

- **A client comes to the clinic, complaining of severe gastrointestinal distress. Which abdominal physical assessment step does the nurse do first?**

- **Inspection**
- **Auscultation**
- **Percussion**
- **Palpation**

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- **ANSWER**

- The correct sequence for physical assessment of the abdomen is as follows:
 - 1. Inspect.
 - 2. Auscultate.
 - 3. Percuss.
 - 4. Palpate.
- Remember this sequence with the phrase "I Am a People Person." The order is different from the physical assessment of the body systems, for which you inspect, then palpate, percuss, and auscultate

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• **Of the following positions, which one facilitates maximum air exchange?**

- High Fowler's
- Lithotomy
- Trendelenburg
- Orthopneic

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ANSWER

- Orthopneic (sitting in a leaning position) allows for the most lung expansion.
- High Fowler's can help, but it isn't as effective as the orthopneic position.
- Trendelenburg is used for hypotension or low cardiac output. Lithotomy is used for vaginal examinations and childbirth.

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- **The parent of a child with a short leg fiberglass cast phones the clinic because the child complains of constant itching inside the cast. Which intervention is appropriate for the nurse to suggest?**
- The most common complaint about wearing a cast is the itching sensation.
- Clients should never use an object (pencil, ruler, chopstick, etc.) to reach into the cast; this could break the skin and cause an infection.
- Powders and lotions are not recommended either.
- Appropriate interventions include locating the itch and tapping on it from outside the cast, blowing cool air from a blow dryer into the cast, and wrapping a watertight ice pack or a sealed bag of frozen vegetables on the outside of the cast to cool the itchy area.

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- **A father brings his 6-month-old son and 3-year-old daughter for their routine check-ups. What is the nurse's best strategy?**
- Start with the least anxious and most cooperative sibling.
- Allow the older sibling to play; this reduces anxiety and allows them to become familiar with the examination.
- Children are more comfortable and cooperative when a parent is present.

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- **A patient diagnosed with Crohn's disease has a new colostomy. When assessing the patient's stoma, which of these would alert the healthcare provider that the stoma has retracted?**

- Pinkish red and moist
- Dry and reddish purple
- Narrowed and flattened
- Concave and bowl shaped

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ANSWER

- A colostomy is created when the bowel is pulled through an opening in the abdominal wall, creating a stoma through which intestinal contents will pass.
- A healthy stoma will protrude about 2.5 cm with an open lumen at the top.
- The stoma should appear pinkish red and moist.
- A dry, dusky, or reddish-purple stoma indicates ischemia.
- A narrowed, flattened, or constricted stoma indicates stenosis.
- A concave and bowl-shaped stoma has retracted.
- A retracted stoma can be difficult to care for. Complications include problems maintaining appliance placement, leading to leakage and sore skin.

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To answer questions:

- Acquire information (study, listen to videos, etc.)
- Analyze the data in your question
 - Recognize relevant findings (assessment)
 - Make inferences in clinical situation
 - Implement appropriate nursing interventions (each client is different. Acute is different from chronic, in general)
 - Evaluate client's response (what science is present that indicate my client improved? Or declined?)

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Assess the situation

- What do you see?
 - How does the client look like?
 - What are they feeling?
 - The client or family say anything?
- What is important about that?



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What is important?

- What does the client need?
 - knowledge?
 - Intervention?
 - Resources? referral?
- How fast? And how often?



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Clinical judgment guide

- Seek further information if needed
- Apply Maslow's hierarchy to guide decision making
- The client in the stem is experiencing symptoms related or unrelated to their diagnosis?
 - If not, address psychosocial need.

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Clinical judgment guide

In the stem of a question:

- Note words that give a “hint” as to the extent of a problem, such as:
 - “newly”
 - “Left”
 - “right”
 - “only”
 - “All”
- Words matter!
- Words such these can eliminate or define the option.

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Apply nursing process

- Ex: The client is in distress. What to do 1st?
 - Assess
 - Intervene
 - Evaluate
- The fetus is in distress → nurse should manipulate the position of the mother (to increase blood flow through the umbilical cord)

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Acknowledge adjectives in the questions

- If the stem gives you age and gender → it may be important. May be pertinent to the correct answer.
- The information came from another staff member?

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The RN cannot delegate:

- Assessment
- Teaching
- Evaluation
- Medications (to a UAP)
- Unstable client (to a UAP)

- → not delegate interventions which demand nursing judgment

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• **A client with lung cancer is going to receive an intravenous infusion therapy for bone metastases. The nurse anticipates that the physician will order which medication?**

- **Capecitabine**
- **Docetaxel**
- **Doxorubicin**
- **Zoledronic acid**

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answer

- Zoledronic acid (trade names include Zometa, Reclast, and Aclasta) is a bisphosphonate, a drug that slows or prevents bone loss. It inhibits osteoclasts, which are responsible for breaking down and reabsorbing minerals, including calcium.
- Docetaxel (Taxotere) is used for metastatic prostate cancer.
- Doxorubicin (Doxil) and capecitabine (Xeloda) are used to treat metastatic breast cancer.

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• **For a patient on gentamicin therapy, which laboratory value should the nurse monitor?**

- Potassium
- Bilirubin
- Sodium
- Creatinine

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answer

- Gentamicin can cause nephrotoxicity.
- An elevated creatinine level indicates abnormal kidney function.
- Gentamicin is toxic to the kidneys, so labs must be constantly monitored and reported.
- The other options are incorrect.

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- **The nurse takes an order for 240 mg acetaminophen (Tylenol) for a 5-year-old patient. The bottle is labeled 160 mg/5 mL. The nurse will administer**
- 10 mL.
- 2.5 mL.
- 7.5 mL.
- 5 mL.
- *To calculate the correct dose, divide the desired dose by the amount on hand and then multiply that quotient by the volume ($D/H \times V$). For this question: $240 \text{ mg} \div 160 \text{ mg} \times 5 \text{ mL} = 7.5 \text{ mL}$.*