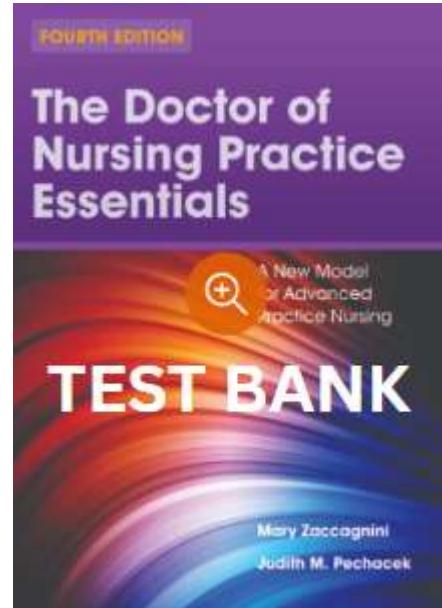


TEST BANK FOR

The Doctor of Nursing Practice Essentials: A New Model for Advanced Practice Nursing: . 4th Edition by Mary Zaccagnini, Judith M. Pechacek

All chapters 1-10



Chapter 1: Nursing Science and Theory: Scientific Underpinnings for Practice

Multiple Choice

1. Which metaparadigm concept is central to nursing science?
 - a. Diagnosis
 - b. Environment
 - c. Budgeting
 - d. Policy

Answer: b

2. Nursing theories primarily serve to:
 - a. Guide clinical practice and research
 - b. Replace medical interventions
 - c. Eliminate patient variability
 - d. Restrict nursing practice

Answer: a

3. The foundation of evidence-based practice is built upon:
 - a. Tradition
 - b. Nursing theory and scientific evidence
 - c. Administrative guidelines
 - d. Patient preferences alone

Answer: b

4. Which nursing theorist developed the Self-Care Deficit Theory?
 - a. Florence Nightingale
 - b. Dorothea Orem
 - c. Madeleine Leininger
 - d. Patricia Benner

Answer: b

5. The term “scientific underpinnings” in DNP practice refers to:
 - a. Policies for hospital budgeting
 - b. Foundational scientific knowledge applied to practice
 - c. Social media ethics
 - d. Billing and insurance documentation

Answer: b

6. Middle-range theories in nursing:
 - a. Are too abstract to guide practice
 - b. Provide specific guidance for practice
 - c. Do not require testing
 - d. Are used only in academia

Answer: b

7. The metaparadigm concept of health refers to:
 - a. A fixed state of well-being
 - b. The absence of disease only
 - c. A dynamic process of wellness and illness
 - d. Financial stability

Answer: c

8. Nursing theories are important for DNP because they:
 - a. Replace physician orders
 - b. Promote consistency in care
 - c. Eliminate evidence-based research
 - d. Focus solely on technology use

Answer: b

9. Which concept aligns with evidence-based nursing?

- a. Tradition-based practice
- b. Research-informed interventions
- c. Intuition-only care
- d. Randomized practice decisions

Answer: b

10. Nursing theory helps DNPs:

- a. Ignore policy changes
- b. Synthesize scientific evidence into care
- c. Focus only on cost reduction
- d. Work outside interprofessional teams

Answer: b

11. Theories in nursing are classified as:

- a. Political or social
- b. Grand, middle-range, or practice-specific
- c. Financial or operational
- d. Cultural or demographic

Answer: b

12. Grand theories are best described as:

- a. Narrow and situation-specific
- b. Broad and abstract
- c. Limited to bedside nursing
- d. Non-testable frameworks

Answer: b

13. Florence Nightingale's Environmental Theory emphasizes:

- a. Genetic predisposition
- b. The impact of environment on health
- c. Financial support
- d. Telemedicine

Answer: b

14. The relationship between theory and research is:

- Theory guides research and research informs theory
- Research replaces theory
- They are unrelated
- Only research is necessary in practice

Answer: a

15. Which type of knowledge integrates nursing theory with clinical expertise?

- Empirical knowledge
- Theoretical knowledge
- Clinical wisdom
- Evidence-based practice

Answer: d

16. Evidence-based practice combines:

- Best evidence, clinical expertise, and patient values
- Clinical opinion only
- Tradition and habit
- Policy mandates

Answer: a

17. The DNP Essentials emphasize scientific underpinnings to:

- Limit research in practice
- Strengthen translation of evidence into practice
- Focus only on basic nursing skills
- Exclude patient participation

Answer: b

18. Which is an example of a practice theory?

- Orem's Self-Care Deficit Theory
- Kolcaba's Comfort Theory
- Roy's Adaptation Model
- Watson's Theory of Caring

Answer: b

19. Nursing models differ from theories because:

- a. Models provide frameworks without detailed explanations
- b. Models require extensive research validation
- c. Theories are less abstract
- d. Models are only used in education

Answer: a

20. The metaparadigm of person refers to:

- a. Only the patient
- b. The patient, family, and community
- c. The healthcare provider
- d. The organization's stakeholders

Answer: b

21. Translational science in nursing aims to:

- a. Create new theories only
- b. Bridge research and practice
- c. Replace clinical guidelines
- d. Focus solely on education

Answer: b

22. Nursing science is unique because it:

- a. Ignores other sciences
- b. Integrates biological, social, and behavioral sciences
- c. Focuses solely on pathology
- d. Eliminates patient diversity

Answer: b

23. A DNP applying theoretical models in practice is demonstrating:

- a. Scholarly leadership
- b. Administrative delegation
- c. Financial management
- d. Operational coding

Answer: a

24. Which is a key role of theory in advanced practice nursing?

- a. Limiting innovation
- b. Supporting policy enforcement
- c. Guiding research and improving care outcomes
- d. Replacing critical thinking

Answer: c

25. Nursing theory is essential for:

- a. Justifying non-evidence-based decisions
- b. Creating frameworks for advanced care
- c. Avoiding research processes
- d. Eliminating patient participation

Answer: b

26. The ultimate purpose of nursing science is to:

- a. Reduce workload for physicians
- b. Improve health outcomes through evidence-based care
- c. Replace interprofessional care
- d. Support financial growth only

Answer: b

27. Which of the following best reflects a middle-range theory?

- a. Roy's Adaptation Model
- b. Benner's Novice to Expert
- c. Nightingale's Environmental Theory
- d. Neuman Systems Model

Answer: b

28. The process of integrating theory into practice is often called:

- a. Theoretical stagnation
- b. Knowledge translation
- c. Conceptual resistance
- d. Scientific rejection

Answer: b

29. Which is true regarding nursing theories?

- a. They remain static over time
- b. They evolve with research and practice
- c. They exclude cultural considerations
- d. They are replaced by protocols

Answer: b

30. A key outcome of using nursing theory in DNP practice is:

- a. Randomized patient care
- b. Standardized, patient-centered outcomes
- c. Isolated decision-making
- d. Elimination of critical thinking

Answer: b

True/False

1. Nursing theory is foundational to evidence-based practice.

Answer: True

2. The metaparadigm includes person, environment, health, and nursing.

Answer: True

3. Grand theories are more specific than middle-range theories.

Answer: False

4. Translational science bridges research and clinical practice.

Answer: True

5. Nursing science excludes social sciences from its foundation.

Answer: False

6. The DNP role focuses only on direct patient care without theory.

Answer: False

7. Theories evolve over time through research and practice.

Answer: True

8. Nursing models and theories are completely identical.

Answer: False

9. Evidence-based practice includes clinical expertise, patient preferences, and best evidence.

Answer: True

10. Theoretical frameworks can guide both research and practice.

Answer: True