



NCLEX-PN Practice Questions

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Question 1

Question Type: MultipleChoice

A person using over-the-counter nasal decongestant drops who reports unrelieved and worsening nasal congestion should be instructed to:

Options:

- A- switch to a stronger dose of the medication.
- B- discontinue the medication for a few weeks.
- C- continue taking the same medication, but use it more frequently.
- D- use a combination of medications for better relief.

Answer:

B

Explanation:

Prolonged use of decongestant drops (3 to 5 days) can lead to rebound congestion, which is relieved by discontinuing the medication for 2 to 3 weeks. Nasal congestion results from dilation of nasal blood vessels due to infection, inflammation, or allergy. With this dilation, there is a transudation of fluid into the tissue spaces, resulting in swelling of the nasal cavity. Nasal decongestants (sympathomimetic amines) stimulate the alphaadrenergic receptors, producing vascular constriction (vasoconstriction) of the capillaries within the nasal mucosa. The result is shrinking of the nasal mucous membranes and a reduction in fluid secretion (runny nose). Decongestants can make a client jittery, nervous, or restless. These side effects decrease or disappear as the body adjusts to the drug. When nasal decongestants are used for longer than 5days, instead of the nasal membranes constricting, vasodilation occurs, causing increased stuffy nose and nasal congestion. The nurse should emphasize the importance of limiting the use of nasal sprays and drops. As with any alpha-adrenergic drug (for example, decongestants), blood pressure and blood glucose levels can increase. These drugs are contraindicated and should only be used with extreme caution for clients with hypertension, cardiac disease, hyperthyroidism, and diabetes mellitus. Physiological Adaptation

Question 2

Question Type: MultipleChoice

To improve overall health, the nurse should place highest priority on assisting a client to make

lifestyle changes for Which option best habits?

Options:

- A- drinking a six-pack of beer each day
- B- eating an occasional chocolate bar
- C- exercising twice a week
- D- using relaxation exercises to deal with stress

Answer:

A

Explanation:

Health promotion is motivated by the desire to increase people's well-being and health potential. The nurse promotes health by maximizing the client's own strengths. Identification and analysis of the client's strengths are a component of preventing illness, restoring health, and facilitating coping with disability or death. The nurse facilitates decisions about lifestyle that enhance one's quality of life and encourage acceptance of responsibility for one's own health. Health Promotion and Maintenance

Question 3

Question Type: MultipleChoice

What is the main theory that explains a family's concept of health and illness?

Options:

- A- Health Belief Model
- B- Education-School-Completing Factor
- C- Family Health Expert Factor
- D- Disconnected Family Factor

Answer:

A

Explanation:

The Health Belief Model describes readiness factors; the perceived feelings of susceptibility and seriousness

of the health problem (the threat); and positive motivation to maintain, regain, or attain wellness. Health

Promotion and Maintenance

Question 4

Question Type: MultipleChoice

When a client needs oxygen therapy, What is the highest flow rate that oxygen can be delivered via nasal cannula?

Options:

- A- 2 liters/minute
- B- 4 liters/minute
- C- 6 liters/minute
- D- 8 liters/minute

Answer:

C

Explanation:

The highest flow rate that oxygen can be delivered via nasal cannula is 6 liters/minute. Higher flow rates

must be delivered by mask. Reduction of Risk Potential

Question 5

Question Type: MultipleChoice

A client needs to rapidly achieve a therapeutic plasma drug concentration of a medication. Rather than wait for steady state to be achieved, the physician might order:

Options:

- A- a maintenance dose.
- B- a loading dose.
- C- a medication with no first-pass effect.
- D- the medication to be given intravenously.

Answer:

B

Explanation:

A loading or priming dose rapidly establishes a therapeutic plasma drug level. It can be calculated by multiplying the volume of distribution by the desired plasma drug concentration. A maintenance dose maintains a therapeutic level after the loading dose. It takes five drug half-lives to achieve steady state if no loading dose is given. Choice 3 is similar to a maintenance dose. Intravenous administration provides excellent drug bioavailability, but one dose will not achieve a therapeutic plasma level. Pharmacological Therapies

Question 6

Question Type: MultipleChoice

An 8-year-old Asian child is being examined during a school screening. The nurse notices small bruises on the anterior and posterior ribs. The nurse should ask the child:

Options:

- A- if the family practices coining.
- B- who hit him.
- C- if the child has fallen.
- D- how long the abuse has been occurring.

Answer:

A

Explanation:

The nurse must be aware of cultural practices that resemble child abuse. These practices include coining, cupping, and fallen fontanella. Coining and cupping are thought to draw infections from the body. Coining involves rubbing a heated coin on the chest and torso and might cause bruising. Cupping uses heated glasses that can produce erythematous and ecchymotic rounded lesions or linear streaks on the body from the suction. Fallen fontanella involves turning a child upside down to correct a depressed fontanelle; it can cause vomiting, diarrhea, and dehydration in infants. Retinal hemorrhages can also occur, and sometimes Shaken-Baby Syndrome is erroneously diagnosed. Psychosocial Integrity

Question 7

Question Type: MultipleChoice

A female having her first child is experiencing which type of crisis event?

Options:

- A- situational
- B- maturational
- C- adventitious
- D- reactive

Answer:

B

Explanation:

A maturational crisis occurs when an individual arrives at a new stage of development and must develop new coping strategies. Choice 1 arises from sources external to individuals. Choice 3 occurs when some event external to a person (floods, hurricanes) disrupts his or her coping behaviors. Choice 4 is not a crisis intervention. Psychosocial Integrity

Question 8

Question Type: MultipleChoice

A client has sustained a hyphema

a. What intervention should the nurse take?

Options:

- A- Have the client wear ear protectors in the future.
- B- Keep the client at bed rest, typically with the head of the bed propped up.
- C- Apply atropine eye drops.
- D- Apply an ice pack to the site of injury.

Answer:

B

Explanation:

Initial care of the client involves preventing further damage and rebleeding. Clients are kept at bed rest if possible, usually with the head of the bed raised. TV watching is permitted but not reading. The use of atropine, ice, and eye shields are controversial, and a nurse should not administer a pharmacologic agent or thermal therapy without a physician's order. Safety and Infection Control

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