



Health Promotion & Maintenance Practice Questions

1. You are caring for an infant who is just about 12 months old. Which assessment (data is normal) for the infant at this age?

- A. The infant had doubled their birth weight at twelve months.
- B. The infant had tripled their birth weight at twelve months.
- C. The mother reports that the infant is drinking 60 mLs per kilogram of its body weight.
- D. The infant had grown $\frac{1}{4}$ inch since last month.

2. You are the nursing supervisor in a long term care facility. One of the major considerations that you apply into your practice is strict infection control prevention measures because you are knowledgeable about the fact that the normal aging process is associated with the deterioration of the body's normal defenses. Which theory of aging supports your belief that strict infection control prevention measures are necessary?

A. The Programmed Longevity Theory

✓ B. The Immunological Theory of Aging ✓

C. The Endocrine Theory

D. The Rate of Living Theory

3. You are caring for a group of elderly clients, many of whom are affected with multiple chronic disorders and are also, at times, affected with some acute disorders that require medical and nursing attention. As you are caring for these clients some will need a new medication regimen for an acute disorder. You should consider that fact that the elderly population is at risk for more side effects, adverse drug reactions, and toxicity and over dosages of medications because the elderly have a (n):

A. Increased creatinine clearance. (✗)

B. Impaired immune system.

Somatic DNA Damage Theory

Aging and death happens due to DNA damage.

Wear and Tear Theory

Cross Linking Theory

↳ cell damage

↳ diseases

Free Radicals Theory

↳ cellular damage

↳ stopping of organ functioning

B. Impaired immune system.

C. Decreased hepatic metabolism.

D. Increased bodily fat.

4. What is the expected date of delivery for your pregnant client when her last menstrual period was on 10/20/2016?

A. 7/7/2017

B. 8/7/2017

C. 6/7/2017

D. 8/1/2017

[20 / 10 / 2016]

Nagele's Rule

The 1st day of menstrual period -
3 months +
7 days =

estimated date of delivery

5. As you are assessing the fetus during labor you are determining and the fetal lie, presentation, attitude, station and position. Your client asks you what all these assessments are. Among other things, how should you respond to the mother?

A. You should explain that fetal lie is where the fetus' presenting part is within the birth canal during labor, among other information about the other assessments.

B. You should explain that fetal presentation is the relationship of the fetus's spine to the mother's spine, among other information about the other assessments.

C. You should explain that fetal attitude is the relationship of the fetus' presenting part to the anterior, posterior, right or left side of the mother's pelvis, among other information about the other assessments.

D. You should explain that fetal station is the level of the fetus' presenting part in relationship to the mother's ischial spines, among other information about the other assessments.

Fetal station.

1
1 cm to 5 cm. from the ischial spine

6. You are working in a community pediatric health clinic. Which developmental task should you apply into your practice?

- ✓ A. You should apply the principles of initiative when caring for preschool children.
- B. You should apply the principles of sensorimotor thought when caring for preschool children.
- C. You should apply the principles of intimacy when caring for the adolescent. ✗
- D. You should apply the principles of concrete operations when caring for the adolescent. ✗

7. You are working in a community pediatric health clinic. Which expected life transition should you apply into your practice for these pediatric clients as you are caring for pediatric clients of all ages?

- A. Pregnancy ✗
- ✓ B. Puberty ✓
- C. Childhood immunizations
- D. Separation anxiety

Erie Erickson

Infants - Trust

Toddler - Autonomy

School Age Child - Industry

Adolescent - Identity formation

Young Adult - Intimacy

Middle Aged Adult - generativity

Older Adults - Ego, Integrity