

ATI Nurses Touch Wellness and Self Care Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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SAMPLE

Questions

- 1. What does "servings per container" on a food label indicate?**
 - A. The amount to put in a serving container.**
 - B. The amount in the portion size for one person.**
 - C. The number of servings in the entire package.**
 - D. The total weight of the food product.**
- 2. What is an important factor to consider when calculating the caloric needs of an individual?**
 - A. Dietary preferences.**
 - B. Daily activity level.**
 - C. Height.**
 - D. Genetic predispositions.**
- 3. What adverse effect is commonly associated with the use of anabolic steroids?**
 - A. Increased stamina**
 - B. Weight loss**
 - C. Cancer**
 - D. Improved mood**
- 4. What changes in the body might indicate the parasympathetic nervous system is activated?**
 - A. Increased heart rate**
 - B. Decreased blood pressure**
 - C. Decreased pupil size**
 - D. Increased blood glucose levels**
- 5. Which of the following topics is most appropriate for a health promotion program aimed at adolescents?**
 - A. The purpose of required immunizations**
 - B. The need for daily physical activity**
 - C. Treatments for sexually transmitted infections**
 - D. The effects of alcohol on health**

- 6. How can nurses set boundaries to protect their well-being?**
- A. By saying yes to all requests**
 - B. By scheduling personal time and communicating limits**
 - C. By neglecting personal time**
 - D. By isolating themselves from colleagues**
- 7. What is the BMI classification for a client with a body mass index of 32.2?**
- A. Obesity class I**
 - B. Obesity class II**
 - C. Obesity class III**
 - D. Normal weight**
- 8. Define complementary and alternative therapies in wellness.**
- A. Methods used only instead of traditional medicine**
 - B. Practices like acupuncture and yoga used alongside conventional medicine**
 - C. Only medicinal drugs prescribed by doctors**
 - D. Practices that are ineffective for health**
- 9. What workplace stressor does a nurse on a medical-surgical unit face when managing client workloads due to the need to transport clients to different areas?**
- A. Client acuity**
 - B. Power imbalances**
 - C. Scarce resources**
 - D. High nurse-to-patient ratios**
- 10. What is a potential effect of chronic sleep deprivation?**
- A. Improved focus**
 - B. Increased alertness**
 - C. Weight loss**
 - D. Mood changes**

Answers

SAMPLE

1. C
2. B
3. C
4. C
5. B
6. B
7. A
8. B
9. C
10. D

SAMPLE

Explanations

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1. What does "servings per container" on a food label indicate?

- A. The amount to put in a serving container.**
- B. The amount in the portion size for one person.**
- C. The number of servings in the entire package.**
- D. The total weight of the food product.**

The indication of "servings per container" on a food label represents the number of individual servings that the entire package contains. This information is crucial for consumers as it helps them understand how to interpret the nutritional information listed on the label in relation to the quantity they are consuming. Knowing the number of servings allows individuals to calculate the total nutrient intake based on their consumption, which is particularly important for managing dietary goals, such as calorie intake, or adhering to specific nutritional guidelines. Recognizing how many servings are in a container aids in portion control and helps prevent overeating, as individuals can adjust their serving sizes accordingly.

2. What is an important factor to consider when calculating the caloric needs of an individual?

- A. Dietary preferences.**
- B. Daily activity level.**
- C. Height.**
- D. Genetic predispositions.**

When calculating an individual's caloric needs, the daily activity level is crucial because it directly relates to the number of calories an individual should consume to maintain energy balance. An individual with a high level of physical activity will require significantly more calories to fuel their bodily functions and support their activity compared to someone who is more sedentary. This assessment considers factors such as the intensity, duration, and frequency of physical activity, which can greatly influence total energy expenditure. While dietary preferences, height, and genetic predispositions can also play roles in overall nutrition and metabolism, they do not provide as direct an impact on caloric needs as daily activity level. Dietary preferences may affect the type of foods chosen, height can help estimate basal metabolic rate but does not factor in energy expenditure due to activity, and genetic predispositions may influence metabolism but do not define the immediate energy requirements based on activity patterns. Therefore, daily activity level stands out as the most significant factor in determining caloric requirements.

3. What adverse effect is commonly associated with the use of anabolic steroids?

- A. Increased stamina**
- B. Weight loss**
- C. Cancer**
- D. Improved mood**

Anabolic steroids are synthetic substances similar to the male sex hormone testosterone, and their use is associated with several potential adverse effects, one of which is an increased risk of cancer. This risk arises because anabolic steroids can promote an increase in the size and number of muscle cells, but they can also contribute to changes in hormone levels that may lead to certain types of cancer, particularly liver cancer and other malignancies. While anabolic steroids might lead to increased stamina and improved mood in some users, these are not adverse effects; rather, they can be perceived as benefits. Weight loss is typically not associated with anabolic steroid use, as the drugs are more often linked with an increase in muscle mass and weight gain. Therefore, the correct identification of cancer as a potential adverse effect highlights the serious health risks associated with anabolic steroid use.

4. What changes in the body might indicate the parasympathetic nervous system is activated?

- A. Increased heart rate**
- B. Decreased blood pressure**
- C. Decreased pupil size**
- D. Increased blood glucose levels**

When the parasympathetic nervous system is activated, it is primarily responsible for promoting a state of rest and relaxation in the body, often referred to as the "rest and digest" response. One indication of this activation can be seen in the decrease in pupil size, also known as miosis. This response is linked to the body's focus on conserving energy and facilitating functions associated with digestion and recovery rather than the "fight or flight" responses driven by the sympathetic nervous system, which would cause pupil dilation to enhance vision and alertness. In this context, decreased pupil size reflects the activation of the parasympathetic system and is indicative of body systems calming down and returning to a more relaxed state. During this phase, functions such as digestion and elimination are prioritized, and various physiological responses shift accordingly. Consequently, while changes such as increased heart rate and blood glucose levels align with sympathetic activation, and a decrease in blood pressure is not necessarily a direct indicator of parasympathetic functioning by itself, the reduction in pupil size represents a clear, significant sign of parasympathetic activity in the body, supporting the concept of relaxation and restoration.

5. Which of the following topics is most appropriate for a health promotion program aimed at adolescents?

- A. The purpose of required immunizations**
- B. The need for daily physical activity**
- C. Treatments for sexually transmitted infections**
- D. The effects of alcohol on health**

The choice highlighting the need for daily physical activity is the most appropriate for a health promotion program aimed at adolescents because it emphasizes proactive engagement in health and wellness through lifestyle changes. Adolescents are at a pivotal point in their development where establishing healthy habits can have long-lasting effects on their physical and mental well-being. Encouraging regular physical activity helps to improve not just physical health but also enhances mood, boosts self-esteem, and supports social interaction, all of which are significant during this developmental stage. While the other topics also hold importance in adolescent health, they might not resonate as effectively with the broader audience. For example, discussions about immunizations focus more on compliance with medical recommendations rather than personal health choices. Treatments for sexually transmitted infections may create discomfort or stigma rather than promoting holistic well-being, and the effects of alcohol, while critical, might not encourage immediate behavioral changes compared to a positive reinforcement of maintaining physical activity. Thus, the focus on daily physical activity aligns best with the objectives of a health promotion program for adolescents, fostering a positive lifestyle change that can inspire long-term health benefits.

6. How can nurses set boundaries to protect their well-being?

- A. By saying yes to all requests**
- B. By scheduling personal time and communicating limits**
- C. By neglecting personal time**
- D. By isolating themselves from colleagues**

Setting boundaries is essential for nurses to protect their well-being, as the demands of the profession can often lead to burnout and stress. The most effective way to establish these boundaries is by scheduling personal time and clearly communicating limits to others. By scheduling personal time, nurses prioritize their own self-care, ensuring that they have dedicated time for relaxation, hobbies, family, and other activities that contribute to their overall well-being. This practice helps to recharge their physical and mental energy, which is crucial in a demanding healthcare environment. Communicating limits involves being honest and transparent about what they can and cannot take on, whether in terms of shifts, responsibilities, or emotional labor. This clarity helps manage expectations among colleagues and supervisors, fostering a supportive work environment where nurses can advocate for their needs without feeling guilty or overloaded. Together, these practices empower nurses to maintain a healthy work-life balance, which is vital for sustaining their effectiveness in providing high-quality patient care while also safeguarding their mental and emotional health.

7. What is the BMI classification for a client with a body mass index of 32.2?

- A. Obesity class I**
- B. Obesity class II**
- C. Obesity class III**
- D. Normal weight**

A body mass index (BMI) of 32.2 falls within the range defined for Obesity class I. The classification system for obesity establishes the following categories based on BMI values: - Normal weight is defined as a BMI from 18.5 to 24.9. - Overweight is characterized by a BMI from 25 to 29.9. - Obesity class I is defined as a BMI from 30 to 34.9. - Obesity class II includes a BMI from 35 to 39.9. - Obesity class III signifies a BMI of 40 and above. Since a BMI of 32.2 corresponds to the range of 30 to 34.9, it accurately places the client in Obesity class I. Understanding these classifications is crucial for healthcare professionals as they inform treatment plans and health interventions aimed at managing weight and associated health risks.

8. Define complementary and alternative therapies in wellness.

- A. Methods used only instead of traditional medicine**
- B. Practices like acupuncture and yoga used alongside conventional medicine**
- C. Only medicinal drugs prescribed by doctors**
- D. Practices that are ineffective for health**

Complementary and alternative therapies refer to a wide range of health practices that fall outside the realm of conventional medicine. The correct answer highlights the concept that these therapies can be used in conjunction with traditional medical treatments. For example, practices such as acupuncture, yoga, and meditation can support and enhance the healing process initiated by conventional therapies, such as medication or surgery. This integrated approach allows individuals not only to manage their symptoms but also to improve overall well-being by addressing physical, emotional, and spiritual health. By employing both conventional and complementary methods, patients can create a more holistic health plan tailored to their needs, helping them to achieve better outcomes. The other choices do not accurately reflect the definition of complementary and alternative therapies. Only using methods instead of traditional medicine overlooks the potential benefits of combining therapies, while solely focusing on medicinal drugs disregards the broader spectrum of holistic health practices. Lastly, labeling these therapies as ineffective dismisses the considerable body of evidence supporting their efficacy in various health scenarios.

9. What workplace stressor does a nurse on a medical-surgical unit face when managing client workloads due to the need to transport clients to different areas?

- A. Client acuity**
- B. Power imbalances**
- C. Scarce resources**
- D. High nurse-to-patient ratios**

The correct answer highlights the challenge of managing scarce resources within a medical-surgical unit. In this context, scarce resources refer to the limited availability of staff, equipment, or space that can significantly affect a nurse's ability to care for multiple clients effectively. When nurses must transport clients to different areas, this often exacerbates the limited resources available; resources such as time, staff assistance, and transportation equipment may be in short supply. This scenario illustrates the impact of logistical challenges on patient care. When nurses face scarce resources, they may feel overwhelmed, leading to increased stress levels. This situation can further complicate the nurse's workload as they juggle the demands of providing care while managing the constraints imposed by resource limitations. In a medical-surgical unit where client acuity can vary, maximizing the use of available resources becomes crucial to maintaining effective care delivery. Understanding this aspect sheds light on why it is essential for healthcare facilities to assess and improve resource allocation to reduce stressors that nurses face, ultimately enhancing patient outcomes.

10. What is a potential effect of chronic sleep deprivation?

- A. Improved focus**
- B. Increased alertness**
- C. Weight loss**
- D. Mood changes**

Chronic sleep deprivation can significantly impact mood and emotional well-being. When individuals do not get sufficient sleep over an extended period, they often experience irritability, anxiety, depression, and overall mood instability. This occurs because sleep plays a crucial role in regulating mood and emotional functions. Lack of sleep can disrupt the balance of neurotransmitters and hormones responsible for emotional regulation, leading to negative mood changes. In contrast, improved focus and increased alertness are typically associated with adequate sleep, not deprivation. While some might assume weight loss could be a consequence of sleep deprivation due to increased stress levels or hormonal imbalances affecting appetite, it is not uniformly observed, and many experience weight gain instead due to changes in metabolism and increased cravings for unhealthy food. Thus, mood changes stand out as a direct and well-documented effect of chronic sleep deprivation.