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39	☐ A	☐ B	☐ C	☒ D	☐ E

PRACTICE QUESTIONS

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QUESTIONS

9

FORMAT

Limited Edition PDF

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QUESTION 1

MULTIPLE CHOICE

A nurse is providing education to the parents of a child newly diagnosed with Down syndrome (Trisomy 21). Which of the following statements by the parents indicate a correct understanding of the condition? (Choose two.)

- ☐ **A** Down syndrome is caused by a deletion of genetic material on chromosome 15.
- ☒ **B** The most common form is nondisjunction during meiosis, resulting in three copies of chromosome 21.
- ☐ **C** Down syndrome is always inherited directly from a parent who carries the affected chromosome.
- ☒ **D** Children with Down syndrome have an increased risk for congenital heart defects and hypothyroidism.

ANSWER B - D

WHY The most common cause of Down syndrome is nondisjunction during meiosis, producing three copies of chromosome 21 (trisomy 21). Children with Down syndrome have a significantly increased risk of congenital heart defects (e.g., AV septal defects) and endocrine disorders such as hypothyroidism. Option A describes Prader-Willi/Angelman syndrome, which involves chromosome 15. Option C is incorrect because the majority of cases result from sporadic nondisjunction and are not directly inherited.

QUESTION 2

MULTIPLE CHOICE

A nurse is developing a person-centered plan (PCP) for an adult with intellectual disability who lives in a group home. Which of the following components are essential elements of an effective person-centered plan? (Choose two.)

- ☐ **A** Goals and supports determined solely by the interdisciplinary team based on assessed deficits.
- ☒ **B** The individual's personal preferences, strengths, and dreams as the foundation of the plan.
- ☒ **C** A circle of support that may include family, friends, and chosen community members.
- ☐ **D** A standardized skill-assessment score used as the primary measure of progress.

ANSWER B - C

WHY Person-centered planning is built around what is important TO and important FOR the person, beginning with the individual's preferences, strengths, and dreams, and incorporating a personal network or 'circle of support' that includes people the individual chooses. Option A contradicts the self-determination principle by excluding the person's voice. Option D is incorrect because standardized assessment scores may inform but do not drive a PCP; the plan is individualized rather than score-driven.

QUESTION 3

SINGLE CHOICE

A caregiver reports that a nonverbal adult resident with cerebral palsy has become increasingly withdrawn and shows new bruising on the inner thighs. Which is the nurse's priority action?

- ☐ A Document the findings and reassess in one week to determine whether the bruising fades.
- ☐ B Assume the bruising is from frequent transfers and repositioning without further investigation.
- ☒ C Report the findings to the designated abuse/neglect reporting authority and the facility's mandated reporter per state law.
- ☐ D Confront the primary caregiver directly before notifying the supervisor to confirm the source of the injury.

ANSWER C

WHY Suspected abuse, neglect, or exploitation of a vulnerable adult must be reported to the designated protective services agency and to the facility's mandated reporter in accordance with state law. Timely reporting is both an ethical and a legal obligation, and suspicion—rather than proof—is the threshold for reporting. Delaying reporting (A), dismissing the findings (B), or confronting a suspected perpetrator before reporting (D) can place the victim at continued risk and is not the priority action.

QUESTION 4

SINGLE CHOICE

Which characteristic is most associated with autism spectrum disorder (ASD) rather than intellectual disability alone?

- ☐ A Significantly below-average intellectual functioning documented on standardized testing.
- ☒ B Persistent deficits in social communication and interaction across multiple contexts.
- ☐ C Limitations in adaptive functioning in conceptual, social, and practical domains.
- ☐ D Onset of deficits during the developmental period.

ANSWER B

WHY The DSM-5 hallmark of ASD is persistent deficits in social communication and social interaction across multiple contexts, along with restricted, repetitive patterns of behavior, interests, or activities. Although individuals with ASD may also have co-occurring intellectual disability, the social communication deficit is the defining feature. Options A, C, and D describe criteria for intellectual disability and apply to both conditions, so they do not differentiate ASD from intellectual disability alone.

QUESTION 5

SINGLE CHOICE

A non-verbal adult with autism begins hitting his head during a noisy group activity. Which is the most appropriate initial nursing response using positive behavior support principles?

- ☐ A Immediately apply a physical hold to prevent injury and document the incident.
- ☒ B Move the individual to a quieter environment and assess for triggers such as sensory overload.
- ☐ C Administer a PRN antipsychotic medication before assessing the situation.
- ☐ D Place the individual in seclusion until the behavior stops.

ANSWER B

WHY Positive behavior support emphasizes understanding the function of behavior and reducing antecedents. Self-injurious behavior in response to noise often reflects sensory overload; relocating the person to a calmer environment and assessing triggers is the least restrictive, most appropriate initial intervention. Physical holds (A), PRN psychotropic medication without assessment (C), and seclusion (D) are restrictive interventions that should be used only after less restrictive strategies have failed and per policy.

QUESTION 6

SINGLE CHOICE

An adult with Down syndrome is started on levothyroxine for newly diagnosed hypothyroidism. Which laboratory value should the nurse monitor to evaluate the effectiveness of therapy?

- ☒ **A** Serum TSH
- ☐ **B** Hemoglobin A1c
- ☐ **C** Serum lithium level
- ☐ **D** Serum ammonia level

ANSWER A

WHY Thyroid hormone replacement therapy with levothyroxine is monitored primarily by serial measurement of serum thyroid-stimulating hormone (TSH), with the goal of restoring TSH to within the reference range. Hemoglobin A1c is used to monitor diabetes, serum lithium to monitor lithium therapy, and serum ammonia to evaluate hepatic encephalopathy—none of which apply here.

QUESTION 7

SINGLE CHOICE

A nurse is counseling the parents of a child with cerebral palsy who is non-ambulatory. Which preventive measure is most important to teach regarding skin integrity?

- ☐ **A** Perform frequent weight-bearing exercises with the child to build muscle tone.
- ☒ **B** Reposition the child at least every two hours and inspect pressure points routinely.
- ☐ **C** Limit fluid intake to reduce the risk of incontinence-associated dermatitis.
- ☐ **D** Apply heat packs to bony prominences to improve circulation.

ANSWER B

WHY Pressure injury prevention in non-ambulatory children with cerebral palsy centers on regular repositioning (typically every two hours), daily skin inspection of pressure points (especially over bony prominences such as the sacrum, hips, heels, and occiput), and use of pressure-redistribution surfaces. Weight-bearing exercise supports function but does not directly address pressure-related skin breakdown. Restricting fluids risks dehydration and constipation and does not prevent dermatitis. Heat packs on bony prominences can cause thermal injury.

QUESTION 8

SINGLE CHOICE

An adult with moderate intellectual disability is admitted for a surgical procedure. The client is able to describe the procedure in simple terms and state that he understands he will have surgery. Which statement best reflects the nurse's understanding of informed consent for this client?

- ☐ **A** The client cannot give informed consent because of his intellectual disability.
- ☐ **B** Consent must always be obtained from a court-appointed guardian regardless of the client's ability.
- ☒ **C** The client should be supported in providing his own consent if he demonstrates decision-making capacity for the specific decision.
- ☐ **D** Informed consent is unnecessary because the surgeon has already obtained it from the client's case manager.

ANSWER C

WHY Decision-making capacity is decision-specific and may be present in persons with intellectual disability. When an individual can demonstrate understanding, appreciation, reasoning, and the ability to communicate a choice regarding a particular treatment, the person should be supported in providing informed consent, often with the use of plain-language explanations and supported decision-making. Option A is incorrect because intellectual disability alone does not negate capacity. Option B is incorrect because guardianship is not automatic and is reserved for those who lack capacity. Option D is incorrect because a case manager cannot provide legal informed consent.

QUESTION 9

SINGLE CHOICE

A child with Lennox-Gastaut syndrome begins having a tonic-clonic seizure while the nurse is at the bedside. Which is the priority nursing action?

- ☐ A Restrain the child's extremities to prevent injury.
- ☐ B Place a tongue depressor in the child's mouth to prevent tongue biting.
- ☒ C Position the child on his side, ensure a clear airway, and protect the head from injury.
- ☐ D Immediately initiate CPR and call a code.

ANSWER C

WHY During a generalized tonic-clonic seizure, the priority is to maintain a patent airway and prevent injury: turn the child to the side (recovery position) once the tonic phase subsides to allow oral secretions to drain, pad/protect the head, loosen restrictive clothing, and time the seizure. Nothing should be placed in the mouth; tongue depressors and restraints can cause injury and aspiration. CPR is not indicated unless the child is pulseless or not breathing after the seizure.