

## Final Exam: NUR155/ NUR 155 (Latest 2023/ 2024) Foundations of Nursing Exam | 150+ Questions and Answers| Grade A| Galen

**Q:** A client has joined a fitness club and is working with the nurse to design a program for weight reduction and increased muscle tone. The client has tried exercise in the past with success, but has not been participating in a program for some time. In order to assess the potential for success with this client, the nurse should evaluate which of the behavior-specific cognitions?

**Answer:**

Perceived benefits of action

**Q:** A client has been working hard in rehabilitation following a traumatic brain injury. She has a weak support system in that her family lives a far distance away and her coworkers are not involved. On which behavior-specific cognitions should the nurse focus to assist this client with success in the rehabilitation program?

**Answer:**

Interpersonal influences

**Q:** A client is learning how to manage his asthma. In providing teaching, the nurse stresses the importance of using the peak flow meter every morning to help determine changes in respiratory status. The nurse is stressing which health promotion behavior?

**Answer:**

Competing preferences

**Q:** Several nursing students have been discussing the benefits of joining a study group. They realize the importance of applying nursing knowledge to the clinical area and determine that together they may be more effective in retaining this information than if they continued in their individual settings. Which stage of behavior change are they exemplifying?

**Answer:**

Contemplation stage

**Q:** A client with diabetes wants to have better control over her blood sugar levels. She has set a goal that she will have laboratory values that reflect this, and she has been monitoring her blood sugar twice a day for the past month. Along with regular checks, she has kept all appointments with her nutritionist. This client is modeling which stage of health behavior change?

**Answer:**

Action stage

**Q:** The health nurse of a busy university campus is implementing a health promotion activity by placing posters about proper hand washing in all of the public restrooms on campus. Which type of health promotion program is the nurse implementing?

**Answer:**

Information dissemination

**Q:** The nurse is preparing information packets for incoming college students regarding sexually transmitted disease, drug and alcohol abuse, and the use of stimulants among this age group. In this situation, the nurse has assumed which role?

**Answer:**

Teacher

**Q:** The nurse suggests that a client make a list of past experiences that have brought joy, peace, and hope into the clients life. What action is the nurse assisting the client to complete?

**Answer:**

Spiritual health assessment

**Q:** A client has received a high score on the Life-Change Index. For which part of the clients assessment should the nurse use this information?

**Answer:**

Life stress review

**Q:** The client is a high school student who is also a single parent. She is attending parenting classes while studying full time and living in an apartment with her child. The student also meets twice a week with a teen peer group and participates in a nutrition program through the county. Which is the most appropriate diagnosis for this client?

**Answer:**

Readiness for Enhanced Coping

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**Q:** The nurse educator provides developmental testing for kindergarten through thirdgrade students. Which level of prevention is the nurse perform- ing?

**Answer:**

Secondary

**Q:** A client has had a severe brain injury and has been in a rehabilitation hospital for several months. Recently, the client developed pneumonia and is currently on intravenous antibiotic

therapy. Which level of prevention should the nurse use to address the health problem of pneumonia?

**Answer:**

Secondary

**Q:** A nurse in charge of an assisted living complex that includes independent living apartments understands the unique needs of individuals of this age group. When planning health promotion strategies, what factor should the nurse take into consideration?

**Answer:**

Adjusting to physiologic changes and limitations

**Q:** A nurse is working with various cultures while implementing health promotion activities for the community center. Bringing the minister of the church into the planning stage of these activities would be sensitive to which cultural groups?

**Answer:**

African American

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**Q:** The nurse is reviewing the characteristics of homeostatic mechanisms prior to assessing a client. Which characteristics should the nurse keep in mind during this assessment?

**Answer:**

They are self-regulating.

They are compensatory.

They are regulated by negative feedback systems.

They can require several feedback mechanisms to correct only one physiologic imbalance.