

## Chapter 01: The Evolution of Professional Nursing

### Cherry: Contemporary Nursing: Issues, Trends, and Management, 9th Edition

#### MULTIPLE CHOICE

1. What accomplishment is Clara Barton best known for?
  - a. Becoming the first black public health nurse
  - b. Establishing the Henry Street Settlement
  - c. Founding the American Red Cross
  - d. Publicizing the inadequacies of hospital-based nursing schools

ANS: C

The American Red Cross was founded by Clara Barton in 1882, to be of assistance in efforts to provide supplies to the battlefields and hospitals. Barton also sets up a postwar service to find missing soldiers.

DIF: Knowledge

2. Students are assigned to write to their state leaders about an issue affecting their community. One student writes about the need among rural community for greater access to acute care services. Which piece of legislation should the student use as a reference?
  - a. Social Security Act
  - b. Hill-Burton Act
  - c. Sheppard-Towner Act
  - d. U.S. Civil Service Act

ANS: B

The purpose of the Hill-Burton Act was to provide funding to construct hospitals and to help states in plan for other health care facilities in accordance with the needs of communities.

DIF: Knowledge

3. The practice of public health nursing and the Henry Street Settlement are credited to
  - a. Mary Breckenridge.
  - b. Mary Seacole.
  - c. Clara Barton.
  - d. Lillian Wald.

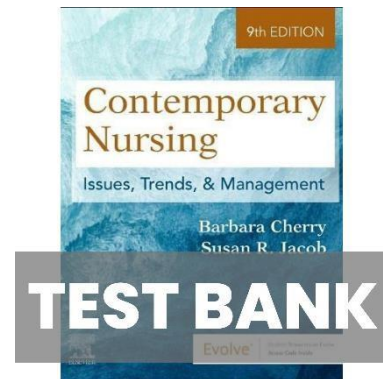
ANS: D

Lillian Wald, a pioneer in public health nursing, is best known for the development and establishment of the Henry Street Settlement.

DIF: Knowledge

4. Occupational health nursing features beliefs similar to those of which early nursing pioneer?
  - a. Lillian Wald
  - b. Florence Nightingale
  - c. Clara Barton
  - d. Mary Seacole

ANS: A



Lillian Wald was a pioneer in public health nursing, and is best known for the development and establishment of the first viable practice for public health nurses.

DIF:Comprehension

5. What historical event *first* led to the recognition of the contribution of blacks to nursing?
- Florence Nightingale's acceptance of black nurses into the first nursing school
  - The contributions of black nurses at the Pennsylvania Hospital, the first hospital in America
  - Mary Williams and Frances Rose are listed as nurses in the *City of Baltimore Directory*
  - The work done by wives of wealthy black nobles who carried food and medicine from house to house during the Middle Ages

ANS: C

1840—Two black women, Mary Williams and Frances Rose, who founded Nursing Sisters of the Holy Cross, are listed as nurses in the City of Baltimore Directory.

DIF:Comprehension

6. World War I contributed to the advancement of health care by
- increasing the number of private care hospitals and decreasing the role of public health services.
  - employing a large number of civilians to provide care to returning soldiers through the Red Cross.
  - introducing specialists in nursing such as nurse anesthetists.
  - increasing the number of community health nurses.

ANS: C

World War I offered nurses a chance to enter new fields of specialization, as is seen in the example of nurse anesthetists, who became part of surgical teams at the front lines.

DIF:Comprehension

7. What was an original purpose of the Social Security Act of 1935?
- Increase research that focused on minority groups
  - Provide medical care for chemically impaired persons
  - Ensure health care for older adults through a national insurance system
  - Decrease the public's financial burden by limiting services offered by local health departments

ANS: C

By providing health insurance for older adults, the Social Security Act of 1935 set the precedent for the passage of the Medicare and Medicaid Acts that followed in 1965, but the act also provided maternal and child welfare services, rehabilitation for the mentally and physically challenged, medical care for blind individuals and crippled children, and unemployment benefits.

DIF:Comprehension

8. A client asks the nurse, –Can you explain the amendment to the Social Security Act called Title XVIII to me? The nurse demonstrates an understanding of this legislation when providing what response?
- It led to many hospital closings, along with a decrease in acute care hospital–based nursing care.
  - It provided medical insurance to those younger adults or children who were not eligible for private insurance because of catastrophic illnesses such as cancer.
  - It provided preventive care for women, infants, and children.
  - It ensured that individuals with end-stage renal disease had health care insurance.

ANS: D

The Medicare program provides hospital insurance, Part A, and medical insurance, Part B, to all people aged 65 and older who are eligible to receive Social Security benefits; people with total, permanent disabilities; and people with end-stage renal disease.

DIF:Comprehension

9. A comparison of nursing in the 1980s to nursing in the 1990s reveals what factor that contributes to health care as we know it today?
- In the 1990s nursing experienced a significant reduction occurred in preventable diseases caused by unsafe/unhealthy lifestyles.
  - Tuberculosis was the primary concern for nursing in the 1980s, whereas the AIDS epidemic emerged and was its focus during the 1990s.
  - A decrease in ambulatory services in the 1980s prompted an increase in public health nurses in the 1990s.
  - The demand for advanced practice nurses increased in the 1980s and the 1990s because of the economy and concern about the health of the nation.

ANS: D

The numbers of advanced nurse practitioners increased as evidence of their cost-effectiveness as providers of primary and preventive health care became established.

DIF:Comprehension

10. Which statement accurately describes the historical perspective of nursing practice?
- Nursing has existed to meet the needs of populations, individuals, and aggregates by providing care that is determined by the needs and beliefs of society in different historical contexts.
  - As men began to become interested in nursing, it changed into a respected profession based on scientific fact rather than superstition.
  - Nursing has historically accepted individuals from all social and ethnic backgrounds.
  - The United States has led the way throughout history to advance nursing and health care by providing the first hospital and medical school.

ANS: A

Nursing has existed since biblical times to address needs ranging from contagious diseases in early times to health prevention in the present time, with care based on health needs and beliefs of the time.

DIF:Comprehension

11. The use of herbs, which has become a popular alternative to prescription drugs in today's health care milieu, had roots originating when?
- Prehistoric times and the Middle Ages
  - Civil War period and World War I
  - Renaissance and Reformation periods and the Colonial American period
  - Crimean War and Civil War periods

ANS: A

During prehistoric times, tribes used herbs to rid themselves of disease; in the Middle Ages, women used herbs. This practice has continued to today.

DIF:Comprehension

12. A care provider sacrifices an animal and waves an herb-filled sack over a client who is complaining of painful joints and chest pain with exertion. This ritual represents health care during what time period?
- The prehistoric period
  - Early civilization in Egypt
  - The European Renaissance
  - The Middle Ages in Asia and Africa

ANS: A

During prehistoric times, illness was thought to be caused by evil spirits that providers attempted to scare away through rituals and dances.

DIF:Comprehension

13. A prospective nursing student who researches universities that offer a baccalaureate degree in nursing would want to ensure that the program is accredited by what agency?
- American Nurses Association
  - Commission on Collegiate Nursing Education
  - National Institutes of Health
  - National Nursing Council

ANS: B

The Commission on Collegiate Nursing Education (CCNE) is the agency that exclusively accredits baccalaureate and graduate-degree nursing programs.

DIF:Comprehension

14. Nursing in the 1990s was characterized by what health care focus?
- Men leaving nursing to enter the armed services
  - Traditional 8-hour shifts to nurse burnout and compassion fatigue
  - Identifying health promotion associated with preventable diseases
  - Managing runaway health care costs

ANS: C

Health promotion and disease prevention were recognized as the means to reduce the high number of mortalities associated with preventable diseases—*Healthy People 2000* was published as a nationwide effort to reduce preventable deaths.

DIF:Comprehension

15. A nurse is part of the policy committee for a hospital. The committee is provided with statistics indicating that patients participating in a satisfaction survey felt they lacked sufficient information about new drugs started while hospitalized and continued after discharge. In addition, charts noted high recidivism rates. The committee recommended that a formalized patient education plan be instituted to reconcile all medications and provide patient information about new medications. The committee is using which component of the Institute of Medicine (IOM) 2011 message?
- Nurses should achieve higher levels of education to be effective members of an interdisciplinary team.
  - Nurses should have a minimum of a master's degree to sit on policy committees that affect an entire facility.
  - Pay for nurses should be consistent with that of physicians since the committee is interdisciplinary.
  - Policy is based on data, which provides the groundwork for decision making.

ANS: D

The IOM report initiatives include effective workforce planning and policymaking based on better data collection and improved infrastructure.

DIF:Application

16. What was the stated goal of the Affordable Care Act of 2011?
- Requiring that by 2020 all newly licensed nurses have a bachelor's degree at minimum
  - Provide health care benefits to millions who were previously uninsurable or unable to afford insurance
  - Cap the amount that hospitals and physicians can charge for procedures
  - Subsidizes private insurance companies, thereby reducing health care costs for the chronically ill

ANS: B

It is anticipated that the ACA (2011) will make insurance coverage possible for millions who have previously not had insurance or had been denied insurance.

DIF:Comprehension

17. It has been said that –history repeats itself because no one was listening the first time. Which statement is true when comparing the nursing care provided in the Civil War (1861 to 1865) to that provided during the Crimean War?
- Epidemics such as smallpox and typhoid were the primary emphasis of nursing care in both wars.
  - Soldiers were housed in substandard conditions, but due to Nightingale's push for sanitary conditions, in the Civil War soldiers were housed in aseptic conditions.
  - Black nurses were widely accepted by society and the profession, receiving equal compensation during the Civil War due in large part to the efforts of Mary Seacole during the Crimean War.
  - Both Nightingale (Crimean War) and Dix (Civil War) completed nursing training before accepting positions as nurses in the wars.

ANS: A

Numerous epidemics plagued the country, including syphilis, gonorrhea, malaria, smallpox, and typhoid.

DIF:Application

### **MULTIPLE RESPONSE**

1. What uniquely 21st century issue challenges today's professional nurse? (*Select all that apply.*)
  - a. Caring for an aging population
  - b. Increased patient acuity
  - c. Access to health care services
  - d. Expanding technology
  - e. Increasing intercultural patient population

ANS: A, B, D, E

Professional nurses in the 21st century are faced with many challenges including an aging patient population. Professional nurses in the 21st century are faced with many challenges including an increase in high acuity patients. Professional nurses in the 21st century are faced with many challenges including an ever-expanding array of technologies that affect patient care. Professional nurses in the 21st century are faced with many challenges including the existence of an intercultural patient population.

DIF:Comprehension

2. A newly licensed nurse compares the challenges facing nursing today with those faced by nurses when her mentor graduated in 1990. The mentor states, "Prevention was the focus of nursing when I graduated. We stressed preventive health measures such as smoking cessation education to reduce preventable diseases and prevention to reduce the spread of infectious disease such as AIDS." The mentor asks, "What do you think the challenges will be for nurses graduating now?" (*Select all that apply.*)
  - a. Coordinating care for a more diverse aging population who have complex health values
  - b. Managing care provided by nurses who are technologically advanced and skilled at interprofessional collaboration
  - c. Providing care to well-informed consumers who are younger with narrow health values
  - d. Redesigning nursing care delivery models to streamline care based on fewer generational differences
  - e. Focusing on care from a systems perspective

ANS: A, B, E

Our society, thus our patients/consumers, is aging and better informed about health care options, with health values as diverse as the various populations of patients served. Nurses educated in the 21st century are introduced to advanced technologies throughout the curriculum, but a gap still exists between the potential benefits of technology and the use made of it to reduce errors and improve patient care; interprofessional collaboration is a challenge with incivility and workplace violence increasing. Today's nurses must view health care from a systems perspective rather than a nursing unit perspective to decrease errors/costs that arise from system errors.

DIF:Analysis

3. What historical events helped advanced the practice of surgical nursing? (*Select all that apply.*)
- The Ancient Egyptians were the first to use anesthesia in the operating room.
  - The -Barbersll of the Middle Ages used sterile techniques to reduce wound infections.
  - The Indian culture from 274 to 236 BC had hospitals staffed with female nurses who practiced much like today's nurses.
  - During the Renaissance, advances in nursing education, including surgery, were nonexistent.
  - Following World War II, nurses practiced in mobile army surgical hospitals, where medical and surgical techniques were further refined.

ANS: D, E

During the Renaissance, major advancements were made in pharmacology, chemistry, and medical knowledge, including anatomy, physiology, and surgery with new emphasis given to medical education, but nursing education was practically nonexistent. Following World War II, nurses volunteered for the Korean War, where care was provided in MASH units and surgical techniques were defined.

DIF:Analysis

## COMPLETION

1. Which group in early civilization\_\_\_\_\_is credited with developing a pharmacopeia to classify more than 700 drugs used in caring for the sick?

ANS:

Egyptians

A pharmacopoeia that classified more than 700 drugs was written by the Egyptians to assist in the care and management of disease.

DIF:Knowledge

## Chapter 02: The Contemporary Image of Professional Nursing

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## MULTIPLE CHOICE

1. Which item below correctly describes the U.S. Bureau of Labor Statistics predictions by 2020?
  - a. Positions that historically required registered nurses will be filled by unlicensed personnel.
  - b. The job growth rate for RNs will surpass job growth in all other occupations.
  - c. The need for hospital nurses will dramatically decrease.
  - d. Hospitals will finally achieve the required RN workforce.

ANS: B

With an employment rate expected to increase by more than 15%, job production for nurses is projected to grow faster than the average of all occupations (7%) until 2020.

DIF:Knowledge

2. What effect did the movie *One Flew Over the Cuckoo's Nest* have on health care?
  - a. Funding for mental health care increased, allowing the point of care to change from the community to standardized institutional care.
  - b. The public and the nursing profession were made aware of the rights of vulnerable populations.
  - c. Nurses were seen as advocates for individuals who cannot advocate for themselves.
  - d. Funding for nursing traineeships was eliminated.

ANS: B

*One Flew Over the Cuckoo's Nest* reminded us that all individuals have rights and that it is the responsibility of the public and health care professionals to ensure that these rights are protected.

DIF:Comprehension

3. Which nurse died after deliberately acquiring two bites from yellow fever carrier mosquitoes to enable her to provide care to soldiers with yellow fever during the Spanish-American War?
  - a. Florence Nightingale
  - b. Margaret Hoolihan
  - c. Clara Maas
  - d. Sairey Gamp

ANS: C

Clara Maas is noted as the nurse who deliberately acquired two bites from yellow fever carrier mosquitoes to enable her to provide care to soldiers with yellow fever.

DIF:Knowledge

4. A bronze statue of a nurse in battle fatigues who is obviously exhausted but demonstrates caring by holding a soldier's head is an artistic representation of nurses who served in which war?
  - a. World War I
  - b. World War II
  - c. Spanish-American War
  - d. Vietnam War

ANS: D



This statue represents the caring provided by nurses during the Vietnam War.

DIF:Knowledge

5. What was the purpose of the Nurse Reinvestment Act of 2002?
- Provided disability insurance to RNs who contract a life-threatening illness while on duty
  - Funded public service announcements that promote unlicensed caregivers as an alternative to professional nurses
  - Focused on nurse retention and safety enhancement grants to address the current nursing shortage
  - Provided pediatric nursing training grants

ANS: C

This act provided nursing scholarships, public service announcements promoting nursing as a career, faculty loan cancellation programs, geriatric training grants, and nurse retention and safety enhancement grants.

DIF:Knowledge

6. What is the best way for the individual nurse to maintain the most effective professional image?
- Change out of their work attire before running errands
  - Renew membership in a nursing organization
  - Earning an advanced nursing degree
  - Developing effective nurse-physician relationships

ANS: B

Professional nurses recognize that their greatest benefit—and one of the most efficient and powerful uses for their money—is less than 1% of their salary they spend for membership in the ANA, the National League for Nursing, Sigma Theta Tau International, and their specialty organization. They look forward to annual meetings because such meetings provide an excellent opportunity to meet colleagues and discuss issues and practice innovations.

DIF:Application

7. What statement accurately describes Charles Dickens' character Sairey Gamp?
- The character was portrayed as a trained professional individual who put others before self.
  - The character chose nursing because there were few other avenues for employment.
  - The character was a prostitute who cared for the sick old men in the community.
  - The character showed nurses to be at the forefront of the technology of that time.

ANS: B

Sairey Gamp endured nursing because of the lack of other opportunities.

DIF:Knowledge

8. What does the *Spirit of Nursing* statue honor?
- Florence Nightingale's accomplishments in public health
  - Edith Cavell's attempt to help the victims of the Tuskegee experiment

- c. Clara Maas, who found the cure for yellow fever during WWII
- d. All military nurses for their service, bravery, and compassion

ANS: D

The statue the *Spirit of Nursing* was created to honor all military nurses.

DIF:Knowledge

9. Although the media portrayed nursing in a negative light in *M\*A\*S\*H* through the character of a promiscuous, uncaring nurse, it also provided Americans with a promising glimpse of what true nursing characteristic?
- a. The skill and drive to assist doctors in caring for the wounded
  - b. That women possess the desire to serve one's country that equals that of men
  - c. The ability of nurses to cope with the dreadfulness of war by using humor
  - d. The contributions of any nurse to the care of military personnel

ANS: C

The sitcom *M\*A\*S\*H* did show humor as a coping mechanism for nurses in a war setting.

DIF:Knowledge

10. With the crisis in health care and the nursing shortage, why is the image of nursing still important?
- a. Nursing care is often delivered during a time of uncertainty, and the image of nurses during this time can reinforce trust in the nurse-patient relationship.
  - b. Physicians have a distinctive body of knowledge that identifies them as professionals, whereas nursing has yet to develop a unique body of knowledge on which to base practice.
  - c. Nurses must present a unified image if they hope to ever establish nursing as a profession.
  - d. The dynamic state of today's health care requires nurses to move from a caring image to one of technologic competence.

ANS: A

A person who seeks health care is entering a world of uncertainty. The nurse provides continuity and compassion and stabilizes the environment of the patient.

DIF:Comprehension

11. How can nurses best combat the nursing shortage?
- a. Joining unions, which influence employers to provide incentives such as pay raises and free child care, thus encouraging the large percentage of nonworking nurses to return to the workforce.
  - b. Demanding that the requirements of the qualifying examination for foreign nurses should be reduced, so they are eligible to sit for the licensure examination.
  - c. Working more hours with a higher nurse/patient ratio.
  - d. Advocating for funds to pay for nursing education and a safer work environment.

ANS: D

Advocating for funds to pay for nursing education and a safer work environment is a positive strategy, as can be seen by results attained after the Reinvestment Act P.L. 107-205 provided \$20 million for nursing scholarships, public service announcements, faculty loan cancellation programs, geriatric training grants, and nurse retention and safety enhancement grants. This is the best defense against the nursing shortage. Nursing graduates in many states have increased in number, and enrollment in nursing schools is also on the rise.

DIF:Application

12. What does the demographics of the 21st century nursing population indicate?
- A typical nursing student is a second-degree student who average 45 years of age.
  - More white nurses enter and obtain graduate degrees than any other ethnic group.
  - The highest level of nursing education for most RNs is an associate degree.
  - 61% of nurses practice in hospitals.

ANS: D

Sixty-one percent of nurses practice in hospitals.

DIF:Comprehension

13. A nursing student asks, –I wonder if the reason that the nursing shortage is so severe is that registered nurses are unhappy with their jobs.‖ Which statement provides the answer provided by the National Survey of Registered Nurses?
- Registered nurses change employers every year to prevent burnout and to keep the nursing shortage from increasing.
  - Nursing faculty are aging or leaving academia due to increased work demands and generational difference from students.
  - Practicing registered nurses are satisfied with their job and most remain with same employer they worked for the previous year.
  - Registered nurses were the least satisfied with their job of all health care providers.

ANS: C

According to the latest National Sample Survey of Registered Nurses (NSSR), 79.8% of practicing RNs were satisfied with their job and 88.4% were with the same employer as they had been in the preceding year (U.S. Department of Health and Human Services, 2010). Among all RNs, nursing faculty are the most satisfied (86.6%).

DIF:Comprehension

14. A registered nurse is on break and checking e-mails. One e-mail contains a picture of a celebrity who is a patient in the hospital, and on the same floor, where the nurse works. Included with the photo is a message, –check out my Facebook,‖ which contains additional photographs of the patient. The nurse immediately deletes the picture to prevent having to report the –friend‖ to supervisors. Based on the action of the nurse who received the message, which statement is correct?
- The nurse is not at risk for having his or her license suspended since removing the photos made them temporary and invisible to all others.
  - Because the nurse did not send the message and immediately deleted the photo, there is no risk for discipline.
  - Failing to report receiving the message demonstrates poor ethical and legal role-modeling as well as placing the nurse at risk for discipline.

- d. Because the patient is on the same floor as the one on which the nurse works, the information can be ethically and legally shared.

ANS: C

Failing to report the image can result in discipline.

DIF:Comprehension

15. A nurse executive is concerned that the hospital's mortality rate exceeds the national average and searches the literature finding Aiken's 2011 Survey on the effects of nurse staffing and education on mortality, including work environment. If Aiken's recommendations are followed, which change would be most effective?
- a. Increasing staffing ratios to include more nurses of all levels of educational preparation on all shifts.
  - b. Employing bachelor's prepared nurses who participate in interprofessional rounds with attending physicians where their voices are heard.
  - c. Ensuring nurse managers and administrators have at minimum a master's degree.
  - d. Encouraging all unlicensed assistive personnel to attend educational programs to be certified.

ANS: B

Aiken (2011) found that simply increasing the number of RNs was not the only answer to reduce mortality. Increasing the number of BSN-prepared nurses along with developing a positive work environment had the most impact on reducing mortality. The impact on reducing mortality by increasing the educational level of nurse managers/administrators and certified unlicensed assistive personnel was not documented.

DIF:Application

16. To best improve patient outcomes on an acute care hospital unit, which intervention should the nursing staff advocate for?
- a. Staffing only 8-hour shifts on the unit
  - b. Decreasing the number of patients cared for on any specific unit
  - c. Increasing salaries for experienced nurses
  - d. Increasing staffing on the evening shift

ANS: D

The data clearly indicate that decreased nurse-patient ratios have been associated with higher rates of mortality, shock, urinary tract infections, sepsis, hospital-acquired pneumonia, and failure to rescue, especially among surgical patients.

DIF:Application

17. A physician reports to administration that the nurse working last evening is unethical, based on observing the nurse educate the patient about a new medication ordered. The physician demanded the nurse be reprimanded and reminded that only physicians have the educational background to teach patients about new medications. Which comment and action by the administrator would be most effective in changing nurse-physician relationships in this instance?
- a. Inform the nurse, -You will be suspended for 3 days for going beyond your job description, and enforce the 3-day suspension because the physician did not write