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Nursing

APHN-BC

AHNCC Advanced Practice Holistic Nurse

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Question: 361
A holistic nurse is mentoring a student nurse who struggles with ethical dilemmas in patient care. What strategy should the mentor employ to enhance the student's understanding of ethics?
A. Provide general advice without specific examples.
B. Focus solely on institutional policies and procedures.
C. Encourage the student to reflect on their values and how these influence their practice through real-life scenarios.
D. Suggest the student avoid making decisions until they feel confident.

Answer: C

Explanation: Encouraging reflection on personal values and their influence on practice through real-life scenarios helps the student develop critical ethical reasoning skills.

Question: 362
When evaluating the effectiveness of a holistic intervention in a clinical trial, which statistic would best indicate the practical significance of the results rather than just statistical significance?
A. P-value
B. Confidence interval
C. Sample size
D. Effect size

Answer: D

Explanation: Effect size provides a measure of the magnitude of the

intervention's impact, indicating its practical significance and relevance in a clinical context.

Question: 363

During a follow-up visit, a patient reports that therapeutic touch has helped alleviate some physical discomfort but expresses frustration about ongoing emotional distress. How should the nurse respond?

A. Suggest increasing the frequency of therapeutic touch
B. Assure the patient that emotional distress is normal
C. Discourage the patient from seeking additional therapies
D. Recommend a referral to a mental health professional

Answer: D

Explanation: Referring the patient to a mental health professional is appropriate when emotional distress persists, ensuring comprehensive care that addresses both physical and emotional aspects.

Question: 364

A holistic nurse is reviewing the effectiveness of a care plan that includes therapeutic touch for a patient with chronic pain. Which outcome would most likely indicate a positive response to this intervention?

A. The patient reports increased pain levels
B. The patient avoids discussing their pain experience
C. The patient adheres to medication schedules
D. The patient expresses a greater sense of relaxation and well-being

Answer: D

Explanation: A greater sense of relaxation and well-being indicates a positive response to therapeutic touch, reflecting its effectiveness in managing chronic pain.

Question: 365
During a community workshop, a holistic nurse encounters a participant who is skeptical about the validity of holistic practices. What is the most ethical approach for the nurse to take in this situation?
A. Dismiss the participant's skepticism as unfounded.
B. Avoid discussing holistic practices to prevent conflict.
C. Engage the participant in a respectful discussion, providing evidence and listening to their concerns.
D. Encourage the participant to seek more information from other sources only.

Answer: C

Explanation: Engaging in a respectful discussion while providing evidence and listening to concerns promotes understanding and addresses skepticism effectively.

Question: 366
What role does the nurse play in disseminating research findings within the holistic nursing community?
A. Keeping findings confidential to protect participants
B. Presenting findings at conferences and publishing in journals
C. Only sharing findings with colleagues within the same institution
D. Focusing solely on research that supports existing practices

Answer: B

Explanation: Nurses play a crucial role in disseminating research findings by presenting at conferences and publishing in journals, thus contributing to the broader knowledge base and practice improvements in holistic nursing.

Question: 367

In a holistic care plan for a patient experiencing chronic stress, which intervention should the nurse prioritize to foster relaxation and emotional balance?

A. Increased physical activity
B. Herbal supplements for stress relief
C. Structured cognitive-behavioral therapy
D. Therapeutic touch sessions

Answer: D

Explanation: Therapeutic touch is a direct, hands-on approach that can help alleviate stress and promote relaxation, making it an effective intervention for emotional balance.

Question: 368

In clinic settings, holistic nurses may face challenges related to time constraints. Which strategy is most effective for providing holistic care in a limited timeframe?

A. Skipping holistic assessments to save time
B. Minimizing patient interaction to adhere to time limits
C. Relying solely on follow-up appointments for holistic care
D. Utilizing brief, focused assessments that prioritize key holistic dimensions

Answer: D

Explanation: Brief, focused assessments that prioritize key dimensions of holistic care allow nurses to deliver comprehensive care efficiently within time

constraints.

Question: 369
A holistic nurse is advocating for a new holistic program in their facility but faces resistance from management. What is the most effective strategy to promote this initiative?
A. Complain about management's lack of support to colleagues.
B. Focus solely on personal testimonials without supporting evidence.
C. Abandon the initiative due to challenges.
D. Present data on the positive outcomes of similar programs in other facilities, emphasizing potential benefits for patients and the organization.

Answer: D

Explanation: Presenting data on positive outcomes emphasizes the benefits of the program for both patients and the organization, making a compelling case for its implementation.

Question: 370

A holistic nurse is collaborating with a multidisciplinary team to design a new wellness initiative for a hospital. Which aspect should the nurse advocate for to ensure that holistic principles are effectively integrated?

A. Prioritizing medical interventions over holistic approaches
B. Incorporating patient feedback into the program development process
C. Limiting the program to only physical health aspects
D. Focusing solely on cost-effectiveness of interventions

Answer: B

Explanation: Incorporating patient feedback ensures that the program addresses the actual needs and preferences of those it serves, enhancing the effectiveness

and acceptance of holistic principles in care.

Question: 371

A nurse is assessing the effectiveness of a new herbal therapy for a patient with anxiety. Which outcome would best indicate that the intervention is successful?

A. Increased social interactions
B. Improvement in sleep quality
C. Decreased use of prescribed anxiolytics
D. Enhanced coping skills

Answer: C

Explanation: A decreased reliance on prescribed anxiolytics suggests that the herbal therapy is effectively managing the patient's anxiety, indicating a successful intervention.

Question: 372

During a holistic assessment, a nurse discovers that a patient is experiencing insomnia due to anxiety about a recent diagnosis. What is the most appropriate initial intervention to address this issue?

A. Teaching relaxation techniques
B. Prescribing a sleep aid
C. Scheduling a follow-up appointment
D. Encouraging increased physical activity

Answer: A

Explanation: Teaching relaxation techniques directly addresses the anxiety and can help improve sleep quality, providing a holistic approach to the patient's

concern.

Question: 373
A holistic nurse is preparing to implement a new holistic program in their practice. What ethical consideration should be prioritized during this implementation?
A. Limiting the program to high-profile patients to ensure success.
B. Focusing on the program's popularity among staff.
C. Ignoring patient feedback to streamline implementation.
D. Providing equal access to the program for all patients.

Answer: D

Explanation: Providing equal access to the program for all patients reflects an ethical commitment to fairness and equity in holistic care.

Question: 374
In a systematic review assessing the effectiveness of complementary therapies in managing chronic pain, which of the following criteria is most critical for ensuring the reliability of the research findings?
A. The number of studies included in the review
B. The publication date of the studies
C. The geographical location of the studies
D. The methodological quality of the included studies

Answer: D

Explanation: The methodological quality of the included studies is crucial for reliability, as it ensures that the studies are rigorously designed and free from bias, leading to more trustworthy conclusions.

Question: 375

A patient with a history of anxiety and physical ailments mentions that they find relief in meditation. How should this information be integrated into the holistic care plan?

A. Include meditation as a complementary approach to managing anxiety and physical symptoms.
B. Encourage the patient to stop meditation and focus on medical treatments.
C. Document the information without further discussion.
D. Suggest alternative therapies without considering the patient's preference.

Answer: A

Explanation: Acknowledging and incorporating the patient's preferred coping strategy into the care plan promotes a holistic approach that values the patient's input.

Question: 376

As holistic nurses work in multidisciplinary teams, they must communicate effectively with other health professionals. Which communication strategy is most effective in fostering a collaborative environment?

A. Using medical jargon to assert expertise
B. Actively listening to team members and integrating their feedback into care plans
C. Dominating discussions to ensure holistic perspectives are prioritized
D. Minimizing input from allied health professionals to streamline decision-making

Answer: B

Explanation: Actively listening and integrating feedback fosters collaboration and respect among team members, enhancing the overall quality of patient care.

Question: 377
As part of a quality improvement initiative, a holistic nurse analyzes patient feedback regarding their experiences with holistic care. What ethical principle should guide the nurse's interpretation of this feedback?
A. Autonomy: ensuring that patient voices are heard and respected.
B. Non-maleficence: prioritizing the avoidance of conflict.
C. Beneficence: enhancing care based on feedback, regardless of its validity.
D. Justice: ensuring that feedback is considered only from specific demographics.

Answer: A

Explanation: Ensuring that patient voices are heard and respected aligns with the ethical principle of autonomy, promoting patient-centered care.

Question: 378
In a holistic nursing intervention aimed at improving patient self-management of chronic conditions, which evaluation method would best assess the long-term effectiveness of the intervention?
A. Immediate post-intervention surveys
B. One-time retrospective evaluations
C. Anecdotal reports from healthcare providers
D. Follow-up assessments at multiple time points

Answer: D

Explanation: Follow-up assessments at multiple time points provide a comprehensive understanding of the intervention's long-term effectiveness, capturing changes and trends in patient self-management over time.

Question: 379

In hospital settings, holistic nurses must often balance holistic care with institutional policies. Which strategy is most effective in achieving this balance?

A. Ignoring institutional policies in favor of holistic practices
B. Following policies strictly without consideration for holistic principles
C. Advocating for policy changes that support holistic approaches while adhering to existing regulations
D. Compromising on holistic care to minimize conflict with administration

Answer: C

Explanation: Advocating for policy changes while adhering to regulations allows holistic nurses to promote holistic care within the framework of institutional policies.

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