

Evolve Adolescents Practice Test (Sample)

Study Guide



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SAMPLE

Questions

- 1. How should a nurse encourage a 13-year-old girl with scoliosis to manage her feelings about treatment?**
 - A. By allowing her to voice her concerns and explore support options**
 - B. By assigning her additional homework to keep her busy**
 - C. By avoiding discussions about her condition**
 - D. By suggesting she will adjust in time**
- 2. After an above-the-knee amputation, which item should be kept readily available at the bedside for an adolescent?**
 - A. Comfort items**
 - B. Pressure dressing**
 - C. Pain management medication**
 - D. Ambulation aids**
- 3. How can parents assist their adolescents during school transitions?**
 - A. By minimizing involvement in their academic life**
 - B. By providing emotional support and guidance**
 - C. By encouraging isolation**
 - D. By demanding higher grades**
- 4. Which aspect is often prioritized in adolescents' social relationships?**
 - A. Academic achievement**
 - B. Financial discussions**
 - C. Peer acceptance**
 - D. Family bonding time**
- 5. What is the best way for a nurse to achieve therapeutic communication with an adolescent?**
 - A. By establishing emotional distance**
 - B. By establishing a relationship over time**
 - C. By using medical jargon to explain conditions**
 - D. By maintaining a strict professional demeanor**

- 6. If an adolescent casually asks about leg amputation concerning bone cancer, how should the nurse respond?**
- A. Reassure that leg amputation is very rare**
 - B. Avoid the question**
 - C. Discuss the necessity of amputation openly**
 - D. Change the topic to treatment options**
- 7. What type of therapy is most effective for adolescents dealing with anxiety?**
- A. Psychodynamic Therapy**
 - B. Group Therapy**
 - C. Cognitive Behavioral Therapy (CBT)**
 - D. Family Therapy**
- 8. What statement by an adolescent with type 2 diabetes shows understanding about dietary guidelines?**
- A. "I shouldn't eat anything with carbs."**
 - B. "It's OK for me to eat one slice of pizza at a party."**
 - C. "I need to avoid all sweets and desserts completely."**
 - D. "I can eat whatever I want as long as I take my medicine."**
- 9. What is the nurse's priority consideration when discussing treatment adherence with adolescent clients?**
- A. They prefer long-term goals over short-term gains**
 - B. They are involved more with the present than with the future**
 - C. They prioritize parental guidance in decision-making**
 - D. They often fully understand medical terminology**
- 10. What is the most important anticipatory guidance to offer during a 14-year-old girl's check-up?**
- A. Ways to improve academic performance**
 - B. Ways to prevent accidents**
 - C. Information about emotional health**
 - D. Guidance regarding friendships**

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. How should a nurse encourage a 13-year-old girl with scoliosis to manage her feelings about treatment?
- A. By allowing her to voice her concerns and explore support options**
 - B. By assigning her additional homework to keep her busy
 - C. By avoiding discussions about her condition
 - D. By suggesting she will adjust in time

Encouraging a 13-year-old girl with scoliosis to voice her concerns and explore support options is vital for her emotional well-being and coping mechanisms. Open communication provides an opportunity for her to articulate her feelings about her treatment and the condition itself, which can alleviate anxiety and promote understanding. By engaging in dialogue, the nurse can also help the girl identify coping strategies and resources, such as support groups or counseling services, that can enhance her resilience during treatment. This approach fosters a sense of agency, allowing her to feel more in control of her situation while also receiving necessary emotional support. In contrast, assigning additional homework would not address her emotional needs and may increase her stress. Avoiding discussions about her condition denies her the chance to process her feelings and might lead to further isolation or misunderstanding. Suggesting that she will adjust in time can come off as dismissive and may not acknowledge her immediate concerns, which could hinder her ability to express and manage her emotions effectively. Overall, allowing her to voice her concerns is a supportive and validating approach to managing her treatment experience.

2. After an above-the-knee amputation, which item should be kept readily available at the bedside for an adolescent?
- A. Comfort items
 - B. Pressure dressing**
 - C. Pain management medication
 - D. Ambulation aids

Having a pressure dressing readily available at the bedside after an above-the-knee amputation is crucial for managing potential complications that may arise post-surgery. This dressing plays a vital role in controlling bleeding and minimizing swelling in the residual limb. Immediate access to a pressure dressing ensures that healthcare providers can act quickly if there are signs of excessive bleeding or if the patient needs additional support to reduce swelling, both of which are common concerns following an amputation. While comfort items, pain management medication, and ambulation aids are significant for the adolescent's overall recovery and comfort, the priority immediately after surgery is often to maintain hemostasis and protect the surgical site. The pressure dressing directly addresses those immediate physiological needs, making it essential for post-operative care.

3. How can parents assist their adolescents during school transitions?

- A. By minimizing involvement in their academic life**
- B. By providing emotional support and guidance**
- C. By encouraging isolation**
- D. By demanding higher grades**

Providing emotional support and guidance during school transitions is vital for adolescents as they navigate changes in their educational environment. This period can be marked by significant stress, new academic challenges, increased social dynamics, and shifts in self-identity. Parents who actively engage in offering emotional support help their teens feel understood and valued, thus facilitating a smoother transition. Emotional support can take many forms, including actively listening to their concerns, validating their experiences, and encouraging open communication. Guidance during this time might involve discussing time management strategies, assisting in setting goals, or helping to develop effective study habits. By fostering a secure atmosphere where adolescents can freely express their feelings and challenges, parents are enabling their children to build resilience and adapt positively to new situations. In contrast, minimizing involvement or encouraging isolation can lead to feelings of abandonment or increased anxiety. Similarly, demanding higher grades without understanding the pressures the adolescent faces may cause additional stress and detrimental outcomes. Therefore, the role of supportive and engaged parents is crucial during these transitional phases.

4. Which aspect is often prioritized in adolescents' social relationships?

- A. Academic achievement**
- B. Financial discussions**
- C. Peer acceptance**
- D. Family bonding time**

During adolescence, social relationships undergo significant evolution, with peer acceptance emerging as a central focus for many teenagers. This is primarily due to the developmental phase where individuals seek to establish their identities and find a sense of belonging among their peers. Acceptance by peers often influences self-esteem and can affect emotional and social well-being. Adolescents may prioritize friendships, social activities, and interactions that allow them to connect and share experiences, which can feel more immediate and impactful than relationships with family or academic achievements at this stage. While factors such as academic achievement, financial discussions, and family bonding can certainly play roles in their lives, the immediate need for peer acceptance often outweighs these considerations in their social hierarchy. This behavior is part of the natural process of social development where the norms and values of peer groups significantly shape adolescent experiences and choices.

5. What is the best way for a nurse to achieve therapeutic communication with an adolescent?

- A. By establishing emotional distance**
- B. By establishing a relationship over time**
- C. By using medical jargon to explain conditions**
- D. By maintaining a strict professional demeanor**

Establishing a relationship over time is essential in achieving therapeutic communication with adolescents. Adolescents often have unique challenges and may not readily open up to adults, especially healthcare professionals. Building a trusting relationship involves spending time to understand their experiences, emotions, and concerns, thereby fostering an environment where they feel safe to express themselves. This approach emphasizes the importance of rapport in communication. As trust develops, adolescents are more likely to share personal thoughts and feelings, which can lead to more accurate assessments and effective interventions. Engaging in active listening, demonstrating empathy, and showing genuine interest in their lives are all key components of this process. In contrast, establishing emotional distance can hinder communication, making the adolescent feel isolated or misunderstood. Using medical jargon can create confusion and may alienate the adolescent, as they might struggle to relate to complex terminology. Lastly, maintaining a strict professional demeanor can be perceived as cold or unapproachable, further discouraging open dialogue. By prioritizing the relationship, nurses create a supportive atmosphere that encourages adolescents to engage in meaningful conversations about their health and well-being.

6. If an adolescent casually asks about leg amputation concerning bone cancer, how should the nurse respond?

- A. Reassure that leg amputation is very rare**
- B. Avoid the question**
- C. Discuss the necessity of amputation openly**
- D. Change the topic to treatment options**

The choice to discuss the necessity of amputation openly is the most appropriate approach in this circumstance. Adolescents may often have a candid curiosity about serious topics like leg amputation, especially when it relates to conditions such as bone cancer. By addressing the question directly, the nurse provides an opportunity for educational dialogue, which is crucial for the adolescent's understanding and emotional processing of their concerns about their health. Being transparent about the reasons why amputation might be necessary can help demystify the topic, reducing fear and anxiety associated with it. This acknowledgment gives the adolescent a sense of agency and control over their situation by allowing them to process this information in a supportive environment. Additionally, an open conversation can foster trust between the nurse and the adolescent, encouraging them to ask further questions or share their concerns. In contrast, simply reassuring that amputation is rare may not provide the depth of understanding the adolescent seeks and could lead to confusion or misconceptions. Avoiding the question entirely could leave them feeling invalidated or anxious about their inquiry. Changing the topic to treatment options may also hinder the opportunity to discuss critical aspects of their condition and misunderstandings regarding potential outcomes. Engaging openly about the topic respects the adolescent's questions and promotes a constructive dialogue.

7. What type of therapy is most effective for adolescents dealing with anxiety?

- A. Psychodynamic Therapy**
- B. Group Therapy**
- C. Cognitive Behavioral Therapy (CBT)**
- D. Family Therapy**

Cognitive Behavioral Therapy (CBT) is considered the most effective therapy for adolescents dealing with anxiety because it specifically addresses the cognitive patterns and behaviors that contribute to anxiety. CBT helps adolescents identify and challenge negative thought processes, develop coping strategies, and engage in exposure techniques that gradually reduce their anxiety levels. The structured nature of CBT, often involving goals and measurable progress, makes it particularly appealing for younger individuals, who may benefit from clear objectives and actionable steps. The skills learned in CBT are practical and can be applied in real-life situations, which is crucial for adolescents as they navigate various stressors. Additionally, research consistently demonstrates that CBT can lead to significant reductions in anxiety symptoms, making it a first-line treatment for anxiety disorders in adolescents. Its effectiveness has been supported by numerous studies, providing robust empirical evidence that underscores its role as a primary therapeutic approach for this population.

8. What statement by an adolescent with type 2 diabetes shows understanding about dietary guidelines?

- A. "I shouldn't eat anything with carbs."**
- B. "It's OK for me to eat one slice of pizza at a party."**
- C. "I need to avoid all sweets and desserts completely."**
- D. "I can eat whatever I want as long as I take my medicine."**

The statement that eating one slice of pizza at a party reflects an understanding of dietary guidelines because it indicates a balanced approach to food consumption. Adolescents with type 2 diabetes can often manage their condition by practicing moderation rather than complete restriction. Acknowledging that having a slice of pizza on occasion does not necessarily jeopardize blood sugar control demonstrates awareness that it is possible to enjoy social situations and treats in a controlled manner. In contrast, the other statements reflect either extreme dietary restrictions or misconceptions about managing diabetes. The assertion that all carbohydrates must be avoided overlooks the importance of carbohydrates in a balanced diet and the fact that the type and amount of carbohydrates can be managed rather than eliminated. Similarly, claiming the need to completely avoid sweets and desserts fails to consider moderation and that an occasional indulgence can fit into a healthy eating plan. Lastly, the idea that one can eat anything as long as medication is taken shows a lack of understanding of the importance of nutrition in diabetes management, suggesting that medicine can override dietary choices, which is not a sound approach to health.

9. What is the nurse's priority consideration when discussing treatment adherence with adolescent clients?

- A. They prefer long-term goals over short-term gains**
- B. They are involved more with the present than with the future**
- C. They prioritize parental guidance in decision-making**
- D. They often fully understand medical terminology**

Focusing on the present rather than the future is a significant characteristic of adolescent development. During adolescence, individuals are often more concerned with immediate experiences, peer relationships, and current activities. This perspective can heavily influence their engagement with treatment plans and adherence to medical advice. Understanding that adolescents are typically more focused on short-term outcomes helps healthcare providers tailor their communication and interventions. For instance, when discussing treatment plans, it may be more effective to highlight immediate benefits or consequences rather than long-term goals, which may seem abstract or distant to them. This approach not only increases the likelihood of adherence but also fosters a sense of agency and motivation in the adolescent. In contrast, the other options reflect less relevant aspects of adolescent behavior. For example, while parental guidance can be important, many adolescents begin to seek autonomy and make independent decisions about their health. Additionally, while an understanding of medical terminology can vary, it is common for adolescents to be less familiar with such terms, necessitating clear and simple communication from the nurse. Overall, prioritizing the adolescent's present-focused mindset is crucial in effectively discussing and promoting treatment adherence.

10. What is the most important anticipatory guidance to offer during a 14-year-old girl's check-up?

- A. Ways to improve academic performance**
- B. Ways to prevent accidents**
- C. Information about emotional health**
- D. Guidance regarding friendships**

The most important anticipatory guidance to provide during a 14-year-old girl's check-up is ways to prevent accidents. At this age, adolescents are often exploring independence and engaging in activities that can lead to risks, including driving, experimentation with substances, and risky behaviors. Guidance regarding accident prevention is crucial because injuries are a leading cause of morbidity and mortality among teenagers. Educating this age group about safe practices, including using seatbelts, avoiding driving distractions, and understanding the dangers of substance use, can significantly reduce the likelihood of accidents and promote overall safety. While improving academic performance, focusing on emotional health, and discussing friendships are all valuable topics to cover during an adolescent check-up, they do not carry the immediate implications that accident prevention does. Ensuring the physical safety of adolescents is paramount, especially as they navigate a time of significant physical, emotional, and social change. The focus on preventing accidents aims to equip them with the knowledge and behaviors necessary for making safe choices during these formative years.