

Swift River Fundamentals Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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SAMPLE

Questions

SAMPLE

- 1. What is the first priority when addressing an emergency situation?**
 - A. Completing necessary paperwork**
 - B. Ensuring your own safety and the safety of others**
 - C. Administering first aid immediately**
 - D. Calling for backup before acting**
- 2. When conducting a glucose check, what is the first action to ensure accuracy?**
 - A. Check expiration date of glucometer**
 - B. Verify patient identity**
 - C. Record the blood glucose level**
 - D. Use expired glucometer strips**
- 3. What should be done if Mr. Clinton's family is inquiring about transferring him to a cancer treatment center?**
 - A. Inform the family to make their own arrangements**
 - B. Notify the provider about the family's inquiry**
 - C. Reassure them that the current facility is adequate**
 - D. Discourage the transfer to avoid complications**
- 4. What are the signs of anaphylactic shock?**
 - A. Dizziness and confusion**
 - B. Difficulty breathing, swelling of the face and throat, and rapid drop in blood pressure**
 - C. Nausea and vomiting**
 - D. Fever and cough**
- 5. How can a nurse assist a patient with their spiritual needs?**
 - A. By denying their beliefs**
 - B. By providing a supportive environment and arranging for a spiritual care provider, if appropriate**
 - C. By recommending specific religious practices**
 - D. By avoiding discussions about spirituality**

- 6. Which condition was Kenny Barrett admitted for observation?**
- A. Recent stroke**
 - B. Initial administering of blood pressure medication**
 - C. Undergoing surgery**
 - D. Chronic respiratory issue**
- 7. What condition is indicated by necrotic toes and cold skin in a patient?**
- A. Possible septic condition**
 - B. Peripheral neuropathy**
 - C. Diabetic foot ulcer**
 - D. Skin infection**
- 8. What is the role of a nurse in medication administration?**
- A. To prescribe medication as needed**
 - B. To ensure the right medication is given in the right dose to the right patient at the right time via the right route**
 - C. To develop medication guidelines**
 - D. To monitor the cost of medications**
- 9. What does a blood pressure discrepancy of 30 mmHg indicate?**
- A. Normal variation**
 - B. Possible vascular issues**
 - C. Need for medication adjustment**
 - D. No need for concern**
- 10. What category best describes a patient with a history of exercise-induced asthma?**
- A. Respiratory condition**
 - B. Cardiovascular disorder**
 - C. Nutritional deficiency**
 - D. Neurological impairment**

Answers

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

SAMPLE

Explanations

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1. What is the first priority when addressing an emergency situation?

- A. Completing necessary paperwork**
- B. Ensuring your own safety and the safety of others**
- C. Administering first aid immediately**
- D. Calling for backup before acting**

Ensuring your own safety and the safety of others is the foremost priority when addressing any emergency situation. This is fundamentally important because, without a safe environment for yourself and bystanders, further actions—whether it be administering first aid or calling for backup—become much more complicated, if not impossible. When an individual rushes into a situation without considering potential dangers, they could inadvertently become a victim themselves, thereby complicating the situation further and possibly putting others at greater risk. Prioritizing safety sets the stage for effective intervention; it allows for clearer thinking, reduces panic, and maximizes the chances of a successful outcome. In emergency response training, this principle is underscored repeatedly, emphasizing that responders need to first assess their surroundings and ensure that it is safe to proceed before taking any further actions.

2. When conducting a glucose check, what is the first action to ensure accuracy?

- A. Check expiration date of glucometer**
- B. Verify patient identity**
- C. Record the blood glucose level**
- D. Use expired glucometer strips**

The first action to ensure accuracy in conducting a glucose check is to verify the patient's identity. This step is crucial for ensuring that the correct individual is being tested, as administering a glucose test to the wrong patient can lead to inappropriate treatment decisions and undermine patient safety. Accurate identification helps to ensure that the results are reliable and attributable to the correct person, which is vital in healthcare settings. While checking the expiration date of the glucometer and ensuring that the test strips are within their date of usability are important for accuracy, these actions come after confirming the patient's identity. Recording the blood glucose level is also important but occurs after the test has been conducted, making it a subsequent step rather than the first priority. Using expired glucometer strips is not a valid action, as it would undermine the accuracy of the result. Therefore, verifying the patient's identity is the foundational step in the glucose checking process.

3. What should be done if Mr. Clinton's family is inquiring about transferring him to a cancer treatment center?

- A. Inform the family to make their own arrangements**
- B. Notify the provider about the family's inquiry**
- C. Reassure them that the current facility is adequate**
- D. Discourage the transfer to avoid complications**

Notifying the provider about the family's inquiry is essential because it ensures that all medical professionals involved are aware of the family's wishes and can provide the necessary guidance and support regarding Mr. Clinton's treatment options. The provider is in the best position to assess Mr. Clinton's current medical status, evaluate the potential benefits and risks of transferring him to a cancer treatment center, and coordinate any necessary steps for the transition if it is deemed appropriate. Keeping the healthcare provider informed means they can engage in discussions with the family about treatment options, address any concerns they may have, and facilitate the transfer if that is the best course of action for Mr. Clinton's health. This collaborative approach promotes patient-centered care and ensures that decisions are made based on comprehensive medical insight rather than solely on the family's preferences.

4. What are the signs of anaphylactic shock?

- A. Dizziness and confusion**
- B. Difficulty breathing, swelling of the face and throat, and rapid drop in blood pressure**
- C. Nausea and vomiting**
- D. Fever and cough**

Anaphylactic shock is a severe, potentially life-threatening allergic reaction that occurs rapidly and can lead to significant health dangers if not treated immediately. The signs include difficulty in breathing due to swelling of the airways, especially in the throat, which can obstruct airflow and result in a person feeling suffocated. Additionally, swelling can occur around the face, lips, and tongue, contributing to these breathing difficulties. A rapid drop in blood pressure, known as hypotension, is also a critical sign, as it can lead to shock and organ failure if not addressed promptly. These symptoms characterize anaphylactic shock effectively, indicating a systemic response to an allergen or irritant. The symptoms associated with dizziness and confusion can occur during episodes of low blood pressure but are not definitive signs of anaphylaxis. Conditions like nausea and vomiting can be supportive of broader allergic reactions but are not the hallmark indicators of anaphylactic shock. Similarly, fever and cough are associated with infections and not with anaphylaxis. Thus, the choice highlighting difficulty breathing, swelling, and a rapid drop in blood pressure accurately reflects the critical signs of anaphylactic shock.

5. How can a nurse assist a patient with their spiritual needs?

- A. By denying their beliefs
- B. By providing a supportive environment and arranging for a spiritual care provider, if appropriate**
- C. By recommending specific religious practices
- D. By avoiding discussions about spirituality

Assisting a patient with their spiritual needs is crucial for holistic care and overall well-being. Providing a supportive environment and arranging for a spiritual care provider, if appropriate, acknowledges the importance of spirituality in healthcare. This approach allows the nurse to create a safe space where the patient can express their beliefs, doubts, and needs regarding their spiritual journey. By facilitating conversations around spirituality, the nurse can foster trust and openness, encouraging patients to discuss their feelings and beliefs without fear of judgment. Furthermore, if the patient desires more specialized support, referring them to a spiritual care provider can ensure that their specific spiritual needs are met. This holistic approach recognizes spirituality as a vital component of health and promotes healing in various forms—emotional, psychological, and even physical. The other choices do not align with the best practices of patient-centered care. Denying a patient's beliefs would undermine their experiences and could lead to feelings of isolation. Recommending specific religious practices may not respect the patient's autonomy and unique beliefs, thus potentially creating discomfort. Avoiding discussions about spirituality altogether misses the opportunity to address an essential aspect of the patient's whole self.

6. Which condition was Kenny Barrett admitted for observation?

- A. Recent stroke
- B. Initial administering of blood pressure medication**
- C. Undergoing surgery
- D. Chronic respiratory issue

Kenny Barrett was admitted for observation due to the initial administering of blood pressure medication. When patients start a new medication, particularly for managing conditions like high blood pressure, healthcare providers often choose to monitor them for a period to observe how they respond to the treatment. This includes watching for any potential side effects, assessing blood pressure levels to ensure they are stabilizing, and determining whether any dosage adjustments are necessary. Monitoring after the initiation of treatment helps in making informed decisions regarding ongoing management of the patient's health condition and ensures their safety. In contrast, the other scenarios—such as a recent stroke, undergoing surgery, or chronic respiratory issues—would typically involve more immediate and specific care needs that might not necessitate observation solely for medication purposes.

7. What condition is indicated by necrotic toes and cold skin in a patient?

- A. Possible septic condition**
- B. Peripheral neuropathy**
- C. Diabetic foot ulcer**
- D. Skin infection**

The presence of necrotic toes and cold skin in a patient suggests a significant compromise of blood flow, often resulting from vascular issues. This combination of symptoms aligns well with a possible septic condition, as septic processes can lead to a serious drop in blood perfusion, resulting in tissue ischemia and necrosis. In sepsis, the body's response to infection can result in systemic inflammation, vasodilation, and ultimately, impaired circulation. Cold skin is indicative of reduced blood flow, which can lead to necrosis if tissues are deprived of oxygen and nutrients for an extended period. Given these symptoms, it is crucial to consider septic conditions as they may require prompt intervention to prevent further complications and preserve limb function. While peripheral neuropathy, diabetic foot ulcers, and skin infections can also cause varied symptoms in the extremities, they do not consistently present with the combination of necrotic toes and cold skin as a result of a systemic infection or vascular failure. Thus, the scenario described points more decisively toward a septic condition as the underlying issue.

8. What is the role of a nurse in medication administration?

- A. To prescribe medication as needed**
- B. To ensure the right medication is given in the right dose to the right patient at the right time via the right route**
- C. To develop medication guidelines**
- D. To monitor the cost of medications**

The role of a nurse in medication administration is fundamentally centered around ensuring patient safety and effective treatment. This involves the critical responsibility of verifying that the correct medication is administered to the right patient, at the appropriate dose, at the designated time, and via the correct route. This process is often summarized in what is known as the "Five Rights" of medication administration, which is a core principle in nursing practice that helps prevent medication errors. Nurses are essential in the medication administration process by conducting thorough assessments before administration, educating patients about their medications, and monitoring for any adverse effects after medications are given. This ensures not only adherence to medical protocols but also enhances the overall quality of patient care. By focusing on these aspects, nurses play a pivotal role in the healthcare team, ultimately contributing to improving patient outcomes.

9. What does a blood pressure discrepancy of 30 mmHg indicate?

- A. Normal variation**
- B. Possible vascular issues**
- C. Need for medication adjustment**
- D. No need for concern**

A blood pressure discrepancy of 30 mmHg can indicate possible vascular issues, particularly if it is observed between the two arms. Such a significant difference can suggest a range of conditions, including but not limited to vascular narrowing or occlusion, sometimes associated with peripheral artery disease. When there is a notable difference in blood pressure readings between the arms, it points to potential underlying abnormalities in blood vessel integrity, circulation issues, or other cardiovascular problems that should be evaluated further. Identifying and addressing these discrepancies early can be crucial for preventing complications related to cardiovascular health, making it important for healthcare professionals to investigate the cause of the variation. The other choices don't adequately capture the significance of a 30 mmHg difference; normal variations in blood pressure are generally significantly smaller, typical medication adjustments would not typically be indicated solely based on such a discrepancy, and while there may be some cases where immediate concern is not warranted, a discrepancy of this magnitude generally necessitates further examination.

10. What category best describes a patient with a history of exercise-induced asthma?

- A. Respiratory condition**
- B. Cardiovascular disorder**
- C. Nutritional deficiency**
- D. Neurological impairment**

A patient with a history of exercise-induced asthma is best described under the category of a respiratory condition. Exercise-induced asthma is characterized by the narrowing of the airways during or after physical activity, leading to symptoms such as wheezing, coughing, and difficulty breathing. This condition emerges due to the inflammation and hyper-responsiveness of the airways, which are key characteristics of many respiratory disorders. In contrast, the other categories do not align with the symptoms or pathophysiology of exercise-induced asthma. Cardiovascular disorders primarily involve the heart and blood vessels; nutritional deficiencies relate to insufficient intake of essential nutrients affecting overall health; and neurological impairments pertain to issues with the nervous system. Since exercise-induced asthma specifically affects the respiratory system, it fits squarely within the realm of respiratory conditions.