

## Davidson/London/Ladewig, *Olds' Maternal–Newborn Nursing and Women's Health Across the Lifespan* 9th Edition Test Bank

### Chapter 3

#### Question 1

Type: MCSA

The nurse is assessing a patient who reports seeing an acupuncturist on a weekly basis to treat back pain. The nurse understands that acupuncture is an example of:

1. A risky practice without evidence of efficacy.
2. A folk remedy.
3. A complementary therapy.
4. An alternative therapy.

**Correct Answer:** 3

**Rationale 1:** Acupuncture has been a traditional Chinese medicine for over 3000 years. Good evidence is available on the efficacy of acupuncture for treatment of chronic pain.

**Rationale 2:** A folk remedy is a practice of a cultural group that either has no evidence to support efficacy or has been found not to have an effect.

**Rationale 3:** Acupuncture is a therapy that is used in conjunction with conventional medical treatment, and therefore is an example of a complementary therapy.

**Rationale 4:** Acupuncture is not categorized as an alternative therapy, because it is used in conjunction with conventional medical treatment.

#### Global Rationale:

**Cognitive Level:** Applying

**Client Need:** Physiological Integrity

**Client Need Sub:** Basic Care and Comfort

**Nursing/Integrated Concepts:** Nursing Process: Diagnosis

**Learning Outcome:** Distinguish between complementary and alternative therapies.

#### Question 2

Type: MCSA

In caring for pregnant patients, the nurse realizes that information on conventional, complementary, and alternative medicine is:

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1. Obtained at the medical office if the physician feels it is appropriate.
2. Best obtained from family and friends who have already experienced a situation.
3. Readily obtainable on the Internet.
4. Best passed on by word of mouth.

**Correct Answer:** 3

**Rationale 1:** Even though information can be obtained at the medical office, a nurse does not need permission from a physician.

**Rationale 2:** Consulting family and friends is not the best way to obtain accurate information.

**Rationale 3:** With the onset of computers, iPods, and smartphones, information is readily available constantly and quickly.

**Rationale 4:** Word of mouth is not the best way to obtain accurate information.

**Global Rationale:**

**Cognitive Level:** Applying

**Client Need:** Safe Effective Care Environment

**Client Need Sub:** Management of Care

**Nursing/Integrated Concepts:** Nursing Process: Implementation

**Learning Outcome:**

### Question 3

**Type:** MCMA

Based on an understanding of how patients learn about complementary and alternative therapies, the nurse realizes that which of the following patients are most likely to use complementary or alternative therapy?

*Note: Credit will be given only if all correct and no incorrect choices are selected.*

**Standard Text:** Select all that apply.

1. An elderly couple on a fixed income without a computer at home
2. A middle-aged woman who travels internationally for her job
3. An adolescent male who plays many sports through school
4. A young mother of preschoolers who uses the Internet daily
5. A middle-aged man who has never married and rarely travels

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**Correct Answer:** 2,4

**Rationale 1:** An elderly couple on a fixed income without a computer would have very little awareness of complementary and alternative therapies.

**Rationale 2:** Increased awareness of the limitations and drawbacks of traditional medicine and increased international travel have contributed to the rise in the use of complementary and alternative therapies.

**Rationale 3:** Participation in sports would have no bearing on the use of alternative and complementary medicine.

**Rationale 4:** Use of complementary or alternative therapies is enhanced by the use of the Internet, as information is quickly available worldwide.

**Rationale 5:** Marital status has no bearing on the use of alternative and complementary medicine, but someone who rarely travels might not be exposed to complementary and alternative therapies as much as would be someone who travels internationally.

**Global Rationale:**

**Cognitive Level:** Analyzing

**Client Need:** Physiological Integrity

**Client Need Sub:** Physiological Adaptation

**Nursing/Integrated Concepts:** Nursing Process: Planning

**Learning Outcome:**

**Question 4**

**Type:** MCSA

The nurse who is working with patients using complementary or alternative medicine is aware that the National Center for Complementary and Alternative Medicine is responsible for:

1. Ensuring the safety of complementary and alternative therapies.
2. Endorsing products for further approval by the FDA.
3. Testing new therapies and products.
4. Promoting research on complementary and alternative therapies and disseminating information to consumers.

**Correct Answer:** 4

**Rationale 1:** The purpose and mission of NCCAM is not to ensure the safety of complementary and alternative therapies. That is the purpose of those engaged in research.

**Rationale 2:** The purpose and mission of NCCAM is not to endorse products for approval by the FDA. Most complementary and alternative therapies are not regulated by the FDA.

**Rationale 3:** The purpose and mission of NCCAM is not to test new therapies and products. That is the role of the researcher, although it is difficult to do research on these types of therapies, and the funds are often not available to accomplish this.

**Rationale 4:** The NCCAM was mandated by Congress in 1998 to promote research into complementary and alternative therapies, and to disseminate those research findings to consumers.

**Global Rationale:**

**Cognitive Level:** Applying

**Client Need:** Physiological Integrity

**Client Need Sub:** Physiological Adaptation

**Nursing/Integrated Concepts:** Nursing Process: Assessment

**Learning Outcome:**

**Question 5**

**Type:** MCSA

A nursing instructor is teaching a group of student nurses about the National Center for Complementary and Alternative Medicine (NCCAM). Which statement, if made by a nursing student, would indicate the need for further teaching?

1. “NCCAM is dedicated to exploring complementary and alternative healing practices in the context of rigorous science, training CAM researchers, and disseminating information to the public and professionals.”
2. “The NCCAM only distributes information to professional caregivers.”
3. “Recently, NCCAM recognized a new domain of integrative medicine.”
4. “Integrative medicine is an approach that combines mainstream medical therapies with complementary therapies for which there is some high-quality scientific evidence of safety and effectiveness.”

**Correct Answer:** 2

**Rationale 1:** This is true, so no further teaching is needed. The purpose of the organization is to provide information on complementary and alternative medicine to the public and professionals.

**Rationale 2:** NCCAM also makes information available to the public. The student needs further teaching

**Rationale 3:** This is true, so no further teaching is needed. NCCAM recently recognized a new domain that deals with the integration of conventional and complementary therapies.

**Rationale 4:** This is a true statement. Integrative medicine is an approach that combines mainstream medical therapies with complementary therapies for which there is some high-quality scientific evidence of safety and effectiveness.

**Global Rationale:**

**Cognitive Level:** Applying

**Client Need:** Safe Effective Care Environment

**Client Need Sub:** Management of Care

**Nursing/Integrated Concepts:** Nursing Process: Implementation

**Learning Outcome:**

**Question 6**

**Type:** MCSA

The nurse is planning a community education program on the role of complementary and alternative therapies during pregnancy. Which statement should the nurse include? "Alternative and complementary therapies:

1. "Bring about cures for illnesses and diseases."
2. "Are invasive but effective for achieving health."
3. "Emphasize prevention and wellness."
4. "Prevent pregnancy complications."

**Correct Answer:** 3

**Rationale 1:** The use of these therapies emphasizes prevention and wellness, aiming for holistic health rather than cure or treatment.

**Rationale 2:** Most alternative and complimentary therapies are noninvasive. The only ones that are invasive are acupuncture, herbs, and foods.

**Rationale 3:** Complementary and alternative therapies have many benefits during pregnancy. They emphasize prevention and wellness, aiming for holistic health rather than cure or treatment.

**Rationale 4:** No method of treatment can prevent all pregnancy complications.

**Global Rationale:**

**Cognitive Level:** Applying

**Client Need:** Health Promotion and Maintenance

**Client Need Sub:**

**Nursing/Integrated Concepts:** Nursing Process: Planning

**Learning Outcome:**

**Question 7**

**Type:** MCSA

A nursing instructor has been teaching the clinical students the difference between complementary and alternative therapies. Which statement, if made by a student, would indicate that teaching has been successful?

1. “A complementary therapy may be defined as any procedure or product that is used instead of conventional treatment.”
2. “An alternative therapy is used in conjunction with conventional medicine.”
3. “Because alternative therapies are used in place of medically prescribed treatments, patients might be reluctant to discuss them with a conventional physician.”
4. “Integrative nursing combines mainstream medical therapies with alternative therapies.”

**Correct Answer:** 2

**Rationale 1:** Complementary therapies are used in conjunction with conventional medicine.

**Rationale 2:** Alternative therapies are used instead of conventional medicine.

**Rationale 3:** This is a correct statement. Patients are often reluctant to discuss alternative therapies with their physician for fear of a negative reaction.

**Rationale 4:** Integrative medicine, not nursing, combines integrative therapy with conventional medicine.

**Global Rationale:**

**Cognitive Level:** Applying

**Client Need:** Health Promotion and Maintenance

**Client Need Sub:**

**Nursing/Integrated Concepts:** Nursing Process: Assessment

**Learning Outcome:**

**Question 8**

**Type:** MCSA

The charge nurse is providing an in-service for the nurses on the obstetrical unit about complementary and alternative medicine as it relates to conventional medicine. Which statement from a nurse indicates an understanding of the topic?

1. “The therapies of conventional medicine treat symptoms and illness, whereas complementary and alternative medicine emphasizes wellness.”
2. “Conventional medicine only needs to be used in life-saving situations.”
3. “The goal of conventional therapy is to heal the patient’s spirit, mind, and body.”

4. “Complementary and alternative medicine is not concerned with nutrition and food preparation.”

**Correct Answer:** 1

**Rationale 1:** This is a true statement. Complementary and alternative medicine emphasizes wellness, rather than treatment.

**Rationale 2:** This is not true. Conventional medicine can be used in all levels of wellness and illness.

**Rationale 3:** It is the goal of complementary and alternative therapy to heal the patient’s spirit, mind, and body.

**Rationale 4:** Complementary and alternative therapies are concerned with nutrition, hydration, dietary supplements, and food preparation.

**Global Rationale:**

**Cognitive Level:** Applying

**Client Need:** Health Promotion and Maintenance

**Client Need Sub:**

**Nursing/Integrated Concepts:** Nursing Process: Planning

**Learning Outcome:**

**Question 9**

**Type:** MCMA

The patient who is in her third trimester of pregnancy asks the nurse whether hydrotherapy might help her. The nurse explains that hydrotherapy makes use of:

*Note: Credit will be given only if all correct and no incorrect choices are selected.*

**Standard Text:** Select all that apply.

1. Hot and cold compresses.
2. Different types of bathing.
3. Biofeedback.
4. Reflexology.
5. Therapeutic Touch.

**Correct Answer:** 1,2

**Rationale 1:** Hot and cold compresses are a part of hydrotherapy.

**Rationale 2:** Baths such as sitz baths and saunas are a part of hydrotherapy.

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**Rationale 3:** Biofeedback is not a component of hydrotherapy.

**Rationale 4:** Reflexology is not a part of hydrotherapy.

**Rationale 5:** Therapeutic Touch is not a part of hydrotherapy.

**Global Rationale:**

**Cognitive Level:** Applying

**Client Need:** Health Promotion and Maintenance

**Client Need Sub:**

**Nursing/Integrated Concepts:** Nursing Process: Implementation

**Learning Outcome:**

**Question 10**

**Type:** MCMA

A pregnant patient tells the nurse that she takes part in complementary and alternative therapies to maintain wellness. Which situation that she describes would the nurse consider a risk?

*Note: Credit will be given only if all correct and no incorrect choices are selected.*

**Standard Text:** Select all that apply.

1. Getting a massage from a licensed massage therapist for back pain, prescribed by the primary caregiver
2. Trying out a homeopathic medicine from a friend to reduce swelling in the legs
3. Getting a chiropractic treatment for lower back pain due to discomforts of pregnancy without telling the primary healthcare provider
4. Taking an herbal preparation suggested by a health food store worker for treatment of leg pain
5. Joining a group that practices tai chi weekly to help with physical fitness and movement

**Correct Answer:** 2,3,4

**Rationale 1:** Getting a massage from a licensed massage therapist for back pain that was prescribed by the primary caregiver is a perfectly good use of complementary therapies.

**Rationale 2:** .

**Rationale 3:** Getting a chiropractic treatment for lower back pain due to discomforts of pregnancy without telling the primary health care provider would put the patient at risk.



**Rationale 4:** Taking an herbal preparation suggested by a health food store worker for treatment of leg pain could put the patient at risk.

**Rationale 5:** Joining a group that practices tai chi weekly to help with physical fitness and movement is a perfectly good use of complementary therapies.

**Global Rationale:**

**Cognitive Level:** Applying

**Client Need:** Safe Effective Care Environment

**Client Need Sub:** Management of Care

**Nursing/Integrated Concepts:** Nursing Process: Assessment

**Learning Outcome:** Identify the benefits and risks of complementary and alternative therapies.

**Question 11**

**Type:** MCSA

A patient pregnant with her first child reports that her husband wants her to visit a homeopath for help with her nausea and vomiting. The patient asks what the nurse's opinion of homeopathy is. The best response by the nurse is:

1. "Homeopathy is unproven and potentially dangerous. Avoid using homeopathic remedies."
2. "The FDA has approved homeopathic remedies, and practitioners undergo education and certification."
3. "I can't give you advice about what alternatives to try. Go online and do some research to get information."
4. "Homeopathy is the same as herbal remedies. Some are safe during pregnancy and some are not."

**Correct Answer:** 2

**Rationale 1:** Homeopathic remedies are not dangerous.

**Rationale 2:** Homeopathic remedies are FDA-approved, and have been proven to be effective in treating a wide range of chronic and acute illnesses and conditions.

**Rationale 3:** It is appropriate for the nurse to provide factual information to educate a patient who has asked a question. Not all patients have access to computers, and neither do all know how to do an Internet search.

**Rationale 4:** Herbalism and homeopathy are not the same. Herbs are available in many stores and preparations; some have been proven to be dangerous during pregnancy. Homeopathy is a system of "like curing like," in which the symptom being treated would be a symptom of taking too much of the substance in a nonhomeopathic form.

**Global Rationale:**

**Cognitive Level:** Analyzing

**Client Need:** Health Promotion and Maintenance

**Client Need Sub:**

**Nursing/Integrated Concepts:** Nursing Process: Implementation

**Learning Outcome:** Describe the benefits and risks of the various complementary and alternative therapies to the childbearing family.

**Question 12**

**Type:** MCMA

The nurse counseling a pregnant woman who expresses a desire to take herbal supplements explains that complementary therapies carry risks because of:

*Note: Credit will be given only if all correct and no incorrect choices are selected.*

**Standard Text:** Select all that apply.

1. Lack of regulation.
2. Inadequate training.
3. Lack of research.
4. Emphasis on wellness.
5. Noninvasive approach.

**Correct Answer:** 1,2,3

**Rationale 1:** A lack of regulation and standardization is a risk related to complementary therapy.

**Rationale 2:** Inadequate training and certification of practitioners is a risk related to complementary therapy.

**Rationale 3:** A lack of research on the efficacy and safety of, complementary therapy is a risk related to complementary therapy.

**Rationale 4:** An emphasis on wellness is an advantage of complementary therapies.

**Rationale 5:** Noninvasive approaches are an advantage of complementary therapies.

**Global Rationale:**

**Cognitive Level:** Applying

**Client Need:** Health Promotion and Maintenance

**Client Need Sub:**

**Nursing/Integrated Concepts:** Nursing Process: Assessment

**Learning Outcome:**

### Question 13

Type: MCSA

The nurse is teaching a community education class on complementary and alternative therapies. To assess learning, the nurse asks, "In traditional Chinese medicine, what is the invisible flow of energy in the body that maintains health and ensures physiologic functioning?" Which answer indicates teaching was successful?

1. Meridians
2. Chi
3. Yin
4. Yang

**Correct Answer:** 2

**Rationale 1:** Meridians are the 14 pathways along which energy flows, connecting all parts of the body.

**Rationale 2:** Chi is the energy that flows through the body along meridians, or pathways, to maintain health; a blockage of chi can result in illness or pain.

**Rationale 3:** Yin and yang are opposites. Yin is the female force: passive, cool, wet, and close to the earth.

**Rationale 4:** Yin and yang are opposites. Yang is the masculine force: aggressive, hot, dry, and celestial.

**Global Rationale:**

**Cognitive Level:** Applying

**Client Need:** Physiological Integrity

**Client Need Sub:** Basic Care and Comfort

**Nursing/Integrated Concepts:** Nursing Process: Evaluation

**Learning Outcome:**

### Question 14

Type: MCMA

The patient reports to the nurse that she is utilizing ayurvedic medicine. Which statements would the nurse expect this patient to make? "Ayurvedic medicine:

*Note: Credit will be given only if all correct and no incorrect choices are selected.*

**Standard Text:** Select all that apply.

1. "Is knowledge of how to live a vital, healthful life."

2. "Combines heat and cold with spinal manipulation."

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3. "Uses both traditional means and current modern medicine."
4. "Cures an illness with a like substance."
5. "Seeks balance to achieve harmony in my life."

**Correct Answer:** 1,5

**Rationale 1:** Aryurveda is knowledge of how to live a vital, healthful life. The five elements (ether, wind, fire, water, and earth) take form in the body as three tendencies, called doshas.

**Rationale 2:** Spinal manipulation is chiropractic treatment, not aryurveda medicine.

**Rationale 3:** Aryurveda does not use medicine.

**Rationale 4:** Curing an illness with a like substance is a principle of homeopathic medicine.

**Rationale 5:** The ayurvedic physician seeks to balance the doshas to achieve harmony and holism.

**Global Rationale:**

**Cognitive Level:** Applying

**Client Need:** Physiological Integrity

**Client Need Sub:** Physiological Adaptation

**Nursing/Integrated Concepts:** Nursing Process: Assessment

**Learning Outcome:**

**Question 15**

**Type:** MCSA

The nurse is admitting a patient in labor who states that she is a naturopath. The nurse understands that this patient believes:

1. An initial worsening of symptoms after treatment means the correct remedy has been used.
2. There are five elements that take form in the body.
3. She must nurture herself and be responsible for her own body.
4. That her pregnancy is a kapha condition.
5. She must nurture herself and be responsible for her own body.

**Correct Answer:** 5

**Rationale 1:** An initial worsening of symptoms after treatment is an expected outcome in homeopathy.

**Rationale 2:** The belief that five elements—ether, wind, fire, water, and earth—are found in the body is a part of ayurveda.

**Rationale 3:** This is the correct answer. Naturopaths believe that the body can heal itself and each one is responsible for her own body.

**Rationale 4:** The tendencies of vata, pitta, and kapha are found in ayurveda.

**Rationale 5:** This is the correct answer. Naturopaths believe that the body can heal itself and each one is responsible for her own body.

**Global Rationale:**

**Cognitive Level:** Applying

**Client Need:** Health Promotion and Maintenance

**Client Need Sub:**

**Nursing/Integrated Concepts:** Nursing Process: Planning

**Learning Outcome:**

**Question 16**

**Type:** MCSA

A Hindu patient being admitted to the hospital practices ayurveda. The nurse knows that which piece of information is true about this practice?

1. Ayurveda is a new system of Hindu medicine.
2. Ayurveda is the knowledge of how to live a vital, healthful life.
3. Ayurveda physicians believe that there are three elements: ether, wind, and fire.
4. The three tendencies, called doshas, are vata, pitta, and alpha.

**Correct Answer:** 2

**Rationale 1:** Ayurveda is a classical system. It is not new.

**Rationale 2:** null

**Rationale 3:** Ayurveda involves five elements: ether, wind, fire, water, and earth.

**Rationale 4:** The three tendencies are called vata, pitta, and kapha.

**Global Rationale:**

**Cognitive Level:** Applying

**Client Need:** Health Promotion and Maintenance

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**Client Need Sub:**

**Nursing/Integrated Concepts:** Nursing Process: Planning

**Learning Outcome:**

**Question 17**

**Type:** MCMA

The nurse is counseling a pregnant woman who intends to see a naturopathic physician. The nurse tells the woman that she can expect education on:

*Note: Credit will be given only if all correct and no incorrect choices are selected.*

**Standard Text:** Select all that apply.

1. Clinical nutrition.
2. Botanical medicine.
3. Lifestyle modification.
4. Use of “like to cure like.”
5. The role of yin and yang.

**Correct Answer:** 1,2,3

**Rationale 1:** Naturopathic physicians teach their patients about clinical nutrition.

**Rationale 2:** The use of botanical medicine is a part of naturopathy.

**Rationale 3:** Lifestyle modification is a part of naturopathy.

**Rationale 4:** “Like curing like” is a concept of homeopathy.

**Rationale 5:** Yin and yang are concepts of traditional Chinese medicine.

**Global Rationale:**

**Cognitive Level:** Applying

**Client Need:** Health Promotion and Maintenance

**Client Need Sub:**

**Nursing/Integrated Concepts:** Nursing Process: Assessment

**Learning Outcome:**

**Question 18**

**Type:** MCSA

The nurse is teaching a class to the community on mind–body therapies. A class participant gives an example of a friend with leukemia who was taught by her complementary therapist to concentrate on making antibodies that will fight and kill the cancer cells in the bloodstream. The nurse would describe this technique as:

1. Guided imagery.
2. Qigong.
3. Biofeedback.
4. Homeopathy.

**Correct Answer: 1**

**Rationale 1:** Guided imagery involves picturing a desired outcome, such as making antibodies to fight cancer cells.

**Rationale 2:** Qigong involves the use of breathing, meditation, self-massage, and movement.

**Rationale 3:** Biofeedback is learning to control physiologic responses to stimuli or thoughts.

**Rationale 4:** Homeopathy is not a mind-body therapy, but uses the concept of like curing like.

**Global Rationale:**

**Cognitive Level:** Analyzing

**Client Need:** Physiological Integrity

**Client Need Sub:** Physiological Adaptation

**Nursing/Integrated Concepts:** Nursing Process: Assessment

**Learning Outcome:**

**Question 19**

**Type:** MCSA

The nurse in a rural clinic is talking with some patients about biofeedback. The nurse explains to the patients that biofeedback:

1. Is an alternative therapy.
2. Is a state of great mental and physical relaxation in which one is susceptible to suggestion.
3. Is a method to learn control of physiological responses based on the concept that the mind controls the body.
4. Is a complementary therapy in which one goes into a relaxed state and focuses on positive scenes.

**Correct Answer: 3**

**Rationale 1:** Biofeedback is not considered an alternative therapy.

**Rationale 2:** Attaining a state of great mental and physical relaxation in which one is susceptible to suggestion is hypnosis.

**Rationale 3:** Biofeedback is a method to learn control of physiological responses based on the concept that the mind controls the body.

**Rationale 4:** Going into a relaxed state and focusing on positive scenes is visualization and guided imagery.

**Global Rationale:**

**Cognitive Level:** Applying

**Client Need:** Health Promotion and Maintenance

**Client Need Sub:**

**Nursing/Integrated Concepts:** Nursing Process: Planning

**Learning Outcome:**

**Question 20**

**Type:** MCSA

The nurse is sitting with a patient in labor who practices meditation. The nurse understands from this that:

1. The patient is very religious, and is practicing her religion.
2. The patient tries to let all thoughts fade away and listen receptively in a state of not knowing.
3. The patient is in a state of intense, focused concentration used to create compelling mental images.
4. The patient relaxes and focuses on a positive or soothing scene.

**Correct Answer:** 2

**Rationale 1:** Meditation has no correlation with religion. Many persons use meditation to relax.

**Rationale 2:** This is correct for meditation. One tries to get rid of all thoughts and listen receptively.

**Rationale 3:** Attaining a state of focused concentration to create compelling mental images is the practice of guided imagery.

**Rationale 4:** Focusing on a positive or soothing scene is the practice of visualization.

**Global Rationale:**

**Cognitive Level:** Applying

**Client Need:** Psychosocial Integrity

**Client Need Sub:**

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**Nursing/Integrated Concepts:** Nursing Process: Implementation

**Learning Outcome:**

**Question 21**

**Type:** MCMA

The patient in the third trimester tells the nurse that she has designed the baby's room to take advantage of sense therapies. The nurse knows that complementary and alternative therapies affecting the senses include:

*Note: Credit will be given only if all correct and no incorrect choices are selected.*

**Standard Text:** Select all that apply.

1. Aromatherapy.
2. Color therapy.
3. Sound therapy.
4. Supplements.
5. Acupressure.

**Correct Answer:** 1,2,3

**Rationale 1:** Aromatherapy is a form of sense therapy.

**Rationale 2:** Color therapy is a form of sense therapy.

**Rationale 3:** Sound and music are a form of sense therapy.

**Rationale 4:** Supplements are a form of dietary complementary therapy.

**Rationale 5:** Acupressure is a form of energy therapy.

**Global Rationale:**

**Cognitive Level:** Applying

**Client Need:** Health Promotion and Maintenance

**Client Need Sub:**

**Nursing/Integrated Concepts:** Nursing Process: Assessment

**Learning Outcome:**

**Question 22**

**Type:** MCSA

The patient reports using an alternative therapy that involves the manipulation of soft tissues. This therapy has reduced the patient's stress, diminished pain, and increased circulation. This therapy is most likely:

1. Guided imagery.
2. Homeopathy.
3. Massage therapy.
4. Reflexology.

**Correct Answer:** 3

**Rationale 1:** Guided imagery involves picturing a desired outcome.

**Rationale 2:** Homeopathy uses the concept of like curing like.

**Rationale 3:** Massage therapy involves the manipulation of soft tissues.

**Rationale 4:** Reflexology is the application of pressure to designated points or reflexes on the patient's feet, hands, or ears using the thumb and fingers.

**Global Rationale:**

**Cognitive Level:** Applying

**Client Need:** Physiological Integrity

**Client Need Sub:** Basic Care and Comfort

**Nursing/Integrated Concepts:** Nursing Process: Assessment

**Learning Outcome:**

**Question 23**

**Type:** MCSA

The patient asks why she should not use a sauna or sweat bath in the first trimester of pregnancy. The best explanation by the nurse is that saunas and sweat baths have been associated with fetal:

1. Craniofacial defects.
2. Neural tube defects.
3. Gastroschisis.
4. Patent ductus arteriosus.

**Correct Answer:** 2

**Rationale 1:** Saunas and sweat baths are not associated with craniofacial defects.

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**Rationale 2:** Experiencing high temperatures in the first trimester has been associated with neural tube defects, thus saunas and sweat baths should be avoided.

**Rationale 3:** Saunas and sweat baths are not associated with gastroschisis.

**Rationale 4:** Saunas and sweat baths are not associated with patent ductus arteriosus.

**Global Rationale:**

**Cognitive Level:** Applying

**Client Need:** Health Promotion and Maintenance

**Client Need Sub:**

**Nursing/Integrated Concepts:** Nursing Process: Implementation

**Learning Outcome:**

**Question 24**

**Type:** MCSA

A woman has just been referred to a chiropractor for lower back pain by her primary physician. The physician's nurse knows that which consideration is important in choosing an appropriate chiropractor?

1. Do not expect chiropractors to provide a written report to the primary physician.
2. Do not choose a chiropractor who considers a spinal manipulation a cure for anything that ails you.
3. Choose a chiropractor who orders frequent x-rays in order to determine treatment progression.
4. Do not expect chiropractors to provide you with a written treatment plan.

**Correct Answer:** 2

**Rationale 1:** Chiropractors should provide a written report to the primary physician the same as any other licensed physician.

**Rationale 2:** Chiropractor care is not the cure for all ailments, so one that believes this should not be chosen.

**Rationale 3:** A chiropractor who orders frequent x-rays should not be chosen, as frequent x-rays can put patients at risk.

**Rationale 4:** Chiropractors will provide you with a written report the same as any other physician.

**Global Rationale:**

**Cognitive Level:** Applying

**Client Need:** Health Promotion and Maintenance

**Client Need Sub:**

**Nursing/Integrated Concepts:** Nursing Process: Implementation

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## Learning Outcome:

### Question 25

Type: MCSA

The nurse is examining a patient in her third trimester of pregnancy. The patient's weight gain has been within normal limits, she has no swelling of her feet, and she states that she feels great. She states that she has been doing yoga 5 days a week ever since she got pregnant. The nurse understands from this that:

1. The patient has continued her regular prepregnant exercise of walking 5 miles a day.
2. The patient has been doing hydrotherapy baths or using a hot tub.
3. The patient has been bicycling on the trails.
4. The patient has been doing a series of gentle stretches and postures coordinated with deep breathing.

**Correct Answer:** 4

**Rationale 1:** Yoga does not include walking.

**Rationale 2:** Yoga does not involve hydrotherapy baths or using hot tubs, neither of which should be done by a pregnant woman, as the heat can contribute to neural tube defects.

**Rationale 3:** Yoga does not involve bicycling on trails, which would probably not be a safe thing for a pregnant woman to do.

**Rationale 4:** Yoga involves practicing a series of gentle stretches and postures coordinated with deep, rhythmic breathing.

**Global Rationale:**

**Cognitive Level:** Applying

**Client Need:** Health Promotion and Maintenance

**Client Need Sub:**

**Nursing/Integrated Concepts:** Nursing Process: Implementation

**Learning Outcome:**

### Question 26

Type: MCMA

The patient in the first trimester of pregnancy tells the nurse she regularly sees a massage therapist to help with pain in her shoulders and neck. The nurse tells her that massage has the added advantage of:

*Note: Credit will be given only if all correct and no incorrect choices are selected.*

**Standard Text:** Select all that apply.

1. Improving immune function.
2. Reducing anxiety.
3. Promoting sleep.
4. Eliminating energy blockages.
5. Allowing coordination of breathing and moving.

**Correct Answer:** 1,2,3

**Rationale 1:** Massage therapy has been shown to improve immune function.

**Rationale 2:** Massage therapy has been shown to reduce anxiety.

**Rationale 3:** Massage therapy has been shown to promote sleep.

**Rationale 4:** Eliminating energy blockages is a concept of reflexology, not of massage therapy.

**Rationale 5:** Coordinating breathing and movement is a concept of Hatha yoga, not of massage therapy.

**Global Rationale:**

**Cognitive Level:** Applying

**Client Need:** Health Promotion and Maintenance

**Client Need Sub:**

**Nursing/Integrated Concepts:** Nursing Process: Assessment

**Learning Outcome:**

**Question 27**

**Type:** MCMA

The pregnant patient has brought an herbal remedy to the clinic to learn about the safety of the remedy. The nurse should include which statements about herbal therapies? "Herbal remedies:

*Note: Credit will be given only if all correct and no incorrect choices are selected.*

**Standard Text:** Select all that apply.

1. "Are subject to FDA approval."
2. "Are used to eliminate certain diseases."
3. "Cannot be sold over the counter."

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4. "Are different from homeopathic remedies."
5. "Are not subject to safety and effectiveness testing."

**Correct Answer:** 4,5

**Rationale 1:** Although herbal therapies have been used since ancient times, they are not subject to Food and Drug Administration (FDA) premarket testing for safety and effectiveness.

**Rationale 2:** Herbal remedies are not used to eliminate disease. They are not FDA-tested.

**Rationale 3:** Herbal therapies are sold over the counter.

**Rationale 4:** Homeopathic remedies are not the same as herbal remedies, and are FDA approved.

**Rationale 5:** Although herbal therapies have been used since ancient times, they are not subject to Food and Drug Administration (FDA) premarket testing for safety and effectiveness.

**Global Rationale:**

**Cognitive Level:** Applying

**Client Need:** Physiological Integrity

**Client Need Sub:** Basic Care and Comfort

**Nursing/Integrated Concepts:** Nursing Process: Planning

**Learning Outcome:**

**Question 28**

**Type:** MCSA

A nurse is caring for a 34-week multiparous patient. The patient asks the nurse about taking some new herb she has heard about that will make her labor easier. The correct response from the nurse would be:

1. "It sounds fine to me. Go ahead and start taking it so it will be helping you by the time you go into labor."
2. "You need to talk to the doctor to determine whether it is safe for you to take."
3. "Look it up on the Internet and see what it says about it, as I have never heard of it."
4. "You would probably not want to start taking the herb until closer to your time to go into labor."

**Correct Answer:** 2

**Rationale 1:** The nurse would never tell the patient to take herbal remedies without consulting with a physician.

**Rationale 2:** This is the correct answer. The nurse would always advise a pregnant patient to consult with the physician concerning herbal remedies.

**Rationale 3:** It is inappropriate to tell the patient to get advice about taking herbal remedies on the Internet.

**Rationale 4:** The nurse would never tell the patient to take herbal remedies without consulting with a physician.

**Global Rationale:**

**Cognitive Level:** Applying

**Client Need:** Safe Effective Care Environment

**Client Need Sub:** Management of Care

**Nursing/Integrated Concepts:** Nursing Process: Implementation

**Learning Outcome:**

**Question 29**

**Type:** MCSA

The patient reports relief from headaches when she rubs the temples on each side of the head. The nurse understands that this is a form of:

1. Acupressure.
2. Acupuncture.
3. Reflexology.
4. Hydrotherapy.

**Correct Answer:** 1

**Rationale 1:** Acupressure uses pressure from the fingers and thumbs to stimulate pressure points to relieve symptoms.

**Rationale 2:** Acupuncture uses 6–12 very fine stainless steel needles to stimulate specific points depending on the patient's medical assessment and condition.

**Rationale 3:** Reflexology is a form of massage that involves the application of pressure to designated points or reflexes on the patient's feet, hands, or ears using the thumb and fingers.

**Rationale 4:** Hydrotherapy is therapy that makes use of hot or cold moisture in any form.

**Global Rationale:**

**Cognitive Level:** Analyzing

**Client Need:** Physiological Integrity

**Client Need Sub:** Basic Care and Comfort

**Nursing/Integrated Concepts:** Nursing Process: Assessment

**Learning Outcome:**

**Question 30****Type:** MCSA

The nurse is seeing a patient for the first time who says she became pregnant using in vitro fertilization. The patient explains that she had had previous attempts were not successful, but this time she also used a Chinese therapy along with the in vitro procedure to help with the positive development of a pregnancy. The nurse knows the Chinese therapy used was:

1. Therapeutic touch.
2. Acupressure.
3. Acupuncture.
4. Dietary supplements.

**Correct Answer:** 3**Rationale 1:** Therapeutic touch is not used in conjunction with in vitro fertilization.**Rationale 2:** Acupressure is not used in conjunction with in vitro fertilization.**Rationale 3:** Acupuncture is used in conjunction with in vitro fertilization with the hope of improving rates of pregnancy.**Rationale 4:** Dietary supplements are not used along with in vitro fertilization to increase the rate of pregnancy.**Global Rationale:****Cognitive Level:** Analyzing**Client Need:** Health Promotion and Maintenance**Client Need Sub:****Nursing/Integrated Concepts:** Nursing Process: Planning**Learning Outcome:****Question 31****Type:** MCSA

A patient in her second trimester of pregnancy tells the nurse she is still suffering from nausea on a daily basis. However, since she began wearing the wristband each day, the nausea is subsiding. What is the most likely reason for this relief in nausea?

1. The soothing color of the bracelet has helped ease the nausea.
2. A small magnet in the bracelet helps ease the nausea.



3. Small spikes in the bracelet afford relief of the nausea.
4. The bracelet exerts a small amount of pressure to help ease the nausea.

**Correct Answer:** 4

**Rationale 1:** The color of the bracelet has no relationship to the nausea relief.

**Rationale 2:** Magnets should not be used during pregnancy.

**Rationale 3:** The spikes suggest acupuncture, but this would not be done without supervision from a provider.

**Rationale 4:** Pregnant women often use acupressure wristbands to help relieve the nausea of early pregnancy.

**Global Rationale:**

**Cognitive Level:** Applying

**Client Need:** Safe Effective Care Environment

**Client Need Sub:** Management of Care

**Nursing/Integrated Concepts:** Nursing Process: Implementation

**Learning Outcome:**

**Question 32**

**Type:** MCSA

The labor and delivery unit nurse manager is incorporating complementary and alternative therapies into the unit's policies and procedures. Which statement should the nurse manager make to the nursing staff during an in-service educational presentation?

1. "Policies have been developed for using massage and aromatherapy."
2. "When patients ask questions you don't know, tell them to look online."
3. "Because herbs are dangerous during pregnancy, we will not use them."
4. "Be sure to ask patients what alternative therapies they have used."

**Correct Answer:** 1

**Rationale 1:** The development of written policies and procedures facilitates safe nursing practice, which in turn promotes patient safety.

**Rationale 2:** Online information can vary in its accuracy. Reputable sources (electronic or print) should be recommended for further patient education.

**Rationale 3:** This statement is false. Many herbs can be safely used during pregnancy.

**Rationale 4:** What the patient has used in the past does not predict what she is open to using at present.

**Global Rationale:**

**Cognitive Level:** Applying

**Client Need:** Physiological Integrity

**Client Need Sub:** Pharmacological and Parenteral Therapies

**Nursing/Integrated Concepts:** Nursing Process: Planning

**Learning Outcome:** Formulate nursing care within the nurse practice act and with the informed consent of the patient when using appropriate complementary therapies with childbearing families.

**Question 33**

**Type:** MCMA

The nurse counseling a newly graduated nurse just starting employment on the maternity floor explains that certified nurse-midwives frequently incorporate complementary and alternative therapies into treatment for:

*Note: Credit will be given only if all correct and no incorrect choices are selected.*

**Standard Text:** Select all that apply.

1. Nausea and vomiting.
2. Stimulation of labor.
3. Lactation disorders.
4. Rupture of membranes.
5. Stimulation of ovulation.

**Correct Answer:** 1,2,3

**Rationale 1:** Certified nurse-midwives often use complementary and alternative therapies to treat the nausea and vomiting of pregnancy.

**Rationale 2:** Certified nurse-midwives often use complementary and alternative therapies to stimulate labor.

**Rationale 3:** Certified nurse-midwives often use complementary and alternative therapies to treat lactation disorders.

**Rationale 4:** Certified nurse-midwives do not use complementary and alternative therapies for the rupture of membranes.

**Rationale 5:** Certified nurse-midwives do not use complementary and alternative therapies to stimulate ovulation.

**Global Rationale:**

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**Cognitive Level:** Applying

**Client Need:** Health Promotion and Maintenance

**Client Need Sub:**

**Nursing/Integrated Concepts:** Nursing Process: Planning

**Learning Outcome:**

**Question 34**

**Type:** MCMA

In taking a patient's history, the nurse can best obtain information about the use of complementary and alternative therapies by:

*Note: Credit will be given only if all correct and no incorrect choices are selected.*

**Standard Text:** Select all that apply.

1. Asking questions that are direct and nonjudgmental.
2. Asking questions about specific therapies used.
3. Avoiding comments that are negative.
4. Explaining that complementary therapies are unproven.
5. Using nonverbal expressions of disdain.

**Correct Answer:** 1,2,3

**Rationale 1:** Patients will respond in a positive manner if the nurse is direct and nonjudgmental when taking the history.

**Rationale 2:** Questions about specific therapies should be asked, as the patient might not see over-the-counter supplements as complementary or alternative medicine.

**Rationale 3:** The nurse should avoid comments that are negative about CAM so the patient will feel free to discuss the use of CAM.

**Rationale 4:** Explaining that complementary therapies are unproven is not entirely true, and it will cause the patient to distrust the nurse.

**Rationale 5:** Use of nonverbal expressions of disdain about CAM will cause the patient to refrain from discussing any CAM she uses.

**Global Rationale:**

**Cognitive Level:** Applying

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**Client Need:** Health Promotion and Maintenance

**Client Need Sub:**

**Nursing/Integrated Concepts:** Nursing Process: Assessment

**Learning Outcome:**

**Question 35**

**Type:** MCSA

The nurse working in an obstetrical clinic has been trained in the science of Therapeutic Touch, which she uses to help patients having pain, especially in the shoulders and back. Therapeutic Touch is based on the belief that:

1. There needs to be balance in the patient's energy fields.
2. Pressure is used on certain areas to relieve pain in other areas.
3. The practitioner can modulate his own energy field with that of the patient to relieve pain or anxiety.
4. It can be used as an alternative therapy.

**Correct Answer:** 3

**Rationale 1:** Attaining balance in the patient's energy fields is the goal of Reiki therapy.

**Rationale 2:** Applying pressure to relieve pain is done in the practice of acupuncture.

**Rationale 3:** Therapeutic Touch is grounded in the belief that people are a system of energy with a self-healing potential. The Therapeutic Touch practitioner, often a nurse, can modulate his energy field with that of the patient's, directing it in a specific way to promote well-being and healing.

**Rationale 4:** Therapeutic Touch is used as a complementary therapy.

**Global Rationale:**

**Cognitive Level:** Applying

**Client Need:** Health Promotion and Maintenance

**Client Need Sub:**

**Nursing/Integrated Concepts:** Nursing Process: Implementation

**Learning Outcome:**