

# Nursing PNCB-CPN

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# Latest Version: 6.1

## Question: 1

A nurse observes that a 4-year-old child has significantly poor hygiene, appears underweight, and is withdrawn during the visit. Which of the following actions is most appropriate for the nurse to take first?

- A. Providing a meal and clean clothes to the child immediately
- B. Calling the child's teacher for more information
- C. Documenting the observations in detail
- D. Engaging the child in play to observe adult interactions

**Answer: C**

Explanation:

Detailed documentation of a child's condition and any signs of neglect or abuse is critical, as it forms the basis for any further investigation or intervention and ensures all details are legally noted.

Providing immediate care like a meal and clean clothes, while supportive, does not address the underlying issues or ensure that the child's needs are formally assessed and documented. Calling the child's teacher may provide additional information but should follow after documenting initial observations to ensure all interactions and observations are noted in a timely and professional manner. Engaging the child in play could be a useful technique for further observation, but it does not substitute the need for immediate and detailed documentation of the child's current state.

## Question: 2

A pediatric nurse is discussing the introduction of complementary foods with the parents of a 4-month-old. What is the most appropriate guidance?

- A. Offer cereals mixed with formula or breast milk.
- B. Wait until the infant is at least 6 months old to start solids.
- C. Focus solely on non-allergenic foods initially.
- D. Start introducing pureed fruits and vegetables.

**Answer: B**

Explanation:

Waiting until at least 6 months allows the infant's digestive system to mature adequately, and the infant is more developmentally ready to handle solids. This guidance aligns with current health recommendations.

While introducing pureed foods is part of the process, starting at 4 months may be too early for some infants, potentially leading to feeding difficulties or gastrointestinal discomfort. Focusing solely on non-allergenic foods initially is unnecessary and can delay exposure to potential allergens, which recent

studies suggest should be introduced early to prevent allergies. Although offering cereals mixed with formula or breast milk is an option, starting at 4 months may not provide any developmental advantage and could be premature for digestive readiness.

### Question: 3

A nurse educating a family living in an urban environment with high noise levels should emphasize which of the following?

- A. Using white noise machines at night to mask outdoor noise
- B. The importance of using hearing protection during outdoor activities in the city
- C. The benefits of noise as a way to stimulate cognitive development
- D. Using sound-proofing materials in the child's bedroom

**Answer: D**

Explanation:

Using sound-proofing materials in a child's bedroom can significantly reduce noise exposure, which is beneficial for sleep quality and overall stress reduction in noisy urban environments. This method directly mitigates the impact of environmental noise on the child.

Using hearing protection during outdoor activities might be helpful in specific scenarios but is less practical as a constant solution. It also does not address noise exposure at home, where children spend a significant amount of time. Promoting the benefits of noise for cognitive development is misleading and unsupported by evidence. High noise levels are generally detrimental to both cognitive and physical health. Using white noise machines may help mask outdoor noise, but it is a less effective strategy compared to soundproofing, which reduces noise levels rather than masking them with another sound.

### Question: 4

A 2-year-old toddler is evaluated for developmental progress. Which assessment finding is most indicative of typical developmental achievement?

- A. Can skip on one foot
- B. Uses a fork and spoon neatly
- C. Stacks six blocks
- D. Scribbles spontaneously

**Answer: D**

Explanation:

Scribbling spontaneously is a developmental milestone typically achieved around the age of 2 years, indicating normal motor and cognitive development as the child begins to express themselves through drawing.

Skipping on one foot is a skill that usually develops around age 5, and expecting a 2-year-old to perform this physically coordinated task is developmentally inappropriate. Although stacking blocks is a milestone for toddlers, stacking six blocks is generally expected closer to 3 years of age, reflecting more

advanced motor skills and problem-solving abilities than typically seen at 2 years. Using a fork and spoon neatly is generally mastered later in toddlerhood, as it requires more refined motor skills and coordination than a 2-year-old typically possesses.

### Question: 5

For a 12-year-old undergoing chemotherapy who is experiencing nausea and vomiting, which complementary approach should the nurse consider recommending to alleviate these symptoms?

- A. Strict bed rest throughout treatment
- B. Administration of additional antiemetic drugs
- C. Increased intake of fatty foods
- D. Aromatherapy using peppermint oil

**Answer: D**

Explanation:

Aromatherapy using peppermint oil has been noted in the literature for its anti-nausea properties and can be a helpful complementary approach to managing chemotherapy-induced nausea and vomiting. Administration of additional antiemetic drugs is a primary medical approach. Strict bed rest does not address the nausea directly and may not provide relief. Increased intake of fatty foods is likely to worsen nausea, not alleviate it.

### Question: 6

A toddler is set to be discharged after being treated for pneumonia

- a. Which assessment is crucial to ensure readiness for discharge?
- A. Confirming the toddler can drink fluids without difficulty
  - B. Checking with the parents if the toddler seems to be behaving as they typically would when well
  - C. Verifying that the parents have transportation for follow-up visits
  - D. Ensuring the parents are satisfied with the treatment provided and the toddler's condition

**Answer: A**

Explanation:

Ensuring the toddler can hydrate properly is essential for recovery from pneumonia, as adequate fluid intake is crucial for maintaining lung function and overall health. This assessment directly affects the child's immediate well-being and recovery.

While parental observations about behavior may be relevant, they do not directly assess the child's immediate medical readiness for discharge as effectively as clinical signs like fluid intake. Parental satisfaction is important, but it does not provide a clinical assessment of the toddler's health and readiness for discharge. Transportation can be important for follow-up care, but assessing transportation availability does not assess the child's immediate health status and readiness for discharge post-pneumonia treatment.

## Question: 7

A nurse is working with a family who has a child with special needs requiring frequent hospital visits. What strategy would best support incorporating the family's values into the care plan?

- A. Asking if the family has religious practices that need to be integrated into care routines
- B. Avoid scheduling procedures on weekend days that are typically days of worship
- C. Offer to provide a pork-free diet and fish on Fridays if the family would like
- D. Reserving the hospital chapel for an hour each week for the family's private use

**Answer: A**

Explanation:

Assessing the family's religious preferences directly involves the family in the planning process and ensures that their values and religious practices are respected within the care plan, which can improve compliance and comfort.

Reserving the chapel may be appreciated, but it assumes that all religious practices involve chapel use and may not address other religious needs the family might have. While avoiding scheduling on days of worship is considerate, it addresses only a specific aspect of religious observance and may not cover other religious practices that could affect daily care. Offering dietary accommodations is thoughtful, but it does not encompass all aspects of integrating the family's values into the care plan, especially if their values extend beyond or do not include dietary considerations.

## Question: 8

During a follow-up visit, a nurse finds that a teenager who recently lost a sibling is having difficulty expressing emotions and has isolated from their peers. What should be the nurse's initial step in providing psychosocial support?

- A. Encourage the teen to join social activities to improve interactions with peers
- B. Explain that discussing emotions with peers will lead to psychological healing
- C. Arrange for immediate psychological counseling to support the teenager
- D. Discuss the teenager's feelings and concerns, offering bereavement support groups

**Answer: D**

Explanation:

Discussing feelings and concerns directly acknowledges the teenager's emotional struggles and validates their feelings, which is crucial for emotional healing. Offering bereavement support groups provides a structured environment to meet others facing similar issues, which can be therapeutic.

While psychological counseling is beneficial, arranging it as an immediate step without first assessing the teenager's willingness or readiness might be too abrupt. Initial conversations can help gauge the appropriate level of intervention needed. Encouraging social activities as an initial step assumes the teenager is ready to socialize, which may not be the case. This step might be more effective after initial emotional concerns are addressed. Explaining the benefits of discussing emotions with peers as a first

step might put undue pressure on the teenager to open up before they feel ready. This approach might lead to resistance rather than healing if not handled with sensitivity.

### Question: 9

During the holiday season, a pediatric nurse receives a gift card from a patient's family as a token of appreciation. What is the most appropriate action for the nurse to take?

- A. Politely decline the gift, citing the hospital's policy on receiving gifts from patients
- B. Report the family to hospital administration for attempting to influence care through gifts
- C. Accept the gift card to avoid offending the family
- D. Accept the gift card but ensure it is shared with the entire healthcare team

**Answer: A**

Explanation:

Politely declining the gift ensures that the nurse adheres to ethical standards and hospital policies designed to maintain trust and integrity in the healthcare profession.

Accepting the gift card might create an appearance of impropriety or conflict of interest, which could undermine trust in the nurse's objectivity and professional judgment. Accepting the gift card and sharing it with the team, although well-intentioned, still does not address the fundamental issue of accepting gifts from patients. Reporting the family to hospital administration for a well-meaning gesture is excessive and could harm the relationship between the family and the healthcare team.

### Question: 10

A pediatric nurse starts her shift and reviews his patient assignments, which include a newly admitted 7-year-old with abdominal pain suspected to be appendicitis, a 12-year-old recovering from a tonsillectomy experiencing mild pain, a 9-year-old with chemotherapy-induced nausea and vomiting, and a 2-year-old with an untreated tibia fracture.

Which patient requires the most immediate attention?

- A. The 2-year-old
- B. The 12-year-old
- C. The 9-year-old
- D. The 7-year-old

**Answer: D**

Explanation:

The 7-year-old with abdominal pain suspected to be appendicitis requires the most immediate attention to assess for the risk of appendicitis rupture, which can lead to life-threatening complications if not treated promptly.

While the 12-year-old experiencing mild pain post-tonsillectomy needs pain management, it does not present an immediate life-threatening situation compared to suspected appendicitis. The 9-year-old with chemotherapy-induced nausea and vomiting requires management to alleviate symptoms and

ensure hydration, but this is not as urgent as the potential for appendicitis rupture. Although an untreated tibia fracture in a 2-year-old needs urgent care to manage pain and prevent complications, the potential severity and complications of untreated appendicitis are more immediately life-threatening.

### Question: 11

A 3-year-old child recently diagnosed with type 1 diabetes comes in for a follow-up. The nurse observes the parents struggling to keep track of glucose readings and insulin doses. What should the nurse do first to support the family's adjustment?

- A. Recommend that they use a digital app to manage the child's medical records
- B. Offer a demonstration on how to use a logbook for tracking diabetes management
- C. Advise the parents to see a counselor to manage their stress
- D. Suggest less frequent glucose monitoring to reduce stress

**Answer: B**

Explanation:

Demonstrating how to use a logbook ensures that the parents understand how to accurately track glucose readings and insulin doses, which is critical for effective diabetes management. This addresses their immediate need for organization in tracking their child's medical needs.

While a digital app could be useful, starting with basic tools like a logbook may be more accessible and immediately practical. Additionally, demonstrating how to use a tool like a logbook is more supportive than suggesting a tool like an app and not offering support. Suggesting less frequent monitoring could lead to poor diabetes management and is not a safe recommendation for a child with newly diagnosed diabetes. Counseling might help with stress management, but it does not address the practical need to organize and manage diabetes care effectively.

### Question: 12

A pediatric patient is being discharged home from the hospital after an asthma exacerbation. Which of the following is most important for the nurse to ensure before discharge?

- A. The family has scheduled a follow-up appointment within six months
- B. The child's siblings and parents have all participated in asthma education
- C. The family has written instructions on managing asthma triggers
- D. The parents can teach back the rationale for avoiding physical activity

**Answer: C**

Explanation:

Ensuring that the family has written instructions on managing asthma triggers empowers them to prevent future exacerbations and is essential for effective home management.

While education for the entire family is beneficial, it is not as immediately critical as having clear, written instructions for managing triggers that can cause asthma attacks. Scheduling a follow-up appointment is

important but secondary to immediate and effective management of the child's condition at home. Avoiding physical activity might be relevant advice in some situations but is not typically recommended. Understanding how to manage triggers is more important for preventing exacerbations.

### Question: 13

A 15-year-old male with a history of sexual abuse is being seen in the clinic. When integrating sexual health into the plan of care, what is an important consideration for the nurse?

- A. Refer the patient to a psychiatrist for any sexual health teaching
- B. Avoid discussing sexual health unless the patient asks about it to avoid re-traumatization
- C. Focus the teaching on preventing future abuse
- D. Coordinate care with a mental health professional

**Answer: D**

Explanation:

Coordinating care with a mental health professional ensures that the patient's history of sexual abuse is handled with sensitivity and that their psychological needs are addressed alongside their physical health.

Avoiding discussions on sexual health could neglect important aspects of the patient's care and health education needs. These needs can still be addressed sensitively and appropriately. Referring to a psychiatrist for sexual health teaching may fragment care and does not ensure that sexual health is integrated into the overall care plan. Focusing only on preventing future abuse might miss addressing other relevant aspects of sexual health and recovery from past trauma.

### Question: 14

After a particularly challenging day, a pediatric nurse decides to vent about a difficult patient on a private social media group for nurses. What is the most appropriate way to handle this situation?

- A. Ask for advice in the group on how to manage similar situations in the future
- B. Delete the post and refrain from sharing patient-related frustrations online
- C. Ensure that the post is visible only to fellow healthcare professionals
- D. Form the post to not include any identifying details about the patient

**Answer: B**

Explanation:

Deleting the post and refraining from sharing patient-related frustrations online is the most appropriate and professional action. Patient privacy and professionalism must be maintained in all settings, including online, to protect patient confidentiality and uphold the nursing profession's standards.

Ensuring the post is visible only to fellow healthcare professionals does not adequately safeguard patient privacy or the professional nature of nursing discussions. Forming the post without any identifying details is a better approach than sharing identifiable information, but it still risks breaching confidentiality and does not address the potential for creating a negative perception of patient care.

Asking for advice on managing situations is a constructive approach, but it should be done in a manner that fully protects patient privacy and avoids the potential for conduct that could be perceived as unprofessional.

## Question: 15

What advice should a nurse give parents about keeping their child safe in the kitchen?

- A. Keep all sharp objects and hot appliances out of reach of children.
- B. Only let children handle kitchen appliances under supervision.
- C. Allow the child to play in the kitchen to learn by observation.
- D. All electrical appliances must be kept unplugged unless in use.

**Answer: A**

Explanation:

Keeping sharp objects and hot appliances out of reach helps prevent cuts and burns. These are common kitchen injuries among children, and taking steps to prevent them is important.

Allowing a child to play in the kitchen without proper safety measures can lead to accidents involving sharp objects or hot appliances. Supervision is crucial, but proactive measures like keeping dangerous items out of reach are essential to prevent accidents before they happen. While unplugging appliances can reduce risks, keeping them out of reach is a more comprehensive and practical approach to kitchen safety for children.

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