

# Nursing Nurse-ACE-I

## Nursing Acceleration Challenge Exam (ACE) I PN-RN

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## Question: 1

Which of the following religious groups is likely to refuse blood transfusions because of religious beliefs?

- A. Buddhists
- B. Seventh Day Adventists
- C. Latter Day Saints (Mormons)
- D. Jehovah's Witnesses

**Answer: D**

Explanation:

Jehovah's Witnesses are likely to refuse blood transfusions because of religious beliefs although one should never assume that is true without asking the patient. While they often shun blood and blood products, they can receive fractionated blood cells, thus allowing hemoglobin-based blood substitutes.

### Basic blood standards for Jehovah Witnesses

Not acceptable	Whole blood: red cells, white cells, platelets, plasma
Acceptable	Fractions from red cells, white cells, platelets, and plasma

## Question: 2

What is the correct procedure for replacing soiled tracheostomy ties?

- A. Remove soiled ties, hold tube in place, apply new ties
- B. Remove soiled ties, secure tube with tape, apply new ties, remove tape
- C. Apply new ties, remove soiled ties
- D. Secure tube with tape, remove soiled ties, apply new ties

**Answer: C**

Explanation:

The correct procedure for replacing soiled tracheostomy ties is to leave the soiled ties in place while applying new ties and once they are secured, remove the soiled ties. It is not safe to leave the tracheostomy tube unsecured while changing the ties because the patient may move or cough forcibly and the tube may be expelled. The nurse should check to make sure that slack of the tie about the neck is equal to about one finger width so that the it secures the tube but doesn't damage the tissue.

## Question: 3

Which of the following are primary risk factors for the development of diabetes mellitus, type 2?

- A. Poor nutrition and obesity
- B. Older age and lack of exercise
- C. Alcohol abuse
- D. Use of alcohol and tobacco

**Answer: A**

Explanation:

Primary risk factors for the development of diabetes mellitus, type 2, include poor nutrition (especially a diet high in refined carbohydrates such as flour and sugar) and obesity. Those who store fat in the abdominal area (apple shape) are at greater risk than those who store fat in the hips and thighs (pear shape). Diabetes mellitus type 2 can occur at any age but is most common after age 45. Diabetes mellitus type 2 is the most common form of diabetes (up to 95% of cases).

### Question: 4

If a patient dying of pancreatic cancer take high doses of an opioid to control pain, what is the primary concern?

- A. The patient will become addicted
- B. The patient will develop tolerance
- C. The patient will develop bowel obstruction
- D. The patient will overdose

**Answer: B**

Explanation:

If a patient dying with pancreatic cancer takes high doses of an opioid to control pain, the primary concern is that the patient will develop tolerance and the pain medication will become less effective, requiring even higher doses. Some patients develop opioid-associated hypersensitivity to pain, so increasing doses may be ineffective. To prevent tolerance, in some cases medications are rotated after a time before tolerance develops. Every effort should be made to relieve pain.

### Question: 5

Typically, how long should a patient avoid solid foods before an anesthetic?

- A. 24 hours
- B. 12 hours
- C. 8 hours
- D. 4 hours

**Answer: C**

Explanation:

Typically, Food is typically restricted for 8 hours before arrival for the procedure or scheduled time of surgery. Clear fluids may be taken during the time food is restricted until 2 hours before arrival/scheduled time in most cases although protocols may vary from one facility to another. Clear fluids may be restricted to water. Some patients are further advised to avoid certain foods for a specified time. For example, those scheduled for a colonoscopy usually must avoid high fiber foods for about 3 days.

### Question: 6

Which finding is of most concern in the postoperative period when an adult patient is admitted to the recovery area?

- A. Temperature 36 °C
- B. Pulse 90 bpm
- C. Oxygen saturation 96%
- D. BP 80/46

**Answer: D**

Explanation:

The finding of most concern in the postoperative period when an adult patient is admitted to the recovery area is BP 80/46 because this indicates the patient is hypotensive and at risk of going into shock. The patient should be immediately assessed for bleeding and the physician notified. Typically, the rate of administration of IV fluids will be increased to help counter the falling BP. Temperature is often a little low after surgery, so 36 °C/97 °F is normal. Pulse between 60 and 90 is within normal range, and oxygen saturation 96% and above is normal.

### Question: 7

If, during the postoperative period for abdominal surgery, the patient develops pain and slight redness and swelling in the right calf, this most likely indicates which of the following?

- A. Muscle strain
- B. Infection
- C. Deep vein thrombosis
- D. Trauma

**Answer: C**

Explanation:

If, during the postoperative period for abdominal surgery, a patient develops pain and slight redness and swelling in the right calf, this most likely indicates deep vein thrombosis. Some

patients are asymptomatic or have few symptoms. Because DVT poses the risk that a clot may dislodge and result in a pulmonary embolism or stroke, immediate attention is important. Treatment usually includes anticoagulants or thrombolytics and the use of compression stockings.

### Question: 8

Which of the following nursing interventions may help a patient reduce stress?

- A. Reassure the patient that everything will be all right
- B. Teach the patient to do deep breathing and relaxation exercises
- C. Teach the patient about the causes of stress
- D. Ask the patient about what is causing the stress

**Answer: B**

Explanation:

A nursing intervention that may help a patient reduce stress is to teach the patient to do deep breathing and relaxation exercises, such as visualization. Patients often don't realize that they are stressed or cannot clearly give the reasons for stress, which may vary widely from one patient to another. The nurse should avoid using clichés, such as "Everything will be all right," because that may not, in fact, be true.

### Question: 9

Which of the following nutritional elements is most necessary for the development and maintenance of bones and teeth?

- A. Calcium
- B. Magnesium
- C. Iron
- D. Sodium

**Answer: A**

Explanation:

Calcium is the nutritional element most necessary for the development and maintenance of bones and teeth. However, calcium is not effective on its own and works with phosphorus to strengthen bones and teeth. Vitamin D is also necessary as it regulates the absorption and balance of calcium and phosphorus. Calcium is found in dairy products and dark leafy vegetables, and phosphorus is found in most animal and plant foods. Vitamin D is absorbed through the skin from sun exposure and found in fortified dairy products.

### Question: 10

If the nurse finds an older Asian patient trying to climb onto a toilet seat to get into a squatting position, what is the best response?

- A. Explain that the patient must sit on the toilet
- B. Assist the patient to squat on the toilet seat
- C. Provide a stool that elevates the patients feet
- D. Ask the patient why she is trying to squat

**Answer: C**

Explanation:

If the nurse finds an older Asian patient trying to climb onto a toilet seat to get into squatting position, the best response is to provide a stool that elevates the patients feet. Some cultures, such as Asian and Middle Eastern, have traditionally used toilets in the ground or floor and squat over the toilet, but it is not safe to squat on a toilet seat because of the risk of falling, so a stool that elevates the patient's feet is often an acceptable alternative. Patients who are used to squatting to toilet may have difficulty defecating in sitting position.

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