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1. Patients often do not recall their critical care experience in the hospital.
 - a. True
 - b. False
 - A) True
 - B) False

2. Mr. Flynn has recovered fully from a myocardial infarction he suffered 6 months ago, yet he continues to walk slowly and with a cane. This is a normal response after an acute illness.
 - a. True
 - b. False
 - A) True
 - B) False

3. The nurse demonstrates cultural sensitivity by asking the critically ill patient if he would like a visit from a religious leader.
 - a. True
 - b. False
 - A) True
 - B) False

4. Patients who are restrained are more likely to have less serious injuries than those that are not restrained.
 - a. True
 - b. False
 - A) True
 - B) False

5. Which of the following is the best definition of stress?
 - A) A stimulus that causes disequilibrium between psychological and physiological functioning.
 - B) An observable lag between the physical onset of illness and its emotional acknowledgement.
 - C) A negative feeling caused by insecurity.
 - D) A negative feeling caused by lack of adequate information.

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6. In the event a critically ill patient is expressing ineffective behaviors, the nursing action would be to
 - A) recognize and avoid the most detrimental behaviors.
 - B) minimize and redirect these behaviors.
 - C) anticipate these behaviors and then ignore them.
 - D) ignore these behaviors but discuss them with the family.

 7. When the nurse ignores the presence of the patient, regardless of the patient's alertness, the nurse is contributing to the patient's
 - A) physiological coping.
 - B) fear of dying.
 - C) spiritual distress.
 - D) sense of isolation.

 8. The primary concern of family members after a patient is admitted to the critical care unit is
 - A) length of stay.
 - B) loss of control.
 - C) fear of dying.
 - D) cost.

 9. An expected response for a patient who is moved from intensive care to a step-down unit is
 - A) a sense of isolation.
 - B) increased self-esteem and independence.
 - C) fear of dying.
 - D) regression.

 10. When a critical care nurse cannot remove the stimulus that causes anxiety, such as myocardial infarction, the nurse must
 - A) teach the patient to remove the stimulus him/herself.
 - B) assess the effectiveness of the patient's behaviors and possibly help modify them.
 - C) instruct the patient to utilize a single coping mechanism.
 - D) promote patient regression in order to conserve patient energy.

 11. For the critical care patient, stress must be
 - A) redirected and accepted.
 - B) repressed and diverted.
 - C) reduced or eliminated.
 - D) altered and denied.
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12. If anxiety is reduced, energy may be redirected towards
 - A) sleep.
 - B) healing wounds.
 - C) eating.
 - D) All of the above are correct.

 13. Which of the following behaviors does not foster trust in the patient-nurse relationship?
 - A) Starting an IV
 - B) Wearing a wrinkled uniform
 - C) Explaining a procedure
 - D) Introducing oneself

 14. In order to reinforce a patient's sense of control, the critical care nurse can
 - A) allow patient to choose the flavor of nutritional drink.
 - B) wash the patient's face for him/her.
 - C) assist the patient with a bedpan or urinal.
 - D) style the patient's hair.

 15. Reassurance can be given to a critical care patient in the form of
 - A) instruction and guidance.
 - B) presenting and touching.
 - C) offering personal opinions and past experiences.
 - D) dialogue and encouragement.

 16. Self-talk is best described as
 - A) guided imagery.
 - B) humor.
 - C) internal dialogue.
 - D) cognitive reappraisal.

 17. Valerie is recovering from a motor vehicle accident. She tells the nurse she is worthless because she can't walk. The best response to redirect her external dialogue is
 - A) "You are right, you can't walk now."
 - B) "You can't?"
 - C) "You can if you try."
 - D) "What things can you do?"
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18. An example of guided imagery for a critical care patient in the ICU is
 - A) thinking about laying on a beach in the Bahamas listening to the surf.
 - B) reviewing the cardiac catheterization procedure that will be performed.
 - C) identifying medications and their purposes.
 - D) discussing the feelings, emotions, and discomfort of the critical care experience.

 19. The proper technique for deep breathing is to inhale
 - A) and exhale through the mouth.
 - B) through the mouth and exhale through the nose.
 - C) and exhale through the nose.
 - D) through the nose and exhale through the mouth.

 20. Music therapy in the ICU setting is thought to
 - A) alter thoughts and change the stressor focus.
 - B) reduce anxiety and increase energy.
 - C) promote personal control and confidence.
 - D) provide distraction and promote relaxation.

 21. Studies have shown that laughter can
 - A) increase the level of endorphins.
 - B) increase the level of insulin.
 - C) decrease the level of insulin.
 - D) decrease the level of cortisol.

 22. Which patient should not be offered a back rub at bedtime?
 - A) A patient with a blood pressure of 140/88 with a medical diagnosis of cerebrovascular accident (CVA).
 - B) A patient with a respiratory rate of 22 and medical diagnosis of emphysema.
 - C) A patient with a blood pressure of 80/40, atrial fibrillation, and medical diagnosis of myocardial infarction (MI).
 - D) A patient with a pulse of 50, blood pressure of 100/50, and medical diagnosis of congestive heart failure (CHF).

 23. Mr. Bays has been told that he has suffered a heart attack. He says to the nurse, "I just had indigestion." This is an example of
 - A) disbelief.
 - B) awareness.
 - C) restitution.
 - D) resolution.
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24. Gregory tells the nurse he isn't afraid to die because he believes in reincarnation. The best response by the nurse is
- A) "I sure hope you are right!"
 - B) "That gives you peace of mind."
 - C) "I don't believe in that."
 - D) "What religion are you?"
25. Which of the following situations is described by nurses most often as a "good death"?
- The patient dies
- A) with family at the bedside.
 - B) on route to the hospital.
 - C) without pain.
 - D) at home.

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Answer Key

1. B
2. B
3. B
4. B
5. A
6. B
7. D
8. C
9. D
10. B
11. C
12. D
13. B
14. A
15. B
16. C
17. D
18. A
19. D
20. D
21. A
22. C
23. A
24. B
25. C

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