

## Price: Pediatric Nursing, 10<sup>th</sup> Edition

### Test Bank

### Chapter 2: Growing Children and Their Families

#### MULTIPLE CHOICE

1. A neonate has been diagnosed with a birth defect. The mother took a medication known to harm a developing fetus. The medication is considered to be a(n):
  - A. Alpha-fetoprotein
  - B. Autosome
  - C. Teratogen
  - D. Mutation

ANS: C

Alpha-fetoprotein may indicate the possibility that the baby has spina bifida. It does not cause a birth defect. An autosome directs the growth and development of an individual. A teratogen is a chemical, agent, or factor that causes physical defects in the developing embryo. A mutation is an accidental error in duplication, arrangement, or loss of parts of the DNA code.

DIF: Cognitive Level: Comprehension    REF: Page 14    OBJ: 1  
TOP: Genetic Counseling and Research    KEY: Nursing Process Step:  
Assessment  
MSC: NCLEX: Health Promotion and Maintenance

2. Sex is determined by:
  - A. 23 pairs of chromosomes
  - B. 22 pairs of autosomes
  - C. 1 pair of sex chromosomes
  - D. Genes

ANS: C

Sex is determined by one pair of sex chromosomes: (XX in females and XY in males).

DIF: Cognitive Level: Knowledge    REF: Page 12    OBJ: 2  
TOP: Heredity and the Developing Child    KEY: Nursing Process Step:  
Assessment  
MSC: NCLEX: Health Promotion and Maintenance

3. A 5-year-old patient on the pediatric unit has been diagnosed with an inherited disorder. The disorder is rare, and caused by a recessive trait. You understand that the patient has:
  - A. Two dominant genes for the trait

- B. One dominant and one recessive gene for the trait
- C. Two recessive genes for the trait
- D. Both B and C

ANS: B

An inherited disorder caused by a recessive trait is caused by two recessive genes. A dominant gene would suppress the recessive gene. Two dominant genes cannot cause a recessive disorder.

DIF: Cognitive Level: Application REF: Page 12 OBJ: 2  
TOP: Heredity and the Developing Child KEY: Nursing Process Step:  
Assessment  
MSC: NCLEX: Health Promotion and Maintenance

4. At the well-baby clinic, you encounter a couple who have just had a baby. They are devastated to learn that their child has a genetic defect. You learn that neither parent has any outward indication of this defect. Your response is based on your understanding that:
- A. Two apparently healthy parents can give birth to a child with a defect
  - B. One parent must be lying to avoid blame for the defect
  - C. The child cannot be the biological offspring of these two parents
  - D. The lab has made an error and the child is fine

ANS: A

Two parents that are outwardly normal can carry the gene. If they are both heterozygous for the trait, their child could have the defect. You do not have any information to support the other three answers.

DIF: Cognitive Level: Application REF: Page 12 OBJ: 2  
TOP: Heredity and the Developing Child KEY: Nursing Process Step:  
Assessment  
MSC: NCLEX: Health Promotion and Maintenance

5. Omissions and duplications of chromosomes can occur during:
- A. Meiosis
  - B. Translocation
  - C. Mutations
  - D. Metabolism

ANS: A

Meiosis is the cell division seen only in sex cells. The chromosomes divide in half before the cell divides. Translocation is a problem that can occur during meiosis. Mutations are errors in duplication, rearrangements, or the loss of parts of the DNA code. Metabolism is any physical or chemical change that takes place in the body, and is not limited to reproduction of cells.

DIF: Cognitive Level: Comprehension REF: Page 14 OBJ: 2  
TOP: Heredity and the Developing Child KEY: Nursing Process Step:

## Assessment

MSC: NCLEX: Health Promotion and Maintenance

6. The nurse is teaching a class for new parents. A new mother asks why her infant can propel himself with his arms instead of using his legs to crawl. Your response is based on your understanding that:
- A. Muscular development is cephalocaudal
  - B. Muscular development is proximal
  - C. Muscular development is proximodistal
  - D. Both A and C

ANS: D

Muscular development of infants is both cephalocaudal (head to toe) and proximodistal (in to out).

DIF: Cognitive Level: Analysis REF: Page 16 OBJ: 3  
TOP: Characteristics of Growth and Development  
KEY: Nursing Process Step: Assessment  
MSC: NCLEX: Health Promotion and Maintenance

7. A mother's first child was born with Down syndrome. She is pregnant again and is concerned that her next baby will be affected. The physician informs her that her baby can be tested for a variety of potential problems by conducting which of the following tests:
- A. Chorionic villi sampling
  - B. Fetoscopy
  - C. Amniocentesis
  - D. All of the above

ANS: D

These tests can be used to determine intrauterine diagnoses.

DIF: Cognitive Level: Application REF: Page 15 OBJ: 6  
TOP: Advances in Perinatology KEY: Nursing Process Step: Planning  
MSC: NCLEX: Health Promotion and Maintenance

8. Ms. Vela wants to know how many calories her infant should consume each day. Your answer is based upon your understanding of the metabolism of infants. The caloric needs of infants are calculated in proportion to their height and weight because:
- A. The body surface area of young children is less in relation to body weight than in an adult
  - B. The metabolic rate of children is lower than the metabolic rate of adults
  - C. The metabolic rate of children is higher than the metabolic rate of adults
  - D. Infants require less calories, minerals, vitamins, and fluid in proportion to their weight than do adults

ANS: C

The body surface area of young children is greater in relation to body weight than an adult. The metabolic rate of children is higher than the metabolic rate of adults. Infants require more calories, minerals, vitamins, and fluid in proportion to their weight than do adults.

DIF: Cognitive Level: Application REF: Page 16 OBJ: 3  
 TOP: Characteristics of Growth and Development  
 KEY: Nursing Process Step: Implementation  
 MSC: NCLEX: Health Promotion and Maintenance

9. A mother brings her 4-year-old into the clinic for a well-child visit. In order to assess the growth and development of this child, the nurse will evaluate which of the following measures:
- Height
  - Weight
  - Head circumference
  - A and B only

ANS: D  
 Head circumference is not measured after age 3. Height and weight would be measured.

DIF: Cognitive Level: Application REF: Page 16 OBJ: 4  
 TOP: Characteristics of Growth and Development  
 KEY: Nursing Process Step: Assessment  
 MSC: NCLEX: Health Promotion and Maintenance

10. A child is 4 feet, 10 inches tall. She weighs 70 lb. Calculate her BMI:
- 70
  - 15.1
  - 58
  - 12.5

ANS: B  
 BMI is calculated with the following formula:

$$\frac{\text{Weight (lb)}}{\text{Height (in)} \times \text{height (in)}} \times 730 \text{ BMI}$$

$$\frac{70 \text{ lb}}{58 \text{ in} \times 58 \text{ in}} \times 730 = 15.1$$

DIF: Cognitive Level: Analysis REF: Page 17 OBJ: 4  
 TOP: Growth Standards KEY: Nursing Process Step: Assessment  
 MSC: NCLEX: Physiological Integrity

11. Mrs. Carter is concerned because her youngest child is not able to complete the same task her older siblings could do at the same age. You explain to her that this is most likely due to the fact that:
- A. Motor development in the youngest child may be delayed because of the tendency to be “babied” by other family members
  - B. This child has a birth defect and should have immediate testing to determine the problem
  - C. The child has not been receiving sufficient attention and love from the parents.
  - D. The older children are jealous of the child and have delayed the child's development by injuring it

ANS: A

The motor development of the youngest child in a family may be prolonged owing to the tendency of family members to baby the child. There is insufficient information to make the other determinations.

DIF: Cognitive Level: Application      REF: Page 18      OBJ: 5  
TOP: Factors that Influence Growth and Development  
KEY: Nursing Process Step: Assessment  
MSC: NCLEX: Health Promotion and Maintenance

12. Caitlin is 5 years old. In addition to assessing her height and weight, you also assess her psychosocial development. According to Erikson’s developmental theory, her current stage would be:
- A. Phallic-oedipal stage
  - B. Speech and conscious need
  - C. Perceptual
  - D. Initiative vs guilt

ANS: D

Phallic-oedipal stage is Freud, speech and conscious need is Sullivan, perceptual is Piaget, and initiative vs guilt is Erikson.

DIF: Cognitive Level: Application      REF: Page 21      OBJ: 7  
TOP: Psychosocial Development      KEY: Nursing Process Step:  
Assessment  
MSC: NCLEX: Health Promotion and Maintenance

13. Today’s first patient in the well-baby clinic is a 6-month-old born to parents living in poverty. The infant’s physical and emotional development may be affected by:
- A. Availability of appropriate food
  - B. Availability of suitable housing
  - C. Presence of tension in family members
  - D. All of the above

ANS: D

All of these issues are possible when a child is raised in poverty, and they may affect all aspects of growth and development.

DIF: Cognitive Level: Application REF: Page 18 OBJ: 6  
TOP: Factors that Influence Growth and Development  
KEY: Nursing Process Step: Assessment  
MSC: NCLEX: Health Promotion and Maintenance

14. Select the correct statement about social and mental development:
- A. Cognitive intellect is believed to be inherited
  - B. Emotional intellect is believed to be inherited
  - C. Physical illness does not affect the developmental process
  - D. Emotional illness does not affect the developmental process

ANS: A

Cognitive intellect is believed to be inherited. Emotional intellect is believed to be environmental. Physical and emotional illness can affect the process of development.

DIF: Cognitive Level: Comprehension REF: Page 19 OBJ: 5  
TOP: Factors that Affect Growth and Development  
KEY: Nursing Process Step: Assessment  
MSC: NCLEX: Health Promotion and Maintenance

15. The nurse is preparing to teach a new parenting class. When teaching the parents about the care of the child, the nurse will use which of the following principles about family as a guide in making a lesson plan:
- A. The mother will provide all of the infant's care
  - B. All families are made up of two parents
  - C. The number of women working outside the home has increased
  - D. The family of the newborn has little influence on the infant's health status

ANS: A

The nurse should understand that family composition and roles have dramatically changed. Mothers are increasingly employed outside the home. The number of single mothers has also risen. The family has a tremendous influence on the health and well-being of the infant. Children may be raised by two parents, one parent, grandparents, or foster caregivers.

DIF: Cognitive Level: Application REF: Page 19 OBJ: 5  
TOP: Family KEY: Nursing Process Step: Planning  
MSC: NCLEX: Health Promotion and Maintenance

16. A parent discusses the development of his 7-year-old daughter. He is concerned because she has not grown much in the last year. You explain:
- A. This is normally a period of rapid growth
  - B. His daughter has not been receiving adequate nutrition
  - C. Infancy and puberty are the periods of most rapid growth
  - D. His daughter must be suffering from an emotional or physical illness

ANS: C

This is not a period of rapid growth. Infancy and puberty are the periods of most rapid growth. There is not enough information to determine how much nutrition she has been receiving or if there is an illness present.

DIF: Cognitive Level: Analysis REF: Page 17 OBJ: 8  
TOP: Characteristics of Growth and Development  
KEY: Nursing Process Step: Assessment  
MSC: NCLEX: Health Promotion and Maintenance

17. In the developing fetus, bones:
- A. Begin as cartilage
  - B. Begin as connective tissue
  - C. Complete epiphyseal fusion
  - D. Complete ossification

ANS: B

Bones begin as connective tissue and then are converted into cartilage. Ossification and epiphyseal fusion are completed much later.

DIF: Cognitive Level: Knowledge REF: Page 17 OBJ: 8  
TOP: Characteristics of Growth and Development  
KEY: Nursing Process Step: Assessment  
MSC: NCLEX: Health Promotion and Maintenance

18. Sean is a lively 7-year-old patient. The nurse has recorded the assessment data and compares it to the growth chart. She noticed that his height is in the 50th percentile, but his weight is in the tenth percentile. What would be the most appropriate next step?
- A. Report the situation to the nurse in charge
  - B. Call dietary and increase his calories
  - C. Question his parent about his normal eating patterns
  - D. Look at his previous measurements to determine his normal growth pattern

ANS: D

A child whose height or weight is at or below the tenth percentile may be normal if the child is demonstrating regular growth. The nurse should first compare the results with the previous measurements to determine if this is consistent for this child.

DIF: Cognitive Level: Synthesis REF: Pages 17-18 OBJ: 4  
TOP: Growth Standards KEY: Nursing Process Step:  
Assessment  
MSC: NCLEX: Health Promotion and Maintenance

19. A mother is concerned because her 6-year-old son cannot read. Her son's best friend can read without help. You tell the mother that:
- A. Her son needs evaluation by the school psychologist to check for developmental delays

- B. Children can develop at different rates
- C. Her son has a cognitive impairment
- D. Her son should be placed in special education

ANS: B

Children often develop at different rates. It is not the role of the nurse to determine that the child needs placement in special education. There is not sufficient information to determine if the child has a cognitive impairment. Many children cannot read at age 6.

DIF: Cognitive Level: Application REF: Page 20 OBJ: 9  
TOP: Nursing Implications of Growth and Development  
KEY: Nursing Process Step: Implementation  
MSC: NCLEX: Psychosocial Integrity

20. A nurse can use her knowledge of normal growth and development to:
- A. Refer children to specialists
  - B. Provide anticipatory guidance to new parents
  - C. Force parents to properly immunize their children
  - D. Prevent all diseases in children

ANS: B

Nurses can provide anticipatory guidance to parents. By understanding the needs of the developing child, the nurse can guide the parents to avoid problems before they happen. They can also help to alleviate parent anxiety about future issues and needs. Nurses do not make referrals. Parents cannot be forced to immunize children. Not all diseases are preventable.

DIF: Cognitive Level: Application REF: Page 20 OBJ: 9  
TOP: Nursing Implications of Growth and Development  
KEY: Nursing Process Step: Implementation  
MSC: NCLEX: Health Promotion and Maintenance

## MATCHING

*Match the following terms with the definition:*

- A. Growth
  - B. Development
  - C. Cephalocaudal development
  - D. Proximal development
  - E. Maturation
1. Proceeds head to toe
  2. Process that results in increase in size
  3. Total way in which a person grows and develops, as dictated by inheritance
  4. Increases in complexity of form or function
  5. Development proceeds from inner to outer



1. ANS: C                      DIF: Cognitive Level: Knowledge                      REF: Pages 15-16  
    OBJ: 1                      TOP: Growth and Development  
    KEY: Nursing Process Step: N/A  
    MSC: NCLEX: Health Promotion and Maintenance
2. ANS: A                      DIF: Cognitive Level: Knowledge                      REF: Pages 15-16  
    OBJ: 1                      TOP: Growth and Development  
    KEY: Nursing Process Step: N/A  
    MSC: NCLEX: Health Promotion and Maintenance
3. ANS: E                      DIF: Cognitive Level: Knowledge                      REF: Pages 15-16  
    OBJ: 1                      TOP: Growth and Development  
    KEY: Nursing Process Step: N/A  
    MSC: NCLEX: Health Promotion and Maintenance
4. ANS: B                      DIF: Cognitive Level: Knowledge                      REF: Pages 15-16  
    OBJ: 1                      TOP: Growth and Development  
    KEY: Nursing Process Step: N/A  
    MSC: NCLEX: Health Promotion and Maintenance
5. ANS: D                      DIF: Cognitive Level: Knowledge                      REF: Pages 15-16  
    OBJ: 1                      TOP: Growth and Development  
    KEY: Nursing Process Step: N/A  
    MSC: NCLEX: Health Promotion and Maintenance

### SHORT ANSWER

1. The process whereby parents and families are counseled regarding the pattern of a gene's transmission and the probability of occurrence or recurrence is:

ANS:  
Genetic counseling

DIF: Cognitive Level: Knowledge                      REF: Page 14                      OBJ: 2  
 TOP: Genetic Counseling and Research                      KEY: Nursing Process Step:  
 Implementation  
 MSC: NCLEX: Physiological Integrity

2. One of the best indicators of biological age is:

ANS:  
Bone growth

DIF: Cognitive Level: Knowledge                      REF: Page 17                      OBJ: 3

TOP: Characteristics of Growth and Development  
KEY: Nursing Process Step: Assessment  
MSC: NCLEX: Health Promotion and Maintenance

3. List six factors that influence growth and development.

ANS:

Hereditary traits  
Nationality and Race  
Ordinal position  
Gender  
Environment  
Family

DIF: Cognitive Level: Comprehension REF: Pages 18-19 OBJ: 5  
TOP: Factors that Influence Growth and Development  
KEY: Nursing Process Step: Assessment  
MSC: NCLEX: Health Promotion and Maintenance

### **PROBLEM**

1. A mother and father are planning to start a family. Both are carriers for a genetic disorder. Determine the patterns of inheritance for this family.

ANS:

Each child has a chance of inheriting two recessive genes  
Each child has a 25% chance of inheriting two dominant genes  
Each child has a 50% chance of being a carrier

DIF: Cognitive Level: Analysis REF: Page 13 OBJ: 3  
TOP: Heredity and the Developing Child KEY: Nursing Process Step: Planning  
MSC: NCLEX: Health Promotion and Maintenance