

HP 460 - Nursing Health Promotion I

Exam Instructions

Thank you for enrolling into HP 460 - Nursing Health Promotion I. This is your online examination. Please follow these instructions:

- Before attempting, carefully read the question text.
- Then choose the correct answer.
- Click on **"Next"** to go to the next question.
- Use the **"Next"** and **"Previous"** buttons to navigate between questions.
- Bookmark difficult questions to return to them later.
- Click the **"Submit All"** button to submit your exam for grading.
- Use the Question List in the upper left corner to view and jump to a certain question.
- Within 24-48 hours, you will receive from us via e-mail, a copy of your graded examination.

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Full Name:

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AH Number:

1. A student nurse is researching theories on causation of a particular disease process and is reviewing several twin studies. Many of these studies conclude that there is a familial tendency toward this particular disease. These conclusions support which category of theory of human behavior?

- A) physical-biological
- B) ecological-sociocultural
- C) behavioral
- D) moral

2. A 50 year-old women is concerned about a persistent "blue" mood and lack of interest in previously enjoyed activities. The nurse may anticipate which measure to evaluate the biochemical cause of this client's condition?

- A) a referral to a psychologist
- B) evaluation of hormone levels
- C) a social work evaluation
- D) a recommendation to take a vacation

3. The nurse is working with the employees of a well-established community service agency which due to loss of a major financial grant has been forced to cut several positions. The remaining employees have expressed to the nurse that they are unable to get answers to their questions and concerns about the future of the agency. There is an atmosphere of chaos within the agency. According to General Systems Theory, this can best be described as:

- A) a closed system
- B) negentropy

- C) entropy
- D) linkage

4. The school nurse is working with a parent of a child who has displayed significant behavioral and emotional issues since starting school. The parent is concerned that because the child was adopted as a toddler, the lack of maternal bond in early childhood is the cause of his problems. Which developmental theorist would support the parent's concern?

- A) Sullivan
- B) Freud
- C) Erikson
- D) Kohlberg

5. A nursing student did not complete course assignments and this results in a failing grade. The student writes negative comments on the course evaluation and places blame for the failure on the instructor. According to Freud, which ego defense mechanism is this student employing?

- A) compensation
- B) denial
- C) displacement
- D) projection

6. The nurse who is presenting a stress management class teaches participants to respond to directions by relaxing certain muscle groups. This activity is based on:

- A) classical conditioning
- B) physiological conditioning
- C) reinforcement
- D) linkage

7. The student nurse notices after a toddler uses the potty the child requests candy from the mother. What can the student conclude about the child's potty training?

- A) the child is not yet ready to be potty trained
- B) candy has been used as positive reinforcement
- C) the child's potty experience has likely been unpleasant
- D) there is no connection between behavior and candy

8. A mother of a five year-old confides to the school nurse her concern about the child who has been asking questions of a sexual nature. The nurse recognizes the child is in which stage according to psychosexual theory of development?

- A) oral
- B) anal
- C) phallic

D) latency

9. The nurse is assessing a male client who comes to the clinic to request assistance in smoking cessation. The nurse asks the client why he has chosen to quit smoking. The client states he is doing so to please his fiancé. According to Kohlberg, this client's response is consistent with which stage of moral development?

- A) preconventional
- B) conventional
- C) postconventional
- D) formal operations

10. The nurse working in a clinic for the homeless population is asked to teach a client who was recently diagnosed with diabetes. Of the following, which basic factors should the nurse assess before attempting to teach the client about the condition and subsequent care?

- A) what the client eats and the type of food that is available
- B) where the client is sleeping
- C) how the client feels about having this diagnosis
- D) what interests or hobbies the client engages in
- E) how the client views himself as a person

11. A local hospital has offered a reduction in insurance premiums for employees who enroll in an on-site fitness program. This strategy supports the Healthy People 2010 Initiative by:

- A) addressing access to health care
- B) enhancing screening opportunities
- C) reducing health care costs
- D) encouraging health lifestyles

12. An education session offered at a local middle school for parents of pre-teen girls regarding the HPV (human papilloma virus) vaccine is an example of what type of activity on the part of the nurse?

- A) tertiary prevention
- B) secondary prevention
- C) primary prevention
- D) screening

13. Holding frequent hypertension and diabetes screening programs on Native American reservations is an important health promotion initiative for the nurse to engage in because:

- A) these conditions have a high prevalence in the Native American population
- B) these conditions are difficult to treat
- C) dietary issues may influence response to treatment in this population
- D) lack of access may prevent Native Americans from seeking treatment

14. The nurse is working with a client who expresses a desire to begin taking an herbal preparation for the treatment of depression. In order to effectively teach the client the nurse should first:

- A) Determine why the client is interested in this particular preparation and what the client knows about its use.
- B) Tell the client that herbal remedies are generally harmless and there will likely be no ill effects.
- C) Tell the client that herbal remedies are never recommended for treatment of depression.
- D) Report this desire to the client's primary care provider for further evaluation.

15. A young woman is seen in the emergency room for an upper respiratory infection. When the triage nurse asks why she did not seek care from her own physician, the woman responds the doctor's office is only open during hours when she is at work. This situation may be considered to be a:

- A) health disparity
- B) barrier to care
- C) a burden of disease
- D) a risk factor

16. Immediately following admission for a myocardial infarction, the nurse notes that a client's blood glucose is 220. Checking the record the nurse notes the client is not diabetic. Using Seyle's theory, how would the nurse respond to this finding?

- A) Explain that the glucose elevation is likely a response to the stress of the sudden illness.
- B) Request a diabetic teaching consult.
- C) Ask what foods and fluids were consumed in the past 24 hours.
- D) Teach the client and the spouse to draw up insulin.

17. A young client has just received a diagnosis of cancer. What is the nurse's primary responsibility in helping the client at this point?

- A) Protection of the client's privacy.
- B) Informing the client of follow-up needed.
- C) Assessment of the client's anxiety and feelings.
- D) Ask the client what would make the situation better.

18. The nurse notes that a client diagnosed with hypertension has experienced a significant reduction in blood pressure. The client tells the nurse that in addition to the medication, yoga classes have been added to the regimen of treatment. Yoga is considered in this case to be:

- A) Alternative therapy.
- B) Complementary therapy.
- C) A form of vigorous aerobic exercise.
- D) Unsafe for a client with hypertension.

19. A client who expresses a desire to quit smoking tells the nurse that he is considering hypnosis to extinguish the habit. What should the nurse ask the client first?

- A) "What information do you have about hypnosis?"
- B) "Will your insurance cover this treatment?"
- C) "What have you tried in the past to stop smoking?"
- D) "Why do you think hypnosis will be helpful?"

20. Following the death of her only child, a client sees the nurse at her place of employment. When questioned about her reaction to the loss, the client denies any physical or emotional difficulty; and repeatedly states that she always has handled stress well. The nurse notices that the client is having difficulty concentrating. When asked about her support system, the client states she has become somewhat of a loner. Which phase of the crisis response can the nurse conclude that this client is experiencing?

- A) shock
- B) defensive retreat
- C) acknowledgement of reality
- D) resolution

21. A group of college Freshman is discussing marriage and parenthood. When sharing that many of their parents married and started families right out of high school, but do not consider this acceptable for their children, the students are discussing the concept of:

- A) chronological age
- B) historical time
- C) social time
- D) age-irrelevant societies

22. By measuring height, weight, and head circumference during a well child visit, the nurse is measuring which type of growth?

- A) development
- B) psychological
- C) replacement
- D) incremental

23. A woman enrolled in a childbirth preparation class asks the nurse if it is safe to take over-the-counter medications during the last trimester of pregnancy. The nurse should base the response to this inquiry on the fact that:

- A) A critical period of brain development occurs in the third trimester.
- B) Neurologic development is completed by the end of the first trimester.
- C) It is never safe to take medications while pregnant, regardless of stage of the pregnancy.
- D) All over-the-counter medications are teratogenic.

24. A parent is concerned that a three-year-old is not yet toilet trained. The nurse can explain toilet training in this age group by applying the Principle of Readiness. In using this principle the nurse would explain to the parent that:

- A) Development occurs from the simplest task to the more complex.
- B) Development begins with the head and progresses downward.
- C) Development is not synchronous and children are not "small adults".
- D) This task depends on the nervous system maturity as well as the child's musculoskeletal maturity.

25. What type of growth is being assessed when the nurse measures a child's height and weight?

- A) incremental
- B) replacement
- C) hypertrophy
- D) hyperplasia

26. When asked by a new mother why her baby's head is so large in proportion to the rest of the infant's body, the nurse would explain which principle of human growth to the mother?

- A) Bilateral
- B) Proximodistal
- C) Hyperplasia
- D) Cephalocaudal

27. A teen-ager asks the nurse why humans don't grow at a constant rate throughout the lifespan. Which principle of human growth will the nurse utilize to formulate a response?

- A) Discontinuity of Growth Rate
- B) Proximodistal
- C) Hyperplasia
- D) Cephalocaudal

28. The nurse is discussing normal growth and development with a group of parents of middle school children. One mother is concerned because her child seems to be developing sexually much faster than she did. The nurse can explain some believe that this phenomenon is related to:

- A) Nature
- B) Nurture
- C) Asynchronous growth.
- D) Incremental growth.

29. The nurse is teaching a group of child care workers who are concerned with separation anxiety in children they care for. When explaining this phenomenon, which principle should the nurse relate to the group?

- A) Physical competency

- B) Cognitive competency
- C) Emotional competency
- D) Social competency

30. When teaching a parent group about growth and development, which of the following factors should the nurse include as contributory toward the development of the child's personality characteristics?

- A) Genetic makeup
- B) Environmental factors
- C) Intellectual stimulation
- D) All of the above

31. The nurse in a large manufacturing plant is case managing an employee who has developed asthma that is believed to be related to inhaled workplace irritants. The employee, who has worked in the plant for many years, asks why his problem has only recently developed. The nurse's response should be based on the fact that:

- A) There is no explanation for why illness related to toxic exposure does not occur immediately.
- B) The condition may have been present for sometime but the individual has been asymptomatic.
- C) The development of the illness may be the result of duration of exposure
- D) The client likely did not report the condition when symptoms first occurred.

32. The nurse is participating in a community-wide disaster plan. The nurse has been assigned to coordinate the recovery phase of the disaster. Which of the following will be a goal of this phase?

- A) Establishment of communication
- B) Triage of victims
- C) Secondary assessment
- D) Stress management

33. The nurse in a pediatric office noted that several children from the same household have been treated for repeated otitis media and upper respiratory infections over the last 3 years. During well child visits, the nurse should question the parents regarding:

- A) Proper use of over-the-counter medications.
- B) Sleeping arrangements in the household
- C) Smoking habits of care providers and relatives.
- D) Allergy history of the parents

34. Parents of a high school student are concerned because their child spends a great deal of time listening to rock music at high volume, often using a headset. Which nursing diagnosis would be a priority for this child?

- A) Impaired communication
- B) Sensory impairment

- C) Knowledge deficit
- D) Risk for injury

35. After learning about environmental risks to health in a nursing class, a nursing student organizes a community letter writing campaign opposing a proposed landfill in her community. The student explains in the letter that decomposition that occurs in land fills leads to increased emissions of:

- A) Swamp gas
- B) Nitrous oxide.
- C) Greenhouse gasses.
- D) Flourocarbons.

36. A nurse in a clinic which provides services to families in an underserved area completes a developmental assessment on a toddler. The nurse notes several areas of developmental delay. What action might the nurse take to identify the cause of these delays?

- A) Call child protective services and have the child removed from the home
- B) Test the child's siblings for delays.
- C) Suggest that the child be referred to special education programs.
- D) Ask the health department to assess the child's environment to determine conditions in the home.

37. The nurse is seeing a client who is employed as an environmental services worker in a local hospital. The client is complaining of recent onset of shortness of breath and dyspnea with wheezing that seems to be better on her days off from work. What can the nurse suggest to the client to control the symptoms?

- A) Work in well ventilated areas and use a respirator mask
- B) Ask for a transfer to another department.
- C) Quit work to see if the problem resolves.
- D) Take frequent outdoor breaks.

38. The student nurse reads an article in a journal that relates rates of small-for-gestational-age infants associated with exposure to thirdhand smoke. The student understands that the term thirdhand smoke means that the infant:

- A) Was born to a mother who smokes.
- B) Was born to a former smoker.
- C) Was born to a mother who was exposed to others who smoke while she was pregnant.
- D) Will likely smoke in his or her lifetime.

39. A client asks the nurse about a news report on the subject of mercury poisoning. The client asks the nurse how to limit his risk of mercury exposure. What can the nurse suggest?

- A) Limiting intake of alcohol.
- B) Washing all fruits and vegetables before eating

- C) Limiting intake of shellfish.
- D) Eating only organic produce.

40. The nurse is visiting a client who is a second generation American, and who lives in a neighborhood populated by individuals from the same county of origin. Many of the dietary, religious, and lifestyle practices in this of the neighborhood have been brought to the United States by the parents' of the neighborhood residents. This group can be defined as a:

- A) culture
- B) manifest culture
- C) ideal culture
- D) subculture

41. The nurse is concerned that an elderly immigrant client is not eating the food that is served on her meal tray. In order to adequately assess this situation the nurse should:

- A) Help the client to select food choices from the diet menu.
- B) Request a dietitian visit the client.
- C) Notify the physician that the client has a loss of appetite.
- D) Ask the client about specific food practices or tastes and determine if those preferences can be accommodated.

42. The nurse employed in obstetrics and gynecology clinic is working with a client of Iranian descent who is having difficulty conceiving a child. Which characteristic of this culture should the nurse keep in mind when working with this client?

- A) Child-bearing is a source of self-esteem for the women.
- B) This group rejects cultural practices regarding child-birth when immigrating to the United States
- C) Child rearing is a shared responsibility of husband and wife.
- D) Birth control practices are widely accepted by this culture.

43. A client comments to the nurse she is concerned that her adult children in their late 20s seem to be in no hurry to start families of their own. In discussing this concern with the client the nurse is aware that:

- A) This is a reflection of contemporary American values.
- B) The client is old-fashioned in her thinking.
- C) The client's children are likely pursuing alternative lifestyles
- D) The client is interfering in her children's lives.

44. An African-American female college student confides in the nurse she will not be returning to school next semester due to the illness of a grandparent. What does the nurse understand as the value conflict that may exist in this situation?

- A) African Americans do not value higher education.
- B) Education for females is not a priority in American society

- C) Family and home are valued above educational and career pursuits of the individual.
- D) Classroom learning is not as important as experiential learning.

45. The community health nurse is assigned to a clinic that provides care for a large migrant worker population. What must the nurse consider when providing care to this population?

- A) This population is likely to be primarily young individuals.
- B) Continuity of care is difficult to achieve.
- C) Issues such as diet and exercise will not be an issue for this group
- D) This will be a population with good health care resources.

46. The nurse in a postpartum unit is caring for the family of a newborn with Down's syndrome. The mother, an American of European descent holds, cares for and talks to the baby. The father of Middle-Eastern descent appears to be uncomfortable around the child. The nurse attributes the father's behavior to the fact that:

- A) Men from Middle-Eastern cultures are not expected to participate in child care.
- B) Females are dominant in American culture.
- C) Children with disabilities are not valued in the father's culture.
- D) The mother is unaware of the child's diagnosis.

47. A patient of Mexican descent who is postoperative day-1 for a large bowel tumor is very eager to return to work; repeatedly asking the nurse when he will be able to return to his construction job. The nurse is aware the client's question most likely is based on the fact that he:

- A) Equates health with ability to work.
- B) Is afraid of losing his job.
- C) Has no health insurance.
- D) Likes his work.

48. A client in a cancer survivors group frequently brings foods she was served as a child and shares stories of growing up in the Southern United States and southern traditions. The nurse is aware these behaviors are a reflection of the client's:

- A) religious culture
- B) family culture
- C) regional sub-culture
- D) ethnicity

49. A woman is having a pregnancy test done in the student health clinic. The woman tells the nurse that she and her partner intend to marry and raise the baby in a family. Which stage of family development have this couple entered?

- A) Stage of leaving home
- B) Establishment stage
- C) Expectant stage

D) Parenthood stage

50. A new mother confides in the nurse that she is unhappy with her role as a stay-at-home mother and she is eager to return to work. The client states that she is afraid to tell her husband about her desire to go back to work, because he places great value on his childhood experience with a stay-at-home mother. How should the nurse respond to this client?

- A) "Do you need to work for financial reasons?"
- B) "It is best to have a parent at home during a child's early years."
- C) "Perhaps joining a group or taking a class will be an alternative to going back to work."
- D) "How do you think your husband will respond to your desire to go back to work?"

51. The school nurse is working with the parents of an adopted child who is entering school. The father feels that the child should be told that he was adopted, but the mother feels that there is no purpose in revealing this information. How should the nurse respond to this couple?

- A) "What are your concerns about telling your child about his adoption?"
- B) "There may be serious health risks that accompany your decision to withhold this information from your child."
- C) "Children are very perceptive and on some level, your child may already know that he was adopted."
- D) "Your child will be very angry if this information is discovered accidentally."

52. The nurse is assessing a family in which the father works the night shift. He cares for the children during the day while the mother works outside the home. The nurse recognizes this situation as a:

- A) Stressor on the couple's marriage.
- B) Reflection of the current culture in America
- C) Sign of deterioration of the family system.
- D) Poor situation for the children.

53. The nurse is completing an interview with a family unit. The nurse asks the family about members both inside and outside of the household in order to construct a genogram. The purpose of the genogram is to:

- A) Identify risk for genetic disorders.
- B) Display the family diagrammatically.
- C) Analyze cause for family dysfunction.
- D) Develop a list of member responsibilities.

54. The nurse is counseling a couple who have been trying to conceive for two years. The couple is considering alternate methods of having a child such as in vitro fertilization, adoption, and surrogates. During the interview, the wife does most of the talking and the nurse notes that the husband seems very uncomfortable. How should the nurse respond?

- A) Review the options that are available to the couple and see if the husband responds.
- B) Ask the husband if he really wants to be a parent.

- C) Inquire about the couple's financial situation as this may be the cause of the man's discomfort.
- D) Ask the husband how he feels about each of the presented options.

55. The nurse is assessing a three-year-old child, who is the eldest of two children. The nurse notes the child is able to read some words, count up to 20, and identify different colors. The nurse concludes that this child:

- A) Has likely received a great deal of individual attention from the parents.
- B) Is gifted.
- C) Attends play groups regularly.
- D) Will need consistent discipline and guidance.

56. The nurse on a college campus is talking with students who will be graduating at the end of the term. One student tells the nurse she is anxious about being on her own. The nurse is aware that the developmental task that this student faces is:

- A) Realignment of relationship with extended family
- B) Determination of whether or not to have children.
- C) Care of older relatives.
- D) Differentiate self from the family of origin.

57. A woman who is pregnant with her second child comes into the prenatal clinic. She tells the nurse she had her first child at the age of 15. The client states she feels a great deal of stress because she has had to stop working to care for an elderly parent. Which stage of development best describes this client's family situation?

- A) Family with adolescents
- B) Family with young children
- C) Family in later life
- D) Establishment of family

58. While interviewing a client upon admission to the agency, the nurse asks if the client has a religious affiliation. The client responds "I do not practice a religion, but I am a spiritual person". The nurse understands that:

- A) Spirituality is a form of religion.
- B) Those who practice religion do not consider themselves to be spiritual.
- C) Religion and Spirituality have no relationship.
- D) Spirituality is a quality that goes beyond religious affiliation.

59. A client tells the nurse about a journal article she read that explained that spirituality and beliefs may be programmed into a person's DNA. The nurse recognizes this as:

- A) A new area of research.
- B) An ancient belief.
- C) Not accepted by Christian faiths.

D) A common belief of Middle Eastern faiths.

60. The nurse is reviewing the medical history of a client who was brought to the emergency room following a motor vehicle accident. The record reveals the client is a Christian Scientist. What can the nurse anticipate this religious affiliation will have on the client's care?

- A) There will be no conflict of religion and medical care.
- B) The client will likely accept medical care, but not medications.
- C) The client will reject the spiritual methods of healing.
- D) The client will only be treated by a physician of the same faith

61. While working with a client at the end of life, the nurse inquires about funeral arrangements and if a clergy member should be notified. The client tells the nurse "I am agnostic". How should the nurse interpret this statement?

- A) The client is a member of a New Age religious group.
- B) The client feels that one is incapable of knowing if God exists
- C) The client believes that God does not exist.
- D) The client is a Christian.

62. During the lunch break the nurse observes a male staff member rinse himself with water and then place a small rug on the floor in the employee lounge. He proceeds to get down on the floor on top of the rug and pray. Which religion is this male staff member probably practicing?

- A) Taosim
- B) Confusianism
- C) Islam
- D) Judaism

63. A Jewish client dies from a fatal heart attack at 10 am on a Saturday morning. Based on what you know about this faith, which of the following individuals is permitted to move the body from the intensive care unit to the morgue?

- A) A Jewish physician
- B) A Roman Catholic nurse
- C) A rabbi
- D) A Jewish relative of the client

64. The nurse is caring for a 28-week premature infant who was transferred to the neonatal intensive care unit from a small hospital. Death is imminent for the child but the parents are not at the hospital. The faith of the baby's parents is Orthodox Christian. What can this nurse do to prepare the infant for death?

- A) Place a small amount of water on the forehead three times
- B) Anoint with holy oil
- C) Nothing

D) Call an Orthodox priest

65. A parish nurse is working with a member of the faith community who is attempting to lose weight and develop an exercise routine. Which of the following best describes the role of the parish nurse in this situation?

- A) Counselor
- B) Liaison
- C) Researcher
- D) Role Model

66. While conducting a health history, the client tells the nurse that he does not practice any particular religion but believes and feels connected with a greater power. Which of the following dimensions is this client describing?

- A) Ethics
- B) Spirituality
- C) Psychological identity
- D) Alpha

67. The nurse is admitting a client who states his religious affiliation as Jehovah's Witness. The nurse anticipates which of the following preferences as part of the client's plan of care?

- A) A diet of no meat products.
- B) Omitting pork products in the diet.
- C) No testing scheduled for Saturday.
- D) A vegetarian diet must be followed.

68. The nurse is assessing a woman at 15 weeks of pregnancy who has gained 20 pounds. When discussing the weight gain with the client, the nurse should base her instructions on the fact that:

- A) This is an expected weight gain at this point in the pregnancy.
- B) High weight gain during pregnancy will result in a healthy baby at birth.
- C) Calorie intake at this point should only be about 200-300 calories more than the nonpregnant intake.
- D) Higher weight gain is a more favorable situation than not gaining sufficiently.

69. A recently diagnosed pregnant client tells the nurse that she is a vegetarian and plans to continue this lifestyle during pregnancy. How can the nurse best advise this client?

- A) Inform the client that a vegetarian diet is contraindicated during pregnancy.
- B) Ensure that the diet includes 100 mcg of foliate.
- C) Avoid dairy products and eggs.
- D) Many fish and sea foods can pose problems during pregnancy.

70. The nurse is advising a couple who are planning to conceive about the importance of a diet adequate in foliate. The couple asks why this nutrient is important to include in the woman's diet even before conception. The nurse should base the response to this couple on the fact that:

- A) Good nutrition is vital throughout the life span, not just when planning to conceive.
- B) Changing diet before pregnancy will support good nutrition habits throughout life.
- C) Neural tube development begins soon after fertilization and continues into the embryonic stage.
- D) Folate supplements are not widely available.

71. A client in the third trimester of pregnancy tells the nurse that she feels bloated and has had some abdominal discomfort. The nurse assesses the client and finds diminished bowel sounds. How should the nurse interpret this finding?

- A) This is a usual change in a pregnant woman's physiological function associated with the hormonal changes of pregnancy.
- B) This is an abnormal finding and should be reported to the physician.
- C) This finding is likely a result of poor nutritional intake and requires intravenous fluids
- D) The client likely has a bowel obstruction and should be sent to the emergency department.

72. A baby is born to a 22-year-old female client who has a history of consuming 4 or more alcoholic drinks every day while pregnant. Which of the following characteristics might be evident in the baby born to this mother?

- A) Diarrhea
- B) Low birth weight
- C) Reduced lung capacity
- D) Tremors

73. A mother, pregnant with her second child, states that she hopes this baby will have blue eyes. Which of the following responses would be appropriate for the nurse to offer to the woman?

- A) Eye color falls within a reaction range.
- B) Are there many family members with blue eyes?
- C) It will depend upon the baby's environment.
- D) It depends upon the biological system within the baby.

74. A female client who recently learned she is 12 weeks pregnant is now concerned that the baby will have a birth defect because of her use of a non-prescription pain reliever for back pain for the last 6 weeks. Which of the following would be appropriate for the nurse to say to this client?

- A) Don't worry. Exposure to routine pain medication has no impact on a fetus.
- B) Don't worry. The baby wasn't formed yet so no damage has occurred.
- C) There always is a risk of damage to a fetus if a medication is taken by the mother.
- D) Your doctor will talk to you about what you can do about the baby's damage from the medication.

75. The mother of a 6-month-old infant is concerned because both she and the father of the baby are in the military and have been called for active duty. The child will be cared for by various relatives during the parent's absence. What effects of prolonged absence of the parents should the nurse consider when advising the mother?

- A) The child will likely move through the stages of development more quickly.
- B) The child will have higher self-esteem due to the absence.
- C) The child may be unable to form trusting relationships.
- D) Psychosocial maturity will occur faster than in other children.

76. A female client in the second trimester of pregnancy is very anxious about "something on her belly." She states that there is a big black line running "up and down" on her lower belly and is worried that something could be wrong with the baby. Which of the following responses would be appropriate for the nurse to say to this client?

- A) This may indicate a problem with you, not the baby.
- B) There might be something wrong with the baby, but don't worry.
- C) That dark line is a common physical change in the pregnant woman
- D) None of the above

77. The nurse is teaching a nutrition class to pregnant females. One woman tells the nurse that she has never been a 'milk drinker' and asks why she should drink milk. The nurse explains that both the pregnant woman and fetus need an adequate daily intake of milk because it supplies:

- A) Vitamins B, C, and D.
- B) Vitamins A, riboflavin, and folic acid
- C) Protein, calcium, and phosphorus.
- D) Calories and fats.

78. Characteristics of Resilient children include which of the following?

1. are more alert to their surroundings from birth
2. recover quickly from stressors
3. demonstrate good problem solving skills
4. are more flexible
5. are more independent

- A) 1,2,4,5
- B) 2,3,4
- C) 1,2,3,5
- D) 1,2,3,4,5

79. Early childhood variables that affect the developing person include all of the following except

- A) stressors
- B) parental past illnesses
- C) nutrition

D) sociocultural characteristics

