MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

1) The client takes a stool softener on a regular basis and now reports a change in bowel patterns. Which assessment data would the nurse report to the physician? 
   A) An increase in bowel frequency  
   B) Stools that are smaller in size  
   C) Cramping with each stool passed  
   D) A decrease in bowel frequency

2) Which client is most at risk to develop constipation? 
   A) The pediatric client who takes antibiotics for ear infections  
   B) The young client in the hospital for an appendectomy  
   C) The elderly client who uses mineral oil  
   D) The middle-aged client who uses an enema when he travels

3) The client takes diphenoxylate with atropine (Lomotil) for diarrhea. The client asks the nurse why he does not experience pain relief since this drug is an opioid. What is the best response by the nurse? 
   A) "It does provide some relief from the pain associated with diarrhea."  
   B) "This drug is not an opioid; did your doctor tell you that?"  
   C) "Because this opioid does not have analgesic properties."  
   D) "You would really have to take a lot to experience pain relief."

4) The nurse designs a teaching plan for the client with chronic pancreatitis who receives pancrelipase (Pancrease). What will the best plan of the nurse include as it relates to the rationale for the client to receive this drug? 
   A) "These enzymes will help digest all of the food you eat."  
   B) "These enzymes will help promote healing of your pancreas."  
   C) "These enzymes promote digestion of starches and fats."  
   D) "These enzymes replace what your ineffective pancreas cannot make."

5) The nurse has completed medication education for the client who takes psyllium mucilloid (Metamucil). The nurse recognizes that additional teaching is indicated when the client makes which statement? 
   A) "I don't need to drink extra fluids while I take this medication."  
   B) "This medication takes several days to work."  
   C) "This medication is a lot more natural than other laxatives."  
   D) "My cholesterol level will be reduced somewhat with this medication."
6) The elderly client has constipation. He asks the nurse the reason for this. What is the best response by the nurse?
   A) "You probably drink too much alcohol, and end up constipated."
   B) "You don’t eat enough fiber, so the stool stays in your intestine too long."
   C) "Your large intestine is old and does not work as well as it used to."
   D) "You could have a serious illness, and should check with your doctor."

7) The physician has prescribed orlistat (Xenical) for the obese client. The nurse knows the client has been eating too much fatty food in her diet when she reports which adverse effect?
   A) Oily stools
   B) Foul-smelling stools
   C) Constipation
   D) White stools

8) The nursing instructor is teaching student nurses about lower gastrointestinal (GI) functioning and the large intestine. The nursing instructor evaluates learning has occurred when the students make which statement?
   A) "The large intestine contains host flora that manufacture vitamin E."
   B) "Food travels through the large intestine for 3 to 6 hours.
   C) "The large intestine absorbs most of the nutrients from food."
   D) "The large intestine absorbs water and eliminates stool."

9) The client is scheduled for bowel surgery. What medications are appropriate for the "bowel prep"? Select all that apply.
   A) Docusate sodium (Colace)
   B) Tap-water enema
   C) Bisacodyl (Ducolax)
   D) Sodium phosphate (Fleet Phospho-Soda)
   E) Glycerin suppository

10) The client has been vomiting for several days. What will the best assessment of the nurse include?
    A) Metabolic alkalosis
    B) Metabolic acidosis
    C) Respiratory alkalosis
    D) Respiratory acidosis

11) The nurse is planning care for the client who experiences frequent constipation. What will the best plan of the nurse include? Select all that apply.
    A) Increase dairy products in the diet
    B) Increase dietary fiber in the diet
    C) Increase protein in the diet
    D) Increase daily physical exercise
    E) Drink a glass of water every hour

12) The client is scheduled for a "bowel prep" prior to surgery. What is a critical assessment of the nurse prior to administering the "bowel prep"?
    A) The client’s hemoglobin and hematocrit
    B) The client’s blood pressure
    C) The client’s weight
    D) The client’s creatinine level
13) The client receives prochlorperazine (Compazine) for nausea and vomiting. The nurse notices that the client is exhibiting a stiff neck, turned to the side. What is the best action by the nurse?
   A) Ask the client if she has ever experienced this before.
   B) Administer benztropine (Cogentin) IM immediately.
   C) Contact the physician immediately.
   D) Hold the next dose and observe the client.

14) The nurse teaches a group of young mothers the ABCs as a treatment of diarrhea for young children. What is the best information to include?
   A) Give your child apples, bananas, and carrots.
   B) Give your child apples, bananas, and cantaloupe.
   C) Give your child apricots, bananas, and carrots.
   D) Give your child apples, bread, and carrots.

15) The client receives sibutramine (Meridia). What will be a priority assessment by the nurse?
   A) Urinary output
   B) Peripheral edema
   C) Daily weight
   D) Blood pressure
1) This question is one of proper prioritization. The correct answer is C, for cramping with each stool is an acute condition caused possibly by over medication, or some other condition which requires follow up by the client’s provider. All other responses are of a lesser acuity or urgency. Also, any unexplained change in bowel habits requires follow up to rule out colon cancer.

2) The elderly client is often prone to develop constipation due to less than body requirements of water intake, exercise and a balanced high fiber diet. The pediatric client taking antibiotics might develop diarrhea in response to the medication. The hospitalized client will be monitored for constipation and be treated to prevent it. The occasional or rare use of enema will not cause constipation. The correct answer is C.

3) Unlike most opioids, Diphenoxylate with atropine (Lomotil) has no analgesic properties so the correct answer is C. The drug is an opioid and does not provide any pain relief at low or high dosing.

4) Pancrelipase (Pancrease) is comprised of lipase, protease and amylase-3 of the 6 digestive enzymes of the Pancreas. These three break down lipids, starches and proteins, respectively. Consequently, not all food eaten will be digested. The medication does not promote healing of the Pancreas. The correct answer is D.

5) Psyllium mucilloid (Metamucil) is a bulk forming laxative, derived from the plantain plant, which requires it be taken with a sufficient amount of liquid (16 oz.). It can cause obstruction in the esophagus or intestine if inadequate liquid is taken with it. It can take 1-3 days to produce results. It can reduce blood cholesterol levels with frequent use. The correct answer is A.

6) Elder clients often have less than adequate fiber in their diet which can increase the transit time of the stool in the bowel. As a result, more water is removed from the feces and can contribute to constipation. Accusing the client of alcoholism is inappropriate and unprofessional. The aging intestinal system can be managed in therapeutic manners-with added fiber, moderate hydration, etc., to help avoid constipation. Mentioning a serious illness can frighten or alarm the client unnecessarily and is inappropriate. The correct answer is B.

7) Used as a slightly successful weight reduction medication, Orlistat (Xenical) blocks absorption of lipids in the Gi Tract. Oily stools will result should the client eat large amounts of
fatty foods (in excess of 30% of entire caloric intake), so A is the correct answer. Xenical does not cause constipation, white or foul-smelling stool.

8) The large intestine absorbs water and eliminates feces or stool – D is the correct answer. The host flora produces Vitamin K, not E. Transit time in the large bowel is 1-3 days. The small bowel, not the large bowel, absorbs nutrients.

9) Bowel preparation is a cleansing procedure to prepare for surgery so that bacteria are not introduced into the peritoneum upon surgical incision. Tap water enema and Fleets enema are cathartics, biscodyl is a stimulant-all produce a more complete emptying of the bowel. Colace is a stool softener and Glycerin suppository is a local lubricant-both are more gentle and have only partial effect emptying the bowel. The correct answer is B, C, & D.

10) Excessive vomiting causes loss of hydrochloric acid (HCl) from the stomach, which raises the pH of the body resulting in metabolic alkalosis-not metabolic acidosis-Answer is A. This is not a Respiratory condition.

11) Increased fiber in the diet and exercise stimulates the bowel and can prevent constipation. Also, dairy products that increase or support healthy bowel flora can help prevent constipation. Correct answers are A, B & D. Increased protein slows digestion and has no fiber in it. It may not be appropriate drinking a glass of water every hour for it may cause fluid over load or excessive loss of electrolytes through increased urine production.

12) Bowel prep involves the use of osmotic diuretics which is a load of electrolyte solution which pulls water into the bowel, increasing the mass of the feces and thus stimulating the bowel movement for cleansing and preparation for surgery. The kidney must have normal function in order to eliminate the high level of water soluble electrolytes that are present in the prep solution. The creatinine level is an indicator of kidney function-correct answer D. The clients hemoglobin & hematocrit, weight and blood pressure is not the critical element in this situation.

13) Prochlorperazine (Compazine) blocks dopamine receptors in the brain. Over dose or drug sensitivity can produce extrapyramidal symptoms (pseudo-parkinsonism) such as stiff muscles or tremors. The correct answer is C-contact the health care provider immediately. The nurse anticipates an order for Cogentin, a reversal agent for drug-induced extra-pyramidal effects. Asking about the client’s history and holding the next dose is appropriate but not the priority action.

14) The ABC’s Diet for young children is apples, bananas just barely ripe and carrots-answer A.
15) Sibutramine (Meridia), a Selective Serotonin Reuptake Inhibitor (SSRI), used for appetite suppression, can have the adverse effect of raising the blood pressure—correct answer is D.