1. What is the primary reason that family is an important unit in society?

a. Offers unconditional love and acceptance

b. Provides emotional support and security

c. Is essential to life and society

d. Promotes cultural values and attitudes

ANS: B

A family is defined as being joined together by bonds of sharing and emotional closeness.
2. What should a nurse assess when a patient comes from an extended family?

<p>| | |</p>
<table>
<thead>
<tr>
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</thead>
<tbody>
<tr>
<td>a.</td>
<td>Multiple wage earners</td>
</tr>
<tr>
<td>b.</td>
<td>Three generations living together</td>
</tr>
<tr>
<td>c.</td>
<td>Children from previous marriages</td>
</tr>
<tr>
<td>d.</td>
<td>Parents of different ethnic origins</td>
</tr>
</tbody>
</table>

ANS: B

The extended family consists of relatives of either spouse who live with the nuclear family. Children, regardless of their parentage, are considered part of the nuclear family.
3. What type of families is most prevalent in the United States according to the latest Census Bureau report?

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
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<tbody>
<tr>
<td>a.</td>
<td>Nontraditional</td>
</tr>
<tr>
<td>b.</td>
<td>Blended</td>
</tr>
<tr>
<td>c.</td>
<td>Multigenerational</td>
</tr>
<tr>
<td>d.</td>
<td>Traditional</td>
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</tbody>
</table>

ANS: D

Nearly 50% of families live in a traditional family setting according to the 2010 Census Bureau report.
4. In what type of family are children of racial minorities most likely to belong?

   a. Blended

   b. Extended

   c. Traditional

   d. Nontraditional

ANS: B

Census Bureau findings from 2000 indicate that children of racial minorities are twice as likely as white children to live in extended families.
5. A nurse is designing a home care plan for a child with a congenital disease and is assessing the family values regarding home care. What is the best resource for the nurse to use?

<p>| | |</p>
<table>
<thead>
<tr>
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<tbody>
<tr>
<td>a.</td>
<td>Current literature on congenital deformities</td>
</tr>
<tr>
<td>b.</td>
<td>General knowledge of the culture</td>
</tr>
<tr>
<td>c.</td>
<td>Patient's family</td>
</tr>
<tr>
<td>d.</td>
<td>Written survey</td>
</tr>
</tbody>
</table>

ANS: C

Determining the family’s values, beliefs, customs, and behaviors that influence health needs and health care practice is important. The best source is the family itself.

DIF: Cognitive Level: Comprehension  REF: p. 84  OBJ: 2

TOP: Cultural Aspects  KEY: Nursing Process Step: Planning

MSC: NCLEX: Psychosocial Integrity: Coping and Adaptation
6. A nurse counsels a family regarding the stage of families with adolescents. Which developmental task is appropriate for the nurse to include?

a. Maintaining relationships with the extended family

b. Developing parental roles to meet the needs of children

c. Maintaining a satisfying marital relationship

d. Maintaining open communication between parent and children

ANS: D

The family developmental tasks at this stage include balancing freedom with responsibility and maintaining communication between parents and children.

DIF: Cognitive Level: Comprehension  REF:  p. 84 | p. 88  OBJ:  3

TOP: Family Life Cycles  KEY: Nursing Process Step: Implementation

MSC: NCLEX: Health Promotion and Maintenance: Growth and Development
7. Which developmental task should families master in later life?

<p>| | |</p>
<table>
<thead>
<tr>
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<tbody>
<tr>
<td>a.</td>
<td>Becoming role models for their grandchildren</td>
</tr>
<tr>
<td>b.</td>
<td>Making a significant contribution to society</td>
</tr>
<tr>
<td>c.</td>
<td>Abandoning the parental role to grown children</td>
</tr>
<tr>
<td>d.</td>
<td>Maintaining a satisfactory living arrangement</td>
</tr>
</tbody>
</table>

ANS: D

The last stage of the family life cycle includes families in later life who are adjusting to retirement, the aging process, decreased self-esteem, and changes in status and health issues. Maintaining a satisfactory living arrangement is the primary developmental task.
8. Culture and social class usually set a precedent for different roles and responsibilities of each family member. Which example best demonstrates the healthiest family?

<table>
<thead>
<tr>
<th>Option</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>a.</td>
<td>The father assumes the role as breadwinner.</td>
</tr>
<tr>
<td>b.</td>
<td>The mother assumes the role as homemaker.</td>
</tr>
<tr>
<td>c.</td>
<td>The father or mother shares the roles of breadwinner and homemaker.</td>
</tr>
<tr>
<td>d.</td>
<td>The roles of breadwinner or homemaker can be shifted as needed.</td>
</tr>
</tbody>
</table>

ANS: D

A healthy family is one in which the opportunity to shift roles occurs easily from time to time.
9. During a family counseling session, a patient, a mother of a 5-year-old son, states, “I don’t understand why my husband continually tries to get our son involved in T-ball. My son said the coach and his dad yelled at him and told him the game was lost because he couldn’t catch the ball.” What is the most important family interaction to maintain a healthy family unit?

a. Maintain open communication among all family members.

b. Encourage self-acceptance and self-esteem for all family members.

c. Encourage all family members to participate in community events.

d. Realize that not all family members may be able to fulfill assigned roles.
The most important influence on family interaction is the self-esteem of each member.

10. For the past three evenings, shortly after their arrival in the hospital unit, the parents of a 14-year-old daughter begin to argue about the cost of the hospitalization and the time required to come to the hospital. The patient begins to cry and complains about her abdominal pain. What role is the patient assuming?

   a. Caretaker
   b. Martyr
   c. Blocker
   d. Scapegoat
ANS: D

A scapegoat usually assumes the role to maintain homeostasis, serving to divert attention from marital conflict between spouses.

DIF: Cognitive Level: Analysis       REF: p. 86       OBJ: 4
TOP:  Family Role Structure         KEY: Nursing Process Step:
      Assessment
MSC: NCLEX: Psychosocial Integrity: Coping and Adaptation

11. A patient, a 36-year-old mother of four children, is crying. She relates to you that her best friend just told her, “You are a good mother and you do everything perfectly, but I don’t think you enjoy it.” What role is the patient assuming?

   a. Caretaker
   b. Martyr
   c. Contributor
   d. Harmonizer

ANS: B
A martyr sacrifices everything for the sake of the family.

DIF:  Cognitive Level: Analysis      REF:  p. 86      OBJ:  4
TOP:  Family Role Structure      KEY:  Nursing Process Step: Assessment
MSC: NCLEX: Psychosocial Integrity: Coping and Adaptation

12. What is the basis for the roles children assume in families?

a. Obligation

b. Instinct

c. Observation

d. Rewards

ANS: D

Parents reward children for fulfilling certain roles, which children adopt and maintain as they mature.
13. A patient confides that her husband shares only the incidental happenings of his day at work as he reads the paper, and he never tells her that he loves her anymore. She is beginning to wonder if their marriage is getting stale. What communication pattern should the nurse recognize?

a. Affective

b. Affectional

c. Functional

d. Dysfunctional

ANS: D

One type of dysfunctional communication involves using chitchat about unimportant daily occurrences to avoid discussing meaningful issues or expressing feelings.
14. What should a nurse consider when discussing the communication patterns of families with the patient?

- a. Cultural aspects of the family
- b. Age of the family members
- c. Role adopted by each family member
- d. Number of members in the family

ANS: A

Although each option has significance, cultural aspects must be considered in determining the functioning level of the family as it affects the roles taken.
15. A patient states that her 5-year-old daughter is always running up to relatives and friends and wants to give them a big hug and kiss. The patient asks if her daughter is appropriate in her actions. What is the most appropriate reply based on the concepts of functional communication?

a. “Your daughter’s actions are definitely dysfunctional.”

b. “Your daughter is just being a ‘little girl’ and will outgrow being so affectionate.”

c. “Your daughter is going through a normal developmental phase.”

d. “Does your mother-in-law show signs of affection toward your daughter?”

ANS: C
Physical expression of emotion usually dominates in early childhood and is normal in the developmental pattern.

16. For what should functional patterns of communication in the family setting provide a means?

   a. Nurturing

   b. Information

   c. Closeness

   d. Openness

ANS: A
Functional patterns of communication include emotional and affective communication that deals with the expression of feelings and nurturing. A healthy family is able to demonstrate a wide range of emotions and feelings.

DIF: Cognitive Level: Comprehension  REF: p. 86-87  OBJ: 4
TOP: Functional Communication  KEY: Nursing Process Step: Implementation
MSC: NCLEX: Psychosocial Integrity: Coping and Adaptation

17. What does the manner in which a family unit adapts to stress affect?

a. Ability to communicate and function

b. Health and function

c. Level of affective communication

d. Ability to adapt and function

ANS: B
The manner in which a family handles stress can affect the health of the family.

DIF: Cognitive Level: Comprehension  REF: p. 87  OBJ: 5
TOP: Stress and Adaptation  KEY: Nursing
Process Step: Implementation

MSC: NCLEX: Psychosocial Integrity: Coping and Adaptation

18. A patient who was recently diagnosed with cancer tells the nurse that she is so grateful for her children and family because she does not know what she would do without them. Which coping response is being exhibited?

   a. Internal family
   b. External family
   c. Family communication
   d. Social support

ANS: A
The internal family coping responses are those that the family relationships use as support.

DIF: Cognitive Level: Comprehension  REF: p. 88  OBJ: 5
TOP: Coping Strategies  KEY: Nursing Process Step: Assessment
MSC: NCLEX: Psychosocial Integrity: Coping and Adaptation

19. What is the main role of the nurse when assessing families and their coping strategies?

a. Emotional support and reassurance

b. Information and reassurance

c. Emotional support and referral

d. Elimination of the stressor

ANS: B
Families need information and reassurance.

DIF: Cognitive Level: Comprehension  REF: p. 88  OBJ: 6

TOP: Role of the Nurse  KEY: Nursing Process Step: Implementation

MSC: NCLEX: Psychosocial Integrity: Coping and Adaptation

20. A patient who is recovering from a mastectomy relates that she no longer feels like a woman. What is the best response by the nurse?

a. “I am sure you will feel differently when you have your prosthetic bra.”

b. “Have you told your husband how you feel?”

c. “I will bring you a catalog that carries builtin prosthetic bras.”

d. “Would you like me to arrange a visit from ‘Reach for Recovery’?”
ANS: D

Information through organizations can help a patient learn about what to expect, the disease process, and the recovery.

TOP: Community Resources  KEY: Nursing Process Step: Implementation
MSC: NCLEX: Psychosocial Integrity: Coping and Adaptation

21. A patient states that her mother has just been diagnosed with Alzheimer disease and that she is devastated and does not know what to do. The nurse suggests that she attend a support group meeting where she can discuss her concerns with others. The patient says that she will call and attend a meeting. Which coping strategy is the patient using?

a. Internal family coping by sharing feelings

b. External family coping by seeking information

c. External family coping by seeking social support
d. Internal family coping to maintain a cohesive family unit

ANS: C

Coping responses include internal and external family coping responses. External coping strategies refer to the use of social support systems to solve problems.

DIF: Cognitive Level: Comprehension  REF: p. 88-89  OBJ: 5
TOP: Coping Strategies  KEY: Nursing Process Step: Implementation
MSC: NCLEX: Psychosocial Integrity: Coping and Adaptation

22. What is a nursing priority when assessing the coping measures of families under stress?

a. Determine the type of coping mechanisms used by the family in the past.

b. Consider the relationship of the family members.

c. Relieve the anxiety and fear of the family members.
d. Determine what stressors the family is currently experiencing.

ANS: D

Family coping strategies are actions that families use to respond to stressors.

DIF: Cognitive Level: Application          REF: p. 87-88          OBJ: 5
TOP: Coping Mechanisms            KEY: Nursing Process Step:
Assessment

MSC: NCLEX: Psychosocial Integrity: Coping and Adaptation

23. As a nurse is preparing a patient for a colonoscopy, the patient states that she is nervous about the procedure but knows it will help her physician diagnose her problem. Which coping strategy should the nurse recognize the patient is using?

a. Internal family coping by interpreting events in a positive manner

b. Internal family coping by relieving anxiety and tension with humor
c. External family coping by seeking social support

d. External family coping by depersonalizing the procedure

ANS: A

Coping strategies include interpreting the events in a positive way.

DIF: Cognitive Level: Analysis             REF: p. 87-88       OBJ: 5
TOP: Coping Strategies                  KEY: Nursing Process Step: Assessment
MSC: NCLEX: Psychosocial Integrity: Coping and Adaptation

24. What is the best description of the current view of the family as a unit?

a. Functioning together to provide security and support to its members

b. Functioning to meet the needs of society and support its members
c. A unit of two or more that shares common goals and mutual support

d. A unit of two or more joined together by mutual bonds and identity

ANS: D

Friedman (1997) defined the family as “... two or more persons joined together by bonds of sharing and emotional closeness and who identify themselves as being part of the family.”

DIF: Cognitive Level: Comprehension  REF: p. 83  OBJ: 1

TOP: Family Role Structure  KEY: Nursing Process Step: N/A

MSC: NCLEX: N/A

25. A nurse reminds a patient that communication in the family unit involves continual exchange of information. Which is the best example of this concept?

a. Determining the intent of the communication being sent
b. Determining whether the communication is functional or dysfunctional

c. Accepting individual differences

d. Excluding emotional responses

ANS: C

Clear communication is a way of fostering a nurturing environment. Communication patterns in a functional family demonstrate an acceptance of individual differences, openness, honesty, and recognition of needs.

DIF: Cognitive Level: Comprehension  REF: p. 86  OBJ: 4

TOP: Family Communication  KEY: Nursing Process Step: Implementation

MSC: NCLEX: Psychosocial Integrity: Coping and Adaptation

**MULTIPLE RESPONSE**

26. What is included in the functional communication styles in a family? *(Select all that apply.)*

a. Openness
ANS: A, D, E

Functional communication is open and honest and has no subtlety or superficial chitchat.

DIF: Cognitive Level: Comprehension REF: p. 87 OBJ: 4

TOP: Functional Communication KEY: Nursing Process Step: Assessment

MSC: NCLEX: Psychosocial Integrity: Coping and Adaptation

27. A nurse makes a patient referral to a community resource. What benefit(s) will this referral provide? (Select all that apply.)
<table>
<thead>
<tr>
<th></th>
<th>Provision of helpful literature</th>
</tr>
</thead>
<tbody>
<tr>
<td>b</td>
<td>Ongoing and consistent assistance</td>
</tr>
<tr>
<td>c</td>
<td>Reassurance to the family members that they are not alone</td>
</tr>
<tr>
<td>d</td>
<td>A variety of free services</td>
</tr>
<tr>
<td>e</td>
<td>Organization of a support group</td>
</tr>
</tbody>
</table>