

# Healthcare CNT

**Certified Nurse Technician (CNT)**

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## Question: 1

The inability to control the passage of feces and gas through the anus is called:

- A. fecal incontinence
- B. fecal impaction
- C. peristalsis
- D. flatus

**Answer: A**

Explanation:

The correct answer to the question "The inability to control the passage of feces and gas through the anus is called:" is fecal incontinence. Fecal incontinence refers to the loss of regular control of the bowels, leading to involuntary excretion or leakage of fecal matter and gases. This condition can vary in severity from occasional leakage of stool when passing gas to a complete loss of bowel control. Fecal incontinence is distinct from other similar-sounding conditions, which can be a source of confusion. Fecal impaction, for instance, involves a hard mass of stool becoming stuck in the colon or rectum. Unlike fecal incontinence, where control over bowel movement is lost, fecal impaction prevents the passage of stool altogether.

Another term often mentioned in gastrointestinal discussions is peristalsis. Peristalsis refers to the wave-like muscle contractions that occur in the intestinal tract. These movements are vital as they push food through the digestive system. However, peristalsis is not directly related to the involuntary control associated with fecal incontinence.

Lastly, flatus, commonly referred to as intestinal gas or being 'gassy,' involves the passage of gas through the anus. While it is a normal part of digestion, excessive flatus is not related to fecal incontinence, though in some cases, individuals with fecal incontinence might experience involuntary passing of gas along with stool leakage.

Understanding the distinctions among these terms is crucial for accurately addressing and treating gastrointestinal issues. Fecal incontinence itself can result from various causes, including muscle or nerve damage, which might be due to childbirth, aging, or certain medical conditions like diabetes or

multiple sclerosis. Treatment may involve dietary changes, medication, or in some cases, surgical options, depending on the underlying cause and severity of the condition.

## Question: 2

The physician tells you the patient has a second degree burn. The Medical Assistant knows that this is:

- A. a full thickness burn involving epidermis, dermis, and the underlying tissues
- B. a superficial burn involving the epidermis only
- C. a partial thickness burn involving the epidermis and part of the dermis
- D. a type of chemical burn that does not break the skin

**Answer: C**

Explanation:

When a physician diagnoses a patient with a second degree burn, it is essential for a medical assistant to understand the classification and the severity associated with this type of burn. A second degree burn, also known as a partial thickness burn, affects both the outer layer of skin (epidermis) and the underlying layer of skin (dermis), but it does not damage the tissues deeper than these layers.

This type of burn typically presents with symptoms that include redness, swelling, pain, and blistering. The blistering occurs because the burn causes injury to the dermis, where blood vessels and nerve endings are located, leading to fluid accumulation under the damaged epidermis. Despite the intensity and painfulness of second degree burns, they are often treatable and may not require the extensive surgical interventions that more severe burns might necessitate.

In contrast, a first degree burn affects only the epidermis. It is the mildest form of burn, often resulting in redness and minor pain, similar to a typical sunburn, without causing blisters or deeper tissue damage. Recovery from first degree burns usually occurs relatively quickly, as the body can regenerate epidermal cells efficiently.

On the other hand, a third degree burn, or a full thickness burn, involves the complete destruction of both the epidermis and dermis, extending into the deeper tissues such as fat, muscle, or even bone. This type of burn may appear white, charred, or leathery. It is a severe injury and often requires significant medical intervention, including possible surgery, skin grafting, and a prolonged recovery period. The sensory nerves are often destroyed in third degree burns, which might result in numbness.

Furthermore, it's important to note that burns can also be caused by chemicals, and these can vary in severity. Chemical burns can be classified as first, second, or third degree, depending on the depth of skin damage. Immediate and appropriate treatment is crucial as chemical burns can worsen over time if the chemical isn't completely removed from the skin.

Understanding these distinctions in burn depth and severity helps medical professionals like physicians and medical assistants to provide appropriate care and treatment, manage pain effectively, and guide recovery and rehabilitation processes. It also aids in explaining the situation and treatment plan to patients and their families, setting realistic expectations for healing and recovery based on the severity of the burn.

## Question: 3

Maslow's hierarchy of needs includes five categories. The desire to become more and more what one is, i.e., to become everything that one is capable of becoming, falls into which category of needs?

- A. self-actualization
- B. love and belonging
- C. esteem
- D. safety

**Answer: A**

Explanation:

The correct answer to the question is "self-actualization." This category is the highest level in Maslow's hierarchy of needs, which is a psychological theory proposed by Abraham Maslow in his 1943 paper "A Theory of Human Motivation." The hierarchy is usually depicted as a pyramid consisting of five levels of needs. From the bottom of the hierarchy upwards, the levels are: physiological, safety, love and belonging, esteem, and self-actualization. As each level is fulfilled, the next level becomes the primary focus of fulfillment.

Self-actualization is defined as the desire to accomplish everything that one can, to become the most that one can be. Individuals may perceive or focus on this need very specifically. For example, one individual might have a strong desire to become an ideal parent. In another case, a person may be expressed in paintings, pictures, or inventions. As Maslow himself noted, the specific form that these needs will take will of course vary greatly from person to person. In terms of the hierarchy, self-actualization refers to the individual's need for self-fulfillment, namely, to the tendency for him to become actualized in what he is potentially.

This level of need refers to what a person's full potential is and realizing that potential. Maslow describes this level as the desire to accomplish everything that one can, to become the most that one can be. Individuals who are self-actualizing are fulfilled in doing what they believe they were meant to do. To reach this level of need, however, Maslow emphasized that the person must not only achieve the previous needs, but master them.

Physiological needs are the physical requirements for human survival, such as air, water, and food.

Safety needs represent a person's desire for a safe and secure environment. Love and belonging refer to the need for interpersonal relationships deeply connected to family, friends, and romantic relationships.

Esteem needs are the desire for respect from others, and self-respect.

In summary, self-actualization is about reaching one's fullest potential, and this level of need emerges after satisfaction of the physiological, safety, love and belonging, and esteem needs. Thus, the desire to become more and more what one is, to become everything that one is capable of becoming, fits clearly into the category of self-actualization needs.

## Question: 4

In relation to the timeline of the Nursing Code of Ethics, what was patterned after medicine's Hippocratic Oath in 1893 and understood as the first nursing code of ethics?

- A. "A Tentative Code"
- B. "Nightingale Pledge"
- C. "A Suggested Code"
- D. "The Code for Professional Nurses"

**Answer: B**

Explanation:

The correct answer is "Nightingale Pledge." The Nightingale Pledge, named after Florence Nightingale who is considered the founder of modern nursing, was composed in 1893 by Lystra Gretter and a Committee for the Farrand Training School for Nurses in Detroit, Michigan. This pledge is significant as it was the first document to articulate ethical principles and obligations in the nursing profession, establishing a formal expression of the values and responsibilities of the nursing profession.

The Nightingale Pledge is often compared to the Hippocratic Oath taken by physicians, reflecting its similar intent to establish a moral and ethical commitment. The pledge includes elements of fidelity to patients, commitment to work collaboratively with others in the healthcare team, and to uphold principles of ethical practice. It marked a formal beginning of what would later evolve into more detailed and structured nursing codes of ethics.

Subsequent to the Nightingale Pledge, other formal codes and revisions have been introduced to address the complexities and changes in healthcare. "A Tentative Code" was published in the American Journal of Nursing in 1940, and "A Suggested Code" followed in 1926, both representing efforts to further formalize nursing ethics, though neither was formally adopted. It wasn't until 1950 that "The Code for Professional Nurses" was accepted by the ANA House of Delegates, which included 17 provisions and established a more comprehensive guide for nursing practice.

The evolution from the Nightingale Pledge to the current codes reflects the growing professionalism and complexity within nursing, emphasizing the profession's commitment to ethical standards, patient care, and professional conduct. The Nightingale Pledge, therefore, stands as a historic cornerstone, symbolizing the inception of ethical nursing practice modeled somewhat after the Hippocratic Oath of medicine.

### Question: 5

An emotionally intelligent person

- A. Does not experience strong emotions
- B. Usually has a high IQ
- C. Is not influenced by the emotions of others
- D. Is adept at interacting with others

**Answer: D**

Explanation:

Emotional intelligence refers to the ability to perceive, control, and evaluate emotions effectively in oneself and others. One of the fundamental aspects of emotional intelligence is the capacity to interact well with others. This skill is not just about superficial communication but involves deep interpersonal skills such as empathy, conflict resolution, and understanding social cues.

The correct answer to the question, "An emotionally intelligent person is adept at interacting with others," highlights this intrinsic part of emotional intelligence. Emotionally intelligent individuals excel in placing themselves in another person's situation, which allows them to respond appropriately in social

interactions. This capability is crucial in both personal and professional environments, as it enhances relationships and facilitates effective communication.

The other options provided in the question might seem relevant but do not directly correlate with the definition of emotional intelligence. For example, experiencing strong emotions or not experiencing them does not inherently affect one's emotional intelligence. Emotional intelligence involves recognizing and managing emotions, not the absence or overwhelming presence of emotions. Similarly, while emotional intelligence can coexist with a high IQ, having a high IQ is not a prerequisite for being emotionally intelligent. Lastly, being influenced by the emotions of others is a part of emotional empathy, which is just one aspect of emotional intelligence and does not encompass the entire skill set. Therefore, the ability to adeptly interact with others is a more accurate and encompassing choice, reflecting the core of what emotional intelligence entails. This includes understanding and managing one's emotions and effectively navigating the emotions of others in social interactions.

### Question: 6

You have a patient who has lost the ability to have normal speech because of a stroke. This person has which of the following conditions?

- A. dysphagia
- B. vocal cord paralysis
- C. apraxia
- D. aphasia

**Answer: D**

Explanation:

When a patient loses the ability to have normal speech following a stroke, the condition affecting them is known as aphasia. Aphasia is a communication disorder that results from damage to parts of the brain that manage language processing. This condition can manifest in various forms, depending on the specific brain areas affected. The primary symptoms include difficulties in speaking, understanding speech, reading, or writing.

A stroke, which is the sudden interruption of blood supply to the brain, can damage any part of the brain, including the language centers, which are predominantly located in the left hemisphere for right-handed individuals and most left-handed individuals. When these specific areas are affected by a stroke, the result can be aphasia.

It is important to distinguish aphasia from other conditions that might also affect speech. For instance, dysphagia involves difficulty in swallowing but does not necessarily affect speech directly. Vocal cord paralysis affects the ability to speak due to damage to the nerves of the vocal cords but does not impact language processing. Apraxia, specifically apraxia of speech, involves difficulty in articulating words correctly due to problems with motor planning, which is different from the language processing issues seen in aphasia.

In summary, aphasia is the correct diagnosis for a patient who has lost the ability to have normal speech due to a stroke. This condition specifically impairs the ability to formulate and understand language, fundamentally altering the patient's ability to communicate effectively. Treatment typically involves speech and language therapy, aimed at helping patients regain as much language function as possible.

### Question: 7

All of the following statements are true about factors that affect eating and nutrition except:

- A. Culture influences dietary practices.
- B. Religion influences dietary practices.
- C. You should respect a person's religion regarding dietary practices.
- D. Selecting, preparing and eating food does not involve religious practices.

**Answer: D**

Explanation:

The question provided asks which statement among those listed is not true regarding factors that influence eating and nutrition. The correct answer is: "Selecting, preparing and eating food does not involve religious practices." This statement is false because religion indeed has a significant impact on dietary habits and choices.

In various cultures and religions, specific dietary laws and practices are deeply embedded. For instance: - In Islam, the consumption of pork and pork products is strictly forbidden, and foods must be prepared according to Halal guidelines. - In Judaism, dietary laws (Kashrut) dictate many aspects of food preparation and consumption, including the prohibition of mixing dairy and meat products, and the requirement for food to be Kosher. - Among some Christian denominations, such as certain Baptist groups, the consumption of alcohol, coffee, and tea may be discouraged or forbidden. - In Hinduism, many followers adhere to a vegetarian diet, which is influenced by the principles of non-violence and respect for life.

These religious practices influence not only what adherents may eat but also how food is selected, prepared, and consumed. The rituals and guidelines can affect cooking methods, the types of utensils used, the sourcing of ingredients, and even the manner in which foods are served and eaten. Therefore, the statement "Selecting, preparing and eating food does not involve religious practices" is not accurate as religious beliefs significantly influence dietary practices across many cultures and communities worldwide. Understanding and respecting these religious dietary restrictions is crucial in multicultural societies, healthcare settings, and when hosting or serving food to people from diverse backgrounds.

### Question: 8

Which of the following statements about informed consent is false?

- A. A person has the right to decide what will be done to his or her body.
- B. Persons under legal age cannot give consent.
- C. The nurse aid is responsible for obtaining written consent.
- D. The doctor is responsible for informing the person about all aspects of treatment.

**Answer: C**

Explanation:

Informed consent is a crucial aspect of medical ethics and legal compliance, ensuring that a patient is fully aware of the details and implications of a medical procedure or treatment before agreeing to it. To identify the false statement about informed consent from the ones provided, it is essential to understand the roles of healthcare providers in the consent process.

The first statement, "A person has the right to decide what will be done to his or her body," is fundamentally true. This underscores the principle of autonomy in healthcare, where patients must be allowed to make informed decisions about their own medical care.

Regarding the statement, "The nurse aid is responsible for obtaining written consent," this is typically false. In most healthcare settings, the primary responsibility for explaining a medical procedure or treatment and obtaining informed consent lies with the healthcare provider who will be performing the procedure, usually a physician or a surgeon. The role of a nurse aide generally includes supporting tasks such as patient care and comfort, maintaining patient records, and other non-medical tasks. They do not have the training or legal authority to obtain informed consent.

The repeated assertions that either "nurse aids are responsible" or "nurse aids are never responsible" for obtaining written consent can be confusing. However, it is standard practice that nurse aides are not responsible for this task. Therefore, any statement claiming that nurse aides hold this responsibility is false.

Another statement provided is, "The doctor is responsible for informing the person about all aspects of treatment." This statement is true as it directly relates to the duty of the physician to ensure that the patient has a clear understanding of the treatment, including its risks, benefits, alternatives, and consequences of non-treatment.

Lastly, the statement "Persons under legal age cannot give consent," while generally true, is slightly oversimplified. Minors may give consent under specific circumstances, such as emancipated minors or in cases involving reproductive health, mental health, or substance abuse, depending on state laws. However, typically, parental or guardian consent is required for most medical treatments involving minors.

From the options provided, the false statement about informed consent is that "The nurse aid is responsible for obtaining written consent." Nurse aides do not have the authority or training to obtain informed consent, a responsibility that usually rests with the physician or primary healthcare provider conducting the procedure.

## Question: 9

What type of medication is an agent that kills or destroys malignant cells?

- A. an antineoplastic
- B. an antihistamine
- C. an antihypertensive
- D. an anti-inflammatory

**Answer: A**

Explanation:

The correct answer to the question regarding the type of medication that kills or destroys malignant cells is "an antineoplastic." Antineoplastic agents, also known as anticancer drugs or chemotherapy, are specifically designed to prevent, inhibit, or halt the development and spread of tumors or malignant

cells. These agents work by targeting the rapidly dividing cancer cells, aiming to kill or reduce the growth of these cells, thereby managing the spread of cancer in the body.

It is important to distinguish antineoplastics from other types of medications that have different therapeutic targets: - An antihistamine is designed to counteract the effects of histamine in the body, which is primarily involved in allergic reactions and symptoms such as itching, sneezing, and runny nose. - An antihypertensive is used to manage high blood pressure, working through various mechanisms to help relax blood vessels or decrease the volume of blood, which in turn reduces blood pressure. - An anti-inflammatory drug is aimed at reducing inflammation, which is a body's response to injury or infection. This can include nonsteroidal anti-inflammatory drugs (NSAIDs) that alleviate pain by reducing inflammation.

In summary, while antihistamines, antihypertensives, and anti-inflammatories serve vital roles in treating allergies, high blood pressure, and inflammation respectively, they do not have the properties necessary to combat cancer cells. Thus, the only correct choice for a medication that specifically targets and combats malignant cells is an antineoplastic.

### Question: 10

All of the following are acceptable means of rendering biohazardous waste harmless EXCEPT

- A. Chemical disinfection
- B. Incineration
- C. Autoclaving
- D. Compacting

**Answer: D**

Explanation:

Biohazardous waste, which includes any biological materials that might pose a threat to public health or the environment, needs to be handled and disposed of with extreme care. Among the methods used for disposing of biohazardous waste are chemical disinfection, incineration, and autoclaving. Each of these methods effectively destroys the biohazards present in the waste, rendering it safe for final disposal.

Chemical disinfection involves the use of chemicals to kill bacteria, viruses, fungi, and other microorganisms. This method is suitable for liquid waste and some types of solid waste, and it is effective because it breaks down the biological agents, thereby neutralizing any potential threat.

Incineration is another highly effective method for disposing of biohazardous waste. It involves burning the waste at high temperatures, which destroys any pathogens present. The process reduces the waste to ash and can handle large quantities of waste, including solids, liquids, and contaminated materials.

Autoclaving is a process that uses pressurized steam to sterilize waste. This method is particularly effective for equipment and certain types of waste that can withstand high temperatures and pressure. The steam penetrates the materials and kills all forms of microbial life, including spores, making the waste safe to handle and dispose of.

However, compacting, which is simply the process of compressing waste to reduce its volume, is not an effective method for rendering biohazardous waste harmless. Compacting does not kill or neutralize any pathogens present in the waste. Instead, it only reduces the physical space that the waste occupies. Without applying any form of treatment that destroys biohazards, compacted waste remains just as dangerous as it was prior to compacting. Moreover, compacting biohazardous waste could potentially

increase the risk of exposure or spillage, especially if the compacting process breaches containment measures.

Therefore, while compacting might be useful in reducing the volume of non-hazardous waste, it is not an acceptable method for treating biohazardous waste. Proper disposal methods such as chemical disinfection, incineration, or autoclaving must be employed to ensure that all biohazardous materials are rendered harmless before final disposal. This is crucial for maintaining public health and environmental safety.

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