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A nurse is teaching a community health class about risk factors that can impair gas exchange. Which factors increase the risk of altered gas exchange? Select all that apply.

- A. Living at high altitude
- B. Smoking cigarettes
- C. Exposure to air pollution
- D. Low dietary iron intake
- E. Drinking adequate amounts of water

A, B, C & D

A nurse is preparing a client for spirometry testing. What is the primary purpose of this test?

- A. Measure oxygen saturation levels
- B. Evaluate pulmonary volumes and airflow
- C. Identify respiratory pathogens
- D. Measure blood pH levels

B. Evaluate pulmonary volumes and airflow

A provider orders an arterial blood gas (ABG). Which values does this test evaluate?

- A. Hemoglobin and hematocrit
- B. Sodium and potassium
- C. Oxygen, carbon dioxide, bicarbonate, and pH
- D. White blood cell count

C. Oxygen, carbon dioxide, bicarbonate, and pH

A nurse applies a pulse oximeter to a client. What does this device measure?

- A. Lung capacity
- B. Airway inflammation
- C. Carbon dioxide retention
- D. Oxygen saturation

D. Oxygen saturation

A client with suspected pneumonia undergoes chest radiography. What is the purpose of this test?

- A. Measure airflow obstruction
- B. Determine blood oxygen levels



- C. Visualize tumors or infections
- D. Obtain tissue for biopsy

C. Visualize tumors or infections

A client is scheduled for a bronchoscopy. What is a primary reason for performing this procedure?

- A. Obtain a biopsy or locate bleeding
- B. Evaluate airflow rates
- C. Measure oxygen saturation
- D. Measure bicarbonate levels

A. Obtain a biopsy or locate bleeding

A nurse collects a sputum sample for culture and sensitivity testing. What is the purpose of this test?

- A. Measure lung volumes
- B. Identify pathogens and determine effective therapy
- C. Evaluate oxygen saturation
- D. Assess acid-base balance

B. Identify pathogens and determine effective therapy

Which actions will help prevent gas exchange problems in the future? Select all that apply.

- A. Reading the warnings and following them when using bleach
- B. Going out on days when there is a pollution advisory
- C. Smoking a cigar to celebrate an achievement
- D. Getting an influenza shot yearly
- E. Walking a mile at a fast pace

A, D & E

How does the body try to maintain homeostasis in a person with altered gas exchange?

- A. Increased the respiratory rate
- B. Decrease respiratory muscle activity
- C. Maintaining blood pH
- D. Decreasing the heart rate

A. Increased the respiratory rate



- D. Provide support for the body
- E. Provide protection

A, D & E

A nurse is reviewing musculoskeletal anatomy with a client. Which statements about ligaments and tendons are correct? **Select all that apply.**

- A. Ligaments attach bone to bone
- B. Tendons attach bone to muscle
- C. Joints are composed of ligaments, tendons, and muscles to allow movement
- D. Injury to ligaments or tendons may cause reduced movement, pain, or deformity
- E. Ligaments and tendons contract to move the bones

A, B, C & D

A nurse is reviewing mobility-related injuries with a client. Which conditions are commonly associated with impaired mobility? **Select all that apply.**

- A. Fractures
- B. Ligament sprains
- C. Tendon strains
- D. Muscle atrophy

all of the above

Which of the following can occur in a tendon or ligament injury? Select all that apply

- A. Rupturing
- B. Tearing
- C. Fracture
- D. Bone marrow suppression
- E. Inflammatory response

A, B & E

A nurse is reviewing fracture classifications with a client. Which statement correctly differentiates an open fracture from a closed fracture?

- A. An open fracture involves a break in the bone with no skin disruption, while a closed fracture breaks the skin.
- B. An open fracture breaks the skin and exposes the bone, while a closed fracture does not break the skin.
- C. An open fracture is always caused by trauma, whereas a closed fracture occurs only from disease.
- D. An open fracture heals faster than a closed fracture because the bone is visible.



E. Pain (neuropathic or musculoskeletal)

F. Autonomic dysreflexia (sudden, severe hypertension and other autonomic responses)

all of the above

Match the definition with the correct term.

1. Respiration
2. Expiration
3. Ventilation
4. Inspiration

A. Movement of air into and out of the lungs.

B. Act of expelling air; exhaling

C. Transport and exchange of gases between the atmosphere and the blood vessels of the lungs.

D. Act of breathing in; inhaling

1. Respiration = C. Transport and exchange of gases between the atmosphere and the blood vessels of the lungs.

2. Expiration = B. Act of expelling air; exhaling

3. Ventilation = A. Movement of air into and out of the lungs.

4. Inspiration = D. Act of breathing in; inhaling

Match the pathophysiology/description with the correct disorder.

1. Pneumonia
2. Asthma
3. Emphysema
4. Atelectasis
5. Chronic Bronchitis
6. Pulmonary Embolism

A. Inflammation and congestion causes formation of a consolidation in the lung.

B. Inflammation/edema of bronchial mucosa, bronchoconstriction, and secretion of thick mucous.

C. Increased thick mucous secretion which gets stuck in the bronchioles, causing fibrosis and thickening of bronchial wall.

D. Non-aeration or collapse of the lung or part of the lung; alveoli become airless.

E. Destruction of alveoli, permanently inflated alveoli, and loss of pulmonary capillaries and elastic fibers

F. Blood clot or mass that obstructs the pulmonary artery or any branches.

1. Pneumonia = A. Inflammation and congestion causes formation of a consolidation in the lung.

2. Asthma = B. Inflammation/edema of bronchial mucosa, bronchoconstriction, and secretion of thick mucous.



D. Osteomyelitis

A. Rheumatoid arthritis

Match the manifestation/pathophysiology with the correct disorder: **Bone resorption exceeds bone formation**

A. Rheumatoid arthritis

B. Osteoporosis

C. Osteoarthritis

D. Osteomyelitis

B. Osteoporosis

Match the manifestation/pathophysiology with the correct disorder: **Pannus formation with chemical release**

A. Rheumatoid arthritis

B. Osteoporosis

C. Osteoarthritis

D. Osteomyelitis

A. Rheumatoid arthritis

Match the manifestation/pathophysiology with the correct disorder: **Surface of articular cartilage becomes rough and worn**

A. Rheumatoid arthritis

B. Osteoporosis

C. Osteoarthritis

D. Osteomyelitis

C. Osteoarthritis

Match the manifestation/pathophysiology with the correct disorder: **Infection of the bone**

A. Rheumatoid arthritis

B. Osteoporosis

C. Osteoarthritis

D. Osteomyelitis

D. Osteomyelitis



C. It causes autoimmune damage

D. It lowers glucose permanently

A. It indicates prior insulin resistance

Smoking increases risk primarily because it:

A. Decreases insulin

B. Increases insulin resistance

C. Lowers glucose

D. Prevents fat storage

B. Increases insulin resistance

Vitamin D deficiency is associated with:

A. Decreased insulin resistance

B. Immediate DKA

C. Autoimmune destruction

D. Increased risk of Type 2

D. Increased risk of Type 2

The 3 P's in Type 2 DM occur because:

A. Insulin is absent

B. Hyperglycemia causes osmotic diuresis

C. Potassium is low

D. Glucagon decreases

B. Hyperglycemia causes osmotic diuresis

Acanthosis nigricans indicates:

A. Autoimmune disease

B. Insulin resistance

C. Hypoglycemia

D. Dehydration

B. Insulin resistance

Delayed wound healing occurs because:

A. High glucose impairs circulation and immune function

B. Insulin increases infection

C. Ketones damage skin

D. Sodium retention increases

A. High glucose impairs circulation and immune function