will this interaction decrease the **most** in comparison to a patient sitter?

- A. Delirium and falls.
- B. Nausea and vomiting.
- C. Incontinence and skin breakdown.
- D. Range of motion and endurance exercises.

3. Cassie Klaehn, Victoria Glaze, Emsley Bricker

What nursing action can improve self-management behavior in a patient that has suffered a stroke?

- A. Provide education about mental counseling.
- B. Encourage family to visit only when progress has been shown.
- C. Provide brochures and support groups that include other stroke victims.
- D. Enable participants to set personal goals and action plans for day-to-day self-care activities.

4. Katelyn McCoy, Brittney Lesch, Roni Daughenbaugh

What kind of program is Multiple Sclerosis at Home Access (MAHA)?

- A. School program.
- B. Hospital program.

- C. House-call program.
- D. Rehabilitation center program.

5. LaTrisa Briscoe, Thirkeshia Jones, Christina Lopez

According to this study, wearable patient sensors were effective in achieving which outcome(s)?

- A. Optimal patient turning.
- B. Improved total time with turning compliance.
- C. Significantly reduced odds of developing hospital-acquired pressure injuries.
- D. All of the above.

6. Madison Belden, LeAnn Erf, Riley Hager

In what percentage of attempts did the PIVO™ obtain a high-quality blood specimen?

- A. 48%.
- B. 66%
- C. 81%
- D. 95%

7. Ashlynn Legg, Becca Norman

What is the purpose of a PIVC blood control device?

- A. Increase the ease of use of a PIVC.
- B. Increase the insertion rate success of PIVC.
- C. Decrease the risk of blood exposure during PIVC use.
- D. Eliminate the need for a luer lock when using a PIVC.

8. Madison Cummings, Miller Hosack

When does orthostatic hypotension occur?

- A. A patient is eating breakfast and they start to sweat.
- B. A patient is walking down the hall and their legs begin to ache.
- C. A patient stands up to go to the bathroom and falls down from lightheadedness.
- D. A patient stands up and they fall because they put too much pressure on their injured foot.

9. Beth Prater, Michelle Gowdy

What was NOT a nursing staff patient suggestion regarding hand hygiene?

- A. Giving each patient his or her own hand sanitizer.
- B. Placing a small container on the side of the tray table with individual hand sanitizer wipes.
- C. Providing a washcloth with soapy water at the bed side.

D. Having staff encourage all patients to perform hand hygiene.

10. Autumn Halbisen, Kelly Wilson, Brooke LoPresto

Compared to soap and water bathing every other day, bathing with chlorhexidine decreased the risk of hospital-acquired infections (HAIs) by what percentage?

- A. 21%
- B. 73%
- C. 44.5%
- D. 59.6%

11. Sydney Green, Leanna Chesser

What specialized needs does a patient with a new ostomy have? (Select all that apply)

- A. Decreased anxiety.
- B. Altered body image.
- C. Psychosocial distress.
- D. Challenges of learning self-management.

12. Lillian Royster, Madison White, Nikia Dilts

What is a concrete criterion for evaluation of health care and therefore quality of nursing care?

- A. Insurance audits.
- B. Assessment skills.
- C. Patient satisfaction.
- D. Health care revenue.

13. Kendall Bigler, Sydney Castle, Jenna Strayer

How were smoking cessation interventions implemented in this study? (select all that apply)

- A. Nurses
- B. Physicians
- C. Social Workers
- D. Follow up phone calls