

Nursing Fundamentals – Study Guide

Question	Answer
What is the nursing process, and what are its five steps?	Assessment, Diagnosis, Planning, Implementation, Evaluation.
Define the term 'scope of practice' in nursing.	The legal limits of nursing duties as defined by laws, regulations, and licensing boards.
What are the four principles of medical ethics in nursing?	Autonomy, Beneficence, Nonmaleficence, Justice.
Describe Maslow's hierarchy of needs and its application in nursing.	Physiological → Safety → Love/Belonging → Esteem → Self-actualization; used to prioritize care.
What is the difference between subjective and objective data in assessment?	Subjective: what the patient says; Objective: what is observed/measured.
What are Standard Precautions, and when are they used?	Infection prevention measures for all patients regardless of diagnosis.
Name the correct sequence for donning PPE.	Gown → Mask/Respirator → Goggles/Face shield → Gloves.
What is the difference between medical and surgical asepsis?	Medical asepsis reduces microorganisms; surgical asepsis eliminates all microorganisms.
How should you dispose of sharps?	Immediately into a puncture-proof sharps container without recapping.
What type of isolation is used for airborne diseases like tuberculosis?	Negative pressure room, N95 respirator, patient mask when leaving room.
What is the normal range for an adult's body temperature?	97.8°F–99.1°F (36.5°C–37.3°C).
Define systolic and diastolic blood pressure.	Systolic: pressure during contraction; Diastolic: pressure during relaxation.
What is orthostatic hypotension?	Drop in BP when changing positions, causing dizziness/fainting.
How do you measure an apical pulse?	Count at 5th intercostal space, midclavicular line, for one minute.
What is the normal respiratory rate for an adult?	12–20 breaths per minute.
What is the purpose of using side rails?	Prevent falls, provide support; all rails up can be a restraint.
How do you prevent patient falls?	Non-slip shoes, clear pathways, call light within reach.
What is the correct procedure for identifying a patient before giving care?	Use at least two identifiers (name, DOB, wristband).
What is the difference between a restraint and an alternative safety measure?	Restraint restricts movement; alternative: bed alarms, observation.
When should you use a gait belt?	When transferring or assisting ambulation for safety.
How often should oral care be provided to an unconscious patient?	Every 2 hours to prevent aspiration and infection.

Nursing Fundamentals Study And Answer Key

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Nursing Fundamentals Study And Answer Key:

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