

616-083
N 99

KAPLAN

NCLEX-RN[®]

2016

STRATEGIES, PRACTICE & REVIEW

with Practice Test

TEACHES YOU TO THINK LIKE A NURSE

- Expert critical thinking strategies to increase your score
- 225 realistic end-of-chapter practice questions
- Practice test with 185 exam-style questions
- Detailed rationales for all answer choices

PASSING SCORE GUARANTEED*

*Or your money back. Conditions apply. See inside for details.

NCLEX-RN[®] is a registered trademark of the National Council of State Boards of Nursing, Inc., which neither sponsors nor endorses this product.



616-083
N29

NCLEX-RN[®]

2016

STRATEGIES, PRACTICE & REVIEW

with Practice Test

758180

Universitatea de Stat de
Medicină și Farmacie
«Nicolae Testemițanu»
Biblioteca Științifică Medicală

SL3

KAPLAN

PUBLISHING

New York

CONTENTS

About the Authors	xi
Readers' Comments	xiii
How To Use This Book.....	xv
Sign Up for an Online Classroom Event.....	xvii

PART 1: NCLEX-RN® Exam Overview and Test Taking Strategies

CHAPTER 1: Overview of the NCLEX-RN® Exam	3
What Is the NCLEX-RN® Exam?.....	3
Content of the NCLEX-RN® Exam	7
CHAPTER 2: General and Computer Adaptive Test Strategies	21
Standardized Exams	21
What Behaviors Does the NCLEX-RN® Exam Test?	22
Strategies That Don't Work on the NCLEX-RN® Exam	27
Becoming a Better Test Taker.....	27
NCLEX-RN® Exam Question Types.....	30
Alternate Format Test Questions	31
Multiple-Choice Test Questions.....	37
Critical Thinking Strategies	40
Reword the Question	41
Eliminate Incorrect Answer Choices	43
Don't Predict Answers	47
Recognize Expected Outcomes	49
Read Answer Choices to Obtain Clues	51
CHAPTER 3: NCLEX-RN® Exam Strategies	57
The NCLEX-RN® Exam Versus Real-World Nursing.....	57
Strategies for Priority Questions	67
Strategies for Management of Care Questions.....	84
Strategies for Positioning Questions.....	89
Strategies for Communication Questions.....	94
Your NCLEX-RN® Exam Study Plan	99

PART 2: NCLEX-RN® Exam Content Review and Practice

CHAPTER 4: Safe and Effective Care Environment: Management of Care107

- Advance Directives/Self-Determination/Life Planning108
- Advocacy108
- Assignment, Delegation, and Supervision109
- Case Management110
- Client Rights110
- Collaboration with Interdisciplinary Teams111
- Concepts of Management112
- Confidentiality/Information Security112
- Continuity of Care112
- Establishing Priorities113
- Ethical Practice113
- Information Technology114
- Informed Consent115
- Legal Rights and Responsibilities115
- Organ Donation116
- Performance Improvement (Quality Improvement)117
- Referrals117
- Chapter Quiz118
- Chapter Quiz Answers and Explanations123

CHAPTER 5: Safe and Effective Care Environment: Safety and Infection Control . . .131

- Safety Background132
- Infection Control Background132
- Accident/Error/Injury Prevention133
- Emergency Response Plan134
- Ergonomic Principles134
- Handling Hazardous and Infectious Materials134
- Home Safety135
- Reporting of Incident/Event/Irregular Occurrence/Variance135
- Safe Use of Equipment136
- Security Plan136
- Standard Precautions/Transmission-Based Precautions/Surgical Asepsis . . .137
- Use of Restraints/Safety Devices138
- Chapter Quiz139
- Chapter Quiz Answers and Explanations145

CHAPTER 6: Health Promotion and Maintenance	153
Aging Process	154
Ante/Intra/Postpartum and Newborn Care	154
Developmental Stages and Transitions	158
Health Promotion/Disease Prevention	161
Health Screening	164
High-Risk Behaviors	164
Lifestyle Choices	165
Self-Care	165
Techniques of Physical Assessment	165
Principles of Teaching/Learning	166
Chapter Quiz	167
Chapter Quiz Answers and Explanations	172
CHAPTER 7: Psychosocial Integrity	179
Abuse/Neglect	180
Behavioral Interventions	181
Chemical and Other Dependencies/Substance Use Disorder	182
Coping Mechanisms	183
Crisis Intervention	184
Cultural Awareness/Cultural Influences on Health	185
End of Life Care	185
Family Dynamics	186
Grief and Loss	186
Mental Health Concepts	187
Religious and Spiritual Influences on Health	187
Sensory/Perceptual Alterations	187
Stress Management	188
Support Systems	189
Therapeutic Communication	189
Therapeutic Environment	190
The Nursing Process and Psychosocial Integrity	190
Chapter Quiz	191
Chapter Quiz Answers and Explanations	198

CHAPTER 8: Physiological Integrity: Basic Care and Comfort	207
Assistive Devices	207
Elimination	208
Mobility/Immobility	210
Nonpharmacological Comfort Interventions	211
Nutrition and Oral Hydration	211
Personal Hygiene	213
Rest and Sleep	213
Chapter Quiz	214
Chapter Quiz Answers and Explanations	220
CHAPTER 9: Physiological Integrity: Pharmacological and Parenteral Therapies	227
Adverse Effects/Contraindications/Side Effects/Interactions	227
Blood and Blood Products	228
Central Venous Access Devices	230
Dosage Calculation	230
Expected Actions/Outcomes	232
Medication Administration	232
Parenteral/Intravenous Therapies	234
Pharmacological Pain Management	234
Total Parenteral Nutrition	235
Chapter Quiz	236
Chapter Quiz Answers and Explanations	240
CHAPTER 10: Physiological Integrity: Reduction of Risk Potential	247
Changes/Abnormalities in Vital Signs	247
Diagnostic Tests	248
Laboratory Values	250
Potential for Alterations in Body Systems	252
Potential for Complications of Diagnostic Tests/Treatments/Procedures	252
Potential for Complications from Surgical Procedures and Health Alterations	253
System-Specific Assessments	253
Therapeutic Procedures	253
Chapter Quiz	254
Chapter Quiz Answers and Explanations	259

CHAPTER 11: Physiological Integrity: Physiological Adaptation	267
Alterations in Body Systems	268
Fluid and Electrolyte Imbalances	269
Hemodynamics	270
Illness Management	270
Medical Emergencies	271
Pathophysiology	271
Unexpected Response to Therapies	271
Chapter Quiz	272
Chapter Quiz Answers and Explanations	278
PART 3: The Practice Test	
Practice Test	289
Your Practice Test Scores	335
Answer Key	337
Practice Test Answers and Explanations	339
PART 4: The Licensure Process	
CHAPTER 12: Application, Registration, and Scheduling	443
How to Apply for the NCLEX-RN® Exam	443
Taking the Exam	448
CHAPTER 13: Taking the Test More Than Once	455
You Are Not Alone	455
How to Interpret Unsuccessful Test Results	455
Should You Test Again?	457
How Should You Begin?	457
CHAPTER 14: Essentials for International Nurses	461
NCLEX-RN® Exam Administration Abroad	461
The CGFNS® Certificate	462
Work Visas	463
Nursing Practice in the United States	463
U.S.-Style Nursing Communication	464
Sample Questions	467
Answers and Explanations	472
Language	475
Kaplan Programs for International Nurses	476

PART 5: NCLEX-RN® Exam Resources

Appendix A: Summary of Critical Thinking Paths	481
Appendix B: Nursing Terminology	483
Appendix C: Common Medical Abbreviations	487
Appendix D: State Boards of Nursing	493
Appendix E: Pearson Professional Centers Offering NCLEX-RN® Examinations	497
Index	509