Fundamentals of Nursing 1st edition Bowen Solutions Manual

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INSTRUCTOR ANSWER GUIDE

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Fundamentals of Nursing

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OpenStax *Fundamentals of Nursing* Instructor Answer Guide

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Chapter 1: Introduction to the Nursing Profession: Evolution, Theories, and Practice

Review Questions

1. During the Middle Ages, who primarily undertook nursing duties, and where did they provide care?
   a. family members in their homes
   b. monks and nuns in monasteries and convents
   c. herbalists in communities
   d. military personnel in wartime hospitals
   [Answer: B]
2. What advancements occurred in the nursing profession during the mid-twentieth century?
   a. expansion of nursing roles during World War II
   b. establishment of the first nursing school
   c. embrace of EHRs and telehealth
   d. recognition of nurse practitioners as primary care providers
   [Answer: A]
3. What milestone marked Florence Nightingale's influence on the formalization and professionalization of nursing education?
   a. establishment of the ANA
   b. creation of the first nursing school

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c. introduction of evidence-based practice
d. development of specialized nursing fields

[Answer: B]

4. What does the “art of nursing” primarily emphasize in patient care?
   a. application of evidence-based knowledge
   b. technical expertise in medical procedures
   c. proficiency in administering medications
   d. interpersonal and compassionate dimensions of care

   [Answer: D]
5. What nursing program is designed to prepare individuals for entry-level positions in health care and requires graduates to pass the NCLEX-PN for licensure?
   a. Associate degree in nursing (ADN)
   b. Bachelor of Science in nursing (BSN)
   c. Master of Science in nursing (MSN)
   d. Licensed Practical Nurse (LPN)/Licensed Vocational Nurse (LVN)

   [Answer: D]
6. What is a common prerequisite for obtaining licensure as a registered nurse (RN) for both ADN and BSN graduates?
   a. completion of a clinical practicum
   b. passing the NCLEX-PN
   c. completion of a doctoral program
   d. passing the NCLEX-RN

   [Answer: D]
7. What is the primary goal of the Doctor of Nursing practice (DNP) program?
   a. preparation for leadership roles in academia
   b. research-focused doctoral education
   c. emphasis on advanced clinical practice, leadership, and evidence-based decision-making
   d. integration of theory, research, and public health in nursing practice

   [Answer: C]
8. What distinguishes BSN-prepared nurses from ADN-prepared nurses?
   a. broader education including leadership, research, and public health
   b. shorter duration of education
   c. limited involvement in patient care
   d. increased focus on practical nursing skills

   [Answer: A]
9. Which global organization significantly influences the development of the nursing profession on a global scale and offers guidance regarding the scope of practice for nurses around the world?
   a. state BONs
   b. QSEN
   c. ICN
   d. ANA

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[Answer: C]

10. Which organization primarily oversees the regular review and updating of guidelines within a given jurisdiction to align with advances in health care, changes in legislation, and evolving societal needs related to nursing practice within a specific state or jurisdiction?
    a. ANA
    b. QSEN
    c. state BONs
    d. ICN
    [Answer: C]
11. The nurse is precepting a nursing student during a clinical rotation. What statement made by the student would warrant further education?
    a. "Nursing standards serve as a framework for providing safe, quality care."
    b. "Nursing standards align with the overarching principles of the nursing profession."
    c. "Nursing standards articulate the expectations and ethical conduct required of nurses."
    d. "Nursing standards may be incorporated into practice if the nurse chooses to do so."
    [Answer: D]
12. The nurse takes proactive measures to prevent falls, such as using bed alarms and assisting patients with mobility. What ethical principle do these measures emphasize?
    a. autonomy
    b. privacy
    c. nonmaleficence
    d. justice
    [Answer: C]
13. What is the primary purpose of nursing theories?
    a. to dictate medical interventions
    b. to provide a framework for nursing practice
    c. to establish healthcare policies
    d. to replace medical guidelines
    [Answer: B]
14. How did nursing theories contribute to the historical development of the nursing profession?
    a. by focusing on task-oriented practices
    b. by discouraging research in nursing
    c. by offering a basis for nursing interventions
    d. by limiting the roles of nurses
    [Answer: C]
15. In the late twentieth century, what shift occurred in the development of nursing theories?
    a. a decline in the emphasis on evidence-based practice
    b. a move toward task-oriented approaches
    c. a decrease in the importance of research integration
    d. a proliferation of theories addressing various aspects of nursing, health, and care
    [Answer: D]
16. How do assumptions contribute to the theoretical framework in nursing?
    a. by providing empirical evidence

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b. by establishing shared understanding
c. by forming foundational beliefs
d. by guiding research design

[Answer: C]

17. What does the term “environment” in nursing philosophy encompass?
    a. a multifaceted combination of physical, social, cultural, economic, and global factors
    b. solely individualized influences
    c. physical surroundings without cultural implications
    d. exclusively cultural values and customs without broader influences

    [Answer: A]
18. Who emphasized the nurse-patient relationship as a therapeutic and collaborative partnership in psychiatric nursing?
    a. Jean Watson
    b. Patricia Benner
    c. Hildegard Peplau
    d. Dorothea Orem

    [Answer: C]
19. Who defined nursing as helping individuals achieve their highest level of independence in activities of daily living?
    a. Faye Abdellah
    b. Patricia Benner
    c. Florence Nightingale
    d. Virginia Henderson

    [Answer: D]
20. What type of nursing theory provides recommendations, interventions, or strategies for achieving specific nursing goals?
    a. adaptation theory
    b. descriptive theory
    c. developmental theories
    d. prescriptive theory

    [Answer: D]
21. What nursing theory views individuals as open, infinite energy fields that interact with the environment in continuous and evolving patterns?
    a. Orem’s self-care deficit nursing theory
    b. Roger’s science of unitary human beings theory
    c. Leininger’s culture care theory
    d. Watson’s theory of human caring

    [Answer: B]
22. In what phase of Peplau’s theory of interpersonal relations does the patient utilize the help offered by the nurse to address problems and gain a better understanding of their situation?
    a. orientation phase

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b. identification phase
c. exploitation phase
d. resolution phase

[Answer: C]

23. A nursing instructor is talking with a student about the link between theory and knowledge in nursing practice. What statement made by the nursing student would warrant further education?
    a. "Nursing theory benefits theoretical knowledge, and theoretical knowledge benefits nursing theory."
    b. "Theoretical knowledge is derived from theory and provides a framework for critical thinking."
    c. "Theories are applied within clinical practice as experiential knowledge."
    d. "Although reflection impacts knowledge in nursing practice, it does not impact the basic nursing theories."

    [Answer: D]
24. What is the foundational role of nursing theory in the practice of nursing?
    a. providing hands-on clinical experience
    b. guiding patient communication
    c. shaping the approach to patient care
    d. offering administrative insights

    [Answer: C]
25. What comment from a nursing student reflects the need for further education regarding how incorporating nursing theory into research enhances the evidence base of the nursing profession?
    a. "Nursing theories ensure studies align with the core principles and values of the profession."
    b. "The alignment of EBP with the core principles of the nursing profession is not contingent upon the incorporation of nursing theory into research."
    c. "The integration of nursing theory in research ensures research outcomes are relevant and applicable to the practical realities of nursing practice."
    d. "Understanding how nursing theory informs research priorities is key to advancing the evidence base and promoting evidence-based practice in nursing."

    [Answer: B]

Check Your Understanding Questions

1. List three current trends in nursing.
   [Answers will vary but may include continued nursing shortage, higher education requirements, increased online nursing programs, rise of telehealth and technology in health care, and the essential need for nurses' self-care.]
2. What is the difference between soft skills and hard skills in nursing?
   [Answer: Soft skills in nursing refer to interpersonal abilities and personal attributes that enhance interactions with patients, families, and colleagues, such as communication, empathy, and adaptability. In contrast, hard skills encompass technical and clinical

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competencies crucial for providing safe and effective patient care, such as conducting clinical assessments, administering medications, and using medical equipment.]

3. Why is there an increasing emphasis on higher education requirements for entry into the nursing profession?
   [Answer: The emphasis on higher education requirements is to align nursing education with the complexities of modern health care.]
4. What is the primary purpose of licensure in nursing?
   [Answer: The primary purpose of licensure in nursing is to ensure that individuals practicing nursing meet established standards of competency and adhere to ethical and legal guidelines, providing a legal framework for accountability and protection of the public.]
5. What is the primary advantage of ADN-prepared nurses over LPNs/LVNs?
   [Answer: ADN-prepared nurses have a broader scope of practice and involvement in patient care decisions.]
6. What is the primary purpose of defining the scope of practice for nurses?
   [Answer: The primary purpose is to ensure uniformity, safety, and quality in patient care.]
7. What are the six QSEN core competencies that align with nursing standards and guide nursing education?
   [Answer: The six core competencies are patient-centered care, teamwork and collaboration, EBP, quality improvement, safety, and informatics.]
8. Name and define at least three of the key elements that comprise nursing theories.
   [Answers will vary but may include concepts, phenomena, definitions, and assumptions. A concept is an abstract and generalized idea that serves as a foundational element, contributing to the overall structure and understanding of the theory. A phenomenon refers to a specific aspect of interest or an observable occurrence that is the focus of theoretical exploration and study. Definitions are clear and precise explanations of the meanings attributed to specific concepts or terms within the theoretical framework. Assumptions are foundational beliefs or propositions that are accepted without direct empirical evidence.]
9. What are the four domains that make up the nursing metaparadigm?
   [Answer: The nursing metaparadigm is composed of person, health, environment, and nursing.]
10. Why is Florence Nightingale referred to as the founder of modern nursing?
    [Answer: Based on her work during the Crimean War, Florence Nightingale emphasized the importance of cleanliness, fresh air, and proper nutrition in patient care, leading to a revolution in how nurses viewed their job and laying the foundation for the professionalization of nursing. She also established the first school of nursing and wrote a textbook that is still used today.]
11. List three carative factors from Jean Watson's theory of human caring.
    [Answers will vary but should include any three of the following carative factors:
    - the formation of a humanistic-altruistic system of values
    - instillation of faith-hope
    - cultivation of sensitivity to self and others
    - development of a helping-trusting relationship

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- promotion and acceptance of the expression of positive and negative feelings
- systematic use of the scientific problem-solving method for decision-making
- promotion of interpersonal teaching-learning
- provision for a supportive, protective, and corrective mental, physical, sociocultural, and spiritual environment
- assistance with the gratification of human needs
- allowance for existential-phenomenological forces]

12. How do theories help to define nursing as a profession?
    [Answer: Theories delineate the fundamental principles and values of nursing practice.]
13. In directing future research, how do nursing theories contribute to the formulation of research questions?
    [Answer: Nursing theories provide a lens through which to explore and understand complex phenomena.]

Reflection Questions

1. How has the COVID-19 pandemic influenced the rise of telehealth in nursing?
   [Answer: The COVID-19 pandemic accelerated the integration of telehealth in nursing by necessitating remote patient care delivery, leading to an increased reliance on digital communication technologies for virtual consultations and monitoring, ensuring continuity of care during times of unprecedented challenges.]
2. How does continuing education contribute to the professional growth and development of nurses?
   [Answers will vary but should include that continuing education contributes to the professional growth and development of nurses by ensuring they stay current with evolving medical knowledge, technological advancements, and best practices in patient care, fostering ongoing competency, adaptability, and integration of evidence-based practices into their clinical care.]
3. How do cultural competence and diversity play a role in your responsibilities as a caregiver?
   [Answers will vary but should include that cultural competence and diversity are integral aspects of the nurse's responsibilities as a caregiver. Recognizing and respecting the diverse backgrounds, beliefs, and values of patients is crucial in providing person-centered and holistic care. In practice, this means tailoring one's approach to care to accommodate individual cultural preferences, ensuring the care provided is not only clinically effective but also sensitive to the unique needs of each patient.]
4. How does the QSEN competency of teamwork and collaboration align with the standards of nursing practice?
   [Answer: Teamwork and collaboration in QSEN align with nursing practice standards by promoting effective communication and interdisciplinary teamwork to enhance patient outcomes and ensure the delivery of safe and coordinated care.]
5. How do concepts, phenomena, definitions, and assumptions collectively contribute to the development of a nursing theory?
   [Answer: Concepts, phenomena, definitions, and assumptions collectively contribute to the development of a nursing theory by providing a structured framework. Concepts offer foundational ideas, while phenomena focus on specific aspects of nursing practice. Clear

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definitions ensure a shared understanding, and assumptions, though not directly tested, form foundational beliefs guiding the exploration and explanation of nursing phenomena within the dynamic field of health care. Together, these elements shape the theory, facilitating a comprehensive understanding and application of nursing principles.]

6. How can Dorothea Orem's self-care deficit nursing theory be applied to promote patient empowerment in contemporary nursing practice?
   [Answers will vary but should include that Dorothea Orem's self-care deficit nursing theory can be applied to promote patient empowerment by assessing individual self-care abilities, collaboratively setting goals, educating patients on self-care, and implementing tailored interventions. The approach emphasizes fostering patient independence, adapting care to individual needs, and continuously evaluating and adjusting the care plan to enhance self-efficacy and encourage preventive health measures.]

What Should the Nurse Do?

1. A patient is expressing emotional distress and requires empathetic support. How should the nurse demonstrate the soft skill of empathy to establish trust and understanding with the patient?
   [Answer: The nurse should employ active listening and provide verbal and nonverbal cues that convey understanding and support. The nurse should acknowledge the patient's feelings, validate their emotions, and offer words of comfort. Maintaining eye contact, using a calm and soothing tone, and displaying a compassionate demeanor are crucial in establishing trust and understanding. Additionally, the nurse should refrain from judgment, show genuine concern, and encourage the patient to express their emotions openly. This empathetic approach fosters a therapeutic relationship, making the patient feel heard, valued, and supported in their emotional well-being.]
2. A nurse working in a specialized area is considering pursuing specialty certification. What steps should the nurse take to achieve certification?
   [Answer: The nurse should start by researching the specific certification requirements for their chosen field. This involves exploring educational criteria, clinical experience, and any other eligibility requirements set by the certifying body. Once eligibility is confirmed, the nurse should review the content outline, study relevant topics, and practice with sample questions. After thorough preparation, the next step is to complete the application process for certification. Once the application is approved, the nurse can schedule and take the certification exam at a designated testing center.]
3. A nurse witnesses a colleague making inappropriate comments about a patient's cultural background. What should the nurse do to uphold standards of professionalism and person-centered care?
   [Answer: The nurse should address the issue privately, expressing concerns and emphasizing the importance of cultural sensitivity. Encouraging cultural competence education for both the nurse and the colleague can help foster awareness and understanding. If the problem persists, reporting the incident to a supervisor and providing

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support to the affected patient are necessary to uphold standards of professionalism and person-centered care.]

In a busy medical-surgical unit, Nurse Rodriguez is assigned to care for Mr. Suarez, a 65-year-old patient admitted with a complex medical history, including diabetes and heart failure. Mr. Suarez has been experiencing difficulty managing his medications at home, leading to frequent hospital admissions. He appears frustrated and overwhelmed.

As Nurse Rodriguez begins her shift, she recognizes the need for a holistic approach to Mr. Suarez's care, considering not only his physical health but also his emotional and social well-being. Applying Dorothea Orem's self-care deficit nursing theory, Nurse Rodriguez assesses Mr. Suarez's ability to engage in self-care and identifies areas where he may need assistance.

During their interactions, Nurse Rodriguez encourages Mr. Suarez to share his challenges and concerns. She involves him in the development of a personalized care plan, emphasizing self-care strategies that align with his capabilities and preferences. Drawing from Orem's theory, Nurse Rodriguez collaborates with the healthcare team to address Mr. Suarez's deficits in self-care, providing education on medication management, diet, and lifestyle modifications.

Throughout the shift, Nurse Rodriguez continuously evaluates Mr. Suarez's response to the care plan, adjusting interventions based on his feedback and observed progress. By the end of the shift, Mr. Suarez expresses gratitude for the personalized approach to his care, and Nurse Rodriguez reflects on how the application of Orem's theory facilitated a person-centered and empowering care experience.

4. Identify and discuss the specific elements of Dorothea Orem's self-care deficit nursing theory that Nurse Rodriguez applied in this scenario.
   [Answer: Nurse Rodriguez applied Orem's theory by conducting a thorough assessment of Mr. Suarez's self-care abilities, considering his health status and challenges. She then developed a personalized care plan collaboratively, addressing Mr. Suarez's deficits and incorporating interventions aligned with his capabilities. Through patient education on medication management and lifestyle modifications, Nurse Rodriguez empowered Mr. Suarez to actively participate in his care, consistent with Orem's emphasis on promoting independence. The continuous evaluation and adjustment of the care plan during the shift reflected Orem's principle of ongoing assessment to prevent or alleviate self-care deficits.]
5. How did the self-care deficit nursing theory guide Nurse Rodriguez's assessment, intervention, and evaluation of Mr. Suarez's care?
   [Answer: Nurse Rodriguez demonstrated several key elements of Orem's theory. First, she recognized and assessed Mr. Suarez's self-care deficit, a central concept in Orem's framework. Second, the development of a personalized care plan, including patient education, reflected Orem's emphasis on the role of nursing interventions in supplementing or substituting for an individual's self-care abilities. The continuous evaluation of Mr. Suarez's response to interventions aligned with Orem's approach of adapting care to promote independence and prevent deficits. The person-centered and empowering decision to involve Mr. Suarez in the decision-making process resonated with Orem's focus on tailoring care to individual needs.]
6. What aspects of patient empowerment and self-care were evident in her nursing actions?

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[Answer: The application of Orem's theory shaped Mr. Suarez's patient care experience by ensuring a tailored and holistic approach. The emphasis on patient assessment allowed Nurse Rodriguez to understand Mr. Suarez's unique needs and challenges. The personalized care plan, rooted in Orem's theory, empowered Mr. Suarez to actively participate in his care, fostering a sense of independence and self-efficacy. The continuous evaluation and adjustment of interventions reflected a dynamic and responsive approach, enhancing the overall quality of care.]

Competency-Based Assessments

1. Which do you feel is most important in nursing: soft skills or hard skills? Pick a side and debate your position.
   [Answers will vary. An effective response may ultimately determine that a balance of both hard and soft skills is ideal for a well-rounded and effective nursing practice.
   - Possible arguments for the importance of soft skills are that soft skills are essential for effective communication, holistic patient care, and team collaboration. Communication and empathy are crucial for building rapport with patients, fostering trust, and ensuring that patients feel heard and understood. Effective communication contributes to positive patient experiences and improved health outcomes. Empathy, cultural competence, and adaptability allow nurses to provide holistic, person-centered care that considers the individual needs of each patient.
   - Possible arguments for the importance of hard skills are that hard skills are essential for precision in patient care and clinical competence. Hard skills are essential for the precise execution of medical procedures, accurate administration of medications, and adept handling of medical equipment, ensuring the delivery of safe and effective patient care. The foundation of nursing relies on strong clinical competencies, including critical thinking and clinical assessment, which enable nurses to make accurate diagnoses and develop appropriate care plans, directly impacting patient outcomes.]
2. Research your state board of nursing requirements for RN licensure. Explain the steps involved in obtaining licensure as an RN, including examination requirements and educational criteria, as well as renewing a license.
   [Answers will vary by state but should include graduating from a state-approved nursing program, successfully passing the NCLEX-RN, submitting an application for licensure, and undergoing a background check. License renewal will include a specified number of CE requirements, a license renewal application, fee, and verification of practice hours. It is crucial to note that the specific requirements vary by state; therefore, it is recommended to consult the official website of the respective state board of nursing for the most accurate and detailed information.]
3. Create an infographic that explains the responsibilities for each of the following nursing roles: caregiver, decision-maker, manager of care, advocate, and educator.
   [Answers will vary but may include the following ideas:

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- Caregiver: conduct thorough assessments, develop personalized care plans, implement interventions with cultural competence, continuously monitor patient health status, respond to crises effectively
- Decision-maker: assess patient data and determine interventions, prioritize tasks in a fast-paced environment, allocate resources judiciously, adapt to changes in patient conditions and healthcare policies
- Manager of care: organize and optimize care delivery; coordinate interdisciplinary teams; navigate healthcare systems; promote safety, quality improvement, and evidence-based practices
- Advocate: communicate patient needs to the healthcare team, empower patients in decision-making, navigate complex healthcare systems on behalf of patients, engage in systemic advocacy for policy improvement
- Educator: explain medical conditions and treatment plans, contribute to community health education, guide patients in managing their health proactively, empower individuals to take an active role in their well-being]

4. Create a five-minute video explaining how Patricia Benner's novice to expert theory can be applied to clinical practice in nursing.
   [Answers may vary. Videos may note that Benner's novice to expert theory is a developmental model that outlines the stages of nursing proficiency from novice to expert. In clinical practice, this theory can be applied to guide the education and professional growth of nurses.
   - Novice nurses, characterized by limited experience, benefit from clear rules and guidelines. Educators and preceptors play a crucial role in providing structured learning experiences to help novices gain foundational knowledge and skills.
   - As nurses progress to the advanced beginner stage, they start recognizing patterns and are capable of making more-informed decisions. Exposure to various clinical scenarios and mentorship becomes vital during this phase to enhance their clinical judgment.
   - The competent nurse, at the third stage, demonstrates efficiency and organizational skills. They can prioritize and plan effectively. Continuing education and diverse clinical experiences contribute to their ongoing development.
   - The proficient nurse exhibits a deeper understanding of patient care situations and focuses on achieving optimal outcomes. They are more intuitive and holistic in their approach, drawing from a wealth of experience. Peer collaboration and engagement in complex cases further refine their expertise.
   - Finally, the expert nurse possesses an intuitive grasp of clinical situations, making decisions almost effortlessly. Their knowledge is deeply rooted in experience, enabling them to navigate uncertainties with ease. Experts contribute significantly to the nursing profession through mentoring and leadership.]

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