1) The clinic nurse is returning phone calls. Which call should the nurse return first?
1. The call from a 22-year-old reporting that she has menstrual cramps and vomiting every month
2. The call from a 17-year-old asking whether there is a problem with using one tampon for a whole day
3. The call from a 46-year-old mother of a teen wondering if her daughter should be on birth control
4. The call from a 34-year-old requesting information on douching after intercourse

Answer: 2
Explanation: Using a single tampon for an entire day can lead to toxic shock syndrome, a potentially life-threatening condition. This client needs education on the danger of using one tampon longer than 3-6 hours.

Page Ref: 39
Cognitive Level: Applying
Client Need/Sub: Health Promotion and Maintenance: Health Promotion/Disease Prevention Standards: QSEN Competencies: I. B. 10. Engage patients or designated surrogates in active partnerships that promote health, safety and well-being, and self-care management. | AACN Essentials Competencies: IX. 7. Provide appropriate patient teaching that reflects developmental stage, age, culture, spirituality, patient preferences, and health literacy considerations to foster patient engagement in their care. | NLN Competencies: Quality and Safety: Communicate effectively with different individuals (team members, other care providers, patients, families, etc.) so as to minimize risks associated with handoffs among providers and across transitions in care. | Nursing/Integrated Concepts Nursing Process: Implementation Learning Outcome: 2 Summarize information that women may need in order to implement appropriate self-care measures for dealing with menstruation.

2) The nurse who is taking a sexual history from a client should do which of the following?
1. Ask questions that the client can answer with "yes" or "no."
2. Ask mostly open-ended questions.
3. Have the client fill out a comprehensive questionnaire and review it after the client leaves.
4. Try not to make much direct eye contact.

Answer: 2
Explanation: Open-ended questions are often useful in eliciting information.

Page Ref: 37
Cognitive Level: Understanding
Client Need/Sub: Health Promotion and Maintenance: Health Promotion/Disease Prevention Standards: QSEN Competencies: I. B. 1. Elicit patient values, preferences, and expressed needs as part of clinical interview, implementation of care plan and evaluation of care. | AACN Essentials Competencies: VII. 3. Assess health/illness beliefs, values, attitudes, and practices of individuals, families, groups, communities, and populations. | NLN Competencies: Relationship-
3) The nurse is taking a history on a new client in the clinic. She determines from talking with the client that she is recently divorced, is dating, and has had sex with various men. The nurse would be concerned about and would provide some education on what issues?
1. The ethics of dating and having sex with more than one man
2. The client having some kind of permanent birth control done, so she does not become pregnant
3. Education about sexual activity and sexually transmitted infections
4. Referral to a psychologist or counselor for follow-up on the multiple dating
Answer: 3
Explanation: 3. Education about sexual activity and sexually transmitted infections is correct, since it has been determined that the client is having sex with multiple partners.

Page Ref: 37
Cognitive Level: Applying


Learning Outcome: 1 Discuss the key points a nurse should consider when taking a sexual history.

MNL LO: 6.2.1 Recognize client behaviors associated with the acquisition of sexually transmitted infections.

4) The nurse is taking a history of a new client in the clinic. Histories tend to be lengthy, and the sexual part can be difficult for the client. The nurse should use what technique to make it easier for the client?
1. Let the client fill out a paper copy, so she does not have to talk about intimate matters.
2. Skip the sexual part until the next time the client comes into the clinic.
3. Start with the easier medical and surgical questions, and develop a feeling of trust with the client.
4. Leave the sexual part of the history for the doctor to ask about.
Answer: 3
Explanation: 3. Starting with easy-to-answer questions and then going to the sexual ones helps, as client might be at ease by then.

Page Ref: 37
Cognitive Level: Understanding

Client Need/Sub: Health Promotion and Maintenance: Health Promotion/Disease Prevention Standards: QSEN Competencies: I. B. 3. Provide patient-centered care with sensitivity and respect for the diversity of human experience. | AACN Essentials Competencies: VII. 3. Assess health/illness beliefs, values, attitudes, and practices of individuals, families, groups, communities, and populations. | NLN Competencies: Context and Environment: Read and
interpret data; apply health promotion/disease prevention strategies; apply health policy; conduct population-based transcultural health assessments and interventions. | Nursing/Integrated Concepts: Nursing Process: Planning
Learning Outcome: 1 Discuss the key points a nurse should consider when taking a sexual history.

5) The nurse working in a women's clinic is training a recent graduate of nursing school who has been hired. The experienced nurse explains that nurses caring for women of all ages must be which of the following?

Note: Credit will be given only if all correct and no incorrect choices are selected.
Select all that apply.
1. Aware of their own feelings
2. Judgmental when discussing sexuality
3. Aware of personal values and attitudes
4. Minimally knowledgeable about reproduction
5. Willing to discuss sexuality only one-on-one
Answer: 1, 3
Explanation: 1. Nurses must be aware of their own feelings.
3. Nurses must develop an awareness of their own values and attitudes about sexuality so that they can be more sensitive and objective when they encounter the values and beliefs of others.

Page Ref: 37
Cognitive Level: Understanding
Learning Outcome: 1 Discuss the key points a nurse should consider when taking a sexual history.

6) A client asks her nurse, "Is it okay for me to take a tub bath during the heavy part of my menstruation?" What is the nurse's correct response?
1. "Tub baths are contraindicated during menstruation."
2. "You should shower and douche daily instead."
3. "Either a bath or a shower is fine at that time."
4. "You should bathe and use a feminine deodorant spray during menstruation."
Answer: 3
Explanation: 3. Bathing, whether it is a tub bath or a shower, is as important (if not more so) during menses as at any other time.

Page Ref: 39
Cognitive Level: Understanding
Client Need/Sub: Physiological Integrity: Basic Care and Comfort Standards: QSEN Competencies: I. B. 10. Engage patients or designated surrogates in active partnerships that promote health, safety and well-being, and self-care management. | AACN Essentials Competencies: VII. 6. Use information and communication technologies in preventive
Learning Outcome: 2 Summarize information that women may need in order to implement appropriate self-care measures for dealing with menstruation.
7) Which client would the nurse document as exhibiting signs and symptoms of primary dysmenorrhea?

1. 17-year-old, has never had a menstrual cycle
2. 16-year-old, had regular menses for 4 years, but has had no menses in 4 months
3. 19-year-old, regular menses for 5 years that have suddenly become painful
4. 14-year-old, irregular menses for 1 year, experiences cramping every cycle

Answer: 4

Explanation: 4. Dysmenorrhea, or painful menstruation, occurs at, or a day before, the onset of menstruation and disappears by the end of menses. Primary dysmenorrhea is defined as cramps without underlying disease.

Page Ref: 40

Cognitive Level: Understanding


8) The nurse is conducting health screening at a community clinic. The client has asked whether there are any risks with body piercing and tattooing, or whether these activities would impact sexual activity. How should the nurse respond?

1. "You should avoid piercing your genitalia and your nipples."
2. "There are no problems that occur with either body piercing or tattooing."
3. "Both piercing and tattooing carry risks of infection, including hepatitis."
4. "The benefit of body art outweighs any risk of infection of a tattoo or piercing."

Answer: 3

Explanation: 3. For tattooing and body piercing, risks include infections such as HIV and hepatitis B and C because of the use of inadequately sterilized equipment, as well as allergic reactions, local swelling and burns, granulomas, and keloid formation.

Page Ref: 44

Cognitive Level: Applying

Client Need/Sub: Safe and Effective Care Environment: Safety and Infection Control Standards: QSEN Competencies: I. C. 4. Seek learning opportunities with patients who represent all aspects of human diversity. | AACN Essentials Competencies: VII. 5. Use evidence-based practices to guide health teaching, health counseling, screening, outreach, disease and outbreak investigation, referral, and follow-up throughout the lifespan. | NLN Competencies: Relationship-Centered Care: Appreciate the patient as a whole person, with his or her own life story and ideas about the meaning of health or illness. | Nursing/Integrated Concepts: Nursing Process: Implementation Learning Outcome: 1 Discuss the key points a nurse should consider when taking a sexual history.

MNL LO: 6.2.1 Recognize client behaviors associated with the acquisition of sexually
transmitted infections.

9) The nurse is teaching a class on menstruation to young girls. What information would be important for 10-12-year-olds to know?
1. The age they will start having their periods
2. Variations in the age menstruation begins, length of the cycle, and duration of the menses
3. The number of days they will be ill when they have their menses
4. The number of days they will not be able to take part in physical education at school during their menses

Answer: 2
Explanation: 2. These are the issues young girls like to know, as they always question whether they are different from their peers.

Page Ref: 44
Cognitive Level: Understanding
Client Need/Sub: Health Promotion and Maintenance: Developmental Stages and Transitions
Learning Outcome: 2 Summarize information that women may need in order to implement appropriate self-care measures for dealing with menstruation.

10) The nurse is interviewing a 16-year-old client who has been using deodorant tampons during her menses. She comes into the gynecology office complaining of a rash and open sores on her labia and tenderness in the vagina. After obtaining her history, what will the nurse determine is the most likely cause of this client's problem?
1. She had forceful intercourse, which caused the trauma.
2. She is reacting to the deodorant in the tampon.
3. She might be allergic to the underwear she is wearing.
4. She is having a normal reaction to her menses.

Answer: 2
Explanation: 2. This is the correct answer, as women often will react to the deodorant used on pads and tampons.

Page Ref: 38
Cognitive Level: Understanding
Client Need/Sub: Safe and Effective Care Environment: Safety and Infection Control
Learning Outcome: 2 Summarize information that women may need in order to implement appropriate self-care measures for dealing with menstruation.
11) The nurse educator is teaching a group of teens and 20-year-olds reproductive health care. When several of the women bring up douching, what is the best response the nurse could make?
1. "One should always douche after having intercourse."
2. "When douching, use force putting them in and get the solution up high."
3. "It is a good idea to douche before intercourse so the area is clean for the sperm."
4. "Douching is unnecessary because the lining of the vagina has numerous glands that provide natural cleansing."

Answer: 4
Explanation: 4. This is a true statement. The vagina has a natural cleansing system.
Page Ref: 39
Cognitive Level: Understanding
Client Need/Sub: Health Promotion and Maintenance: Health Promotion/Disease Prevention
Learning Outcome: 2 Summarize information that women may need in order to implement appropriate self-care measures for dealing with menstruation.
12) The nurse is instructing a young client on avoiding toxic shock syndrome. Education was successful when the client makes which statements?

**Note: Credit will be given only if all correct and no incorrect choices are selected.**

Select all that apply.

1. "I will wash my hands before inserting a tampon."
2. "I will change my tampon every 3-6 hours."
3. "I will not touch the part of the tampon I insert."
4. "I will just put the used tampon in the trash."
5. "I will take prophylactic antibiotics if needed."

Answer: 1, 2, 3

Explanation: 1. Washing hands before inserting or removing a tampon is correct.
2. Changing the tampon every 3-6 hours will help prevent toxic shock syndrome from developing.
3. After the tampon is unwrapped, the client should avoid touching the portion of the tampon to be inserted into the vagina.

Page Ref: 39

Cognitive Level: Understanding

Client Need/Sub: Safe and Effective Care Environment: Safety and Infection Control


Learning Outcome: 2 Summarize information that women may need in order to implement appropriate self-care measures for dealing with menstruation.
13) The nurse is interviewing an adolescent client. The client reports a weight loss of 50 pounds over the last 4 months, and reports running at least 5 miles per day. The client asserts that her menarche was 5 years ago. Her menses are usually every 28 days, but her last menstrual period was 4 months ago. The client denies any sexual activity. Which is the best statement for the nurse to make?

1. "Your lack of menses might be related to your rapid weight loss."
2. "It is common and normal for runners to stop having any menses."
3. "Increase your intake of iron-rich foods to reestablish menses."
4. "Adolescents rarely have regular menses, even if they used to be regular."

Answer: 1
Explanation: 1. Secondary amenorrhea can be caused by rapid weight loss, including the development of the eating disorders anorexia and bulimia. Runners with low body fat might have irregular menses, but amenorrhea is not a normal condition.

Page Ref: 39
Cognitive Level: Applying
Client Need/Sub: Health Promotion and Maintenance: Health Promotion/Disease Prevention
Learning Outcome: 3 Identify causes of amenorrhea.

14) A 19-year-old woman comes to the gynecologist's office. When the nurse asks the reason for this visit, the client explains that she has never had a menstrual period, and that she is concerned there might be something wrong. What is the diagnosis that the physician is most likely to make based on this information?

1. Primary dysmenorrhea
2. Secondary infertility
3. Primary amenorrhea
4. Secondary amenorrhea

Answer: 3
Explanation: 3. Primary amenorrhea is the term for the condition when menses have never occurred.

Page Ref: 39
Cognitive Level: Remembering
Client Need/Sub: Health Promotion and Maintenance: Health Promotion/Disease Prevention
Standards: QSEN Competencies: I. B. 10. Engage patients or designated surrogates in active partnerships that promote health, safety and well-being, and self-care management. | AACN Essentials Competencies: VII. 5. Use evidence-based practices to guide health teaching, health counseling, screening, outreach, disease and outbreak investigation, referral, and follow-up throughout the lifespan. | NLN Competencies: Relationship-Centered Care: Communicate information effectively; listen openly and cooperatively. | Nursing/Integrated Concepts: Nursing Process: Diagnosis
Learning Outcome: 3 Identify causes of amenorrhea.

15) The nurse educator is talking with the students in the clinical area about amenorrhea. She has discussed both primary and secondary amenorrhea and their possible causes and knows that her teaching has been successful when, upon being questioned, a student explains that amenorrhea can be caused by which of the following?
1. Malfunctioning of the pancreas and insulin usage
2. Lack of testosterone after the time for menses to start
3. Lack of vitamin D and calcium in the system
4. Dysfunction of the hypothalamus

Answer: 4

Explanation: 4. Causes for amenorrhea include dysfunction of the hypothalamus, pituitary, and/or anovulation.

Page Ref: 39, 40

Cognitive Level: Understanding

Client Need/Sub: Health Promotion and Maintenance: Health Promotion/Disease Prevention

Standards: QSEN Competencies: I.B.10. Engage patients or designated surrogates in active partnerships that promote health, safety and well-being, and self-care management. | AACN Essentials Competencies: VII. 5. Use evidence-based practices to guide health teaching, health counseling, screening, outreach, disease and outbreak investigation, referral, and follow-up throughout the lifespan. | NLN Competencies: Relationship-Centered Care: Communicate information effectively; listen openly and cooperatively. | Nursing/Integrated Concepts: Nursing Process: Diagnosis

Learning Outcome: 3 Identify causes of amenorrhea.