



1. A woman was discharged from the hospital after receiving treatment for breast cancer. The woman's employer later phoned and asked the nurse in charge about the woman's suitability for returning to work. Which response by the nurse is most appropriate?
 - A) "I'm sorry; I can't discuss her condition without her permission."
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 - B) "You're best to contact her family doctor for information about follow-up and recovery."
 - C) "All I can tell you is that she was indeed a client here and received treatment."
 - D) "Because of confidentiality, you'll have to submit a request for
) information in writing."

2. The nurse is teaching a group of nursing students about maternal health indicators that are not directly related to pregnancy, labour, and childbirth but can negatively affect the woman's health during pregnancy. The students should identify which indicator?
 - A) Maternal morbidity rate
 - B) Maternal mortality rate
 - C) Determinants of health
 - D) Pregnancy-related mortality ratio

3. A client comes to the clinic describing intermittent pelvic pain over the past few weeks. The primary care provider orders a diagnostic ultrasound. Which of the following is essential to do before the procedure?
 - A) Teach the client about the possible outcomes and interpretations of the diagnostic test.
 - B) Arrange transport to the radiology department and drape the client while ensuring privacy.
 - C) Ensure that the client has been informed about the potential risks and benefits of the procedure.
 - D) Enrol the client in a research program being carried out for gynaecologic cancers.

4. A nurse who provides care on an Aboriginal reserve is planning a health promotion campaign. Which of the following topics would be most justified?
 - A) Living with infertility and current interventions for promoting fertility
 - B) Strategies for reducing the risk of infant mortality
 - C) Prevention of neural tube defects
 - D) The potential risks and benefits of immunizations

5. An HIV-positive client who refused treatment with antiretroviral medications delivered a baby a few hours ago by caesarean section. The infant's blood reports and HIV test result are pending. The client asks the nurse to assist her with breast-feeding. Which of the following is the most appropriate response by the nurse in this situation?
 - A) Recognize that breast-feeding can be initiated once the infant is started on antiretroviral treatment.
 - B) Educate the woman about the correct method of breast-feeding the infant.
 - C) Enrol the client and the newborn in a research-based program on HIV treatment.
 - D) Inform the woman about the increased risk of HIV transmission to her infant with breast-feeding.

6. A client in her 38th week of gestation is admitted to a labour and birth unit for delivery. The unit is involved in a research-based program on the common causes of infant mortality. The client asks the nurse about the program. Which response by the nurse is most appropriate with regard to the research program?
 - A) Direct the client to the notice board for detailed information, including risks and benefits.
 - B) Inform the client that registration for the program is mandatory for pregnant clients.
 - C) Describe the research program so the client can decide whether to register for it.
 - D) Assess the client's general familiarity with the research process.

7. A nurse is teaching a group of clients about the risks associated with obesity during pregnancy. The nurse should cite an increased risk of what health problem?
 - A) Infertility
 - B) Amniotic fluid embolism
 - C) Cervical laceration
 - D) Anemia

8. A labour and delivery nurse has identified a research study that identifies risks around the protocol for fetal surveillance that is currently used on the unit. What is the nurse's most appropriate action?
 - A) Search the literature to identify other studies that examine this clinical issue
 - B) Collaborate with the unit's nurse educator to promote a change in practice
 - C) Ask an obstetrician to corroborate the study's findings
 - D) Evaluate the risks and benefits of changing the unit's protocols based on the study

9. A nurse recognizes that the number, timing, and content of prenatal care varies in Canada. In light of the differences in access to prenatal care in Canada, which women may be at higher risk for complications in pregnancy and childbirth?
 - A) Women in rural and remote areas
 - B) Women in inner city locations
 - C) Women whose care is provided by Nurse Practitioners
 - D) Women who have full-time careers or who are full-time students

10. A nurse provides prenatal care on a large Aboriginal reserve. The nurse should prioritize screening for what health problem?
 - A) Gestational diabetes
 - B) Chronic hypertension
 - C) HIV/AIDS
 - D) Excessive weight gain

11. A nurse is applying the principles of critical thinking to an ethical dilemma in the clinical setting. What action should the nurse first perform?
 - A) Consciously set aside his or her own personal thoughts and beliefs
 - B) Elicit guidance from the client and family who are personally involved in the dilemma
 - C) Make a nursing diagnosis based on the assessment data at hand
 - D) Identify his or her values and potential biases

12. A nurse is providing care during a client's labour and perform a vaginal examination, the third since the client's admission. What principle should guide the nurse's actions?
 - A) The client's consent to the first vaginal examination applies to this examination as well.
 - B) The nurse should elicit written consent from the client before the examination.
 - C) The client must express the fact that she consents to this procedure.
 - D) The client's partner can provide consent on the client's behalf in this circumstance.

13. A woman newly diagnosed with Type II diabetes asks her nurse if there are any research studies regarding diabetes management in women in which she can participate. Which response by the nurse is most appropriate with regard to the client's interest in becoming a research participant?
 - A) Inform the client that there is no significant difference in data collected from females than males.
 - B) Inform the client that registration for a research study is mandatory for clients newly diagnosed with Type II diabetes and she has already been enrolled.
 - C) Provide information on current research studies related to Type II diabetes so the client can decide whether to register for one.
 - D) Inform the client that research studies do not solely focus on women's health issues in most cases.

14. Informed consent is an important right of a client. Which of the following statements regarding informed consent is most accurate?
 - A) Informed consent is a concept that evolved from principles of ethics.
 - B) Informed consent is a practice that was originally mandated by the World Health Organization.
 - C) Informed consent focuses solely on the potential risks of a research study.
 - D) Informed consent is a continuing process and a client may change his or her mind at any time.

15. A nurse is educating a group of nursing students about the importance of cultural sensitivity and equal access to health care services for all Canadians. The students are correct when they identify the following determinants of health as potential sources of inequality for immigrants from developing countries? Select all that apply.
- A) Income
 - B) Health services
 - C) Social support networks
 - D) Social status
 - E) Genetics
16. Canadian nurses have an obligation to address the unique health needs of the country's Aboriginal population. The term Aboriginal people refers to those groups or nations of people who were the first to live in a country. "Aboriginal" was defined in the Constitution Act as including which groups of people?
- A) Inuit, Indian, and French Canadian
 - B) Métis, First Nations, and Inuit
 - C) First Nations and Métis
 - D) Métis and Inuit
17. Strategies have been developed to enhance the ability of the Canadian health care system to meet the unique needs of women. It is important to have an understanding about general demographics and trends for women. Which statement is correct regarding women in Canada?
- A) Women over the age of 65 are likely to live alone.
 - B) Women and men have approximately the same life expectancy.
 - C) Women have a longer life expectancy and therefore a better quality of life.
 - D) Canada's publicly funded health care system ensures equality of care.
18. A nurse setting up a health promotion poster for the community fair decides to include pictures of health promoting behaviours to catch consumer attention. Which of the following pictures do not depict health promotion behaviour?
- A) A pregnant woman brushing her teeth
 - B) An elderly woman participating in "aquacize" in a community pool
 - C) A woman with a knee brace who is participating in physiotherapy
 - D) A woman picking vegetables from a neighbourhood garden
19. A 16-year-old client comes to the health clinic for a check-up and birth control. The public health nurse does a pregnancy test on the client and it is positive. The client expresses she has had thoughts of suicide for the past 2 years and is determined to terminate this pregnancy. Which of the following demonstrates critical thinking?
- A) Realizing that in general adolescents do not attend prenatal classes at the clinic and presuming that the client is not interested.
 - B) Although mental health is not an area of expertise, the nurse provides counselling regarding the client's suicidal thoughts.
 - C) The nurse does not agree with termination of pregnancy and sends the client to another clinic.

- D) The nurse explores the risks and benefits of all options with the client regarding her pregnancy.
20. A nurse manager is introducing an initiative to begin incorporating more evidence-based protocols and approaches for women's health on the maternity unit. The nurse manager is aware that some of the nurses working on that unit are reluctant to adopt the initiative. What explanation should the nurse manager provide to promote evidence-based practice?
- A) "Your expert opinions are the main source of data and they should be prioritized."
B) "I have set up a data base relevant to maternity nursing that is accessible to all of you."
C) "I read a study that found bathing a baby in the first hour is critical to its health; therefore, we are changing our baby bath routine to be done within the first hour of birth."
D) "This is extra information. You should consult with one another carefully before making a practice decision."
21. A nurse is participating in an interdisciplinary group that has been formed to address a particular ethical dilemma that arisen during the care of a client. When applying Murphy and Murphy's Method of Ethical Decision Making, the team should first perform what action?
- A) Specifying the exact ethical issue that is at the heart of the dilemma
B) Mobilizing each of the individuals who are stakeholders in the situation
C) Seek input from an attorney to give a legal framework for the proceedings
D) Hold a family meeting and ask the client and her family to express their preferences
22. A group of nursing students are reviewing the Canada Health Act in an effort to better understand the legal context of Canadian health care. The students should identify what principles of the Act? Select all that apply.
- A) Excellence
B) Universality
C) Harmony
D) Accessibility
E) Portability
23. An initiative has been launched on a maternity unit with the goal of increasing the number of women who choose to exclusively breastfeed. The organizers have identified their commitment to applying the principles of evidence-based practice. What data sources will these nurses most likely include in their decision making? Select all that apply.
- A) The clinical expertise of nurses who have experience in this practice area
B) Research studies that have been published in peer-reviewed publications
C) Long-standing and well-established nursing traditions
D) Information gleaned from websites and media sources about breastfeeding
E) The preferences and values of the clients who are cared for on the unit

24. A team of community health nurses are planning their activities over the next year and are ensuring that these are congruent with current demographic trends. Which of the following statements most accurately describes an aspect of Canadian demographics?
- A) Among developed nations, Canada has one of the highest infant mortality rates.
 - B) Immigration levels peaked in the 1990s and have since declined slightly.
 - C) The fertility rate in Canada remains too low to sustain the population.
 - D) Life expectancy has recently declined in Canada following many decades of steady increase.
25. A nurse is collaborating with members of other health disciplines to address an ethical dilemma. The team is weighing options according to ethical principles, including autonomy, beneficence, nonmaleficence, and justice. What question addresses the concept of beneficence?
- A) "What option has been most successful in similar situations in the past?"
 - B) "What option has the most potential to cause good for the client?"
 - C) "How can we best combine our expertise to benefit this situation?"
 - D) "How can we use our available resources most efficiently?"

Answer Key

1. A
2. A
3. C
4. B
5. D
6. C
7. A
8. A
9. A
10. A
11. D
12. C
13. C
14. A
15. A, B, C, D
16. B
17. A
18. C
19. D
20. B
21. A
22. B, D, E
23. A, B, E
24. C
25. B

1. A client with a recent history of fatigue has been diagnosed with iron-deficiency anemia. What health promotion advice should the nurse provide to this client?
 - A) Ensure adequate sunlight exposure to facilitate iron absorption
 - B) Lose weight through diet and exercise, if possible
 - C) Replace animal sources of protein with plant sources
 - D) Drink acidic fruit juices to aid iron absorption

2. The nurse is working with a client who was divorced about a year ago and who now admits to being lonely and financially strained. When screening this client for depression, what assessment findings are consistent with this diagnosis? Select all that apply.
 - A) The client states that she often has nighttime awakenings and insomnia.
 - B) The client admits that she is angry about many aspects of her current situation.
 - C) The client states that she lost around 10 kg over the past several months.
 - D) The client describes her current situation as being “hopeless.”
 - E) The client often mentions positive attributes of her ex-husband.