



1. A student nurse is reviewing the history of nursing in Canada and the motivations of early nurses. Early Canadian nurses were most often affiliated with which of the following?
 - A) Medical practitioners
 - B) Political alliances
 - C) Religious orders
 - D) Nongovernmental organizations

2. A group of nursing students are relating the contributions of Florence Nightingale to current nursing practice. Which of the following statements best describes one of Nightingale's contributions to the nursing profession?
 - A) "Nursing has always given women a venue in which to exercise independent, critical thinking."
 - B) "Surveys consistently show that nursing is seen as a respectable profession."
 - C) "Nursing in Canada has roots in the Christian faith, but Nightingale was instrumental in distancing the profession from religion."
 - D) "Nursing is on an equal footing with the medical profession."

3. Which of the following statements most accurately describes an aspect of men in nursing during the early and mid-20th century?
 - A) Men were barred from applying to most Canadian nursing schools.
 - B) Male nurses were explicitly subservient to female nurses.
 - C) Men predominated in management and administrative nursing roles.
 - D) Males were expected to have education in medicine before entering the nursing profession.

4. Societal factors brought about changes in the identity of nurses and of nursing practice in the mid- to late 20th century. What factor had the most significant effect on nursing practice during this period in the profession's history?
 - A) Economic challenges brought about by the end of World War II
 - B) Changes in the image of women in Canadian society
 - C) The gradual reduction of the Roman Catholic Church's influence
 - D) Growing social acceptance of homosexuality and homosexuals

5. Canadian nurses contributed significantly to developing the concept of determinants of health in the late 20th century. Which of the following statements best captures this conceptualization of health?
 - A) Health is determined primarily by behaviours and choices rather than genetics.
 - B) Health is inherent to each individual and is not influenced by external factors.
 - C) Health is the result of a variety of factors in numerous different domains.
 - D) Health is determined mainly by an individual's lifestyle.

6. The future of nursing is being changed by factors in demographics, economics, science and technology, family structures, and social and cultural issues. Which of the following are factors that are currently affecting nursing? Select all that apply.
 - A) The incidence and prevalence of heart disease and diabetes are increasing.
 - B) Increasing numbers of Canadians are affected by mental illness.
 - C) The gap between rich and poor Canadians is increasing.
 - D) The proportion of younger Canadians is overtaking that of older Canadians.
 - E) Acute diseases are overtaking chronic diseases in prevalence.

7. A newly graduated nurse has identified a learning goal of becoming more skilled at providing cultural safety when providing care. How can the nurse best achieve this goal?
 - A) By collaborating with nurses from different cultures
 - B) By expanding language and communication skills
 - C) By identifying the weaknesses of the nurse's own culture
 - D) By acknowledging and addressing power imbalances

8. The nursing profession is responding to changing patterns of disease. Which of the following scenarios best exemplifies these changes?
 - A) A traveler brings a new strain of an infectious disease to Canada.
 - B) A client develops an opportunistic infection following elective surgery.
 - C) An infant fails to inherit antibodies from her mother after birth.
 - D) A student is infected by a classmate who has not been immunized.

9. Recent Canadian statistics show there has been a decline in the number of registered nursing graduates. This decline is expected to be remediated with which shift in the health care landscape?
 - A) An increase in licensed practice nurses in health care settings
 - B) Increasing the number of postsecondary nursing education seats
 - C) Removing registered psychiatric nurses from the skill mix
 - D) Increasing the amount of overtime hours available to registered nurses

10. A nursing student has identified the goal of acquiring more sophisticated nursing knowledge that is grounded in the art and science of the profession. How can the nurse best facilitate this goal?
 - A) By seeking frequent feedback from clients and their families
 - B) By regularly reviewing course content from nursing school
 - C) By engaging in frequent and thoughtful self-reflection
 - D) By seeking employment in various care settings

11. A nurse has been providing care for a client for a series of shifts but has just recently had an experience rooted in the aesthetics of nursing. This experience most likely consisted of what?
 - A) A sudden awareness of the essential meaning of an interaction with the client

- B) An appreciation of the client's psychosocial status based on a new disclosure from the client
 - C) An identification of the client's pathophysiology based on new assessment data
 - D) An awareness of the correct course of action to take when giving the client care
12. A nurse is providing care for a client whose most recent computed tomography (CT) scan reveals a tumor. The client's children are adamant that the client not be made aware of any negative diagnostic findings. On which of the fundamental ways of knowing will the nurse most need to draw?
- A) Empirical
 - B) Personal
 - C) Ethical
 - D) Aesthetic
13. A client has disclosed significant and personal details about her family life to the nurse while the nurse provided the client's morning hygiene. What components of the nurse–client relationship are evidenced in this scenario? Select all that apply.
- A) Trust
 - B) Respect
 - C) Empathy
 - D) Power
 - E) Professional intimacy
14. A nurse is caring for a client who has recently suffered a prenatal loss. How can the nurse best demonstrate empathy in the nurse–client relationship?
- A) The nurse tries to relate to the client's experience by comparing it with her own experiences.
 - B) The nurse seeks an understanding of the client's situation through genuine listening.
 - C) The nurse reassures the client that she fully understands the challenges that the client is facing.
 - D) The nurse describes a similar situation that was faced by a previous client.
15. A nurse has identified a need to enhance his empirical knowledge. What action will best help the nurse achieve this goal?
- A) Asking a colleague to hold him accountable for his learning
 - B) Journaling about his thoughts and feelings after a challenging clinical situation
 - C) Asking a recent client to describe his experiences in the health care system
 - D) Attending an in-service on new developments in the treatment of renal failure

Answer Key

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

1. A nurse is planning the care of a client who has been diagnosed with a heart valve infection that has been attributed to intravenous heroin use. When applying a socioenvironmental approach to this client's care, what question should guide the nurse's assessment?
 - A) "What are the characteristics of this client's health status that made him vulnerable to illness?"
 - B) "What could this client have done differently in order to protect his health?"
 - C) "Is this client's illness the result of society, or is he personally responsible for it?"
 - D) "How did this client's behaviours intersect with external factors and influence his health?"

2. A nurse is working with a client with poorly controlled diabetes. The client tells the nurse that he knows he should monitor his blood glucose levels more frequently but does not. When applying a socioenvironmental approach to planning the client's care, what should the nurse identify?
 - A) The contextual factors that may have influenced the client's actions
 - B) The client's understanding of the pathophysiology of diabetes
 - C) The client's beliefs around the negative health effects of high blood glucose
 - D) The individuals who most strongly influence the client's health choices

3. A nurse who provides care at a long-term care facility is assessing a resident's risk for falls by measuring her blood pressure while lying, sitting, and standing. In addition, the nurse assesses the client's level of consciousness by asking her to state her name, the location of the facility, and today's date. This nurse is assessing the resident's health according to what approach?
 - A) Medical approach
 - B) Behavioural approach
 - C) Socioenvironmental approach
 - D) Holistic approach

4. A nurse's colleague has suggested having clients who use the emergency department pay a nominal fee in order to reduce health care costs in the province where they reside. How would the terms of the Canada Health Act (CHA) affect such a program?
 - A) The practice would be a violation of the CHA unless it were applied to all care settings equally.
 - B) The practice would be disallowed because it would be considered a form of taxation.
 - C) The practice would be considered extra billing and would contravene the CHA.
 - D) The practice would be allowed, provided the fee was set at a rate specified by the CHA.

5. A nurse educator is describing the ways that Health Canada ensures that Canadians have equitable access to health care services. Which of the following statements best describes the role of Health Canada's relationship with individual provinces and territories?
 - A) Health Canada sets the terms of the CHA and makes suggestions to provincial and territorial health care systems.
 - B) Health Canada identifies gaps in provincial and territorial health care systems and provides temporary solutions.
 - C) Health Canada ensures that the provinces and territories comply with the CHA.
 - D) Health Canada provides 100% of the funding and oversight for each of the provincial and territorial health care systems.

6. A Canadian has just returned to Canada after several years of living abroad and requires medical treatment. How will the principle of universality affect this individual's health care?
 - A) The individual will have to pay for his care and then be reimbursed after 6 months.
 - B) The individual is entitled to free medical care but may have to first endure a waiting period.
 - C) The individual will have to seek private care if he has been out of the country for more than 2 years.
 - D) The individual may immediately be reenrolled in the provincial or territorial health care plan and receive free care.

7. An infant requires a heart transplant and this service is not readily available in the province where the family resides. What pillar of the Canada Health Act allows for the infant to be treated in another province?
 - A) Comprehensiveness
 - B) Universality
 - C) Portability
 - D) Accessibility

8. A nurse who works for Health Canada is describing the agency's role in the direct provision of health care to certain Canadians. Which of the following individuals are likely to receive care directly from Health Canada? Select all that apply.
- A) A child who resides in foster care in one of the territories
 - B) An inmate of a federal prison
 - C) A First Nations child who resides on a reserve
 - D) A Canadian who resides abroad for part of each year
 - E) An employee of the federal government
9. Which of the following aspects of the nursing profession is most likely to be influenced by Health Canada's Office of Nursing Policy?
- A) Funding research that directly relates to nursing interventions
 - B) Establishing clinical practice guidelines to inform evidence-based care
 - C) Determining the supply of and demand for nurses in various regions
 - D) Establishing the standards for nursing education across Canada
10. A nurse has received word that several of the registered nurses at a publicly funded long-term care facility will be replaced by unlicensed care providers. What factor is most likely to have prompted this change?
- A) Health care costs in every Canadian jurisdiction are rising sharply.
 - B) Health Canada redefined the scope of practice for unlicensed care providers in 2011.
 - C) Amendments to the Canada Health Act have broadened the definition of "health care provider."
 - D) Unlicensed care providers have been shown to be safer care providers than registered nurses.
11. An adult client has been exhibiting signs and symptoms of depression for several months, and the client's family physician has been treating the client with antidepressant medications and assessing the client on a biweekly basis. What aspect of this client's subsequent care best exemplifies secondary care?
- A) Increasing the frequency of the client's office visits to once per week
 - B) The physician's recommendation of websites that may benefit the client
 - C) Admission of the client to the intensive care unit (ICU) following a suicide attempt
 - D) The physician's referral of the client to a local psychiatrist
12. A nurse is participating in an initiative that will enact primary health care reforms. What is the nurse's most likely role in this initiative?
- A) Collaborating with a team of health care providers to meet clients' needs
 - B) Participating in nursing research under the guidance of a nursing scholar
 - C) Being paired with an unlicensed care provider in the hospital setting
 - D) Apprenticing under a physician to perform basic medical assessments

13. A nurse is participating in a multidisciplinary group that has been commissioned to introduce electronic health records to a rural hospital. This activity exemplifies what aspect of health care reform?
- A) Increasing accessibility
 - B) Enacting secondary health care reform
 - C) Applying the Canada Health Act
 - D) Introducing primary health care reforms
14. A group of community health nurses are planning their activities for the following year and are referencing the future goals that have been identified for the Canadian health care system. What nursing activity best matches these goals?
- A) Increasing the number of nursing students who complete clinical placements in the clinic
 - B) Increasing the number of health promotion activities that are available to community residents
 - C) Allowing residents of the community to choose the nurses' activities for the following year
 - D) Educating residents about the terms of Canada Health Act
15. A nurse is planning a client's care and is aware that the client's current health status is a result of the determinants of health. What assessment should the nurse conduct?
- A) Assessing the client's political preferences
 - B) Assessing the client's preferred recreational activities
 - C) Assessing the client's income level
 - D) Assessing the client's level of responsibility in the community

Answer Key

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

1. A client with a recent diagnosis of breast cancer has expressed an interest in complementary and alternative medicine (CAM). What principle should guide the client's decision-making?
 - A) CAM is associated with better health outcomes than conventional, biomedical medicine.
 - B) Clinical guidelines have not been established for any type of CAM.
 - C) CAM is associated with increased benefits and increased risks compared with conventional medicine.
 - D) Most forms of CAM cannot be performed simultaneously with conventional medical interventions.

2. An Indigenous client has chosen to combine principles of traditional Aboriginal medicine into his health care. Which of the following statements best reflects the significance of the medicine wheel?
 - A) "Life and death exist on a continuous, circular continuum."
 - B) "My well-being is the result of forces beyond my control."
 - C) "All of the aspects of my being are interconnected."
 - D) "Each of my traditional medicines must follow a complete cycle."

3. A nurse is working with an Indigenous client and her family. In order to best facilitate healing, the nurse should prioritize what action?
 - A) Teaching the client about the congruence between conventional medicine and Aboriginal medicine
 - B) Demonstrating competence and reliability to the client and her family
 - C) Communicating clearly and equally with the client and the members of the family
 - D) Establishing mutual trust and therapeutic rapport with the client and family

4. A nurse is caring for a client of Chinese heritage. The nurse has noted that the client has characterized some of the foods on her meals trays as “hot” or “cold,” regardless of their physical temperature. How should the nurse best interpret this client's behaviour?
 - A) The client is demonstrating the need to maintain equilibrium.
 - B) The client is assessing the “spiritual temperature” of foods rather than their physical temperature.
 - C) The client is demonstrating a desire to avoid extremes.
 - D) The client is characterizing “hot” foods as healthy and “cold” foods as unhealthy.

5. A client's migraines have failed to respond to conventional pharmacologic treatments. As a result, the client has stated her intention to consult with a naturopathic physician. What will the client's naturopathic care most likely include?
 - A) The practitioner will focus on the whole person to identify the underlying cause.
 - B) The client will be encouraged to focus on emotional and spiritual equilibrium.
 - C) The client will be taught to embrace her migraines rather than viewing them as a problem.
 - D) The practitioner will teach the client the benefits of meditation.

6. A client who is recovering from a stroke is working with a therapist to enhance her awareness and control of heart rate and muscles tension. This client is participating in what form of CAM?
 - A) Naturopathy
 - B) Homeopathy
 - C) Biofeedback
 - D) Psychotherapy

7. Biofeedback has been identified as a possible inclusion in the plan of care for a client with chronic back spasms. What goal would be most relevant to this form of CAM?
 - A) Client will be able to more accurately describe the specific origin of his back pain.
 - B) Client will describe reduced pain as a result of the holistic reduction of pain stimuli.
 - C) Client will describe increased tolerance to back pain through increased consciousness.
 - D) Client will demonstrate the ability to consciously control the tone of his back muscles.

8. A teenage client is reluctant to discuss the details of her negative experiences related to childhood trauma. The client has been diagnosed with generalized anxiety disorder. Which form of CAM is most likely to benefit this client?
 - A) Homeopathy
 - B) Naturopathy
 - C) Biofeedback
 - D) Art therapy

9. A nurse should begin the implementation of guided imagery with a client by encouraging the client to take what action?
- A) Identify the factors that limit him or her from achieving his or her full potential
 - B) Identify a specific goal or state that he or she would like to achieve
 - C) Describe the way that he or she would like his or her caregivers to interact with him or her
 - D) Describe his or her family history and current living situation
10. A nurse is leading a meditation exercise with a group of clients. A participant expresses skepticism to the nurse about the benefits of this form of CAM. How should the nurse respond?
- A) "Meditation can prevent pain and increase the rate of wound healing."
 - B) "Meditation can help you to be less concerned about the volatile relationships in your life."
 - C) "Meditation can help you to feel more focused and calm."
 - D) "Meditation can enhance your thinking processes and your decision-making."
11. A client has expressed an interest in performing yoga in order to enhance overall level of health and well-being. Clients with what nursing diagnoses may be contraindicated from using of this form of CAM? Select all that apply.
- A) Ineffective role performance
 - B) Powerlessness
 - C) Impaired physical mobility
 - D) Risk for falls
 - E) Risk for infection
12. A nurse suspects that a hospital client may benefit from touch therapy. Before implementing this intervention, the nurse should perform which action first?
- A) Assess the characteristics of the client's spiritual belief system
 - B) Assess the client's level of consciousness
 - C) Assess the client's comfort level with being touched in this way
 - D) Educate the client about alternative forms of CAM
13. A client with a diagnosis of cancer has expressed an interest in therapeutic touch. What should the nurse teach the client about this form of CAM?
- A) "Therapeutic touch has the potential to relieve much of your muscle tension."
 - B) "Therapeutic touch does not involve the practitioner touching your skin."
 - C) "You will need a thorough assessment to determine if you are a candidate for this treatment."
 - D) "There is no risk of harm and you can learn to perform this therapy on yourself."
14. A nurse is aware of the need to practice self-care in order to enhance personal quality of life and the quality of care provided to clients. The nurse can best demonstrate self-care by performing which action?
- A) Find a network where life experiences and stories can be shared