

## 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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