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# RNC-NIC

Neonatal Intensive Care Nursing (NIC)

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**Question: 1175**

During a family meeting, a nurse notices a conflict between parents and staff regarding the proposed treatment plan for their critically ill infant. What strategy should the nurse utilize to promote shared decision-making while addressing the parents' concerns?

- A. Reassure parents that the staff's experience is sufficient
- B. Insist on the medical team's authority in making decisions
- C. Facilitate an open discussion where parents can voice their concerns

Answer: C

Explanation: Facilitating an open discussion allows parents to express their concerns and feel heard, paving the way for collaborative decision-making in the context of their infant's care.

**Question: 1176**

A healthcare provider is assessing a post-term neonate who exhibits signs of lethargy and poor feeding. Which of the following complications should be considered?

- A. Hyperthermia
- B. Hypoglycemia
- C. Neonatal abstinence syndrome

Answer: B

Explanation: Post-term neonates are at an increased risk for hypoglycemia, particularly if there is a history of maternal diabetes or if the infant is not feeding effectively.

**Question: 1177**

A nurse is evaluating a neonate with suspected hypoxic-ischemic encephalopathy (HIE). Which of the following findings is most concerning?

- A. Hypertonia
- B. Seizures
- C. Lethargy

Answer: B

Explanation: The presence of seizures in a neonate with suspected HIE is concerning and typically indicates significant neurological impairment.

**Question: 1178**

A healthcare provider is assessing an infant with a suspected diagnosis of cleft lip and palate. Which finding would support this diagnosis during the physical examination?

- A. Asymmetrical facial features
- B. Abnormal respiratory sounds
- C. Excessive drooling

Answer: A

Explanation: Asymmetrical facial features are characteristic of cleft lip and palate, indicating the presence of the condition.

**Question: 1179**

A nurse assesses an infant with suspected heart failure and notes a gallop rhythm on auscultation. What does this finding suggest?

- A. Increased fluid overload
- B. Normal heart function
- C. Ventricular hypertrophy

Answer: A

Explanation: A gallop rhythm indicates increased fluid overload, which is commonly associated with heart failure in neonates.

**Question: 1180**

A nurse is reviewing the formula composition for a neonate. Which component is most critical to monitor in a low-birth-weight infant to prevent metabolic complications?

- A. Total carbohydrate content
- B. Electrolyte balance
- C. Protein concentration

Answer: B

Explanation: Monitoring electrolyte balance is critical in low-birth-weight infants to prevent metabolic complications, as they are at higher risk for imbalances that can affect overall health.

**Question: 1181**

In a case of meconium aspiration syndrome, which of the following laboratory findings is most likely to be present?

- A. Metabolic acidosis
- B. Elevated white blood cell count
- C. High blood pH level

Answer: A

Explanation: Meconium aspiration syndrome often leads to respiratory distress and can result in metabolic acidosis due to impaired gas exchange and subsequent hypoxia.

**Question: 1182**

A nurse is discussing the factors that can impede the grieving process with a family. Which of the following factors is least likely to be considered a barrier to effective grieving?

- A. Experiencing unresolved feelings of guilt.
- B. Engaging in avoidance behaviors.
- C. Having a strong support system in place.

Answer: C

Explanation: A strong support system can facilitate the grieving process, while avoidance behaviors and unresolved guilt are barriers that can hinder emotional healing.

**Question: 1183**

When assessing the nutritional needs of a neonate receiving donor breast milk, which of the following factors should the nurse consider to ensure adequate nutrition?

- A. The donor's dietary habits
- B. The age of the donor milk
- C. The infant's specific caloric needs

Answer: C

Explanation: Considering the infant's specific caloric needs is essential to ensure that the nutritional requirements are met, as donor milk may need fortification to provide adequate nutrients for growth.

**Question: 1184**

A full-term neonate presents with seizures, and after further investigation, it is found that the infant has suffered a hypoxic ischemic encephalopathy (HIE) event during delivery. Which of the following

interventions is considered a priority in the management of this condition?

- A. Immediate initiation of phenobarbital
- B. Continuous EEG monitoring
- C. Administration of therapeutic hypothermia

Answer: C

Explanation: Therapeutic hypothermia is the standard of care for managing HIE in neonates, as it has been shown to reduce the risk of long-term neurological impairment.

**Question: 1185**

A 32-week gestation pregnant woman has been diagnosed with a cytomegalovirus (CMV) infection. Which of the following complications is most closely associated with this maternal infection for the neonate?

- A. Congenital heart defects
- B. Microcephaly and sensorineural hearing loss
- C. Neonatal respiratory distress syndrome

Answer: B

Explanation: CMV is known to cause significant neurological complications in neonates, including microcephaly and sensorineural hearing loss, making it a critical infection to monitor during pregnancy.

**Question: 1186**

In managing a newborn with respiratory distress syndrome, which of the following therapies is considered a standard intervention prior to the administration of surfactant?

- A. High-flow nasal cannula oxygen therapy
- B. Inhaled nitric oxide therapy
- C. Controlled mechanical ventilation

Answer: C

Explanation: Controlled mechanical ventilation is often initiated prior to surfactant administration to provide adequate ventilation and oxygenation in infants with RDS.

**Question: 1187**

In a family-centered care environment, a nurse is discussing the importance of parental involvement in the NICU. Which of the following best illustrates a parent's active engagement in their infant's care?

- A. Visiting the NICU only during designated hours

- B. Delegating all care responsibilities to healthcare providers
- C. Participating in care activities, such as diaper changes and feeding

Answer: C

Explanation: Actively participating in care activities helps parents feel more connected to their infant and fosters a sense of competence and confidence in their parenting role.

**Question: 1188**

A nurse is discussing the potential consequences of overfeeding a neonate receiving enteral nutrition. Which of the following conditions is most likely to occur if overfeeding is not managed appropriately?

- A. Hypernatremia
- B. Gastroesophageal reflux
- C. Necrotizing enterocolitis

Answer: C

Explanation: Overfeeding can lead to necrotizing enterocolitis, a serious condition that can occur due to excessive volume causing ischemia and inflammation in the intestines.

**Question: 1189**

During a routine assessment, a nurse notes a significant increase in bilirubin levels in a 5-day-old infant who is exclusively breastfed. Considering the potential causes of indirect hyperbilirubinemia, which condition should the nurse suspect is contributing to this infant's jaundice?

- A. Physiologic jaundice
- B. Hemolytic disease of the newborn
- C. Breast milk jaundice

Answer: C

Explanation: Breast milk jaundice can occur in infants who are breastfeeding and is due to substances in breast milk that inhibit bilirubin conjugation, typically appearing after the first week of life.

**Question: 1190**

A nurse is preparing to discharge a preterm infant who required a prolonged NICU stay. Which follow-up is most critical?

- A. Neurodevelopmental assessment
- B. Routine pediatrician visit
- C. Immunization status check

Answer: A

Explanation: A neurodevelopmental assessment is critical for preterm infants due to their increased risk of developmental delays and disabilities.

**Question: 1191**

A neonate is being cared for in the NICU, and the nurse is implementing neurodevelopmental care strategies. Which of the following interventions would best promote positive sensory interactions?

- A. Encouraging gentle, rhythmic touch during care
- B. Providing limited opportunities for tactile stimulation
- C. Keeping the neonate in a quiet, isolated area

Answer: A

Explanation: Encouraging gentle, rhythmic touch during care promotes positive sensory interactions, fostering the infant's neurodevelopment and supporting their ability to engage with caregivers.

**Question: 1192**

A nurse is assessing a child with Williams syndrome, which is caused by a deletion on chromosome 7. Which of the following features would most likely be present in this condition?

- A. Distinctive facial features and cardiovascular problems
- B. Tall stature and learning disabilities
- C. Cardiac defects and webbed neck

Answer: A

Explanation: Williams syndrome is characterized by distinctive facial features, such as a broad forehead and a small chin, as well as cardiovascular problems, particularly aortic stenosis.

**Question: 1193**

During a routine assessment, a post-term neonate shows signs of meconium aspiration syndrome. What underlying condition should be prioritized in the assessment of this neonate?

- A. Congenital heart disease
- B. Increased risk of infection
- C. Fetal distress during labor

Answer: C

Explanation: Post-term neonates are at a higher risk for meconium aspiration syndrome, often related to

fetal distress during labor, which can lead to the release of meconium into the amniotic fluid.

**Question: 1194**

A nurse is caring for an infant diagnosed with colitis. The mother expresses concern about the infant's frequent diaper changes due to diarrhea. What is the best response by the nurse?

- A. "This is a normal part of colitis."
- B. "We will need to adjust the feeding plan."
- C. "Frequent diaper changes will help prevent skin breakdown."

Answer: C

Explanation: Frequent diaper changes are important to prevent skin irritation and breakdown in infants with diarrhea, especially in those with colitis.

**Question: 1195**

In managing neonatal seizures, which of the following first-line medications is commonly used?

- A. Valproic acid
- B. Phenytoin
- C. Phenobarbital

Answer: C

Explanation: Phenobarbital is often the first-line medication for managing seizures in neonates due to its efficacy and safety profile.

**Question: 1196**

A nurse is preparing to assess a neonate's oxygen saturation using a pulse oximeter. Which site is considered the most reliable for accurate readings in neonates?

- A. Earlobe
- B. Foot
- C. Finger

Answer: B

Explanation: The foot is often considered the most reliable site for pulse oximetry readings in neonates, especially when peripheral perfusion is poor.

**Question: 1197**

A nurse is educating parents about the importance of follow-up care for their infant diagnosed with Rh incompatibility. Which statement by the parents indicates an understanding of their infant's ongoing care needs?

- A. "Feeding will prevent any serious issues."
- B. "We won't need to monitor anything since the baby is fine now."
- C. "We need to come back for bilirubin level checks."

Answer: C

Explanation: Regular bilirubin level checks are critical for infants with a history of Rh incompatibility to monitor for potential rebound hyperbilirubinemia.

**Question: 1198**

A pregnant woman is found to have a positive HIV test. What is the most critical intervention to reduce the risk of perinatal transmission?

- A. Avoiding breastfeeding
- B. Administering antiretroviral therapy during labor
- C. Ensuring a routine cesarean delivery

Answer: B

Explanation: Administering antiretroviral therapy during labor can significantly reduce the viral load and the risk of transmission to the neonate.

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