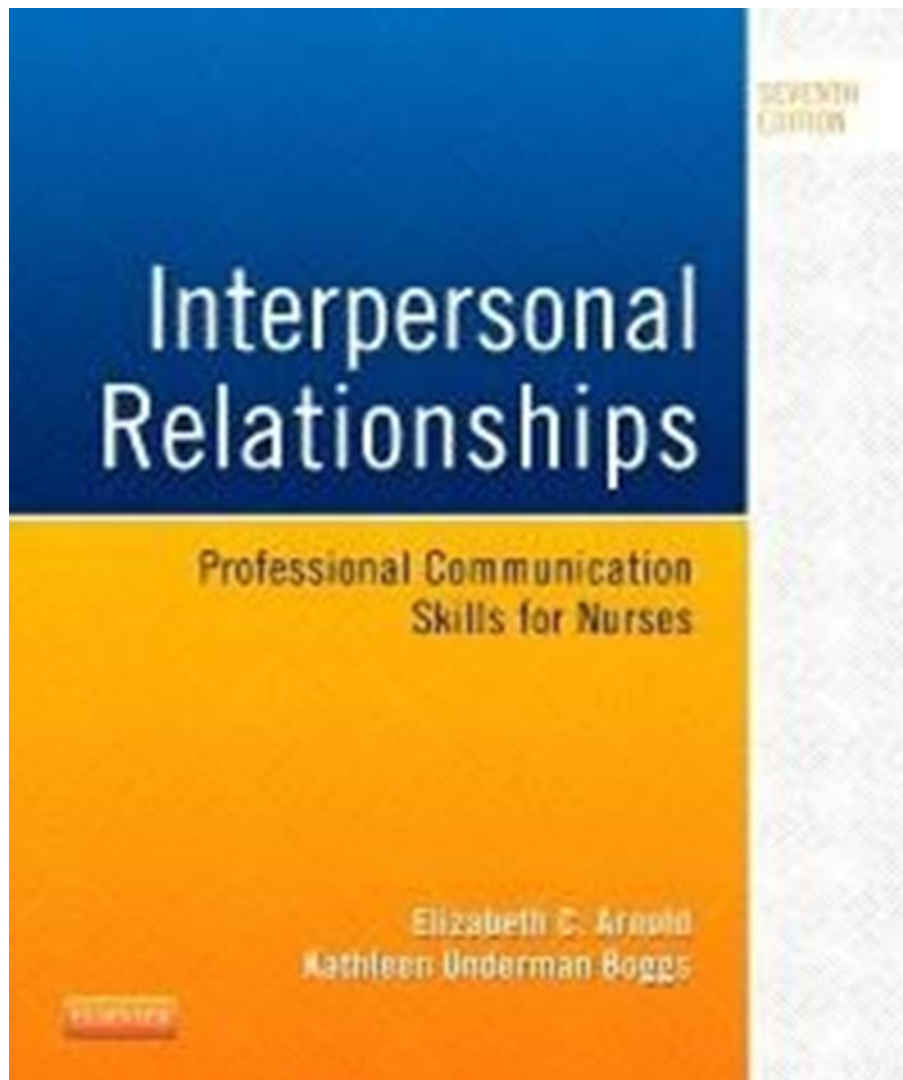


# TEST BANK

INTERPERSONAL RELATIONSHIPS (PROFESSIONAL  
COMMUNICATION SKILLS FOR NURSES) 7TH EDITION BY  
ELIZABETH C. ARNOLD; KATHLEEN UNDERMAN BOGGS



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## Chapter 1: Theory Based Perspectives and Contemporary Dynamics

### Arnold: Interpersonal Relationships, 7th Edition

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#### MULTIPLE CHOICE

1. When describing nursing to a group of nursing students, the nursing instructor lists all of the following characteristics of nursing except
  - a. historically nursing is as old as mankind.
  - b. nursing was originally practiced informally by religious orders dedicated to care of the sick.
  - c. nursing was later practiced in the home by female caregivers with no formal education.
  - d. nursing has always been identifiable as a distinct occupation.

ANS: A

Historically, nursing is as old as mankind. Originally practiced informally by religious orders dedicated to care of the sick and later in the home by female caregivers with no formal education, nursing was not identifiable as a distinct occupation until the 1854 Crimean war. There, Florence Nightingale's *Notes on Nursing* introduced the world to the functional roles of professional nursing and the need for formal education.

DIF: Cognitive Level: Comprehension REF: p. 1

TOP: Step of the Nursing Process: All phases

MSC: Client Needs: Psychosocial Integrity

2. The nursing profession's first nurse researcher, who served as an early advocate for high-quality care and used statistical data to document the need for handwashing in preventing infection, was
  - a. Abraham Maslow.
  - b. Martha Rogers.
  - c. Hildegard Peplau.
  - d. Florence Nightingale.

ANS: D

An early advocate for high-quality care, Florence Nightingale's use of statistical data to document the need for handwashing in preventing infection marks her as the profession's first nurse researcher.

DIF: Cognitive Level: Knowledge REF: p. 1

TOP: Step of the Nursing Process: All phases

MSC: Client Needs: Management of Care

3. Today, professional nursing education begins at the
  - a. undergraduate level.
  - b. graduate level.

- c. advanced practice level.
- d. administrative level.

ANS: A

Today, professional nursing education begins at the undergraduate level, with a growing number of nurses choosing graduate studies to support differentiated practice roles and/or research opportunities. Nurses are prepared to function as advanced practice nurse practitioners, administrators, and educators.

DIF: Cognitive Level: Comprehension REF: p. 2

TOP: Step of the Nursing Process: All phases

MSC: Client Needs: Management of Care

4. Nursing's metaparadigm, or worldview, distinguishes the nursing profession from other disciplines and emphasizes its unique functional characteristics. The four key concepts that form the foundation for all nursing theories are
- a. caring, compassion, health promotion, and education.
  - b. respect, integrity, honesty, and advocacy.
  - c. person, environment, health, and nursing.
  - d. nursing, teaching, caring, and health promotion.

ANS: C

Individual nursing theories represent different interpretations of the phenomenon of nursing, but central constructs—person, environment, health, and nursing—are found in all theories and models. They are referred to as nursing's *metaparadigm*.

DIF: Cognitive Level: Knowledge REF: p. 2

TOP: Step of the Nursing Process: All phases

MSC: Client Needs: Management of Care

5. When admitting a client to the medical-surgical unit, the nurse asks the client about *cultural* issues. The nurse is demonstrating use of the *concept* of
- a. person.
  - b. environment.
  - c. health.
  - d. nursing.

ANS: B

The concept of *environment* includes all cultural, developmental, and social determinants that influence a client's health perceptions and behavior. A *person* is defined as the recipient of nursing care, having unique bio-psycho-social and spiritual dimensions. The word *health* derives from the word *whole*. Health is a multidimensional concept, having physical, psychological, sociocultural, developmental, and spiritual characteristics. The World Health Organization (WHO, 1946) defines *health* as "a state of complete physical, mental, social well-being, not merely the absence of disease or infirmity." *Nursing* includes the promotion of health, prevention of illness, and the care of ill, disabled, and dying people.

DIF: Cognitive Level: Application REF: p. 3  
TOP: Step of the Nursing Process: Assessment

MSC: Client Needs: Psychosocial Integrity

6. A young mother tells the nurse, "I'm worried because my son needs a blood transfusion. I don't know what to do, because blood transfusions cause AIDS." Which central nursing construct is represented in this situation?
- Environment
  - Caring
  - Health
  - Person

ANS: D

The concept of *environment* includes all cultural, developmental, and social determinants that influence a client's health perceptions and behavior. *Caring* is not one of the four central nursing constructs. The word *health* derives from the word *whole*. Health is a multidimensional concept, having physical, psychological, sociocultural, developmental, and spiritual characteristics. The World Health Organization (WHO, 1946) defines *health* as "a state of complete physical, mental, social well-being, not merely the absence of disease or infirmity." Nursing includes the promotion of health, prevention of illness, and the care of ill, disabled, and dying people. *Person* is defined as the recipient of nursing care, having unique bio-psycho-social and spiritual dimensions.

DIF: Cognitive Level: Application REF: p. 2

TOP: Step of the Nursing Process: Implementation

MSC: Client Needs: Psychosocial Integrity

7. The nurse performs a dressing change using sterile technique. This is an example of which pattern of knowledge?
- Empirical
  - Personal
  - Aesthetic
  - Ethical

ANS: A

*Empirical* knowledge is the scientific rationale for skilled nursing interventions. *Personal* ways of knowing allow the nurse to understand and treat each individual as a unique person. *Aesthetic* ways of knowing allow the nurse to connect in different and more meaningful ways. *Ethical* ways of knowing refer to the moral aspects of nursing.

DIF: Cognitive Level: Comprehension REF: p. 5

TOP: Step of the Nursing Process: Implementation

MSC: Client Needs: Management of Care

8. The nurse-client relationship as described by Hildegard Peplau
- would not be useful in a short-stay unit.
  - allows personal and social growth to occur only for the client.
  - facilitates the identification and accomplishment of therapeutic goals.
  - focuses on maintaining a personal relationship between the nurse and client.

ANS: C

Hildegard Peplau offers the best-known nursing model for the study of interpersonal relationships in health care. Her model describes how the nurse-client relationship can facilitate the identification and accomplishment of therapeutic goals to enhance client and family well-being. In contemporary practice, Peplau's framework is more applicable today in longer term relationships, and in settings such as rehabilitation centers, long-term care, and nursing homes. Despite the brevity of the alliances in acute care settings, basic principles of being a participant observer in the relationship, building rapport, developing a working partnership, and terminating a relationship remain relevant.

DIF: Cognitive Level: Knowledge REF: p. 10

TOP: Step of the Nursing Process: All phases

MSC: Client Needs: Psychosocial Integrity

9. The identification phase of the nurse-client relationship
- sets the stage for the rest of the relationship.
  - correlates with the assessment phase of the nursing process.
  - focuses on therapeutic goals to enhance client and family well-being.
  - uses community resources to help resolve health care issues.

ANS: C

Hildegard Peplau offers the best-known nursing model for the study of interpersonal relationships in health care. Her model describes how the nurse-client relationship can facilitate the identification and accomplishment of therapeutic goals to enhance client and family well-being.

DIF: Cognitive Level: Knowledge REF: p. 10

TOP: Step of the Nursing Process: Implementation

MSC: Client Needs: Management of Care

10. Abraham Maslow's needs theory is a framework that
- begins with meeting basic psychosocial needs first.
  - ensures essential needs are satisfied, then people move into higher physiological areas of development.
  - proposes that people are motivated to meet their needs in a descending order.
  - nurses use to prioritize client needs and develop relevant nursing approaches.

ANS: D

Abraham Maslow's needs theory is a framework that nurses use to *prioritize* client needs and develop relevant nursing approaches. Maslow's model proposes that people are motivated to meet their needs in an ascending order beginning with meeting basic survival needs. As essential needs are satisfied, people move into higher psychosocial areas of development.

DIF: Cognitive Level: Application REF: p. 10

TOP: Step of the Nursing Process: All phases

MSC: Client Needs: Psychosocial Integrity

11. Which of the following statements about communication theory is true?
- Primates are able to learn new languages to share ideas and feelings.