

Pagana: Mosby's Canadian Manual of Diagnostic and Laboratory Tests, 1st Canadian Edition

Practice Test

1. Which of these instructions should a nurse give an elderly, dehydrated patient after computed tomography (CT) of the kidney with intravenous iodine contrast material?
 - a. Drink plenty of fluids for 24 hours.
 - b. Avoid heavy lifting for 2 days.
 - c. Use a laxative to clear the contrast from the bowel.
 - d. None of the above.
2. For a patient with severe bone destruction from tumour or osteomalacia, what serum laboratory results would the nurse expect to assess?
 - a. Decreased serum alkaline phosphatase (ALP) level
 - b. Increased serum ALP level
 - c. Decreased erythrocyte sedimentation rate
 - d. Increased red blood cell count
3. A patient's laboratory reports indicate the presence of Bence-Jones proteins. These levels are increased in the urine of patients who have:
 - a. Multiple myeloma
 - b. Carcinoid syndrome
 - c. Breast cancer
 - d. Colorectal cancer
4. A patient is admitted for evaluation of perforated diverticulitis. Which of the following is the most appropriate test?
 - a. CT of the abdomen
 - b. Barium enema
 - c. Colonoscopy
 - d. All the above
5. Blood urea nitrogen (BUN) levels may be abnormally low in which patients?
 - a. Overly hydrated patients
 - b. Patients with liver disease
 - c. Malnourished patients in negative nitrogen balance
 - d. All the above
6. The serum creatinine level is usually elevated in patients with which of the following?
 - a. Renal disease
 - b. Liver disease
 - c. Lung disease
 - d. Muscular disease

7. A patient presents with upper gastrointestinal bleeding from a suspected peptic ulcer. Which of the following is the most appropriate test?
 - a. Upper gastrointestinal radiography
 - b. Gastric bleeding scan
 - c. Esophagogastroduodenoscopy (EGD)
 - d. None of the above

8. A patient is admitted with abdominal pain. Ultrasonography of the abdomen, CT of the abdomen, and a barium enema study have been ordered. In what order should these tests be performed?
 - a. Ultrasonography, barium enema, CT
 - b. Ultrasonography, CT, barium enema
 - c. Barium enema, CT, ultrasonography
 - d. CT, barium enema, ultrasonography

9. A patient is scheduled for a cardiac exercise stress test to evaluate chest pain. While obtaining the patient history, the clinician notes that the patient has intermittent claudication when walking two blocks. On the basis of this finding, which of the following is indicated?
 - a. The test will be performed as scheduled.
 - b. The test is contraindicated because of the intermittent claudication.
 - c. The test will be rescheduled after resolution of the claudication.
 - d. The patient is a candidate for the dipyridamole-thallium (nonexercise) stress test.

10. A patient is scheduled for a cardiac catheterization. Which of the following activities is a postprocedure nursing priority?
 - a. Ambulating the patient
 - b. Encouraging coughing and deep-breathing exercises
 - c. Keeping the patient on NPO status (nothing by mouth)
 - d. Keeping the involved extremity immobilized

11. One of the blood studies used to detect a myocardial infarction is creatine kinase (CK). What value is most helpful for diagnosing a myocardial infarction?
 - a. Total CK
 - b. Isoenzyme CK-MM
 - c. Isoenzyme CK-MB
 - d. Isoenzyme CK-BB

12. During a patient's exercise stress test, his blood pressure dropped. Which of the following activities should be avoided in the 2-hour period after the test?
 - a. Walking
 - b. Taking a hot shower
 - c. Eating a light meal
 - d. Resting in his bed

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Practice Test Answer Key

1. Which of these instructions should a nurse give an elderly, dehydrated patient after computed tomography (CT) of the kidney with intravenous iodine contrast material?
 - a. Drink plenty of fluids for 24 hours.
 - b. Avoid heavy lifting for 2 days.
 - c. Use a laxative to clear the contrast from the bowel.
 - d. None of the above.

Answer: a

Rationale: Elderly patients often are chronically dehydrated and therefore especially susceptible to renal impairment after receiving intravenous iodine contrast material. Not only is the use of laxatives unnecessary to eliminate the contrast material, but it will also further dehydrate the patient. No physical limitations are required.

Reference page: 1073

2. For a patient with severe bone destruction from tumour or osteomalacia, what serum laboratory results would the nurse expect to assess?
 - a. Decreased serum alkaline phosphatase (ALP) level
 - b. Increased serum ALP level
 - c. Decreased erythrocyte sedimentation rate
 - d. Increased red blood cell count

Answer: b

Rationale: Patients with destructive bone diseases commonly have elevated ALP levels as a result of bone cell destruction and regeneration.

Reference page: 58

3. A patient's laboratory reports indicate the presence of Bence-Jones proteins. These levels are increased in the urine of patients who have:
 - a. Multiple myeloma
 - b. Carcinoid syndrome
 - c. Breast cancer
 - d. Colorectal cancer

Answer: a

Rationale: Bence-Jones proteins are immunoglobulins that are commonly excreted in the urine of patients with multiple myeloma.

Reference page: 1025

4. A patient is admitted for evaluation of perforated diverticulitis. Which of the following is the most appropriate test?
- CT of the abdomen
 - Barium enema
 - Colonoscopy
 - All the above

Answer: a

Rationale: CT is accurate for identifying an abdominal abscess. Colonoscopy and barium enema are contraindicated in patients with suspected perforated viscus.

Reference page: 1073

5. Blood urea nitrogen (BUN) levels may be abnormally low in which patients?
- Overly hydrated patients
 - Patients with liver disease
 - Malnourished patients in negative nitrogen balance
 - All the above

Answer: d

Rationale: BUN levels can decrease normally in patients who are well hydrated. Because liver function must be adequate to make urea, severe liver dysfunction is associated with decreased BUN levels. Because BUN also is a measure of protein nutrition, this level can be diminished in starving patients.

Reference page: 578

6. The serum creatinine level is usually elevated in patients with which of the following?
- Renal disease
 - Liver disease
 - Lung disease
 - Muscular disease

Answer: a

Rationale: An elevated serum creatinine level indicates renal disease. No other diseased organ causes elevation of the serum creatinine level.

Reference page: 218

7. A patient presents with upper gastrointestinal bleeding from a suspected peptic ulcer. Which of the following is the most appropriate test?
- Upper gastrointestinal radiography
 - Gastric bleeding scan
 - Esophagogastroduodenoscopy (EGD)
 - None of the above

Answer: c

Rationale: EGD is the most accurate diagnostic test. Furthermore, transendoscopic coagulation of active bleeding can be performed with EGD.

Reference page: 689

8. A patient is admitted with abdominal pain. Ultrasonography of the abdomen, CT of the abdomen, and a barium enema study have been ordered. In what order should these tests be performed?
- Ultrasonography, barium enema, CT
 - Ultrasonography, CT, barium enema
 - Barium enema, CT, ultrasonography
 - CT, barium enema, ultrasonography

Answer: b

Rationale: Ultrasonography should be performed first because intraabdominal barium will distort the sound waves and thus decrease the accuracy. Also, if the ultrasonography of the abdomen includes water distension of the stomach, the patient will need to void before proceeding to CT to prevent discomfort. Likewise, barium within the bowel will distort the CT image. Therefore ultrasonography should be done first, CT second, and barium enema last.

Reference page: 971

9. A patient is scheduled for a cardiac exercise stress test to evaluate chest pain. While obtaining the patient history, the clinician notes that the patient has intermittent claudication when walking two blocks. On the basis of this finding, which of the following is indicated?
- The test will be performed as scheduled.
 - The test is contraindicated because of the intermittent claudication.
 - The test will be rescheduled after resolution of the claudication.
 - The patient is a candidate for the dipyridamole-thallium (nonexercise) stress test.

Answer: d

Rationale: The patient's peripheral vascular disease will cause calf pain during exercise. This pain probably will precede exercise-induced chest pain and cause the test to be terminated prematurely.

Reference page: 607

10. A patient is scheduled for a cardiac catheterization. Which of the following activities is a postprocedure nursing priority?
- Ambulating the patient
 - Encouraging coughing and deep-breathing exercises
 - Keeping the patient on NPO status (nothing by mouth)
 - Keeping the involved extremity immobilized

Answer: d

Rationale: The extremity in which the catheter was placed must be kept straight and immobilized for several hours after catheterization to prevent bleeding. Ice packs may minimize any swelling or hematoma at the catheter insertion site.

Reference page: 1141