

Chapter 7

1. A woman is admitted for repair of cystocele and rectocele. She has nine living children. In taking her health history, what would the nurse expect to find?

- A. sporadic vaginal bleeding accompanied by chronic pelvic pain
- B. heavy leukorrhea with vulvar pruritus
- C. menstrual irregularities and hirsutism on the chin
- D. stress incontinence with feeling of low abdominal pressure

Answer: D

Rationale: Cystocele and rectocele are examples of pelvic organ prolapse. Manifestations typically include stress incontinence and lower abdominal pressure or pain. Complaints of sporadic vaginal bleeding and chronic pelvic pain are associated with uterine fibroids. Leukorrhea and vulvar pruritus commonly are associated with an infection. Menstrual irregularities and hirsutism are associated with polycystic ovarian syndrome.

Question format: Multiple Choice

Chapter 7: Benign Disorders of the Female Reproductive Tract

Cognitive Level: Apply

Client Needs: Physiological Integrity: Physiological Adaptation

Reference: p. 240

2. To assist the woman in regaining control of the urinary sphincter after bladder surgery, the nurse should teach the client to perform which action?

- A. Perform Kegel exercises daily.
- B. Void every hour while awake.
- C. Limit the intake of fluid.
- D. Take a laxative every night.

Answer: A

Rationale: After bladder surgery, the client should perform Kegel exercises daily to strengthen the pelvic floor muscles. Bladder training with voiding every 3 to 5 hours helps to establish normal voiding intervals. Fluids should not be limited; however, the woman should avoid fluids that are irritants, such as caffeinated fluids, soda, and alcohol. Constipation is to be avoided, but a high-fiber diet rather than daily laxative use is recommended.

Question format: Multiple Choice

Chapter 7: Benign Disorders of the Female Reproductive Tract

Cognitive Level: Apply

Client Needs: Physiological Integrity: Reduction of Risk Potential

Reference: p. 240

3. When developing the plan of care for a woman who has had an abdominal hysterectomy, the nurse would identify which action as contraindicated?

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Table of Contents Aampp Chapter 7 Test Bank

1. Understanding the eBook Aampp Chapter 7 Test Bank
 - The Rise of Digital Reading Aampp Chapter 7 Test Bank
 - Advantages of eBooks Over Traditional Books
2. Identifying Aampp Chapter 7 Test Bank
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Aampp Chapter 7 Test Bank
 - User-Friendly Interface
4. Exploring eBook Recommendations from Aampp Chapter 7 Test Bank
 - Personalized Recommendations
 - Aampp Chapter 7 Test Bank User Reviews and Ratings
 - Aampp Chapter 7 Test Bank and Bestseller Lists
5. Accessing Aampp Chapter 7 Test Bank Free and Paid eBooks
 - Aampp Chapter 7 Test Bank Public Domain eBooks
 - Aampp Chapter 7 Test Bank eBook Subscription Services
 - Aampp Chapter 7 Test Bank Budget-Friendly Options

6. Navigating Aampp Chapter 7 Test Bank eBook Formats
 - ePub, PDF, MOBI, and More
 - Aampp Chapter 7 Test Bank Compatibility with Devices
 - Aampp Chapter 7 Test Bank Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Aampp Chapter 7 Test Bank
 - Highlighting and Note-Taking Aampp Chapter 7 Test Bank
 - Interactive Elements Aampp Chapter 7 Test Bank
8. Staying Engaged with Aampp Chapter 7 Test Bank
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Aampp Chapter 7 Test Bank
9. Balancing eBooks and Physical Books Aampp Chapter 7 Test Bank
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Aampp Chapter 7 Test Bank
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Aampp Chapter 7 Test Bank
 - Setting Reading Goals Aampp Chapter 7 Test Bank
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Aampp Chapter 7 Test Bank
 - Fact-Checking eBook Content of Aampp Chapter 7 Test Bank
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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