

A patient presents to the clinic with complaints of stomach cramps and dizziness. The nurse practitioner finds tenderness during palpation of the right upper quadrant and a pale complexion. Which of the following correctly differentiates subjective from objective data in this scenario?

Answers: A - D

- ☐ A Stomach cramps and dizziness are subjective data, while right upper quadrant pain and pale complexion are objective data.
- ☐ B Stomach cramps, dizziness, and paleness are subjective data, and right upper quadrant pain is objective data.
- ☐ C All findings are objective data.
- ☐ D All findings are subjective data.

Correct Answer: A
Explanation:

- **Subjective data** are symptoms reported by the patient (what the patient **feels**, such as pain, dizziness, cramps).
- **Objective data** are signs observed or measured by the healthcare provider (what is **seen, felt, heard, or measured** during the examination, such as tenderness on palpation and a pale complexion).

A comprehensive assessment is typically performed for new patients and serves multiple purposes. Which of the following is a key component of a comprehensive assessment?

Answers: A - D

- ☐ A A brief history focused only on the chief complaint
- ☐ B A review of at least 10 body systems
- ☐ C Medical history over the last month
- ☐ D Current social history

The correct answer is:
B: A review of at least 10 body systems
Step-by-Step Explanation:

- **Comprehensive assessment** is an in-depth evaluation conducted typically for new patients. It includes:
 - A complete health history (medical, family, social, etc.)
 - A full physical examination
 - A review of all body systems (review of systems or ROS), which often includes at least 10 body systems

A nurse practitioner is conducting an initial assessment with a patient who remains silent after being asked about their symptoms. The nurse practitioner waits for a moment before gently saying, "You seem very quiet today. Is there something on your mind, or are you feeling okay discussing this?" Which of the following BEST describes the rationale behind this approach?

Answers: A - D

- ☐ A Silent clients often need to be directly prompted with a series of specific questions to encourage participation.
- ☐ B Silence during a clinical encounter should be minimized by quickly redirecting the patient to another topic.
- ☐ C Acknowledging the client's silence and inviting them to share their thoughts, fosters trust and encourages communication.
- ☐ D Silent clients often refuse to engage in conversation and should be referred to a mental health provider.

The correct answer is:
C: Acknowledging the client's silence and inviting them to share their thoughts, fosters trust and encourages communication.
Step-by-Step Explanation:

1. **Therapeutic Communication Principle:**
Acknowledging a patient's behavior (such as silence) and gently inviting them to share fosters a safe environment. This approach shows empathy, builds trust, and encourages patients to open up at their own pace.