

Age Specific Competency Exam

Employee Name: _____ Date: _____

While admitting a 19-year old girl to the medical unit, the girl indicates that she has been sexually abused by a family member for several years, and is now pregnant. She asks the nurse, "What do you think I should do about this baby?" The nurse's best response would be:

- a. "I believe it would be alright to have an abortion since you are only a few weeks along."
- b. "At your age, there is a pretty good chance you will have a miscarriage."
- c. "It is very hard to make the correct decision. How do you feel about being pregnant and becoming a mother?"
- d. "Only you and your family can decide what to do about this pregnancy."

While caring for a 22-year old client with acquired immunodeficiency syndrome (AIDS), the client expresses feelings of overwhelming loneliness and feelings of isolation since his diagnosis of AIDS. Which of the following strategies would the nurse suggest as possible methods of decreasing social isolation?

- a. Assist the client to get a contact name and phone number for a support group in the area for clients with AIDS.
- b. Reading the newspaper to stay in touch with current events.
- c. Participate in a "chat room" on the internet to meet new friends.
- d. Encourage the client to contact his parents that are living several states away and express his feelings to them.

While caring for a 30-year old male client with a spinal cord injury, the client says to the nurse, "I am so depressed that I will never be able to have sex again." Which of the following statements would be the most realistic and therapeutic for the nurse to say:

- a. "You are still so young, you will learn to adapt"
- b. "I feel so bad for you, it must be depressing"
- c. "You can still have a sexual relationship, but it will be different"
- d. "You never know, maybe you will get all of your function back"

Stephanie, a 36-year-old client is admitted to the OB/GYN unit with the diagnosis of pre-eclampsia. Stephanie's admitting BP is 190/120 and she has 3+ pitting edema of her extremities. She has two toddler children who are staying with her sister while her husband is at work. She begins to cry on admission and begs the physician to let her go home to care for her children. What actions should the nurse take to assist Stephanie to adjust to her sudden hospitalization?

- a. Allow Stephanie to verbalize her concerns and fears
- b. Understand that Stephanie's primary task as a young adult is establishing family and caring for others
- c. Communicate with the sister and assure Stephanie that her children are being cared for, enlist the aid of the Social Worker if necessary
- d. All of the above

In planning for care of a 43-year-old woman dying of breast cancer, one of the goals is that the client would verbalize acceptance of impending death. Which of the following statements indicates that this goal is being reached:

- a. "If I can just hang on long enough to see my children finish college and get married"
- b. "I would like to go home so I can die with my family around me"
- c. "I would like to live at least another 2 years"
- d. "My oldest daughter gets married next year, I hope I can make it to the wedding"

Which of the following characteristics displayed by the husband of the woman dying from cancer suggest that he may be at risk for a negative bereavement response to her death:

- a. He blames himself that he didn't get her into the doctor's office sooner
- b. He is preparing for his wife's death
- c. He has a high socio-economic status
- d. He has a strong support system

Mike, a 45-year-old male has been admitted to the medical floor for diagnosis of upper gastrointestinal (UGI) bleeding. Mike is the Chief Financial Officer (CFO) of a corporation that has been undergoing financial difficulties. Mike sent his wife to get his papers from the office and is requesting to setup his laptop computer so he can continue to work while hospitalized. After listening and encouraging the client to verbalize his concerns the nurse's most appropriate response would be:

- a. "We forbid the use of electrical equipment in the hospital that has not been cleared by medical engineering."
- b. "Your company will get along fine, you just need to lie back, relax, and concentrate on getting well."
- c. "I will discuss this with your wife and see if she can convince you to rest."
- d. "You're concerned how your hospitalization will impact your family and job?"

Mike from the preceding question is stable and his therapeutic interventions are in process. Mike continues to insist on working during his hospitalization, the nurse plans to:

- a. Inquire why he has to be so stubborn and non-compliant
- b. Develop a routine, condition permitting, that balances rest needs with work activities
- c. Ignore Mike's request, knowing that he will finally quit asking
- d. Educate Mike on the adverse affects to his health and that he may die is he doesn't comply.

A nurse is interviewing Cal, a 54 year old veteran who served in the Vietnam War, and is being admitted for a diagnostic work up to rule out malignancy. Cal reports that he has been experiencing insomnia, difficulty concentrating, nervousness and frequent nightmares about the war. The nurse assesses these symptoms to be indicative of:

- a. Obsessive Compulsive Disorder
- b. Agent Orange Exposure
- c. Phobias
- d. Posttraumatic Stress Disorder

Two-months after having a right mastectomy for breast cancer, Linda a 55-year-old client is admitted for diagnostic follow up. Linda had been instructed to continue performing breast self-exams on her left breast. The nurse asks Linda if she has any questions regarding these self-exams. Linda responds that she does not do self-exams on her left breast since it is not necessary. The nurse interprets this response may indicate:

- a. Change in body image
- b. Change in mental status
- c. Denial
- d. Self-control

Louise, a 68-year-old female, is admitted to the medical floor after experiencing a CVA. Louise has been a city attorney for the past 30 years and has never been married or had children. She has right-sided hemiplegia and expressive aphasia and is becoming very frustrated with her inability to communicate. The most appropriate nurse action would be to:

- a. Encourage her not to speak and to stay calm
- b. Encourage her to just rest and not worry, the staff will take good care of her
- c. Develop a means of communication such as a picture or word board
- d. Use a pad and pencil as a means of communication

Louise's condition has stabilized and she is beginning to recover. She becomes irritable and angry regarding her "slow" progress to relearn simple tasks. She has frequent outburst during her rehabilitation sessions. Which of the following is the best nursing approach to help the client regain focus and motivation to improve:

- a. Allow longer visits by her coworkers
- b. Use supportive statements to correct her behavior and outbursts
- c. Tell the client that the nurse and therapists know how she feels
- d. Ignore the behavior and hope it is limited

Louise's closest friend visits with her two grandchildren to "cheer-up" Louise. The children bring cards they have made and a handpicked bouquet of flowers. They have a pleasant visit but after they leave Louise begins to cry and says, "I regret not having a family. Just look at me; I am an old, useless woman without anyone to care for me." The nurse offers support and listens to Louise as she recalls her life. This review of one's life is part of which of Erikson's stages:

- a. Ego Integrity vs. Despair
- b. Generativity vs. Stagnation
- c. Industry vs. Inferiority
- d. Identity vs. Role Confusion

The nurse caring for a client that has been newly diagnosed with Parkinson's disease is developing a teaching plan. Which of the following topics would the nurse consider to be the most important topic to cover:

- a. Boosting the immune system
- b. Maintaining a balanced diet
- c. Maintaining a safe environment
- d. Engaging in diversional activity

Jean, an active 80-year-old female sustained a hip fracture and was placed in Buck's traction. After several days, the nursing staff notes that Jean has now become increasingly disoriented but appears not to be suffering from any physiological symptoms. The family is able to visit only in the evenings because they are very busy with their careers. The most appropriate nursing intervention is to:

- a. Ask the family to rotate around the clock and stay with her
- b. Ask the lab to draw a full metabolic panel
- c. Apply restraints to the client
- d. Reorient the client frequently and place a clock and calendar in the client's room