

1. Which should the nurse recognize as a Florence Nightingale nursing principle that is still practiced today?
- A) The nurse must only follow the physician's orders.
  - B) The nurse should spend time caring for others.
  - C) The nurse should minimize teaching the client.
  - D) The nurse must spend the majority of time keeping the environment clean.

Ans: B

**Feedback:**

Florence Nightingale believed that nursing was to put the client in the best condition for nature to act on him. According to her, the nurse should spend time caring for the clients rather than keeping the environment clean. The nurse can also teach the client about general care and precautions to be taken; this helps minimize the risk of problems in the future.

2. The first recorded history of nursing begins with Biblical women who cared for the sick and injured. What contribution did Roman Matron Phoebe make to the origins of nursing?
- A) Established first gerontological facility
  - B) First deaconess and visiting nurse
  - C) Established inns and hospitals for pilgrims
  - D) Namesake of the first free hospital in Rome in 390 AD

Ans: B

**Feedback:**

Phoebe was the first deaconess and visiting nurse. Saint Paula established inns and hospitals for pilgrims. Fabiola was the namesake of the first free hospital in Rome in 390 AD. Saint Helena established the first gerontological facility.

3. The first recorded history of nursing began with Biblical women who cared for the sick and injured. What contribution did Roman Matron Saint Helena make to the origins of nursing?
- A) Established first gerontological facility
  - B) First deaconess and visiting nurse
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  - D) Namesake of the first free hospital in Rome in 390 AD

Ans: A

**Feedback:**

Saint Helena established the first gerontological facility. Phoebe was the first deaconess and visiting nurse. Saint Paula established inns and hospitals for pilgrims. Fabiola was the namesake of the first free hospital in Rome in 390 AD.

4. Certain events in ancient and medieval times influenced the development of contemporary nursing. Both men and women of religious orders performed nursing care. The monastery itself became the refuge for the sick, in other cases; members of a religious order founded a hospital. In what time period were several monastic orders established to care for the sick?
- A) 500 BC
  - B) 460 BC
  - C) First century
  - D) Second century

Ans: C

**Feedback:**

By 500 BC, the advanced Greek civilization had begun to acknowledge causes of disease other than punishment by God or demonic possession. One of the early outstanding figures in medicine was Hippocrates, born in 460 BC on the Greek island of Kos. Hippocrates is the acknowledged “Father of Medicine.” Beginning in the first century, several monastic orders were established to care for the sick. During the Crusades, second century, (1096–1291), female religious orders in northern Europe were nearly eliminated.

5. Florence Nightingale's had several influences on modern nursing practice. Early nursing schools were established on the basis of the Nightingale plan. Which nursing programs were established on the basis of the Nightingale plan?
- 1. Kaiserswerth School for Nursing
  - 2. Bellevue Hospital School of Nursing
  - 3. Connecticut Training School in New Haven
  - 4. Boston Training School at Massachusetts
- A) 1, 2, 3
  - B) 1, 3, 4
  - C) 1, 2, 4
  - D) 2, 3, 4

Ans: D

**Feedback:**

Bellevue Hospital School of Nursing in New York; Connecticut Training School in New Haven; and Boston Training School at Massachusetts General Hospital were established on the basis of the Nightingale plan. In 1836, Pastor Theodor Fliedner established the Kaiserswerth School for Nursing in his parish in Kaiserswerth, Germany.

6. Nightingale opened the first nursing school outside a hospital in 1860. Some principles of the Nightingale School for Nurses are still taught today. A beginning nursing student asks about the principles taught by the Nightingale Nursing School. What should the nurse's answer include?

1. Cleanliness is vital to recovery.
2. Cure is better than prevention.
3. The nurse must work as a member of a team.
4. The nurse must use discretion, but must follow the physician's orders.

A) 1, 2, 3

B) 1, 3, 4

C) 1, 2, 4

D) 2, 3, 4

Ans: B

**Feedback:**

Principles taught by the Nightingale Nursing School included the following: Cleanliness is vital to recovery; prevention is better than cure; the nurse must work as a member of a team; and the nurse must use discretion, but must follow the physician's orders.

7. The Nightingale School introduced a 1-year nursing course that included both classroom and clinical experience, a major innovation at that time. A student nurse is interested in knowing some of the Nightingale School's innovation in the field of nursing. What should the nurse's response include?

A) Establishment of a nurses' residence

B) Exit examinations and academic and personal requirements, including a character reference before working

C) Records of each student's progress that was later known as the "Henderson plan," a model for current nursing programs

D) Records of school employment before graduation

Ans: A

**Feedback:**

Innovations included establishment of a nurses' residence; entrance examinations, not exit examinations, and academic and personal requirements, including a character reference; records of each student's progress, later known as the "Nightingale plan," not the "Henderson plan," which is a model for current nursing programs; and records of employment of students after graduation, not before graduation.

8. The Nightingale lamp or the “Lamp of Learning” became a symbol of nursing and nursing education. A nursing student asks about the significance of the light of the lamp. What is the significance of the light of the lamp?
- A) Warmth of caring
  - B) Symbolizes the striving for excellence
  - C) Energy of the nurse to heal others
  - D) Commitment of the nurse to heal others

Ans: B

**Feedback:**

The Nightingale lamp represents the warmth of caring. The light of the lamp symbolizes the striving for excellence. The oil represents the energy and commitment of the nurse to heal others.

9. When Florence Nightingale entered the battlefield near Scutari, Turkey she and the nurses had few supplies and little outside support. Which of the following interventions did Nightingale insist on, which immediately reduced the mortality rate?
- 1. Securing more funds and support
  - 2. Establishing sanitary conditions
  - 3. Providing quality nursing care
  - 4. Procuring more medication

A) 1, 2

B) 1, 4

C) 2, 3

D) 3, 4

Ans: C

**Feedback:**

Nightingale insisted on establishing sanitary conditions and providing quality nursing care, which immediately reduced the mortality rate. She did not seek more funds or medications.

10. There are important individuals who contributed to the development of nursing in the United States. What contribution did Isabel Hampton Robb make to the development of nursing in the United States?
- A) Founded the school of nursing at Johns Hopkins University
  - B) Continued to care for the sick when nursing was considered menial
  - C) Organized the school of nursing at Massachusetts General Hospital
  - D) Founded American public health nursing

Ans: A

**Feedback:**

Melinda Ann Richards organized the school of nursing at Massachusetts General Hospital. Isabel Hampton Robb founded the school of nursing at Johns Hopkins University. Lillian Wald founded American public health nursing. Florence Nightingale continued to care for the sick when nursing was considered menial.

11. There are important individuals who contributed to the development of nursing in the United States. What contribution did Lillian Wald make to the development of nursing in the United States?

- A) Founded the school of nursing at Johns Hopkins University
- B) Continued to care for the sick when nursing was considered menial
- C) Organized the school of nursing at Massachusetts General Hospital
- D) Founded American public health nursing

Ans: D

**Feedback:**

Lillian Wald founded American public health nursing. Melinda Ann Richards organized the school of nursing at Massachusetts General Hospital. Isabel Hampton Robb founded the school of nursing at Johns Hopkins University. Florence Nightingale continued to care for the sick when nursing was considered menial.

12. There are important individuals who contributed to the development of nursing in the United States. What contribution did Isabel Hampton Robb contribute to the development of nursing in the United States?

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Ans: A

**Feedback:**

Isabel Hampton Robb founded the school of nursing at Johns Hopkins University. Melinda Ann Richards organized the school of nursing at Massachusetts General Hospital. Lillian Wald founded American public health nursing. Florence Nightingale continued to care for the sick when nursing was considered menial.

13. There are several pioneer nursing schools in the United States. Which pioneer nursing school was established first?

- A) Thompson Practical Nursing School in Brattleboro
- B) Young Women's Christian Association (YWCA)
- C) Household Nursing Association School of Attendant Nursing
- D) American Red Cross

Ans: B

**Feedback:**

In 1892, the Young Women's Christian Association (YWCA) opened the first practical nursing school in the United States in Brooklyn, New York. The Thompson Practical Nursing School opened in 1907 in Brattleboro, Vermont. In 1918, the Household Nursing Association School of Attendant Nursing opened. In 1908, the American Red Cross began offering home nursing education to teach lay women appropriate nursing care for illnesses within their own families.

14. There are several pioneer nursing schools in the United States. There are important milestones in the history of practical nursing education. Which pioneer nursing school began as a result of Richard Bradley, a public-spirited man, who determined that the local citizens needed nursing service?
- A) Thompson Practical Nursing School in Brattleboro
  - B) Young Women's Christian Association (YWCA)
  - C) Household Nursing Association School of Attendant Nursing
  - D) American Red Cross

Ans: A

**Feedback:**

In 1907, Richard Bradley used some of Thompson's money to establish the Thompson Practical Nursing School in Brattleboro, Vermont; this school still exists today. The Thompson Practical Nursing School opened in 1907 in Brattleboro. In 1892, the Young Women's Christian Association (YWCA) opened the first practical nursing school in the United States in Brooklyn, New York. In 1918, the Household Nursing Association School of Attendant Nursing opened. In 1908, the American Red Cross began offering home nursing education to teach lay women appropriate nursing care for illnesses within their own families.

15. A relative of a licensed nurse wants to pursue a degree in practical nursing. What type of school is most likely to provide this type of training?
- A) American Red Cross
  - B) Young Women's Christian Association
  - C) Vocational or community college
  - D) Local public library

Ans: C

**Feedback:**

Most practical nursing and associate's degree nursing programs are located in vocational education settings or in community colleges. In 1908, the American Red Cross began offering home nursing education to teach lay women appropriate nursing care for illnesses within their own families. In 1892, the Young Women's Christian Association (YWCA) opened the first practical nursing school in the United States in Brooklyn, New York. Later, it was named the Ballard School. The Ballard School closed in 1949 because of YWCA reorganization. The local public library does not provide a degree in practical nursing.

16. A nurse educator is discussing the role of nurses during World War II with a group of new nurses in an army hospital. A new nurse asks about the impact of World War II on nursing. What should the registered nurse's response include?
- A) "World War II had equal rank assigned to male and female nurses."
  - B) "World War II reduced the role of nurses in healthcare centers."
  - C) "World War II started recruitment of men as well as women into nursing."
  - D) "World War II marked the first emergency training of nurses."

Ans: C

**Feedback:**

World War II marked the first time that men as well as women were actively recruited into nursing. Male nurses were not given ranking equal to female nurses in the Armed Forces, however, until 1954. Nurses also began to assume a broader, more responsible role; a trend that continues today. World War I marked the first emergency training of nurses.

17. A nurse educator is discussing the role of nurses during the World War II with a group of new nurses in an army hospital. A new nurse asks about the impact of World War II on nursing. When were male nurses given ranking equal to female nurses in the armed forces?
- A) Civil War
  - B) World War I
  - C) World War II
  - D) Korean War

Ans: D

**Feedback:**

World War II marked the first time that men as well as women were actively recruited into nursing. Male nurses were not given ranking equal to female nurses in the Armed Forces, however, until 1954 during the Korean War, not the Civil War, World War I or World War II. Nurses also began to assume a broader, more responsible role; a trend that continues today. World War I marked the first emergency training of nurses.

18. A nurse is taking care of a paralyzed client. When discussing the current trend of home care in the 21st century with the nurse, the client asks about trends that are expected to influence the nursing profession. What should the nurse's response include?
- A) Lower acuity in hospital and long-term care settings
  - B) Shift to community-based care
  - C) Lifestyle factors and shorter life expectancy
  - D) Nursing education emphasizes service to clinical sites over education

Ans: B

**Feedback:**

The factors that are expected to continue in the 21st century are higher acuity in hospital and long-term settings; shift to community-based care; lifestyle factors and greater life expectancy; and nursing programs emphasis on education over service to clinical sites.

19. A female nurse has completed her education and joined a community hospital. She asks the registered nurse (RN) about the impact of the women's movement on present-day nursing. What should the RN's response include?
- A) "It has no impact; nurses still provide only primary care."
  - B) "It encourages nurses to work in a more collaborative manner."
  - C) "It allows nurses to work without having to report to primary care providers."
  - D) "It encourages nurses to work independently."

Ans: B

**Feedback:**

The women's movement has influenced nurses, many of whom are women, to be more assertive and independent. Today's nursing role is more collaborative, rather than nurses being subservient to physicians. Primary care, previously delivered only by physicians, is now being delivered by advanced practice nurses as well. However, nurses are required to report to physicians in most cases, and have to work as part of a team rather than independently.

20. There are current trends that are expected to influence the nursing profession in the 21st century. Which factors create a need for more healthcare in the public sector?
- 1. Homeless, unemployed, or underemployed individuals
  - 2. Many people have limited health insurance
  - 3. Devastating diseases are becoming more prevalent
  - 4. New advanced technology
- A) 1, 2
  - B) 1, 3
  - C) 2, 4
  - D) 3, 4

Ans: B

**Feedback:**

Many clients are homeless, unemployed, or underemployed. Devastating diseases are becoming more prevalent. Many people have no health insurance. These factors create a need for more healthcare in the public sector. Technology requires that nurses, clients, and family members often have to learn to operate highly sophisticated equipment to manage conditions in the home, not the public sector.



21. A nurse is caring for a client with terminal cancer at the client's home. Why should the nurse put greater emphasis on teaching with the family members taking care of the client?
- A) Family members may have to manage the patient care controlled analgesia pump to manage the client's pain.
  - B) Family members are expected to provide primary healthcare.
  - C) Family members are required to understand the advanced technical levels of care.
  - D) Hospital stays may need to be decreased.

Ans: A

**Feedback:**

When a client is being treated at home, it is important for the nurse to teach the client's family members how to operate sophisticated equipment, such as a patient-controlled analgesia pump. The nurse or healthcare individual provides primary health care to the clients and not the family members. The nurse working in healthcare needs to understand the advanced levels of care. It is not the responsibility of the family members to understand higher levels of skills. To reduce the expenses incurred on the client's treatment, hospital stays may be need to be decreased.

22. There are current trends that are expected to influence the nursing profession in the 21st century. Which among the current trends have been the most influential for the nursing profession?
- 1. Autonomy
  - 2. Changes in nursing education
  - 3. Technology
  - 4. Longer duration of hospital stay
- A) 1, 2, 3
  - B) 1, 2, 4
  - C) 1, 3, 4
  - D) 2, 3, 4

Ans: A

**Feedback:**

The women's movement has influenced nurses, many of whom are women to be more assertive and independent. Today's nursing role is more collaborative, rather than nurses being subservient to physicians. Changes in nursing education are one of the most influential nursing trends. Because of limitations on payment for healthcare, higher levels of skill, and specialization, hospital stays are markedly shorter than they were 10 years ago. Clients in all healthcare facilities are more acutely ill than in years past and these influence nursing.

23. Nursing insignia, uniforms, and the nursing school pin have importance in the field of nursing. Which are religious symbols represented in nursing?

1. Maltese Cross on a nursing pin
2. Star of David on a nursing pin
3. Nursing nametag with hospital crosses
4. Nursing cap with a Star of David

- A) 1, 2  
B) 1, 3  
C) 2, 4  
D) 3, 4

Ans: A

**Feedback:**

A Maltese Cross and the Star of David are the religious symbols that are represented on nursing pins, not nursing nametags or nursing caps. Nursing caps are no longer worn in the nursing profession.

24. A licensed nurse has been asked to address a group of newly recruited nurses. What should the licensed nurse inform them about the nursing insignias?

- A) Donning a nursing uniform is necessary when giving nursing care.
- B) Wearing a nursing school pin is a required part of the nursing uniform.
- C) Wearing a nametag is required when giving nursing care.
- D) Displaying a religious symbol is preferred when providing nursing care.

Ans: C

**Feedback:**

Clients usually feel more comfortable when nurses are easily identifiable; thus, a nametag is required whenever the nurse is giving nursing care. Although donning a uniform is necessary, because it helps clients distinguish nurses from other staff, nurses in today's healthcare facilities do not always wear uniforms. Many nursing school pins bear some religious symbol, although wearing a nursing pin is not essential.

25. There are war-related developments in nursing. What was the impact of World War I on nursing?

- A) First emergency training of nurses
- B) Isabel Hampton Robb wrote the nursing curriculum
- C) The Navy School of Nursing was established
- D) Hundreds of men were trained in this abbreviated program

Ans: A

**Feedback:**

World War I marked the first emergency training of nurses. The Army School of Nursing was established; Annie W. Goodrich wrote the curriculum. Hundreds of women were trained in this abbreviated program.