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Question: 1469

Which of the following lab results would most likely indicate a patient is at risk for developing dysphagia due to electrolyte imbalance?

- A. Elevated sodium levels
- B. Low magnesium levels
- C. High bicarbonate levels
- D. Normal calcium levels

Answer: B

Explanation: Low magnesium levels can lead to neuromuscular dysfunction, which may increase the risk of dysphagia due to impaired swallowing coordination.

Question: 1470

In the context of behavior management, what is the primary objective when implementing a structured intervention plan for a patient with aggressive tendencies?

- A. To control the patient's behavior through restrictive measures
- B. To ensure staff safety above all else
- C. To promote the patient's ability to self-regulate their emotions
- D. To minimize the need for verbal communication with the patient

Answer: C

Explanation: The primary objective is to promote the patient's ability to self-regulate their emotions, fostering a more therapeutic and safe environment for rehabilitation.

Question: 1471

Post-Traumatic Stress Disorder (PTSD) can manifest in various ways. Which of the following symptoms is considered a hallmark of PTSD, particularly in relation to re-experiencing the trauma?

- A. Intense fear during new experiences unrelated to the trauma.
- B. Recurrent, involuntary, and intrusive distressing memories of the traumatic event.
- C. Persistent avoidance of reminders associated with the trauma.

D. Generalized anxiety about future threats unrelated to past trauma.

Answer: B

Explanation: Recurrent, involuntary, and intrusive memories of the traumatic event are hallmark symptoms of PTSD, indicating a strong re-experiencing of the trauma.

Question: 1472

In light of the Rehabilitation Act, which of the following practices should a rehabilitation nurse implement to ensure compliance with Section 504 regarding patients with disabilities?

- A. Providing access to rehabilitation services only to individuals who can demonstrate a need for them.
- B. Limiting accommodations to physical changes in the environment without considering educational adjustments.
- C. Ensuring that all patients, regardless of disability status, have equal access to programs and services.
- D. Requiring individuals with disabilities to provide additional documentation to access services.

Answer: C

Explanation: Section 504 of the Rehabilitation Act mandates that individuals with disabilities have equal access to services and programs, ensuring non-discrimination in rehabilitation settings.

Question: 1473

Which statement best reflects the rationale behind using an elimination diary in the management of patients with bowel dysfunction?

- A. It allows for the identification of medications that cause constipation.
- B. It serves as a legal document for treatment verification.
- C. It provides a visual representation of bowel habits over time.
- D. It is primarily used to track dietary intake.

Answer: C

Explanation: An elimination diary offers a visual representation of bowel habits over time, which can help healthcare providers and patients identify patterns, triggers, and areas for intervention in bowel management.

Question: 1474

A 65-year-old patient presents with expressive aphasia following a stroke. During your assessment, he struggles to communicate his needs effectively, often using gestures. Which intervention is most appropriate to facilitate his communication?

- A. Encourage the use of written notes for communication
- B. Implement a speech-generating device
- C. Use a picture board to enhance understanding
- D. Focus on auditory comprehension assessments

Answer: B

Explanation: A speech-generating device can help the patient express himself more effectively, compensating for his expressive aphasia and promoting communication.

Question: 1475

In a therapeutic session, a nurse uses reflective listening to help a patient articulate feelings of stress. Which of the following techniques best exemplifies this approach?

- A. "Why do you think you feel this way?"
- B. "You should try to manage your time better."
- C. "It sounds like you're feeling overwhelmed by your responsibilities."
- D. "Have you considered taking a break?"

Answer: C

Explanation: Reflective listening involves paraphrasing and validating the patient's feelings, which helps deepen the therapeutic relationship and encourages further exploration.

Question: 1476

In a patient with diabetes who is also undergoing rehabilitation, what is the most important dietary consideration to help manage their condition effectively?

- A. Frequent high-sugar snacks
- B. Balanced meals with controlled carbohydrate intake
- C. Elimination of all carbohydrates
- D. High-fat diet to control blood sugar levels

Answer: B

Explanation: Balanced meals with controlled carbohydrate intake are essential for managing diabetes effectively, helping to maintain stable blood glucose levels.

Question: 1477

A rehabilitation nurse is evaluating a patient with severe cognitive deficits who often forgets to use their personal response device. What method can the nurse implement to improve adherence to using this device?

- A. Provide a detailed manual for the device
- B. Schedule regular reminders via phone calls
- C. Conduct a weekly review of device functionality
- D. Use a visual cue system to prompt device use

Answer: D

Explanation: A visual cue system can serve as a constant reminder for the patient to use their personal response device, improving adherence.

Question: 1478

In managing a patient with chronic pain on long-term opioid therapy, which of the following interventions is vital to prevent the development of tolerance and dependence?

- A. Incorporating multimodal pain management strategies
- B. Regularly scheduling opioid doses
- C. Increasing the opioid dosage frequently
- D. Limiting patient assessment of pain levels

Answer: A

Explanation: Multimodal pain management strategies, including physical therapy and non-opioid medications, can prevent tolerance and dependence by providing comprehensive pain relief.

Question: 1479

A 65-year-old patient with a stroke is admitted to a rehabilitation facility. The interdisciplinary team is tasked with establishing achievable goals for the patient's rehabilitation. Which of the following is the most appropriate initial goal for this patient based on the principles of rehabilitation nursing?

- A. Achieving full independence in all activities of daily living (ADLs) within two weeks
- B. Improving mobility to the point where the patient can transfer from bed to wheelchair with minimal assistance
- C. Returning home with a complete recovery of speech and cognitive function
- D. Attending a support group for stroke survivors three times a week

Answer: B

Explanation: The initial goal for a stroke patient should focus on improving mobility and functional independence. Setting realistic and specific goals, such as transferring with minimal assistance, aligns with rehabilitation principles and promotes gradual progress.

Question: 1480

In a patient-centered approach, which complementary alternative medicine (CAM) modality is most likely to enhance a patient's self-efficacy in managing chronic pain?

- A. Acupuncture
- B. Guided imagery
- C. Aromatherapy
- D. Herbal supplements

Answer: B

Explanation: Guided imagery can empower patients by enhancing their sense of control over pain management, thus improving self-efficacy.

Question: 1481

When evaluating the impact of staffing patterns in rehabilitation settings, which of the following factors should be prioritized to enhance patient outcomes?

- A. The qualifications and training of staff members in rehabilitation practices.
- B. The total number of staff employed in the facility.
- C. The geographical location of the facility.
- D. The staff's ability to work long hours without breaks.

Answer: A

Explanation: The qualifications and training of staff members in rehabilitation practices are critical factors that directly influence patient outcomes, as skilled and knowledgeable staff can provide high-

quality care tailored to individual patient needs.

Question: 1482

A nurse is assessing a patient with a history of seizures who wears a helmet as a precaution. What additional safety strategy should the nurse recommend to minimize risks associated with potential falls or injuries?

- A. Avoiding all physical activity
- B. Installing padding on furniture edges
- C. Encouraging independence in movement
- D. Limiting the patient's mobility

Answer: B

Explanation: Installing padding on furniture edges can help prevent injuries in case of falls, complementing the use of a helmet.

Question: 1483

A rehabilitation facility is preparing for an audit regarding documentation practices. Which of the following practices should be emphasized to ensure compliance with regulatory standards?

- A. Maintaining a separate log for verbal orders
- B. Using electronic health records with automatic updates
- C. Relying on summary reports for overall patient care
- D. Ensuring that all patient interactions are documented comprehensively

Answer: D

Explanation: Comprehensive documentation of all patient interactions is critical for compliance and provides a complete picture of care, which is essential during audits.

Question: 1484

In a patient with advanced dementia, which of the following approaches is most effective in promoting safe swallowing during mealtimes?

- A. Encouraging the patient to eat independently
- B. Using adaptive utensils for easier handling

- C. Allowing the patient to choose food textures
- D. Serving meals in a dimly lit environment

Answer: B

Explanation: Using adaptive utensils can help promote independence and safety during mealtimes, facilitating better control over food intake and reducing the risk of aspiration.

Question: 1485

Sentinel events are critical incidents that require immediate investigation. Which of the following most accurately describes a sentinel event according to the National Patient Safety Goals?

- A. Any hospital-acquired infection
- B. An unexpected occurrence involving death or serious physical or psychological injury
- C. A minor medication error that does not cause harm
- D. A patient complaint regarding facility cleanliness

Answer: B

Explanation: Sentinel events involve unexpected occurrences that result in death or serious harm, necessitating immediate response and investigation to prevent future incidents.

Question: 1486

According to Rogers' Science of Unitary Human Beings, which principle is central to understanding the holistic approach in rehabilitation nursing?

- A. The importance of environmental control
- B. The focus on physiological assessments
- C. The concept of energy field interactions
- D. The hierarchy of needs in patient care

Answer: C

Explanation: Rogers' theory emphasizes the energy field interactions between the patient and their environment, advocating for a holistic approach that considers the patient's overall well-being in rehabilitation.

Question: 1487

The Americans with Disabilities Act (ADA) defines disability broadly. Which of the following conditions would be classified as a disability under the ADA?

- A. A temporary injury that fully resolves within six months
- B. A chronic condition that limits a major life activity
- C. A condition that only affects work performance but not daily living
- D. An individual's perceived disability without a medical diagnosis

Answer: B

Explanation: The ADA classifies a chronic condition that limits a major life activity as a disability, regardless of its permanence.

Question: 1488

In teaching patients about the prevention of complications associated with urinary catheters, which of the following patient statements reflects an accurate understanding of proper catheter care?

- A. "I should clean my catheter daily and report any signs of infection."
- B. "I can change my catheter as often as I like."
- C. "It's okay to use any soap to clean the area."
- D. "I can leave my catheter in for months without any issues."

Answer: A

Explanation: Cleaning the catheter daily and being vigilant for signs of infection are critical components of catheter care, which help prevent urinary tract infections and other complications associated with long-term catheter use.

Question: 1489

When considering infection control practices, what is the significance of contact precautions in a rehabilitation setting?

- A. They help prevent the spread of infections associated with direct patient contact
- B. They should be applied universally to all patients without exception
- C. They are necessary only for patients with visible infections
- D. They are primarily focused on protecting healthcare providers without regard for patient safety

Answer: A

Explanation: Contact precautions are critical for preventing the transmission of infections that can spread through direct contact, ensuring the safety of both patients and healthcare providers.

Question: 1490

Neuman's Systems Model is particularly useful in rehabilitation nursing because it addresses various stressors. Which of the following statements best captures the essence of this model in a rehabilitation context?

- A. It focuses solely on physical recovery.
- B. It is primarily concerned with acute care settings.
- C. It integrates psychological, social, and environmental factors.
- D. It emphasizes the nurse's role in medication management.

Answer: C

Explanation: Neuman's Systems Model considers the patient as a whole and integrates multiple factors (psychological, social, and environmental) that can impact the rehabilitation process.

Question: 1491

In the context of clinical practice guidelines, which of the following statements most accurately reflects the importance of evidence-based practice in rehabilitation nursing, particularly in reducing variability in patient outcomes?

- A. Clinical practice guidelines derived from evidence-based research help standardize care and improve outcomes.
- B. Evidence-based practice primarily focuses on patient satisfaction rather than clinical outcomes.
- C. The use of evidence-based practice is limited to acute care settings and does not apply to rehabilitation nursing.
- D. Evidence-based practice is solely concerned with the cost-effectiveness of rehabilitation interventions.

Answer: A

Explanation: Evidence-based practice integrates the best available research with clinical expertise and patient values to guide healthcare decisions. This standardization helps reduce variability in patient outcomes by providing a consistent framework for care.



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