

CNA - Quiz Questions with Answers

Basic Nursing Care Provided by the Nurse Aide

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1.

Inactivity and immobility may result in all of the following **except**:

Muscle improvement

Skin breakdown

Increased risk of pneumonia

Constipation

Correct answer: Muscle improvement

Immobility and inactivity can have serious repercussions, especially for the elderly. Skin breakdown may occur when a patient spends too much time in one position. Pneumonia occurs when secretions in the lungs build up because the patient is not taking deep enough breaths. Constipation is a side effect of inactivity. Exercise increases intestinal motility. Muscles do not improve with inactivity, rather they lose strength and tone rapidly when patients are inactive.

2.

Which of the following should you report immediately after giving an enema?

Retention of the enema

A large formed stool

Large amount of flatus

Expulsion of watery brown fluid

Correct answer: Retention of the enema

Should the patient retain the contents of the enema, this may indicate an obstruction. Retention will likely cause abdominal distention and pain and should be reported immediately.

Large formed stools, flatus and expulsion of watery brown fluid are all common findings after administering an enema.

3.

Where can one find synovial fluid?

Hip

Ear

Tibia/fibula

Brain

Correct answer: Hip

Synovial fluid is secreted by the synovial membrane, found in our joints. Synovial fluid lubricates joints so that they move smoothly. The hip joint is a good example of where one can find synovial fluid.

The inner ear contains fluid that carries sound waves from the middle ear to the acoustic nerve. Bone marrow is a substance that can be found inside the hollow centers of tibia and fibula bones. Cerebrospinal fluid is found in the brain and spinal cord.

4.

A sudden loss of brain function is:

A stroke

Hemiplegia

Parkinson's disease

Multiple sclerosis

Correct answer: A stroke

Stroke occurs when a blood vessel in the brain bursts or when a blood clot blocks a blood vessel in the brain and blood flow stops. Brain cells in the affected area do not get enough oxygen/nutrients and damage occurs. Functions controlled by that part of the brain are lost. Stroke is the leading cause of death in the United States.

Hemiplegia is paralysis of one side of the body and can result from stroke. Parkinson's Disease is a progressive disorder affecting movement. Multiple sclerosis is a central nervous system disease; the myelin (covers the nerve fibers) in the brain and spinal cord become damaged and nerve impulses are not sent to and from the brain in a normal way.

5.

Hemiplegia is paralysis affecting:

One side of the body

Both legs

The entire body from the neck down

The entire body from the waist down

Correct answer: One side of the body

Hemiplegia is, in its most severe form, complete paralysis of half of the body (one side). Hemiplegia can be caused by different medical conditions, including congenital causes, trauma, tumors, or stroke.

Paraplegia is paralysis in the legs and lower trunk. Quadriplegia is paralysis in the arms, legs, and trunk.

6.

You are recording your client's oral intake. To convert 6 ounces of milk to milliliters, you should:

Multiply 6 x 30 mL

Multiply 6 x 15 mL

Multiply 6 x 45 mL

Multiply 6 x 5 mL

Correct answer: Multiply 6 x 30 mL

There are 30 mL in one ounce; therefore, you should multiply 6 x 30 mL = 180 mL

7.

The central nervous system consists of the _____ and the _____.

Brain; spinal cord

Cranial nerves; spinal nerves

Cerebellum; nerves

Spinal cord; cranial nerves

Correct answer: Brain; spinal cord

The brain and spinal cord make up the central nervous system. The brain is covered by the skull.

The three main parts of the brain are the cerebellum, cerebrum, and the brain stem. Cranial nerves and spinal nerves make up the peripheral nervous system.

8.

When applying a condom catheter, it is important to do which of the following?

Leave a space between the drainage tube on the catheter and the penis

Secure the catheter in place using adhesive tape wrapped circumferentially around the penis

Retract the foreskin of the uncircumcised male patient and leave it retracted while the catheter is in place

Cleanse the penis with alcohol prior to applying the catheter

Correct answer: Leave a space between the drainage tube on the catheter and the penis

Gently cleanse the penis with soap and water. Rinse and dry thoroughly. If the penis is uncircumcised, retract the foreskin, cleanse the glans, and replace the foreskin. Hold the penis in the non-dominant hand. With the dominant hand, place the condom at the end of the penis and slowly unroll it up and along the shaft. Leave a 1-inch space between the penis and the end of the catheter. Secure the condom catheter in place on the penis with elastic tape packaged with the catheter. Never apply adhesive tape or other tape around the penis as this could cut off circulation.

9.

You are caring for a demented patient who continuously attempts to bite and hit you. What should you do?

Leave the patient, ensuring that they are safe, and report the behavior to the nurse

Ask the patient to stop the behavior

Threaten the patient with punishment (i.e., locking them in their room)

Hit the patient back every time they attempt to hit you

Correct answer: Leave the patient, ensuring that they are safe, and report the behavior to the nurse.

Sometimes it is best to walk away, particularly from an agitated patient who is attempting to hurt you (even if they are unaware of what they are doing). Report the behavior to the nurse in charge. However, you should not leave the client in an unsafe situation.

Asking the patient to stop the behavior will not help because likely the patient is not aware of what s/he is doing. Never threaten or hit a patient.

10.

Which radial pulse would you want to recheck on an adult patient?

60 beats per minute and irregular

100 beats per minute and regular

85 beats per minute and regular

52 beats per minute and regular

Correct answer: 60 beats per minute and irregular

When a radial pulse is irregular, you should repeat it, counting for a full minute. A newly irregular pulse should be reported to the nurse assigned to care for the patient. Some patients always have an irregular pulse, and this irregularity is no cause for concern, providing the rate is within normal limits. A normal range for an adult pulse is between 60 and 100 beats per minute. A slightly lower resting heart rate is not necessarily cause for alarm (as long as it is regular), but will still need to be reported to the nurse.

11.

Which of the following contains receptors for vision?

Retina

Sclera

Pupil

Cornea

Correct answer: Retina

The retina lines the inside of the eye and contains receptors for vision. The retina creates impulses that travel through the optic nerve to the brain. The retina is crucial to healthy vision.

The sclera, the white of the eye, is the outer layer. It is made of tough connective tissue. The opening in the middle of the iris is the pupil. Pupil size varies with the amount of light entering the eye. The cornea is the transparent part of the outer layer that lies over the eye. Light enters the eye through the cornea.

12.

Before assisting a patient to sit in a wheelchair, you should do which of the following?

Lock (brake) the wheelchair wheels

Check to see that the patient is wearing slippers or shoes with a smooth sole

Make sure the patient is not wearing a robe that could get tangled in the wheels of the chair

Ask the patient to go to the bathroom to empty his bladder

Correct answer: Lock (brake) the wheelchair wheels

The brakes on the wheelchair should be locked so that the chair does not move when the patient sits.

You should help the person put on footwear with non-skid soles to prevent slipping and a robe to ensure adequate coverage during the transfer. Asking the patient to go to the bathroom is not necessary.

13.

Your patient is to be weighed daily. What is the **best** time to weigh the patient?

First thing in the morning before breakfast

Right before the patient goes to bed

After breakfast

It does not matter when, just as long as it is at the same time everyday.

Correct answer: First thing in the morning before breakfast

Patients should be weighed first thing in the morning, before they have eaten breakfast and before they have gotten dressed. They may wear only a patient gown or pajamas and should void before being weighed.

*Although you do want to make sure to weigh the person at the same time each day, in the morning before breakfast is the **best** time for the most accurate measurement because food and fluids add weight. Weighing a patient after breakfast or right before bed will not give the most accurate measurement.*

14.

Patient A insists that you leave the bathroom light on because her roommate, Patient B, is very afraid of the dark. You know that Patient B prefers the room to be dark at night. This is an example of:

Projection

Repression

Denial

Conversion

Correct answer: Projection

Projection is assigning one's feelings to someone (or something) else. In this case, Patient A is afraid of the dark but is assigning her fear upon her roommate, Patient B.

Repression means to hold down or keep back. The person keeps unpleasant or painful thoughts or experiences from the conscious mind. Denial means refusing to accept or believe something that is true. Conversion means to change. An emotion is shown as or changed into a physical symptom.

15.

When administering a cleansing enema, in what position should the patient start out?

Left side-lying position

Prone position

Right side-lying position

Semi-fowler position

Correct answer: Left side-lying position

Cleansing enemas clean the bowel of feces and flatus. They relieve constipation and fecal impaction. They typically take effect in 10 to 20 minutes. Place the patient in the left side-lying position for the procedure.

The left side-lying position is the best position for the patient because it helps to retain the enema. Any other position will not facilitate optimal results of enema administration.

16.

Which of the following measures can help to promote sleep in the elderly patient?

All of these

Providing a back rub/light massage before bed

Maintaining the patient's routine whenever possible

Managing pain effectively

Correct answer: All of these

Ensuring an empty bladder, addressing pain, giving a light back rub for relaxation, and avoiding changing the patient's routine unnecessarily are all measures that can promote sleep in elderly patients.

17.

Before performing any procedure on a patient, you should do all of the following **except**:

Measure vital signs every 15 minutes until the patient's condition is stable

Introduce yourself

Explain what you are going to do and why

Wash your hands

Correct answer: Measure vital signs every 15 minutes until the patient's condition is stable

Indirect care is care that is part of every procedure you perform. It includes introducing yourself, hand washing, ensuring the patient's rights to privacy and comfort, and safety and use of standard precautions.

Frequently measuring the patient's vital signs is typically done after a procedure or surgery, depending on the patient's condition.

18.

When recording output, which of the following would **not** be included?

IV fluids administered

Urine

Emesis

Blood collected in a drainage unit

Correct answer: IV fluids administered

All of these except IV fluids administered would be included. Output should include all fluids drained from all sources. IV fluids administered would be considered as intake.

19.

How should you approach an agitated, elderly male patient?

Do not rush the client or show impatience

Demand that he sit down and relax

Restrain him

Ask the nurse to sedate him

Correct answer: Do not rush the patient or show impatience

When working with agitated patients, you should speak softly and calmly. Do not rush the agitated patient. Do not overstimulate the patient. Do not make demands or force the patient to do anything. Allow the patient choices regarding their care and do your best to reign in any impatience on your end. Restraining and/or sedating the patient is unnecessary in this situation.

20.

A cesarean delivery involves:

An abdominal incision

A vaginal incision

A perineal incision

A normal delivery through the birth canal

Correct answer: An abdominal incision

A cesarean delivery is when the baby is delivered through an incision made into the abdominal wall. The doctor performs a C-section when the baby cannot be born via a normal vaginal delivery, or the mother has a vaginal infection that could be transmitted to the baby.

Incisions to the perineal area are called episiotomies. A vaginal delivery is a normal delivery through the birth canal.

21.

Which of the following is **true** concerning wandering behavior?

Restlessness, stress, and/or anxiety may cause a patient to wander

Wandering always has an obvious cause

Patients who wander are not in any danger

Patients who wander do not have impaired judgment

Correct answer: Restlessness, stress, and/or anxiety may cause a patient to wander

Wandering may have no cause, or the person may be looking for something or someone - the bathroom, the bedroom, a child, or a partner. Pain, drug side effects, stress, restlessness, too much stimulation, and anxiety are all possible causes of wandering. The person who wanders is at high risk for injury and may require special supervision so that they may wander safely.

22.

You are taking an adult client's pulse. The **most** common artery used to check a client's pulse is the:

Radial artery

Femoral artery

Brachial artery

Carotid artery

Correct answer: Radial artery

The radial artery is commonly used to check the adult patient's pulse. The radial pulse can be easily palpated without undressing the patient. To take the radial pulse, place your first 2 or 3 fingertips of one hand against the radial artery and count the number of pulses (or heartbeats) felt in 30 seconds, then multiply by 2. The radial artery is found on the thumb side of the wrist.

23.

You are about to take a patient's oral temperature when you discover that the patient has just consumed a glass of water. What should you do?

Wait 15 minutes, and then check the patient's temperature

Wait one hour, and then check the patient's temperature

Take the patient's temperature rectally

Inform the nurse assigned to the patient that you could not take the patient's temperature and explain why

Correct answer: Wait 15 minutes, and then check the patient's temperature

You should wait 15 minutes, and then check the patient's temperature. It is not necessary to wait an hour to take the patient's temperature. It is not necessary to obtain a rectal temperature.

24.

To assess a person's level of orientation, you should ask them:

Their name, the time/time of day, where they are "right now"

Their name, where they are "right now"

Their name, the time/time of day

Their name

Correct answer: Their name, the time/time of day, where they are "right now"

A person is said to be oriented to person, place and time ("oriented x 3") if they can answer all three questions correctly. Assessing orientation provides information regarding alertness and level of cognitive functioning. An abrupt change in level of orientation or alertness is a signal that something is wrong and should be reported immediately to your supervisor.

25.

Of the following physical conditions, which is **best** treated by placing the patient in Fowler's position?

Respiratory distress

Vaginal bleeding

Stroke

Shock

Correct answer: Respiratory distress

Fowler's position is a semi-sitting position. The head of the bed is raised between 45 and 60 degrees. The knees may be slightly elevated or resting flat on the bed. This position facilitates the relaxation of the abdominal muscles, allowing for improved breathing.

26.

How many lobes does the right lung have?

3

2

4

1

Correct answer: 3

The right lung has three lobes, while the left has only two. This is because the heart takes up some of the room on the left side of the chest.

27.

Choose the list of foods that would be included when measuring fluid intake:

Jello, soup, water

Soup, ice cream, ham sandwich

Ice cream, tea, mashed potatoes

Scrambled eggs, juice, coffee

Correct answer: Jello, soup, water

Ice cream, tea, coffee, jello, soup, juice, and water would all be recorded as fluid intake.

Scrambled eggs, mashed potatoes, and a ham sandwich are not considered fluids, and therefore would not be included.

28.

Your client is very fearful of new people and new situations. Which of the following is an appropriate strategy when dealing with a fearful client?

Explain all interventions clearly and tell the patient what to expect

Chide them regarding their fears

Try to joke with them regarding their fears

Sneak up behind them and yell loudly

Correct answer: Explain all interventions clearly and tell the patient what to expect

When patients are fearful of new situations, you should carefully explain any interventions. Mental preparations are important. You should always respect the patient's fears and concerns. Show warmth, sensitivity, and caring. Do not "surprise" them - give them advance warning of any interventions that are scheduled. Allow them to be a part of the decision-making process. Speak softly, do not startle them if possible and never chide them regarding their fears.

29.

The **best** time to obtain an individual's weight is:

First thing in the morning; before breakfast

At bedtime

In the middle of the day; before lunch

Only after exercise

Correct answer: First thing in the morning, before breakfast

The best time to obtain a weight is first thing in the morning, before any food or fluids have been eaten. Weigh patients at the same time each day. Be sure to have them remove their shoes and clothing - they may wear a gown for weighing.

30.

Which of the following is **true** regarding washing a patient's face and eyes?

Wipe the eyes from the inner canthus to the outer canthus

Wipe the eyes from the outer canthus to the inner canthus

Use soap, warm water and a washcloth

Use your index finger to remove dried secretions from the inner canthus

Correct answer: Wipe the eyes from the inner canthus to the outer canthus

To avoid irritation, use warm water only (no soap) when washing the face and cleaning around the eyes. Wipe the eyes from the inner canthus to the outer canthus, changing to a clean part of the washcloth between eyes. Never use your fingers to remove secretions from the eye.

31.

Sources of stress may include:

Conflict, pressure and change

Age

Pressure

Change

Correct answer: Conflict, pressure and change

There are many sources of stress, including daily irritations, lack of control over various situations, change (whether positive or negative), conflict with friends, coworkers or family and pressure (feeling pushed beyond one's abilities or limits). Age itself is not a source of stress.

32.

To prevent a catheter from being pulled when a **female** patient moves, the catheter tubing should be secured to the patient's:

Upper thigh

Abdomen

Bedrail

Ankle

Correct answer: Upper thigh

Catheter tubing should be secured to the female patient's upper thigh to prevent pulling, discomfort and irritation of the catheter and possible damage to the patient's anatomy. A common site to secure catheter tubing for the male patient is the abdomen for long-term catheter care. Never secure a catheter or catheter tubing to the bedrail or the patient's ankle because it can easily become dislodged.

33.

Which body part is longer in men than in women?

Urethra

Sternum

Nose

Index finger

Correct answer: Urethra

The urethra is longer in men than in women.

The urethra carries urine from the bladder to the outside of the body. It is longer in men due to anatomical differences between men and women. The longer urethra in men serves as a protective factor for bladder infections - bacteria has to travel much farther in men to reach the bladder.

Gender has no bearing on the length or size of the sternum, nose, or index finger. They differ for each individual person.

34.

The _____ is an example of a flat bone, which helps to _____ the organs.

Skull; protect

Tibia; shape

Vertebrae; strengthen

Phalanges; move

Correct answer: Skull; protect

The skull is an example of a flat bone, which helps to protect the body's organs.

The various flat bones protect the underlying organs. For example, the brain lies just underneath the skull, which provides the brain with the protection it needs.

The other types of bones are long, short and irregular. Long bones (tibia) help to bear the body's weight. Short bones (phalanges) allow skill and ease in movement and irregular bones (vertebrae) allow various degrees of movement and flexibility.

35.

Baby formula should never be:

Heated in the microwave

Discarded after a feeding

Warmed in a bottle placed in a bowl of warm water

Tested for warmth by sprinkling a few drops on the wrist

Correct answer: Heated in the microwave

Baby formula should never be heated in the microwave as uneven heating may occur and could produce scalding temperatures in parts of the formula. You should warm formula to room temperature by placing a bottle in a bowl of warm water. Test the temperature of the formula by sprinkling a few drops on your wrist. Do not set the formula out to warm up to room temperature - formula that is left out may become contaminated with microorganisms. Discard remaining formula after a feeding. Do not save or reheat it for another feeding.

36.

Where should you secure a urinary catheter drainage bag?

To the frame of the bed

To the bedside table

To the floor under the patient's bed

To the side rail of the bed

Correct answer: To the frame of the bed

Secure the catheter drainage bag to the frame of the bed, below the level of the bladder. If you secure the drainage bag to a movable object (bedside table, side rail), the catheter may inadvertently be pulled out. Never place the drainage bag on the floor as the floor is very unsanitary.

37.

You are assisting a client to dress. The client has had a stroke and has residual left-sided weakness. How should you dress this client?

Dress the weaker side first

Dress the stronger side first

Dress either the weak or the strong side first

Dress in the same way they are removed

Correct answer: Dress the weaker side first

You should dress the weaker side first. When assisting to undress, undress the stronger side first to prevent the affected limb from becoming twisted or tangled.

38.

You take Mrs. M's vital signs and find that they are abnormal. What should you do?

Inform the nurse immediately

Ignore it - the machine is probably "off"

If the client seems well, you don't need to worry

Repeat the vital signs in one hour; if they are still abnormal, you should inform the nurse

Correct answer: Inform the nurse immediately

If a patient's vital signs are abnormal, report it to the nurse immediately. If you wait and recheck, the patient may deteriorate and an opportunity to remedy the situation may be lost. Never ignore abnormal vital signs.

39.

A person with memory problems, poor judgment, and problems in performing everyday tasks (handling money, paying bills, maintaining a budget) is probably in what stage of dementia?

Stage 1 (early or mild dementia)

Stage 2 (moderate dementia)

Stage 3 (severe or late stage dementia)

This person probably does not have dementia

Correct answer: Stage 1 (early or mild dementia)

This is the first of three stages of dementia, with each stage getting progressively severe in terms of symptoms.

- 1. Early or mild dementia (Stage 1) is characterized by mild memory loss, poor judgment, and only occasional difficulties performing routine tasks.*
 - 2. Moderate dementia (Stage 2) is characterized by problems recognizing family and friends, increased memory loss, confusion, and impulsive behaviors.*
 - 3. Severe dementia (Stage 3) occurs when a person can no longer care for oneself, communicate adequately and likely experiences weight loss/skin infections and seizure activity.*
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40.

Elastic stockings are often used to treat which condition?

Edema of the lower legs

Bruising of the lower extremities

Eczema

Spider veins

Correct answer: Edema of the lower legs

Elastic stockings (TED hose) are used to treat edema of the lower legs. The stockings exert pressure on the veins, promoting venous blood return to the heart. The stockings also help prevent blood clots in leg veins. They are worn in the daytime and removed when the patient is lying down at night.

Bruising, eczema and spider veins all require different interventions.

41.

Your patient's pulse is irregular at 42 beats per minute. What should you do?

Take the patient's pulse again, counting for a full minute

Assess the patient's level of consciousness

Correlate the patient's heart rate with his blood pressure

Inform the patient's physician

Correct answer: Take the patient's pulse again, counting for a full minute

You should check the patient's pulse again, counting for a full minute. If the heart rate is still below 60 beats per minute, report it to the patient's nurse immediately. It is the nurse's responsibility to assess and to inform the physician. It is not necessary to correlate the heart rate with the blood pressure.

42.

Which substance in the blood gives it its characteristic red color?

Hemoglobin

Platelets

White blood cells

Plasma

Correct answer: Hemoglobin

Hemoglobin is a substance in RBCs that carries oxygen and gives blood its red color. It is bright red when it is saturated with oxygen; it takes on a darker hue when it is depleted of oxygen. Platelets are a type of blood cell that are needed for clotting; they are formed by the bone marrow. White blood cells protect the body against infection and have no color. Plasma is mostly water and carries blood to other body cells.

43.

You have just admitted a new patient. Before leaving the room, you should ensure which of the following?

That the patient understands how to use the call light

That the bed is in the highest position

That the bedside table is positioned at the foot of the bed

That the patient's TV is working

Correct answer: That the patient understands how to use the call light

It is very important to make sure that the patient knows how to use the call light. The bedside table should be within easy reach of the patient and the patient's bed should be in the lowest position to prevent falls. It is not the responsibility of the CNA to ensure a working TV.

44.

Besides a high reading on a thermometer, what symptoms/signs might tell you that a client has a fever?

Flushed face

Chills

Rapid pulse

Client complains of feeling hot

Correct answer: Flushed face

When an individual has a fever, the body will respond by dilating blood vessels to bring blood to the skin's surface where the heat can evaporate. The skin on your patient's face may appear flushed and be hot to the touch. If their temperature is rising rapidly, they may feel chilled. If their temperature has already risen, the client may complain of feeling hot. The heart rate and respiration rate may be increased.

45.

An adult patient's heart rate should fall in what range?

60 to 100 beats per minute

70 to 110 beats per minute

50 to 80 beats per minute

45 to 95 beats per minute

Correct answer: 60 to 100 beats per minute

Normal heart rate for an adult patient should be between 60 and 100 beats per minute. Below 60 beats per minute is termed bradycardia; above 100 beats per minute is termed tachycardia.

46.

Stressors experienced by older adults may include:

A decline in physical abilities due to the aging process

Adequate financial reserves

The support of friends and family

Excellent health

Correct answer: A decline in physical abilities due to the aging process

Common stressors experienced by older adults may include poor/declining health, financial worries following retirement, loneliness, isolation, loss of spouse or friends, and increased dependency on others.

47.

You are obtaining a patient's blood pressure. How should the forearm be positioned to obtain the most accurate blood pressure reading?

Forearm supported in a palm-up position at the level of the heart

Forearm supported in a palm-down position at the level of the heart

Forearm unsupported in a palm-up position at a level below the heart

Forearm unsupported in a palm-down position at a level below the heart

Correct answer: Forearm supported in a palm-up position at the level of the heart

The patient should sit or lie comfortably and the arm should be fully supported at heart level with the palm facing up. If the arm's position varies or is not level with the heart, measurement values obtained will not be consistent with the patient's true blood pressure. When seated, the patient should have his back and arm supported. Legs should not be crossed.

48.

When taking a tympanic membrane temperature on an adult, the patient's pinna should be pulled gently in what direction?

Upward and backward

Downward and inward

Downward and outward

Upward and inward

Correct answer: Upward and back

Lifting the pinna gently upward and back straightens the ear canal so that the thermometer can fit snugly into the ear canal opening. If cerumen is present inside the outer ear canal, you should not attempt to remove it.

49.

The first stool of an infant is usually _____ in color.

Black

Yellow

Brown

Light green

Correct answer: Black

In the first 1 or 2 days after birth, newborns have meconium stools. Meconium is a dark green to black, tarry bowel movement. Meconium stools are made up of the contents ingested while the infant was in utero. Stools gradually lighten in color by day 3 or 4 to a greenish brown to yellowish brown color. By day 4 or 5, bottle-fed infants will have yellow to brown stools and breast-fed infants have yellow and seedy-looking stools.

50.

A patient who is almost legally blind blames her inability to see on the poor lighting in the facility. This is an example of:

Rationalization

Denial

Projection

Repression

Correct answer: Rationalization

The client is ignoring the real reason for her inability to see while making excuses. This is a defense mechanism known as rationalization.

Denial, projection and repression are all also types of defense mechanisms. Denial is to refuse to accept or believe something that is true. Projection means to blame someone or something else for unacceptable behaviors. Repression means to hold down or keep back unpleasant or painful thoughts or experiences from the conscious mind.

51.

To burp an infant you should:

Pat or rub the back with circular motions

Slap the back forcefully

Push on the abdomen

There is no need to burp an infant

Correct answer: Pat or rub the back with circular motions

*Babies require burping about halfway through a feed and at the end of a feed. To burp a baby, hold the baby up against your shoulder and **pat its back gently, or rub the back in a circular motion**. Alternately, you may sit the infant on your lap and pat or rub the back gently (be sure to support the head and neck for the first 3 months after birth). Never slap a baby's back forcefully or push on the abdomen as it could cause harm to the baby.*

52.

You are taking vital signs on an adult patient. All of the following should be reported immediately to the nurse **except**:

Blood pressure of 109/62

Heart rate of 135 beats per minute

Respiratory rate of 32 breaths per minute

Temperature of 39 degrees Celsius (102 degrees Fahrenheit)

Correct answer: Blood pressure of 109/62

A blood pressure of 109/62 is considered within normal limits and does not need to be immediately reported to the nurse. Normal range for an adult BP is 90-120/60-80.

Heart rate of 135, respiratory rate of 32 and temperature of 39 C are all abnormal values and should be reported immediately to the nurse assigned to the patient. You may be asked to perform repeat vital signs after a specified period of time or following an intervention performed by you or the nurse.

53.

Clean dentures should be stored in a denture cup with which of the following?

Cool or tepid water

Hot water

Mouthwash

Alcohol

Correct answer: Cool or tepid water

If not being worn, dentures should be stored after cleaning in cool or tepid water. Hot water causes dentures to lose their shape (warp). Mouthwash and alcohol could permanently damage the dentures if stored for long periods of time, and if wrapped in napkins or tissues, they can dry out and warp or be easily discarded.

54.

Where is the most appropriate place to store a bedpan?

In the patient's bedside stand (bottom drawer)

In the patient's bedside stand (top drawer)

On the floor under the patient's bed

In the closet in the patient's room

Correct answer: In the patient's bedside stand (bottom drawer)

Do not store bedpans on the floor as the bedpan may become contaminated; likewise, do not store the bedpan in the top drawer of the bedside stand or the closet as the bedpan may contaminate these areas.

55.

Mr. C is pacing and appears restless. He sits down only to get up a few seconds later. He refuses all care. Mr. C is exhibiting signs of:

Agitation

Depression

Hallucinations

Aggression

Correct answer: Agitation

When agitated, a person is restless, worried and cannot settle down. Agitation may lead to aggressive behaviors such as yelling, screaming, hitting, pinching, grabbing or trying to hurt someone.

Depression is when a person experiences prolonged feelings of sadness, loss, anger, or frustration that interfere with daily life. Hallucinations are when a person sees, hears, smells, or feels things that are not real.

56.

Which of the following is not part of a clear fluid diet?

Ice cream

Ginger ale

Popsicles

Black tea

Correct answer: Ice cream

Ice cream is not included in a clear fluid diet. It would be included in a full fluid diet. The other choices are all included in a clear fluid diet.

57.

Your patient is in respiratory isolation. You are required to wear a mask when in the patient's room. When removing your mask, in what order should the ties be undone?

Bottom tie first, followed by the top tie

Top tie first, followed by the bottom tie

Both ties at the same time

It makes no difference which tie is undone first

Correct answer: Bottom tie first, followed by top tie

Untie the bottom tie and then the top tie to ensure that you do not touch the front of the mask, as it is contaminated. Remove and dispose of your mask in a covered receptacle provided for this purpose.

58.

You are preparing to serve lunch to residents in the dining room. A resident refuses to wear a clothing protector. What should you do?

Respect the client's wishes and leave the clothing protector off

Put on the clothing protector to save on laundry

Tell the client that it is for his benefit

Refuse to give the client lunch until he puts on the clothing protector

Correct answer: Respect the client's wishes and leave the clothing protector off

The client has the right to refuse. All the other answers do not support this basic right. Forcing the client to wear the clothing protector could be construed as a form of abuse.

59.

Which of the following is **not** a function of the skin?

Provides the framework for the body, allowing it to move

Prevents microorganisms and other substances from entering the body

Regulates body temperature

Prevents the loss of excessive amounts of water

Correct answer: Provides the framework for the body, allowing it to move

The skin is the largest system and covers our body. It has many functions, such as protecting us from invading bacteria and other organisms, helping us to regulate our body temperature and keeping water inside our bodies.

The musculoskeletal system provides the framework for the body. It lets the body move and gives the body shape.

60.

Which client should **not** have their temperature taken orally?

An 89-year-old patient who is delirious and confused

A six-year-old boy with a cold

A middle-aged woman being treated for a heart condition

An adolescent with a possible ruptured appendix

Correct answer: An 89-year-old patient who is delirious and confused

Oral temperatures should not be obtained on patients who are confused or combative, have seizure disorders, have sores in the mouth, have a nasogastric tube in place, are unconscious, are on oxygen therapy, breathes through the mouth, or had surgery or an injury to the nose, mouth, neck or face.

61.

Mrs. M has been told she has lung cancer. She tells you that she merely has a bad cold that is "hanging on." This is an example of:

Denial

Conversion

Repression

Regression

Correct answer: Denial

This is an example of denial. Denial is the refusal to accept reality that is threatening to the person. In this case, Mrs. M finds it too frightening to admit that she has a life-threatening illness and finds it safer to believe she has a simple cold. This is a defense mechanism.

Conversion means to change. An emotion is shown as or changed into a physical symptom. Repression is when a person keeps unpleasant or painful thoughts or experiences from the conscious mind. Regression means to move back or retreat; the person moves back to an earlier, less stressful time or condition.

62.

What is the proper medical abbreviation for "three times a day?"

t.i.d.

b.i.d.

q.d.

a.c.

Correct Answer: t.i.d.

The proper medical abbreviation for "three times a day" is t.i.d.

- *Three times a day: t.i.d.*
 - *Two times a day: b.i.d.*
 - *One time a day: q.d.*
 - *Before meals: a.c.*
 - *After meals: p.c.*
-

63.

When assisting a patient to transfer from the bed to a wheelchair, you should place the chair in what position?

On the patient's strong side

On the patient's weak side

At the bottom of the bed, facing the head of the bed

Where the patient directs you to as the patient will know best how s/he transfers

Correct answer: On the patient's strong side

You should place the chair on the patient's strong side. If you place the chair on the patient's weak side, s/he may be unable to bear enough weight to turn and sit down and could fall. Transfers from the weak side are awkward and unsafe. Placing the chair at the bottom of the bed would make it very difficult to get the patient to the chair. Point out to the patient that safety is important for transferring and it is safest and most effective to use the patient's strong side (even if the patient directs you otherwise).

64.

The following measures promote normal bowel movements. Which of these is outside your role limits?

Give drugs to control diarrhea

Provide oral fluids according to the care plan

Assist with activity according to the care plan

Provide privacy for bowel elimination

Correct answer: Give drugs to control diarrhea

You should never give drugs to patients as it is outside of your scope of practice. You may provide oral fluids and activity according to the patient's care plan. You may also ensure the patient has privacy for bowel elimination.

65.

When behaviors of dementia worsen in the late afternoon and evening hours, this is known as:

Sundowning

Moonlighting

Delusions

Nightshadowing

Correct answer: Sundowning

With sundowning, signs, symptoms, and behaviors of dementia increase during hours of darkness. As daylight ends and darkness starts, confusion and restlessness increase. So do anxiety, agitation, and other symptoms. Behavior is worse when the sun goes down and may continue through the night.

Delusions are false beliefs that are real to the person. Nightshadowing and moonlighting are made-up terms.

66.

When counting respirations, you should count:

Each complete respiratory cycle (one inspiration and one expiration)

Inspiratory effort only

Expiratory effort only

Every second breath

Correct answer: Each complete respiratory cycle (one inspiration and one expiration)

Count each respiratory cycle (one inspiration and one expiration). Count for 30 seconds and multiply by 2. If respirations are irregular, count for a full 60 seconds.

67.

What does "good alignment" mean?

Having the head, trunk, arms, and legs aligned with one another

The area on which an object rests

Using muscles, tendons, ligaments, and joints correctly

Lying on the back or in supine position

Correct answer: Having the head, trunk, arms, and legs aligned with one another.

The patient is in good alignment when the head, trunk, arms, and legs are aligned with one another. When viewed from the foot of the bed, the body should appear straight.

The base of support is the area on which an object rests. Using muscles, tendons, ligaments, and joints correctly minimizes the possibility of musculoskeletal disorders and is important in good body mechanics. The back-lying (supine) position is a type of patient positioning.

68.

When obtaining a patient's temperature, you should keep in mind that which of the following is generally **true**?

Rectal measurements will be higher while axillary measurements will be lower

Axillary measurements will be higher while oral measurements will be lower

Axillary measurements will be higher while rectal measurements will be lower

Oral temperatures will be higher while rectal temperatures will be lower

Correct answer: Rectal measurements will be higher while axillary measurements will be lower

Rectal temperatures are generally closest to core body temperature, followed by oral measurements. Axillary measurements are generally farthest from core body temperature. The primary goal of taking measurements at these sites is to obtain an estimate of a patient's core body temperature. It is important to note that none of the three methods listed actually directly equals a person's core body temperature. Instead, they represent measurements that can be compared to the average core temperature.

69.

A person's temperature is _____ in the morning and _____ in the afternoon and evening.

Lower; higher

Higher; lower

Variable; constant

Constant; variable

Correct answer: Lower: higher

A person's temperature is lower in the morning and higher in the afternoon and evening. Temperature has a diurnal variation. It is typically lowest in the morning and rises in the afternoon and evening.

70.

When performing a bed bath on a patient who cannot assist with his or her own care, what area of the body should be washed first?

Face

Back

Genitals

Legs

Correct answer: Face.

The patient's face is washed first. Use water only unless the patient has a preference for a specific facial wash to be used. Arms, chest, abdomen, and legs are washed next, followed by the back and buttocks. The genitals are washed last. Always ask and allow the patient to perform perineal care if able.

71.

Anxiety can be defined as:

An uneasy feeling; a sense of impending doom

A pervasive sense of sadness

An event or situation that causes stress

Rigid and socially unacceptable behavior

Correct answer: An uneasy feeling; a sense of impending doom

Anxiety is a vague, uneasy feeling in response to stress. The client is often aware that they are anxious but may have little control over their anxiety. Physical symptoms of anxiety may include tachycardia, heart palpitations, sweating, and hyperventilation.

Depression is defined as a pervasive sense of sadness. A stressor is an event or situation that causes stress. Personality disorders involve rigid and socially unacceptable behaviors.

72.

Vital signs reflect regulation of all of the following **except**:

Weight

Breathing

Heart function

Body temperature

Correct answer: Weight

Vital signs, including temperature, blood pressure, pulse, respirations, and pain, convey important information regarding the functioning of the body at a set point in time. Vital signs provide information that can be used in the care planning process. Weight is not considered a vital sign.

73.

The discharge expelled from the uterus in the first days and weeks following childbirth is called:

Lochia

Episiotomy

Postpartum hemorrhage

Mastitis

Correct answer: Lochia

After childbirth, a vaginal discharge called lochia occurs, which consists of blood and other matter left in the uterus from childbirth. The lochia changes color and decreases in amount during the postpartum period. Lochia rubra is bright red discharge that is seen during the first 3-4 days. Lochia serosa is pinkish-brown drainage and lasts until about 10-14 days after birth. Lochia alba is whitish drainage and last 14 or more days after birth. It is very common for vaginal discharge to occur up to 6 weeks after delivery.

An episiotomy is a surgical incision to the perineum during delivery to increase the size of the vaginal opening to aid in the delivery of the baby. Postpartum hemorrhage is a medical emergency and is defined as a large amount of vaginal bleeding in the postpartum period. Mastitis is an infection in the milk duct of the breast caused by clogged milk ducts.

74.

When performing nail care, which of the following is **true**?

Lotion should never be applied between toes

Nails should not be soaked before cleaning underneath them

Nails should be cut in a rounded pattern rather than straight across

Diabetic nails must be cut by a physician

Correct answer: Lotion should never be applied between toes

Lotion should not be applied between toes as this can create a moist environment for the growth of microorganisms. Fingernails should be soaked for 5 to 10 minutes prior to cleaning, feet should be soaked usually for 15 to 20 minutes. Nails should be trimmed straight across and even with the ends of fingers/toes. Care must be taken with diabetic nails. In some facilities, only RNs can perform nail care on diabetic patients. Debris under the nails should be removed using an orangewood stick or the wooden end of a cotton swab.

75.

You are to take a patient's blood pressure. What is the **best** position for the patient to be in?

Sitting comfortably with both feet on the floor

Lying down with the head elevated

Lying down with the feet elevated

Standing with feet together and arms straight down at the patient's sides

Correct answer: Sitting comfortably with both feet on the floor

To obtain an accurate blood pressure reading, the patient should be sitting comfortably with both feet on the floor. Legs should be uncrossed. The patient's arm should be level with the heart and palm should be up. The patient should be resting for five minutes before you obtain the blood pressure as blood pressure will be higher if the patient was just up walking or engaging in an activity.

It is acceptable for the patient to lie down, but depending on the positioning of the arm in relation to the heart (it must be level), the reading may not be as accurate as if it would if the patient was sitting.

76.

Your patient cannot be discharged from the hospital following surgery until he is passing gas through the anus. Passing gas or air through the rectum can be more correctly written as:

Flatus

Flatulence

Defecation

Feces

Correct answer: Flatus

Flatus is the correct term to describe the passing of intestinal gas or air through the anus. Flatulence describes the excessive formation of gas or air in the stomach and intestines. Defecation is the process of excreting feces (waste) from the rectum, otherwise known as a bowel movement.

77.

When transferring a patient using a transfer belt, which part of your body should bear most of the patient's weight?

Your legs

Your back

Your arms

Your shoulders

Correct answer: Your legs

When lifting, whether it is boxes or a patient, your legs should bear most of the load. Using primarily your back, shoulders or arms to lift could result in injury. Your legs should be slightly bent, and your back should be kept straight.

78.

A patient you are caring for has recently lost a spouse. She confides to you that she is feeling ill and expects that she will die soon. This is an example of:

Conversion

Displacement

Projection

Repression

Correct answer: Conversion

This is an example of conversion. It is a type of defense mechanism. The patient is changing her emotions towards the loss of her spouse into physical symptoms.

Displacement means to move or take the place of. A person moves behaviors or emotions from one person, place or thing to a safe person, place or thing. Projection means to blame another for unacceptable behaviors, emotions, ideas or wishes. Repression means to hold down or keep back unpleasant or painful thoughts or experiences from the conscious mind.

79.

When taking a patient's pulse, what information does **not** need to be recorded?

Patient position

Rate

Rhythm

Strength

Correct answer: Patient position

You should record pulse rate and rhythm (irregular or regular), the strength of the pulse (e.g., weak or bounding), and location (where you took the pulse). The patient should sit or lie down, but you do not need to record the position of the patient.

80.

Which blood pressure is normal for an adult?

112/78

140/90

88/54

100/58

Correct answer: 112/78

An adult blood pressure has normal ranges. The systolic pressure is recorded over the diastolic pressure. The systolic pressure should be 90 mm Hg or higher but lower than 120 mm Hg. The diastolic pressure should be 60 mm Hg or higher but lower than 80 mm Hg. A blood pressure of 140/90 or higher indicates hypertension and 90/60 or lower indicates hypotension.

81.

When taking a blood pressure measurement, the sound disappears at the 1st short line above the 70. You record the:

Diastolic pressure as 72

Systolic pressure as 72

Diastolic pressure as 71

Systolic pressure as 71

Correct answer: Diastolic pressure as 72

When taking a blood pressure, the point where you hear the first sound (pulse) is the systolic reading, and the point where the sound disappears is the diastolic reading. Long lines on the manometer mark 10 mm Hg values and short lines mark 2 mm Hg values.

82.

Signs of depression may include all of the following **except**:

Rapid pulse and respirations

Withdrawing from others

Changes in appetite (overeating or not eating)

Changes in sleep patterns

Correct answer: Rapid pulse and respirations

Signs of depression may include withdrawal, appetite changes, sleep disturbances (sleeping too much or not enough), excessive crying, flat affect, and comments indicating sadness or depression. If you notice signs of depression in a client, you should bring it to a supervisor's attention and chart your observations if appropriate.

Rapid pulse and rapid respirations are signs of anxiety.

83.

_____ muscles are **not** under _____ control.

Involuntary; conscious

Voluntary; conscious

Involuntary; unconscious

Voluntary; unconscious

Correct answer: Involuntary; conscious

*Involuntary muscles are **not** under conscious control.*

Involuntary muscles work automatically. You cannot control them.

Involuntary muscles may also be referred to as smooth muscles because they look smooth, not streaked or striped. These muscles control the action of the stomach, blood vessels, intestines and other body organs. Voluntary muscles can be consciously controlled, such as skeletal muscles of the arms and legs.

84.

Your patient uses a urinal. You are to record urine output. When should you total the patient's output?

At the end of your shift

Every time the patient voids

Every 24 hours

Every morning

After every meal

Correct answer: At the end of your shift

Intake & output (I&O) amounts are totaled at the end of your shift and are shared during the end-of-shift report. 24-hour day totals are then recorded in person's chart. I&O is an important factor in determining fluid status and overall kidney function.

85.

Your patient is very aggressive and speaks rudely to you. How should you respond to this behavior?

Speak calmly and respectfully to the patient, and report unacceptable behavior to the RN

Ignore the patient when he uses his call light

Report the patient's behavior to the patient's physician

Refuse to work with the patient

Correct answer: Speak calmly and respectfully to the patient, and report unacceptable behavior to the RN

Although it may be tempting to respond in kind, it is important to remain professional, even when patients are rude, and to always remember to treat them with dignity and respect. Report aggressive behavior to the patient's nurse. It is unprofessional to refuse to answer the call light when the patient uses it. When a patient is rude, speaking calmly and respectfully in return may diffuse the behavior.

86.

When assisting a patient with eating, one of the first things you should do is:

Wash your hands and the patient's hands

Cut the food into bite-size pieces

Butter the patient's bread

Provide the patient with privacy

Correct answer: Wash your hands and the patient's hands

You should wash your hands and your patient's hands. Always remember to consider infection control first. Next, follow your patient's care plan to best promote safety and comfort during meals.

87.

You have been asked to obtain a rectal temperature of your patient. Which of the following statements is **true**?

A rectal temperature is taken when the patient is unconscious.

A rectal temperature is a less accurate indicator of core temperature than an axillary temperature.

There is no need to lubricate the thermometer prior to inserting it into the rectum.

You should insert the rectal thermometer as far as it will go into the patient's rectum.

Correct answer: A rectal temperature is taken when the patient is unconscious

The rectal site is commonly used for infants and children under 3 years old, or when the oral site cannot be used. The unconscious patient would be an appropriate candidate for a rectal temperature.

Rectal temperatures are often considered to be the most accurate representation of core temperature. The thermometer should be lubricated prior to insertion, and only the tip of the thermometer is inserted (1/2 inch into the rectum). A rectal temperature will be higher than an axillary temperature. It is important to consider patient privacy when obtaining a rectal temperature.

88.

When providing catheter care to a circumcised male patient, which of the following should be cleansed **first**?

Meatus

Shaft of the penis

Scrotum

Testicles

Correct answer: Meatus

Cleanse from clean to dirty. For a circumcised male patient, cleanse around the meatus and glans, working your way down the shaft of the penis to the scrotum. Remember to change sides of the washcloth to clean each area.

89.

A new mother has bright red vaginal discharge in the first few days following childbirth. This:

Is lochia rubra

Is lochia serosa

Is lochia alba

Signals a postpartum complication

Correct answer: Is lochia rubra

After childbirth, a vaginal discharge called lochia occurs, which consists of blood and other matter left in the uterus from childbirth. The lochia changes color and decreases in amount during the postpartum period. Lochia rubra is bright red discharge that is seen during the first 3-4 days. Lochia serosa is pinkish-brown drainage and lasts until about 10-14 days after birth. Lochia alba is whitish drainage and last 14 or more days after birth. It is very common for vaginal discharge to occur up to 6 weeks after delivery.

Bright red bleeding that is heavy or lasts for several days would signal a postpartum complication. Other symptoms could include dizziness, tachycardia, and fever.

90.

Body temperature may be measured by all of the following routes **except**:

Femoral

Rectally

Temporal

Axillary

Correct answer: Femoral

Body temperature may be measured by all of the following routes except femoral. Only pulses can be obtained via the femoral artery.

In the hospital setting, temperature is generally measured orally, temporally (temporal artery located on the side of the forehead) or tympanically (in the ear). Rectal temperatures may be ordered in certain situations for patients (i.e., infants, comatose individuals, individuals who are suffering from hypothermia). A regulated health care professional must obtain a rectal temperature if one is ordered as rectal temps are considered an invasive procedure. Axillary temps (armpit) are less reliable than other sites and are only used when other sites cannot be used.

91.

Your client weighs 60 kilograms and asks you how many pounds that is. What is the client's weight in pounds?

132 pounds

120 pounds

142 pounds

122 pounds

Answer: 132 pounds

One kilogram is equal to 2.2 pounds; therefore, $60 \times 2.2 = 132$ pounds. Some patients will tell you their weight in pounds and you may need to convert to kilograms. In this case, you should reverse the formula.

92.

You are performing an admission assessment on a new patient. Which of the following would you record as abnormal?

The presence of multiple bruises in various stages of healing

Long nails

Dry skin

Grey hair

Multiple freckles on the face, hands, and upper chest

Correct answer: The presence of multiple bruises in various stages of healing

This finding should raise a suspicion of abuse. You have a duty to report abuse. Notify the nurse assigned to care for the patient. Long nails, dry skin, and grey hair are all observations to record but are not abnormal findings.

93.

Which of the following should be **immediately** reported to the nurse?

New onset chest pain associated with nausea

Flank pain in a patient diagnosed with a kidney infection

Swelling of the lower legs

Multiple loose stools in a patient with Crohn's disease

Abdominal pain in a patient recovering from a hysterectomy

Correct answer: New onset chest pain associated with nausea

Any symptom that is new and unexpected should always be reported immediately. Symptoms such as chest pain and difficulty breathing should always be reported immediately as they could indicate a heart attack or other life-threatening condition. The other options are symptoms that might be expected in association with the patient's diagnosis.

94.

Your patient has just learned that her sister died. How can you best support this patient?

Stay with the patient and encourage her to talk when she is ready

Ask the nurse to give the patient a sedative

Leave the patient alone to grieve in privacy

Assure the patient that her loved one has gone to a better place

Correct answer: Stay with the patient and encourage her to talk when she is ready

Stay with the patient and do not attempt to force the patient to talk. Listen if the patient wishes to talk about how she is feeling. Do not offer platitudes. Do not leave the patient alone for long periods of time. Do not ask the nurse to give the patient a sedative as there is no medical reason for that type of intervention.

95.

Which of the following is **true** regarding the use of gloves?

You must wash your hands before and after using gloves as gloves alone cannot prevent contamination

You need only wash your hands after removing your gloves and discarding them

You need only wash your hands before donning your gloves

Disposable gloves may be reused, providing they are not visibly soiled

Correct answer: You must wash your hands before and after using gloves as gloves alone cannot prevent contamination.

Hands should be washed both before and after glove use. Wear gloves only once, they should never be reused, regardless of whether or not they are visibly soiled. You must apply a new pair for every patient. You must practice hand hygiene throughout the day.

96.

Confusion is a:

State of mind

Place

Temporary situation

Permanent condition

Correct answer: State of mind

Confusion is a mental state of being disoriented to person, time, place, situation or identity. Disease, brain injury, infections, hearing and vision loss, and drug side effects are some causes of confusion. The confused patient may have memory loss, show poor judgment, have altered behavior, have difficulty speaking or paying attention and may show a decline in their level of consciousness. Confusion may be temporary or permanent.

97.

Your patient is to be weighed weekly on Sundays. This means that you should do which of the following?

Weigh the patient before breakfast on Sunday morning

Weigh the patient before bed on Sunday night

Weigh the patient before bed on Saturday night

Weigh the patient after lunch on Sunday

Correct answer: Weigh the patient before breakfast on Sunday morning

Patients should be weighed first thing in the morning, before drinking or eating anything (sometimes referred to as a dry weight). Food and fluids add weight. In this case, the patient should be weighed first thing on Sunday morning. The patient may only wear a gown during the weigh-in process because additional clothing adds weight and may skew the reading.

98.

Which type of blood vessel carries blood away from the heart?

Artery

Vein

Capillary

Aorta

Correct answer: Artery

There are three groups of blood vessels: arteries, capillaries, and veins. Arteries carry blood away from the heart, while veins return blood to the heart. Capillaries are tiny blood vessels which exchange food, oxygen and other substances with the cells. The aorta is the largest artery in the body.

99.

The period of heart muscle relaxation is called:

Diastole

Systole

Systolic pressure

Diastolic pressure

Correct answer: Diastole

The period of heart muscle contraction is known as systole; when the heart muscle relaxes, this is called diastole. Systolic pressure is the amount of force needed to pump blood out of the heart and into the arterial circulation. It is the higher pressure. Diastolic pressure is the pressure inside the arteries when the heart is resting.

100.

With which of the following is it permissible to share patient information?

Staff from the oncoming shift who will be assuming care of the patient

Staff from another floor

A family member of the patient who asks for an update

A person who attends church with the patient

Correct answer: Staff from the oncoming shift who will be assuming care of the patient

You may share information with staff members from the oncoming shift who will be caring for the patient. All of the other examples would constitute a breach of patient confidentiality.
