

1) You are the nurse providing care for a client reporting symptoms of bloating, irritability, and breast tenderness. The symptoms recur monthly about 3 weeks after the onset of the menstrual cycle. 1) \_\_\_\_\_

A) Vitamin B6 and calcium. B) Low carbohydrate diet and ibuprofen.  
C) Acupuncture and fluid restriction. D) Melatonin and saw palmetto.

Explanation: A) Treatment for premenstrual syndrome includes increasing vitamin B6 and calcium. The other choices do not have a role in PMS management.

Planning  
Physiological integrity  
Analysis

B) Treatment for premenstrual syndrome includes increasing vitamin B6 and calcium. The other choices do not have a role in PMS management.

Planning  
Physiological integrity  
Analysis

C) Treatment for premenstrual syndrome includes increasing vitamin B6 and calcium. The other choices do not have a role in PMS management.

Planning  
Physiological integrity  
Analysis

D) Treatment for premenstrual syndrome includes increasing vitamin B6 and calcium. The other choices do not have a role in PMS management.

Planning  
Physiological integrity  
Analysis

2) Which of the following clients is describing a breast change most consistent with breast cancer? The client reporting: 2) \_\_\_\_\_

- A) Breast tenderness and nipple discoloration.  
B) A round easily movable mass with serous nipple discharge.  
C) Breast asymmetry and a hard painless lump.  
D) Rough reddened skin and hardened nipple pores.

Explanation: A) Breast cancers are typically unilateral and will cause breast asymmetry. Cancerous lumps are often firm and painless. The other choices (breast tenderness, round movable mass, with discharge) include changes related to fibrocystic disease, infection, or fibroadenoma, a benign breast condition. Nipple discoloration, rough reddened skin and hardened nipple pores would be skin changes related to hormones, infection, or other benign conditions but do not indicate cancer.

Diagnosis  
Health promotion and maintenance  
Analysis

B) Breast cancers are typically unilateral and will cause breast asymmetry. Cancerous lumps are often firm and painless. The other choices (breast tenderness, round movable mass, with discharge) include changes related to fibrocystic disease, infection, or fibroadenoma, a benign breast condition. Nipple discoloration, rough reddened skin and hardened nipple pores would be skin changes related to hormones, infection, or other benign conditions but do not indicate cancer.

Diagnosis

Health promotion and maintenance

Analysis

C) Breast cancers are typically unilateral and will cause breast asymmetry. Cancerous lumps are often firm and painless. The other choices (breast tenderness, round movable mass, with discharge) include changes related to fibrocystic disease, infection, or fibroadenoma, a benign breast condition. Nipple discoloration, rough reddened skin and hardened nipple pores would be skin changes related to hormones, infection, or other benign conditions but do not indicate cancer.

Diagnosis

Health promotion and maintenance

Analysis

D) Breast cancers are typically unilateral and will cause breast asymmetry. Cancerous lumps are often firm and painless. The other choices (breast tenderness, round movable mass, with discharge) include changes related to fibrocystic disease, infection, or fibroadenoma, a benign breast condition. Nipple discoloration, rough reddened skin and hardened nipple pores would be skin changes related to hormones, infection, or other benign conditions but do not indicate cancer.

Diagnosis

Health promotion and maintenance

Analysis

3) You are the nurse providing care for a birth mother that has chosen to have a closed adoption. Which of the following is likely to be part of this type of adoption? Select all that might apply.

3) \_\_\_\_\_

A) The adoptive family has some information about the birth mother.

B) The birth mother is able to hold the baby.

C) The birth mother will meet the adoptive parents.

D) The birth mother may use a lawyer to manage the adoption.

E) The adoptive child can visit the birth mother.

Answer: A, B, D

Explanation: A) In a closed adoption, the biological parents have no information about the adoptive parents and the adoptive parents have information about the health history and limited demographic information about the birth parents. The birth mother is able to hold the baby and may use a lawyer or adoption agency to maintain privacy. The adoptive child could contact and visit the birth mother if the adoption was an open adoption.

Implementation

Safe, effective care environment

Analysis

B) In a closed adoption, the biological parents have no information about the adoptive parents and the adoptive parents have information about the health history and limited demographic information about the birth parents. The birth mother is able to hold the baby and may use a lawyer or adoption agency to maintain privacy. The adoptive child could contact and visit the birth mother if the adoption was an open adoption.

Implementation

Safe, effective care environment

Analysis

C) In a closed adoption, the biological parents have no information about the adoptive parents and the adoptive parents have information about the health history and limited demographic information about the birth parents. The birth mother is able to hold the baby and may use a lawyer or adoption agency to maintain privacy. The adoptive child could contact and visit the birth mother if the adoption was an open adoption.

Implementation

Safe, effective care environment

Analysis

D) In a closed adoption, the biological parents have no information about the adoptive parents and the adoptive parents have information about the health history and limited demographic information about the birth parents. The birth mother is able to hold the baby and may use a lawyer or adoption agency to maintain privacy. The adoptive child could contact and visit the birth mother if the adoption was an open adoption.

Implementation

Safe, effective care environment

Analysis

E) In a closed adoption, the biological parents have no information about the adoptive parents and the adoptive parents have information about the health history and limited demographic information about the birth parents. The birth mother is able to hold the baby and may use a lawyer or adoption agency to maintain privacy. The adoptive child could contact and visit the birth mother if the adoption was an open adoption.

Implementation

Safe, effective care environment

Analysis

4) Post-operative care for a woman following a mastectomy will include arm exercises to:

4) \_\_\_\_\_

- A) Promote drainage after lymphatic disruption.
- B) Strengthen the affected muscles.
- C) Decrease pain as the surgical site heals.
- D) Increase firmness in the remaining breast tissue.

Answer: A

- Explanation:
- A) A mastectomy includes the removal of lymph nodes and the recommended exercises will help promote drainage and prevent swelling. The exercises will not help strength muscles, increase breast firmness, or help with pain control.  
Planning  
Physiological integrity  
Application
  - B) A mastectomy includes the removal of lymph nodes and the recommended exercises will help promote drainage and prevent swelling. The exercises will not help strength muscles, increase breast firmness, or help with pain control.  
Planning  
Physiological integrity  
Application
  - C) A mastectomy includes the removal of lymph nodes and the recommended exercises will help promote drainage and prevent swelling. The exercises will not help strength muscles, increase breast firmness, or help with pain control.  
Planning  
Physiological integrity  
Application
  - D) A mastectomy includes the removal of lymph nodes and the recommended exercises will help promote drainage and prevent swelling. The exercises will not help strength muscles, increase breast firmness, or help with pain control.  
Planning  
Physiological integrity  
Application

- 5) Which man should see his physician immediately to be evaluated for testicular cancer? 5) \_\_\_\_\_
- A) The 60-year-old that reports having to urinate at least twice each night
  - B) The 19-year-old with an enlarged tender scrotum and a purulent penile discharge
  - C) The 38-year-old that has found a painless indurated lesion 1 x 2 cm in diameter on the dorsal surface of the penis
  - D) The 26-year-old with one normal feeling testicle and one testicle that is hard but not tender

Answer: D

Explanation: A) Testicular cancer may produce tissue changes that include a hard area on the testicle. This will be painless. Frequent urination is a symptom of prostate not testicular enlargement. An enlarged tender scrotum, penile discharge, and lesion would all indicate infection.

Diagnosis

Health promotion and maintenance

Analysis

B) Testicular cancer may produce tissue changes that include a hard area on the testicle. This will be painless. Frequent urination is a symptom of prostate not testicular enlargement. An enlarged tender scrotum, penile discharge, and lesion would all indicate infection.

Diagnosis

Health promotion and maintenance

Analysis

C) Testicular cancer may produce tissue changes that include a hard area on the testicle. This will be painless. Frequent urination is a symptom of prostate not testicular enlargement. An enlarged tender scrotum, penile discharge, and lesion would all indicate infection.

Diagnosis

Health promotion and maintenance

Analysis

D) Testicular cancer may produce tissue changes that include a hard area on the testicle. This will be painless. Frequent urination is a symptom of prostate not testicular enlargement. An enlarged tender scrotum, penile discharge, and lesion would all indicate infection.

Diagnosis

Health promotion and maintenance

Analysis

- 6) A woman has reported frequent pelvic fullness accompanied by pain with intercourse, constipation, and has felt something protruding from her vagina. Visual assessment reveals the end of the cervix visible at the vaginal opening. Since the woman is postmenopausal but otherwise in good health, the most likely treatment for this condition will be: 6) \_\_\_\_\_

A) Laser ablation followed by chemotherapy.

B) Placement of a vaginal pessary.

C) Complete hysterectomy.

D) Kegel exercises daily.

Answer: C

Explanation: A) The description provided is of uterine prolapse, which will most often be treated by hysterectomy. Kegel exercises might help pelvic floor relaxation but would not help resolve uterine prolapse. A pessary might be used for someone who was not a good surgical risk, and laser surgery and chemotherapy are not used to treat uterine prolapse.

Diagnosis

Physiological integrity

Application

B) The description provided is of uterine prolapse, which will most often be treated by hysterectomy. Kegel exercises might help pelvic floor relaxation but would not help resolve uterine prolapse. A pessary might be used for someone who was not a good surgical risk, and laser surgery and chemotherapy are not used to treat uterine prolapse.

Diagnosis

Physiological integrity

Application

C) The description provided is of uterine prolapse, which will most often be treated by hysterectomy. Kegel exercises might help pelvic floor relaxation but would not help resolve uterine prolapse. A pessary might be used for someone who was not a good surgical risk, and laser surgery and chemotherapy are not used to treat uterine prolapse.

Diagnosis

Physiological integrity

Application

D) The description provided is of uterine prolapse, which will most often be treated by hysterectomy. Kegel exercises might help pelvic floor relaxation but would not help resolve uterine prolapse. A pessary might be used for someone who was not a good surgical risk, and laser surgery and chemotherapy are not used to treat uterine prolapse.

Diagnosis

Physiological integrity

Application

7) You are providing instructions for a man with a new prescription for Viagra (sildenafil). You should include:

7) \_\_\_\_\_

- A) Respiratory distress is a common but serious side effect of the drug.
- B) Call the physician if erection lasts more than 24 hours.
- C) It may take up to 1 hour before the effects of the drug are evident.
- D) Additional doses may be taken if the medication effects end too soon.

Answer: C

- Explanation:
- A) Dosing with Viagra should take place 1 hour before sexual activity is anticipated. The client should call the physician if the erection lasts more than 4 hours. Cardiovascular collapse including hypertension or heart failure is an uncommon side effect, and only one dose a day should be taken.  
Implementation  
Physiological integrity  
Application
  - B) Dosing with Viagra should take place 1 hour before sexual activity is anticipated. The client should call the physician if the erection lasts more than 4 hours. Cardiovascular collapse including hypertension or heart failure is an uncommon side effect, and only one dose a day should be taken.  
Implementation  
Physiological integrity  
Application
  - C) Dosing with Viagra should take place 1 hour before sexual activity is anticipated. The client should call the physician if the erection lasts more than 4 hours. Cardiovascular collapse including hypertension or heart failure is an uncommon side effect, and only one dose a day should be taken.  
Implementation  
Physiological integrity  
Application
  - D) Dosing with Viagra should take place 1 hour before sexual activity is anticipated. The client should call the physician if the erection lasts more than 4 hours. Cardiovascular collapse including hypertension or heart failure is an uncommon side effect, and only one dose a day should be taken.  
Implementation  
Physiological integrity  
Application

8) A client is considering a vasectomy. When teaching about the procedure, the nurse should include which of the following? Select all that apply.

8) \_\_\_\_\_

- A) The procedure involves ligation of the seminal vesicles.
- B) Additional birth control should be used until no sperm are present.
- C) Impotence is a common side effect after a vasectomy.
- D) The procedure should be considered permanent.
- E) The client will be unable to ejaculate for at least 1 week after the procedure.

Answer: B, D

- Explanation:
- A) A vasectomy is a form of permanent sterilization that involves ligation of the vas deferens. There will still be sperm remaining in the seminiferous tubules and it will take up to 6 ejaculations to clear the sperm from the tubules so the couple will need to use another form of birth control. Ejaculation is possible and there may be some scrotal swelling, but impotence is not a problem following vasectomy.  
Planning  
Physiological integrity  
Application

B) A vasectomy is a form of permanent sterilization that involves ligation of the vas deferens. There will still be sperm remaining in the seminiferous tubules and it will take up to 6 ejaculations to clear the sperm from the tubules so the couple will need to use another form of birth control. Ejaculation is possible and there may be some scrotal swelling, but impotence is not a problem following vasectomy.

Planning

Physiological integrity

Application

C) A vasectomy is a form of permanent sterilization that involves ligation of the vas deferens. There will still be sperm remaining in the seminiferous tubules and it will take up to 6 ejaculations to clear the sperm from the tubules so the couple will need to use another form of birth control. Ejaculation is possible and there may be some scrotal swelling, but impotence is not a problem following vasectomy.

Planning

Physiological integrity

Application

D) A vasectomy is a form of permanent sterilization that involves ligation of the vas deferens. There will still be sperm remaining in the seminiferous tubules and it will take up to 6 ejaculations to clear the sperm from the tubules so the couple will need to use another form of birth control. Ejaculation is possible and there may be some scrotal swelling, but impotence is not a problem following vasectomy.

Planning

Physiological integrity

Application

E) A vasectomy is a form of permanent sterilization that involves ligation of the vas deferens. There will still be sperm remaining in the seminiferous tubules and it will take up to 6 ejaculations to clear the sperm from the tubules so the couple will need to use another form of birth control. Ejaculation is possible and there may be some scrotal swelling, but impotence is not a problem following vasectomy.

Planning

Physiological integrity

Application



9) The nurse is caring for a woman following a rape. The nurse's responsibilities include:

9) \_\_\_\_\_

- A) Verify the presence of sperm to verify the rape took place.
- B) Offer emotional support since the woman may feel angry and humiliated.
- C) Screening the victim for the presence for alcohol and illegal drugs.
- D) Assisting the women to shower and douche to prevent infection.

Answer: B

- Explanation:
- A) An important nursing role is providing emotional support for the victim. There may not be sperm if the rapist used a condom or did not ejaculate. Showering and douching could destroy evidence. The victim's use of alcohol or drugs would not be part of every evaluation.  
Implementation  
Safe, effective care environment  
Application
  - B) An important nursing role is providing emotional support for the victim. There may not be sperm if the rapist used a condom or did not ejaculate. Showering and douching could destroy evidence. The victim's use of alcohol or drugs would not be part of every evaluation.  
Implementation  
Safe, effective care environment  
Application
  - C) An important nursing role is providing emotional support for the victim. There may not be sperm if the rapist used a condom or did not ejaculate. Showering and douching could destroy evidence. The victim's use of alcohol or drugs would not be part of every evaluation.  
Implementation  
Safe, effective care environment  
Application
  - D) An important nursing role is providing emotional support for the victim. There may not be sperm if the rapist used a condom or did not ejaculate. Showering and douching could destroy evidence. The victim's use of alcohol or drugs would not be part of every evaluation.  
Implementation  
Safe, effective care environment  
Application

10) Client teaching regarding use of a vaginal diaphragm should include:

10) \_\_\_\_\_

- A) The open end of the diaphragm should be placed just inside the vagina.
- B) Effectiveness can be increased if spermicide is applied just before insertion of the diaphragm.
- C) The diaphragm should be carefully removed immediately following ejaculation.
- D) The diaphragm should be left in place for 2 hours after intercourse.

Answer: B

Explanation: A) The use of a spermicide with a diaphragm will place spermicide next to the cervix where it can be effective if any sperm should contact the cervix. The open end of the diaphragm should cover the cervix. The diaphragm should be left in place for at least 6 hours following intercourse and not removed following ejaculation.

Planning

Health promotion and maintenance

Application

B) The use of a spermicide with a diaphragm will place spermicide next to the cervix where it can be effective if any sperm should contact the cervix. The open end of the diaphragm should cover the cervix. The diaphragm should be left in place for at least 6 hours following intercourse and not removed following ejaculation.

Planning

Health promotion and maintenance

Application

C) The use of a spermicide with a diaphragm will place spermicide next to the cervix where it can be effective if any sperm should contact the cervix. The open end of the diaphragm should cover the cervix. The diaphragm should be left in place for at least 6 hours following intercourse and not removed following ejaculation.

Planning

Health promotion and maintenance

Application

D) The use of a spermicide with a diaphragm will place spermicide next to the cervix where it can be effective if any sperm should contact the cervix. The open end of the diaphragm should cover the cervix. The diaphragm should be left in place for at least 6 hours following intercourse and not removed following ejaculation.

Planning

Health promotion and maintenance

Application

11) Teaching a client the best ways to manage fibrocystic breast disease should include:

11) \_\_\_\_\_

- A) Symptoms will resolve if dietary changes include decreasing caffeine and increasing sodium intake.
- B) There may be an increased risk of breast cancer if the disease onset occurred before the age 30.
- C) Breastfeeding should be avoided by women whose breasts contain multiple fluid filled cysts.
- D) The natural aging process helps to resolve cyst formation as hormone levels fall with the onset of menopause.

Answer: D

Explanation: A) Fibrocystic breast disease is caused by hormonal changes of estrogen and progesterone so when menopause occurs, the symptoms resolve. Limiting caffeine may help some women, but sodium restriction is not been shown to be effective. Breastfeeding is not affected by fibrocystic disease and age of onset will not increase the risk of cancer.

Implementation

Physiological integrity

Application

B) Fibrocystic breast disease is caused by hormonal changes of estrogen and progesterone so when menopause occurs, the symptoms resolve. Limiting caffeine may help some women, but sodium restriction is not been shown to be effective. Breastfeeding is not affected by fibrocystic disease and age of onset will not increase the risk of cancer.

Implementation

Physiological integrity

Application

C) Fibrocystic breast disease is caused by hormonal changes of estrogen and progesterone so when menopause occurs, the symptoms resolve. Limiting caffeine may help some women, but sodium restriction is not been shown to be effective. Breastfeeding is not affected by fibrocystic disease and age of onset will not increase the risk of cancer.

Implementation

Physiological integrity

Application

D) Fibrocystic breast disease is caused by hormonal changes of estrogen and progesterone so when menopause occurs, the symptoms resolve. Limiting caffeine may help some women, but sodium restriction is not been shown to be effective. Breastfeeding is not affected by fibrocystic disease and age of onset will not increase the risk of cancer.

Implementation

Physiological integrity

Application

12) Gonorrhea and chlamydia pose a threat to newborns because:

12) \_\_\_\_\_

- A) The treatment for these diseases may cause irreversible mental retardation.
- B) The baby may encounter the organisms in the birth canal during delivery.
- C) The organisms can cause birth defects if acquired during early pregnancy.
- D) The infection may restrict fetal growth and prevent lung development.

Answer: B

Explanation: A) Untreated gonorrhea and chlamydia may cause eye or respiratory infections if the baby acquires the infection when passing through the birth canal. These organisms do not ascend into the uterus and cause the other problems described.

Evaluation

Physiological integrity

Application

B) Untreated gonorrhea and chlamydia may cause eye or respiratory infections if the baby acquires the infection when passing through the birth canal. These organisms do not ascend into the uterus and cause the other problems described.

Evaluation

Physiological integrity

Application

C) Untreated gonorrhea and chlamydia may cause eye or respiratory infections if the baby acquires the infection when passing through the birth canal. These organisms do not ascend into the uterus and cause the other problems described.

Evaluation

Physiological integrity

Application

D) Untreated gonorrhea and chlamydia may cause eye or respiratory infections if the baby acquires the infection when passing through the birth canal. These organisms do not ascend into the uterus and cause the other problems described.

Evaluation

Physiological integrity

Application

13) A client has just been diagnosed with cervical dysplasia. The client demonstrates understanding of this condition when she states:

13) \_\_\_\_\_

- A) "My tests show changes in the cells on my cervix that may have been caused by exposure to a virus."
- B) "Treatment will most likely begin with a hysterectomy followed by chemotherapy."
- C) "Cervical dysplasia usually resolves without any invasive treatment if I quit smoking, always use condoms, and avoid douching."
- D) "I will not be able to have any more children following laser treatments for removal of the cancerous tumor."

Answer: A

Explanation: A) Cervical dysplasia has been linked to human papilloma virus exposure. The dysplastic changes are not cancer but warrant close observation. Treatment options include laser or cryotherapy. A hysterectomy would be overly aggressive and treatment will not affect fertility. Avoiding treatment might allow progression of the disease to cervical cancer.

Evaluation

Physiological integrity

Analysis

B) Cervical dysplasia has been linked to human papilloma virus exposure. The dysplastic changes are not cancer but warrant close observation. Treatment options include laser or cryotherapy. A hysterectomy would be overly aggressive and treatment will not affect fertility. Avoiding treatment might allow progression of the disease to cervical cancer.

Evaluation

Physiological integrity

Analysis

C) Cervical dysplasia has been linked to human papilloma virus exposure. The dysplastic changes are not cancer but warrant close observation. Treatment options include laser or cryotherapy. A hysterectomy would be overly aggressive and treatment will not affect fertility. Avoiding treatment might allow progression of the disease to cervical cancer.

Evaluation

Physiological integrity

Analysis

D) Cervical dysplasia has been linked to human papilloma virus exposure. The dysplastic changes are not cancer but warrant close observation. Treatment options include laser or cryotherapy. A hysterectomy would be overly aggressive and treatment will not affect fertility. Avoiding treatment might allow progression of the disease to cervical cancer.

Evaluation

Physiological integrity

Analysis

14) You are the nurse caring for a client experiencing an incomplete spontaneous abortion at 8-weeks gestation. You anticipate:

14) \_\_\_\_\_

- A) Teaching the mother that she probably has an incompetent cervix.
- B) Surgical curettage to control the bleeding.
- C) Minimal bleeding with no additional medical treatment.
- D) Antibiotic therapy following discharge.

Answer: B

Explanation: A) An incomplete abortion means that fetal tissue remains in the uterus and bleeding will continue until all fetal tissue is removed. A complete abortion will have minimal bleeding. Antibiotics are not routinely used following a spontaneous abortion, and there is no information given that describes an incompetent cervix.

Planning

Physiological integrity

Analysis

B) An incomplete abortion means that fetal tissue remains in the uterus and bleeding will continue until all fetal tissue is removed. A complete abortion will have minimal bleeding. Antibiotics are not routinely used following a spontaneous abortion, and there is no information given that describes an incompetent cervix.

Planning

Physiological integrity

Analysis

C) An incomplete abortion means that fetal tissue remains in the uterus and bleeding will continue until all fetal tissue is removed. A complete abortion will have minimal bleeding. Antibiotics are not routinely used following a spontaneous abortion, and there is no information given that describes an incompetent cervix.

Planning

Physiological integrity

Analysis

D) An incomplete abortion means that fetal tissue remains in the uterus and bleeding will continue until all fetal tissue is removed. A complete abortion will have minimal bleeding. Antibiotics are not routinely used following a spontaneous abortion, and there is no information given that describes an incompetent cervix.

Planning

Physiological integrity

Analysis

15) Following a surgical transurethral resection of the prostate (TURP) for benign prostatic hyperplasia (BPH) the client can expect: 15) \_\_\_\_\_

- A) A urethral catheter with bladder irrigation.
- B) Chemotherapy treatments that will start within 2 weeks.
- C) Infertility due to ligation of the vas deferens.
- D) Surgical dressing changes twice daily.

Answer: A

Explanation: A) Bladder irrigation is necessary to prevent clot formation that that might obstruct the urethra. Since the surgical access in through the urethra there is no incision and no dressing changes. Fertility is not affected, and chemotherapy is not indicated because of the benign diagnosis.

Planning

Physiological integrity

Application

B) Bladder irrigation is necessary to prevent clot formation that that might obstruct the urethra. Since the surgical access in through the urethra there is no incision and no dressing changes. Fertility is not affected, and chemotherapy is not indicated because of the benign diagnosis.

Planning

Physiological integrity

Application

C) Bladder irrigation is necessary to prevent clot formation that that might obstruct the urethra. Since the surgical access in through the urethra there is no incision and no dressing changes. Fertility is not affected, and chemotherapy is not indicated because of the benign diagnosis.

Planning

Physiological integrity

Application

D) Bladder irrigation is necessary to prevent clot formation that that might obstruct the urethra. Since the surgical access in through the urethra there is no incision and no dressing changes. Fertility is not affected, and chemotherapy is not indicated because of the benign diagnosis.

Planning

Physiological integrity

Application

## Answer Key

Testname: C5

- 1) A
- 2) C
- 3) A, B, D
- 4) A
- 5) D
- 6) C
- 7) C
- 8) B, D
- 9) B
- 10) B
- 11) D
- 12) B
- 13) A
- 14) B
- 15) A