MULTIPLE CHOICE

1. The student nurse has an adequate understanding of nursing theory when correctly identifying which individual as the first nurse theorist?
   a. Peplau
   b. Rogers
   c. Leininger
   d. Nightingale

   ANS: D
   Florence Nightingale is considered the first nursing theorist. Nightingale’s theory is that the environment influences the person’s health. Peplau, Rogers, and Leininger published theories after Nightingale.

   PTS: 1     DIF: Cognitive Level: Application     REF: p. 173
   OBJ: Describe the origins of nursing theory.     TOP: Nurse theorists
   MSC: NCLEX®: Not applicable

2. A nurse wishes to incorporate Dorothea Orem’s theory into practice. Which action by the nurse encompasses this theory?
   a. The nurse completes the AM care for a patient.
   b. The patient gets dressed with help from the nurse aide.
   c. The patient knows his or her own medication dosages and what time they are due.
   d. The patient’s spouse assumes all responsibility for the patient’s medications.

   ANS: B
   Dorothea Orem’s theory includes the overall theme of self-care. Nursing consists of actions to overcome or prevent self-care limitations or to provide this care for those who are unable to care for themselves. Performing care for the patient or assuming responsibility for the patient’s health care management does not put Orem’s theory into practice. Knowing medication dosages and the times they are due is a good start for the patient; the next step would be to administer the medications to themself.

   PTS: 1     DIF: Cognitive Level: Analysis     REF: p. 175
   OBJ: Describe the origins of nursing theory.     TOP: Nurse theorists
   MSC: NCLEX®: Not applicable

3. The nurse has an adequate understanding of the four major metaparadigms when making which comment to a colleague? “The four major metaparadigms are
   a. “nursing, environment, health, and illness.”
   b. “nursing, environment, person, and society.”
   c. “person, environment, health/illness, and nursing.”
   d. “person, society, wellness, and health/illness.”

   ANS: C
The overall theme and main ideas of nursing theory are nursing, person, health/illness, and environment. When looking at a nursing theory, the nurse looks at how the theorist defines these four metaparadigms. Society is not one of the metaparadigms. Health and illness are not separated but discussed as one metaparadigm. Wellness is part of health/illness metaparadigm.

4. What is a common thread in the majority of definitions of a nursing theory?
   a. Words or phrases that present a direction to how interrelated concepts can provide a reference for the study and the delivery of nursing care
   b. A list of the concepts and problems within the nursing profession and the suggested or anticipated solution of those problems
   c. A composite of the opinions and recommendations of famous, well-known nursing leaders
   d. An advanced role description for the study of the delivery of nursing care and the integration of nursing services with the most favorable economic consequences

   ANS: A
   Theories are words or concepts that are joined together to form a theme—to describe, explain, and predict nursing care. Many theorists have various definitions regarding what a theory is, but they generally contain similar words and directions. A theory is not a list of concepts or ideas. A theory is not a composite of opinions or recommendations. Theories encompass more than just an advanced role description.

5. Roy’s adaptation model capitalized on health and wellness based on how well one copes with stressors and the environment. Which statement by the nurse shows understanding of equilibrium? Equilibrium is reached through adaptation of our
   a. “safety needs.”
   b. “self-esteem needs.”
   c. “physiological needs.”
   d. “love and belonging needs.”

   ANS: C
   Sister Callista Roy identified six physiological needs (exercise and rest; nutrition; elimination; fluid and electrolytes; oxygenation and circulation; and regulation of temperature, senses, and the endocrine system). Adapting and manipulating these needs successfully helps us cope with stressors. The other needs described (safety, self-esteem, and love/belonging) are associated with Maslow’s hierarchy of needs.

6. In the system’s model of Neuman, nursing helps reduce the stressors to health through
   a. prevention on three levels—primary, secondary, and tertiary.
   b. maintenance of balance of the physiological systems.
c. promoting a sense of inner harmony through achieving holistic health.
d. repatterning the person and environment for synchrony within the body.

ANS: A
Betty Neuman’s conceptual model focuses on prevention, or prevention as intervention, as a response to stressors. Primary prevention is what a person does to prevent illness. Secondary prevention is what is done when an illness strikes. Tertiary prevention is the rehabilitation after an illness. Physiological system balance is often associated with Roy’s theory. Inner harmony is associated with Watson’s theory on caring. Leininger’s theory discusses culture care repatterning or restructuring.

PTS: 1  DIF: Cognitive Level: Application  REF: p. 180
OBJ: Discuss some of the main points of each of these theories.
TOP: Nurse theorist’s model
MSC: NCLEX®: Not applicable

7. A nurse has been studying theory in class. Which of the following statements indicates that the nurse has an adequate understanding of theory?
a. “A theory can be used to predict something.”
b. “A theory can measure outcomes.”
c. “Theory can be helpful to formulate a plan of action.”
d. “Theory is used to help evaluate interventions.”

ANS: A
Theory is simply words or phrases (concepts) joined together in sentences, with an overall theme, to explain, describe, or predict something. Theory does not measure outcomes or help formulate a plan of action or interventions.

PTS: 1  DIF: Cognitive Level: Application  REF: p. 171
OBJ: Identify the purposes of nursing theory.
TOP: Theory definition
MSC: NCLEX®: Not applicable

8. A student is in the last semester of nursing school. The student interprets nursing as
a. knowledge of past experiences.
b. the medical model of health care.
c. a science based on the principles of biology and medicine.
d. a science based on scientific research providing practice answers.

ANS: D
As a science, nursing must be based on the principles of evidence-based scientific research that guides nursing practice. Nursing is not simply knowledge of past experiences, the medical model of health care, or based on principles of biology and medicine. Although some knowledge from past experience is incorporated into the body of nursing knowledge, the important part of nursing as a science is that it is based on sound scientific research (evidence-based practice).

PTS: 1  DIF: Cognitive Level: Application  REF: p. 171
OBJ: Identify the purposes of nursing theory.
TOP: Nursing science
MSC: NCLEX®: Not applicable

9. A nurse is listening to a nurse manager give a presentation on nursing theory. The nurse identifies which statement as being indicative of nursing theory?
a. “Team nursing to best use resources within the delivery of care”
b. “Managed care focusing on conservation of the economic resources”
c. “A direction as to how an individual nurse can best meet patient needs”
d. “Created by nurses, for nurses, in understanding the nursing process”

ANS: D

Nursing theory is created by nurses and for nurses who provide care to their patients, either directly or indirectly. Nursing theory is not managed care, primary nursing, team nursing, or any other more business-related method of delivering care.

PTS: 1  DIF: Cognitive Level: Analysis  REF: p. 172
OBJ: Describe some of the key words associated with nursing theory.
TOP: Nursing theory  MSC: NCLEX®: Not applicable

10. A nurse is giving a speech on the nursing theory of Madeline Leininger. Which statement by the nurse indicates an understanding of the theory? “Madeline Leininger’s theory is a theory that
a. “considers the impact of culture on the person’s health.”
b. “promotes the synchronicity between people and the universe.”
c. “describes a dynamic state of being achieved through unity and harmony.”
d. “considers nursing ‘a calling’ to work with patients in the reparative process.”

ANS: A

The overall theme of Madeleine Leininger’s theory is culture, and it considers the impact of culture on the person’s health and caring practices. Synchronicity is most often correlated with Martha Rogers; “a calling” is most often associated with Nightingale. A dynamic state of health is often associated with Imogene King’s theory.

PTS: 1  DIF: Cognitive Level: Application  REF: pp. 184-185
OBJ: Discuss some of the main points of each of these theories.
TOP: Nurse theorist’s model  MSC: NCLEX®: Not applicable

11. Systems-oriented theorists include

ANS: A

Nursing theories by Betty Neuman (systems model), Sister Callista Roy (adaptation model), and Dorothy Johnson (behavioral systems model) are all considered systems oriented. All the separate components of the theory rely on one another and are interrelated. Together they make up the whole. Martha Rogers’ theory is called the Science of Unitary Human Beings. Dorothea Orem’s theory is called Self-care Nursing Theory. Jean Watson’s theory is called the Theory of Human Caring. Rosemarie Parse’s theory is called the Theory of Human Becoming. Nightingale’s theory is that the environment influences the person’s health. Faye Abdellah’s theory is a Patient-Centered Approach. Margaret Newman’s theory is called the Theory of Health as Expanding Consciousness. Rizzo is part of Rosemarie Rizzo’s Parse’s full name.

PTS: 1  DIF: Cognitive Level: Analysis  REF: pp. 179-180
OBJ: Identify some of the more well-known and well-developed nursing theories.
TOP: Systems-oriented nursing theories  MSC: NCLEX®: Not applicable
12. A nurse is working in an Asian neighborhood of a large metropolitan city. In attempting to meet the cultural needs of this segment of the population, the nurse could apply whose nursing theory to the organization of nursing care required by these residents?
   a. Virginia Henderson   c. Dorothea Orem
   b. Martha Rogers   d. Madeline Leininger

ANS: D

Madeline Leininger’s theory focuses on the overall impact of culture on a person’s health and caring practices. Dorothea Orem’s theory involves the three interwoven theories of self-care, self-care deficit, and the nursing system to help the nurse plan strategies to meet the patient’s needs. Virginia Henderson’s model focuses on the unique functions of nurses and 14 basic needs. Martha Roger’s Science of Unitary Human Beings is an abstract model addressing the complexity of the “unitary human being,” which allows for the examination of phenomena (energy fields, paranormal) that other theories do not describe, as nurses promote synchronicity between human beings and their environment/universe.

PTS: 1   DIF: Cognitive Level: Application   REF: pp. 184-185
OBJ: Discuss some of the main points of a nursing theorist.   TOP: Models of nursing theory
MSC: NCLEX®: Not applicable

13. A middle-aged patient has experienced a myocardial infarction that has significantly limited activities and lifestyle. The patient is exercising and working with a nurse in the cardiac rehabilitation program. This is an example of the implementation of what nursing theory?
   a. Martha Rogers’ examination of the phenomena of energy fields
   b. Dorothy Orem’s interwoven theories of self-care, self-care deficit, and nursing care
   c. Dorothy Johnson’s theme that the person is a behavior system and is orderly and balanced
   d. Sister Callista Roy’s theme of coping and adaptation to stimuli and stressors

ANS: B

Dorothy Orem’s theory involves the three interwoven theories of self-care, self-care deficit, and the nursing system to help the nurse plan strategies to meet the patient’s needs. Martha Roger’s Science of Unitary Human Beings is an abstract model addressing the complexity of the “unitary human being,” which allows for the examination of phenomena (energy fields, paranormal); the energy being discussed regarding exercise is not what this is describing. Roy’s theory is about adapting to stressors, and in this instance, the exercising and working with the cardiac rehab nurse would not constitute adapting to stimuli and stressors. Johnson’s theory focuses on human behavior rather than the person’s state of health; hence, the activity of exercise is health related.

PTS: 1   DIF: Cognitive Level: Application   REF: pp. 175-176
OBJ: Discuss some of the main points of a nursing theorist.   TOP: Models of nursing theory
MSC: NCLEX®: Not applicable

14. A nurse would like to improve personal practice by utilizing nursing theory. What action can the nurse take to begin incorporating nursing theory into practice?
   a. Learn about nursing theories.
   b. Apply for a management position.
   c. Transfer to the education department.
   d. Enroll in a PhD program at the local university.

ANS: A

Learning about nursing theories is the most direct way to incorporate nursing theory into practice. Applying for a management position, transferring to the education department, or enrolling in a PhD program are not immediate actions that can be taken to begin incorporating nursing theory into practice.

PTS: 1   DIF: Cognitive Level: Application   REF: pp. 180-181
OBJ: Discuss some of the main points of a nursing theorist.   TOP: Models of nursing theory
MSC: NCLEX®: Not applicable
Nursing theory can be applied to any area of nursing practice. The best first step for nurses to take is to learn about nursing theories, which they can then incorporate into their practice.

PTS: 1   DIF: Cognitive Level: Application   REF: p. 173
OBJ: Identify the purposes of nursing theory.   TOP: Nursing theory
MSC: NCLEX®: Not applicable

15. The overall theme of Nightingale’s theory was that the person’s health is influenced by the environment. Which of the following actions by Nightingale support this theme?
   a. Fed the soldiers healthy food
   b. Used poor sanitation in caring for the soldiers
   c. Forced to use unclean water in caring for soldiers
   d. Shared supplies among soldiers to save money

ANS: A
Florence Nightingale believed that the person is influenced by the environment. She began feeding the soldiers healthy food and cleaned the medical area. Upon doing this, the soldier’s mortality rates fell.

PTS: 1   DIF: Cognitive Level: Application   REF: p. 171
OBJ: Describe the origins of theory.   TOP: Nursing theory
MSC: NCLEX®: Not applicable

16. Florence Nightingale believed that the environment impacts the patient’s health. Which of the following actions by the nurse incorporates Nightingale’s theory into practice today?
   a. Cleaning the patient’s room only at discharge
   b. Keeping the patient’s door closed all day
   c. Giving the patient a dinner tray of fried chicken and French fries
   d. Providing the patient with clean linen daily

ANS: D
Florence Nightingale believed the patient’s health was directly affected by the environment. Providing the patient with clean linen daily would affect the patient’s health in a positive way. Cleaning the patient’s room only at discharge; keeping the door closed all day, preventing airflow; and feeding the patient unhealthy food do not support Nightingale’s theory.

PTS: 1   DIF: Cognitive Level: Application   REF: p. 171
OBJ: Describe the origins of theory.   TOP: Nursing theory
MSC: NCLEX®: Not applicable

17. Which of the following would correctly evaluate the effectiveness of Nightingale’s actions to increase the health of the Crimean War soldiers?
   a. Deaths continued to increase because of poor conditions.
   b. Deaths declined because of increased cleanliness.
   c. Death rates stayed consistent throughout the war.
   d. Death rates reduced to zero.

ANS: B
With Nightingale’s theory in action, death rates of the Crimean War soldiers steadily declined because of increased cleanliness.
18. Using Betty Neuman’s conceptual model, what action by the nurse would indicate primary prevention?
   a. Eating French fries and drinking a chocolate shake for lunch
   b. Taking the elevator instead of the stairs
   c. Sleeping 4 hours the night before work
   d. Exercising every other day

   ANS: D

   Betty Neuman’s conceptual model focuses on prevention of disease and illness. The nurse uses primary prevention when exercising every other day. Eating unhealthy foods, lack of exercise, and sleeping only 4 hours does not support this model or a healthy lifestyle.

19. A patient comes to the emergency department with an active myocardial infarction. Which action by the nurse indicates secondary prevention?
   a. Perform an ECG to assess for damage.
   b. Check on another patient first.
   c. Enroll the patient in a cardiac rehabilitation program.
   d. Educate the patient about eating a healthy diet.

   ANS: A

   According to Betty Neuman’s conceptual model, secondary prevention occurs once an illness strikes. The most appropriate action for the nurse to take would be to perform an electrocardiogram (ECG) to assess for cardiac damage. Educating the patient on eating a healthy diet is an example of primary prevention, enrolling the patient in a cardiac rehabilitation program is tertiary prevention. The nurse should not check on another patient first because this patient is a priority.

20. A 28-year-old patient is recovering from a femur repair after a traumatic car accident. The following day, lab results indicate that the hemoglobin is dangerously low and the patient needs to receive blood. The patient has identified themself as a Jehovah’s Witness and has refused to receive the blood. Which action should the nurse take?
   a. Notify the physician of the patient’s decision.
   b. Administer the blood anyway.
   c. Try to convince the patient to receive the blood.
   d. Call the patient’s family members and alert them to the situation.

   ANS: A
Madeleine Leininger’s Culture Care Theory states that nurses need to be mindful and respectful of each patient’s religion and cultural practices. The patient has the right to refuse the blood. The action that the nurse should take is to notify the physician of the patient’s decision. It would not be appropriate for the nurse to administer the blood anyway, try to convince the patient to receive the blood, or alert the family members to the situation.

**MULTIPLE RESPONSE**

1. What nursing interventions can be performed by the nurse based on Jean Watson’s Caring Theory? (*Select all that apply.*)
   a. Assist with basic human needs.
   b. Encourage the patient to express personal feelings.
   c. Ask the patient for input regarding received care.
   d. Sit down and have a conversation with the patient.
   e. Perform care according to hospital and unit policy.

   **ANS:** A, B, C, E
   Jean Watson’s Caring Theory involves seeing the person as a whole, which is important in the healing process. Nursing actions that support this include assisting with basic human needs, encouraging the patient to express his feelings, asking the patient for input regarding his care, and sitting down and having a conversation with the patient. Performing care according to hospital and unit policy does not support this theory.

2. Which of the following action(s) by the nursing incorporates the Culture Care Theory? (*Select all that apply.*)
   a. Becoming educated about different cultures
   b. Being mindful of folk practices
   c. Requesting that patients withhold holistic care while in the hospital
   d. Being respectful of different religions
   e. Allowing the patient to experience healing according to their culture

   **ANS:** A, B, D, E
   Madeline Leininger believes that there can be no curing without caring. The nurse should be prepared to care for patients of different culture. These actions include becoming educated about different cultures, being mindful of folk practices, being respectful of different religions, and allowing the patient to experience healing according to their own culture if possible.