



Unique Approach to Success on the NCLEX-RN®: Part II

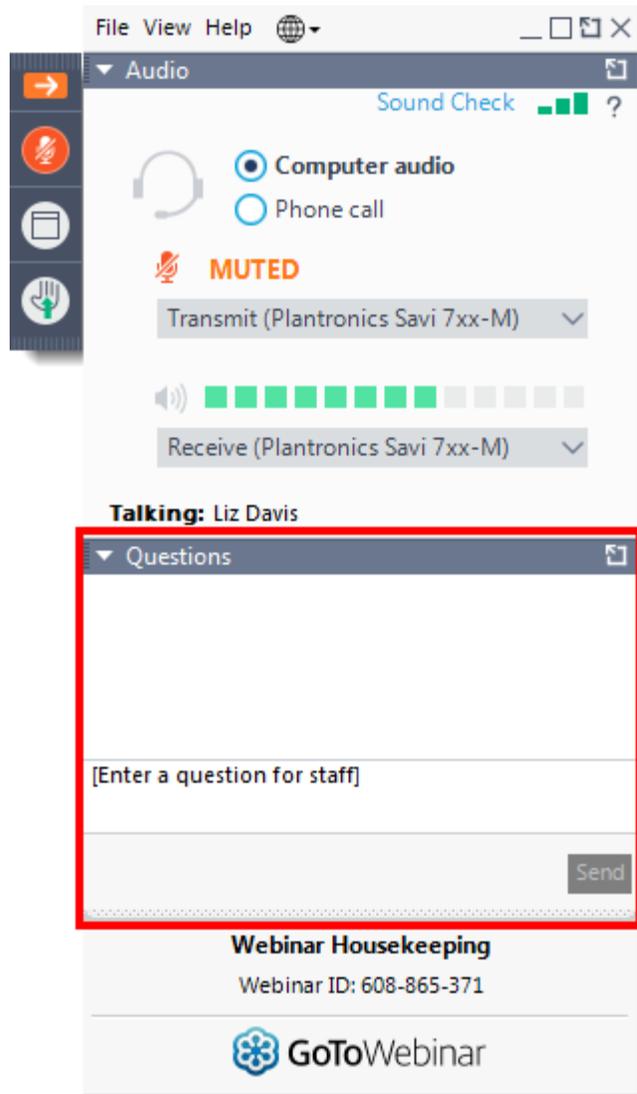
Test Strategies, Embedded Linking,
Conceptualization and Practice Questions

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AUTHOR, TAKE CHARGE OF YOUR NURSING CAREER



Your Participation

To open and close your control panel click the orange arrow

Submit questions and comments via the Questions panel. To test out this feature enter the state or country you are joining us from.

Note: Today's presentation is being recorded and will be available on the Sigma Repository in 48 hours.

NCSBN Update

- As of October 1, 2020
 - Test will be 75-145 questions
 - 15 questions are pretest items BUT THEY DO NOT COUNT TOWARDS SCORE
 - You will have up to 5 hours for entire test, if needed
 - Next Generation NCLEX section will be reintroduced for those who want to volunteer in this research effort
 - DOES NOT COUNT TOWARDS YOUR SCORE POSITIVELY OR NEGATIVELY

Why Test Strategies?

- To assist when you are unsure of response
- To assist in eliminating obvious options to increase chances of choosing correct response
- To provide unique approach to determining NCLEX responses
- To provide means of increasing confidence in your abilities to answer questions even if you don't know answer

Marshall's© Unique Approach to NCLEX® Success

- Reading Carefully
- Process of Elimination
- Using What You Do Know To Assist You With You
Might Not Know
 - LINKING/CONCEPTUALIZING

General Strategies

- Theory/Book test versus Practice test
- Non-pharmacological interventions before pharmacological interventions
- Non-invasive interventions before invasive interventions

Question 1

A client says to the nurse, “Ever since my wife passed on, my life is empty and has no meaning.” Which of the following is the most appropriate nursing response?

- a. “What would your children think if they knew how you felt?”
- b. “Most people who lose a loved one feel empty.”
- c. “Your life has no meaning?”
- d. “Let’s talk about the positive things that you have in your life.”

Therapeutic Communication

- Reflection
- Restatement
- Paraphrasing
- No Closed-Ended
- No Why

Question 2

An 85-year-old woman is brought to the emergency room and is unconscious. Her medical records have been brought with her. On assessment, she presents with sinus bradycardia. Based on this finding, what other data is most important to know about the client prior to managing her sinus bradycardia?

- a. Previous cardiac history
- b. History of glaucoma
- c. Medication history
- d. Precipitating factors to event

Age

- When chronological age or age group is given, it is significant to how you answer question
- If no age give, assume adult patient

Question 3

A female client calls the clinic and reports that while showering, she felt a very small nodule in her right axilla. She also reported that she is at the beginning of her menstrual cycle. The nurse's most appropriate response should be:

- a. "Make sure that you check the spot again next month and if the nodule is still there, make an appointment to be seen at the clinic."
- b. "This is a normal finding during menstruation so there is no need to be worried."
- c. "Do you have a history of breast cancer in your family?"
- d. "While this may be expected during menstruation, you should come to the clinic today for an evaluation."

Expected versus Normal

- Know what to assess and how to intervene

Question 4*

A client has returned from the OR following a transurethral resection of the prostate procedure. He has a triple lumen foley with continuous bladder irrigation. On assessment the nurse finds the urine is bloody. When the same nurse cares for the client over the next several days, he notes that the urine color is pinker on day 2 post-op and then bloodier on day 3 post-op. What is the nurse's priority intervention?

- a. Irrigate the foley with sterile water
- b. Notify the doctor
- c. Change the client's position
- d. Obtain the client's vital signs

Call the Doctor ?????

- Medical Emergency
 - Hemorrhage
 - Status conditions (asthmaticus; epilepticus)
 - Increased intracranial pressure/increased intraocular pressure
- When nurse has all the information doctor would ask for...if not, then answer is option that gets information

Absolutes

- Absolutes usually make option or options wrong choice
- Examples
 - Only
 - Always
 - Never
 - None
 - Every
 - All

Question 5

A client will be receiving long-term continuous total parenteral nutrition at home. The nurse formulates which priority nursing diagnosis for the client?

- a. Ineffective Coping
- b. Hopelessness
- c. Social Isolation
- d. Risk for Situational Low Self-Esteem

Question 6

A nurse is caring for a client with a brainstem injury. The nurse monitors which of the following as the priority?

- a. Respiratory rate and rhythm
- b. Blood pressure and radial pulse
- c. Pain score on age-appropriate pain scale
- d. Serum sodium and magnesium levels

Question 7*

The nurse is responsible for a team of 4 clients on day shift. Which client should he see first when he is making initial rounds?

- a. A newly diagnosed diabetic who needs insulin coverage on sliding scale before breakfast
- b. A client scheduled for surgery this am who has pre-op medications ordered on call
- c. A client with COPD who has was reported to have no dyspnea, SOB, and an oxygen saturation of 96% at 0630.
- d. A client admitted in sickle cell crisis who last reported their pain score as 3/10

Priority Setting

- Same principles for one patient as groups of patients
- When asked what to do first, initial, prioritize, who to see first, second, etc....
- ABC (Airway, Breathing, Circulation)
 - This is not same as for CPR...don't get confused
- Other Physiological, including Pain (5th VS)
- Safety and Security
- Love and Belonging
- Actual before Risk

Question 8*

The RN is working with a LPN and nursing assistant and the team is responsible for a team of 5 clients. Which of the following clients should the RN appropriately delegate to the nursing assistant?

- a. A client being discharged with written discharge instructions from the physician
- b. A client in the ER to be transferred to the floor with a newly casted long leg fracture
- c. A client admitted with a cerebrovascular accident who needs feeding assistance
- d. A client who needs to be transferred from the operating room back to their floor room

Delegation

- This is RN exam thus when don't know, err on side of RN responsibility
- Theory not Practice
- Scope of practice/Competence and knowledge necessary
- Compare all options before choosing, as differently phrased questions may have different answers

Delegation (Con't)

- Nurse's Aide/Technician/Assistant
 - Skill/Function should require least amount of knowledge/education
 - Beds/baths/feeding assistance
 - Exceptions to rule
 - What is skill/function of other patients/options

Delegation (Con't)

- Licensed Practical/Vocational Nurse
 - Basic nursing care and treatments
 - Non-complex
 - Medications
 - No IVP, blood products, chemotherapies, etc.
 - No initial assessment, teaching, evaluation

Delegation (Con't)

- Registered Nurse
 - Complex, critical skills/functions
 - Requires most knowledge/education
 - Assessment
 - Teaching
 - Evaluation
 - Interpretation (labs, etc)
 - Medications (IVP, chemotherapy, blood products, central line management, etc.)

Numbers Strategies

- Number 2 (or variations of 2, i.e. 20/200)
- Range of 10-20 (most therapeutic drug levels)
- Range of 4-6 (related to time)
- Numbers which end in 0 and 5

Question 9

The nurse notes that a hospitalized client is receiving sotalol (Betapace). The nurse monitors the client for which side effect related to the medication?

- a. Dysphagia
- b. Diaphoresis
- c. Dry mouth
- d. Bradycardia

Question 10

A nurse is caring for a client after an allogeneic liver transplant and is receiving tacrolimus (Prograf). The nurse monitors the client for which adverse effect of the medication?

- a. Oliguria
- b. Hypotension
- c. Profuse diaphoresis
- d. Photophobia

Question 11

A nurse is caring for a client with a diagnosis of rheumatoid arthritis who is receiving 5g aspirin (acetylsalicylic acid) orally daily. The nurse recognizes which of the following as an adverse effect related to the medication?

- a. Urinary retention
- b. Tinnitus
- c. Arthralgia
- d. Dysuria

Pharmacological Strategies

- Generic versus Trade/Brand name
- Side Effects
- Adverse Effects
- Antidotes

Pharmacological Strategies (Con't)

- Timing of medication administration
- What medications can/cannot be administered with

Question 12*

A nurse in a medical unit is caring for a client with CHF. The client suddenly develops extreme dyspnea, tachycardia, and crackles bilaterally. The nurse suspects the development of pulmonary edema. The nurse immediately asks another nurse to contact the doctor and prepares to implement which priority interventions? Select all that apply.

- a. Administer oxygen
- b. Place the client in low Fowler's side-lying position
- c. Transport the client to the coronary care unit
- d. Insert a foley catheter
- e. Administer morphine sulfate IV
- f. Administer furosemide (Lasix) IV

Question 13*

A nurse is monitoring a client receiving peritoneal dialysis and notes that the client's outflow is less than the inflow. Which nursing actions should the nurse take? Select all that apply.

- a. Increase the flow rate of the peritoneal dialysis solution
- b. Contact the physician
- c. Check the level of the drainage bag
- d. Reposition the client to their side
- e. Check the peritoneal dialysis system for kinks
- f. Place the client in good body alignment

Select All that Apply

- Usually 6 options to choose from
- Will not be none, all and usually not 1 option only
 - Note the absolutes there...none, all, only
 - So if you didn't select 2-5 options then go back and do it again
- Think “out of the box” and broadly
 - Consider complications and broader system than simply health alteration/disease
 - Think beyond that 1 multiple choice options
 - Think beyond the obvious

Select All that Apply

- Example
 - If SATA question was about assessment of patient with Lupus, then most of you would be looking for the obvious “butterfly rash” to select
 - In a SATA question, you need to think about assessments from a more broad perspective
 - What happens to the skin (think rash...dry, cracked)
 - Lupus is an autoimmune disorder so even an assessment that seems “too easy” like fever would be correct
- In reality it should be easier for you to answer SATA as you don't have to choose the one best response but can choose several...
- Don't let your anxiety of a different type of question get in your way of success

General Study Guidelines

- Study for 4-6 weeks in general
- Study 2-3 hours per day
- Study by taking practice tests, increasing the number of items weekly
 - Grade the test; review all of the rationales; review content for rationales/information that is unfamiliar to you or that you do not understand
- Study with comprehensive tests that are provided in review books/on-line resources (see next slide) or make up your own comprehensive tests with quizzes at end of chapters
- In last week prior to boards, make sure you can take a 145 item practice test in 5 hours

Some More Practice Questions

(Some original (Marshall) or modified, and/or adapted from work done initially for Silvetsri (Saunders, 2011))

Question 14

A nurse is planning activities for a client with bipolar disorder with aggressive social behavior. Which of the following activities would be most appropriate for this client?

- a. Basketball
- b. Chess
- c. Ping pong
- d. Journal writing

Question 15

A nurse reviews the arterial blood gas results of a client and notes the following results: pH 7.45; pCO₂ 30; HCO₃ 22. The nurse analyzes these results as indicating which of the following conditions?

- a. Metabolic acidosis, compensated
- b. Respiratory alkalosis, compensated
- c. Metabolic alkalosis, uncompensated
- d. Respiratory acidosis, uncompensated

Question 16*

A nurse is making initial rounds at the beginning of the shift and notes that the TPN bag of an assigned client is empty. Which of the following solutions readily available on the nursing unit should the nurse hang until another TPN solution is mixed and delivered to the nursing unit?

- a. 5% dextrose in 0.9 sodium chloride
- b. 10% dextrose in water
- c. 20% dextrose in Ringer's Lactate
- d. 5% dextrose in water

Question 17

Flurbiprofen (Ocufer) is prescribed for a client with osteoarthritis. On a follow up visit to the doctor, the nurse asks the client whether the medication has provided relief from which of the following?

- a. Weight gain
- b. Diarrhea
- c. Pain
- d. Abdominal cramps

Question 18

Nitroprusside sodium (Nipride) is being administered to a client. The nurse monitors for which intended effect of the medication?

- a. Headache
- b. Flushing of the skin
- c. Hypotension
- d. Relief of chest pain

Question 19

A nurse is caring for a client with pancreatic cancer who is scheduled for a radical pancreaticoduodenectomy. The nurse would best meet the psychosocial needs of the client by:

- a. Giving the client time to be alone to think about the outcome of the surgery
- b. Ensuring that the client has been visited by a member of the clergy
- c. Giving the client information about the surgery
- d. Exploring the meaning of the surgery with the client

Question 20

While caring for a client in labor, the nurse suspects an umbilical cord prolapse. The nurse would immediately:

- a. Adjust the bed to the Trendelenburg position
- b. Encourage the woman to push with each contraction
- c. Set up for an emergency cesarean section
- d. Calmly reassure the woman and her partner that all possible measures are being taken

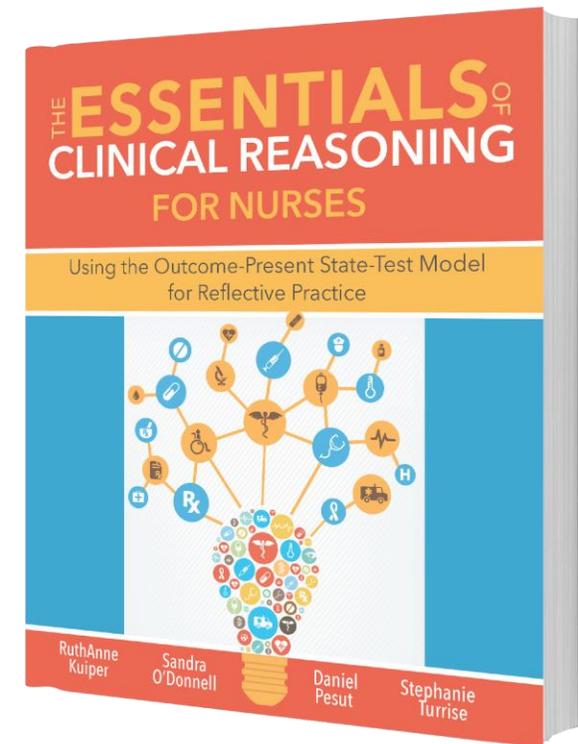
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