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## NURSING PRACTICE I: FOUNDATION OF NURSING PRACTICE

**SITUATION:** Nursing is a profession. The nurse should have a background on the theories and foundation of nursing as it influenced what is nursing today.

1. Nursing is the protection, promotion and optimization of health and abilities, prevention of illness and injury, alleviation of suffering through the diagnosis and treatment of human response and advocacy in the care of the individual, families, communities and the population. This is the most accepted definition of nursing as defined by the:
  - a. FNU
  - b. ANA
  - c. Nightingale
  - d. Henderson
2. Advancement in Nursing leads to the development of the Expanded Career Roles. Which of the following is NOT an expanded career role for nurses?
  - a. Nurse practitioner
  - b. Nurse Researcher
  - c. Clinical nurse specialist
  - d. Nurse anesthesiologist
3. The Board of Nursing regulated the Nursing profession in the Philippines and is responsible for the maintenance of the quality of nursing in the country. Powers and duties of the board of nursing are the following. EXCEPT:
  - a. Issue, suspend, revoke certificates of registration
  - b. Issue subpoena duces tecum, ad testificandum
  - c. Open and close colleges of nursing
  - d. Supervise and regulate the practice of nursing
4. A nursing student or a beginning staff nurse who has not yet experienced enough real situations to make judgments about them is in what stage of Nursing Expertise?
  - a. Novice
  - b. Beginner
  - c. Advanced Beginner
  - d. Competent

5. Benner's "Proficient" nurse level is different from the other levels in nursing expertise in the context of having:
  - a. the ability to organize and plan activities
  - b. having attained an advanced level of education
  - c. a holistic understanding and perception of the client
  - d. intuitive and analytic ability in new situations

**SITUATION:** The nurse has been asked to administer an injection via Z TRACK technique. Questions 6 to 10 refer to this.

6. The nurse prepares an IM injection for an adult client using the Z track technique. 4 ml of medication is to be administered to the client. Which of the following site will you choose?
  - a. Deltoid
  - b. Rectus femoris
  - c. Ventrogluteal
  - d. Vastus lateralis
7. In infants 1 year old and below, which of the following is the site of choice for intramuscular injection?
  - a. Deltoid
  - b. Rectus femoris
  - c. Ventrogluteal
  - d. Vastus lateralis
8. In order to decrease discomfort in Z track administration, which of the following is applicable?
  - a. Press the skin quickly and smoothly at a 90 degree angle
  - b. Inject the medication steadily at around 10 minutes per milliliter
  - c. Pull back the plunger and separate for 1 minute to make sure that the needle did not hit a blood vessel
  - d. Press the skin slowly and carefully at a 90 degree angle
9. After injection using the Z track technique, the nurse should know that the needs to wait for a few seconds before withdrawing the needle and this is to allow the medication to disperse into the muscle tissue, thus decreasing the client's discomfort. How many seconds should the nurse wait before withdrawing the needle?
  - a. 2 seconds

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