Answers to Study Questions

1. Which of the following is described as the time from exposure to an infectious disease to the appearance of the first symptom?
   a. incubation period
   b. communicable period
   c. prodromal period
   d. desquamation period

   **Answer:** a. The prodromal period is described as the period of time between early symptoms and overt clinical symptoms. The desquamation period refers to the shedding of skin when applicable for a disorder and the communicable period refers to the period when the patient is infectious.

2. Primary prevention of a communicable disease results from which of the following?
   a. strict hand washing
   b. immunizations
   c. early diagnosis and treatment
   d. isolation

   **Answer:** b. Communicable diseases are prevented through immunizations, which is also primary prevention.
3. A child who is receiving chemotherapy for leukemia has been exposed to chicken pox at school. The nurse should recommend which of the following?
   a. no precautions are necessary
   b. Varicella-Zoster immune globulin (VZIG) to prevent chicken pox
   c. Acyclovir (Zovirax) to minimize symptoms of the virus
   d. stopping chemotherapy

   **Answer:** b. VZIG is an antibody to the virus that causes chicken pox. VZIG administration may prevent development of the infection in immunosuppressed patients.

4. Which factor places an adolescent at the highest risk of contracting an STI?
   a. protected sexual intercourse
   b. multiple sexual partners in a short duration
   c. low income level
   d. smoking

   **Answer:** b. Multiple sexual partners in a short period of time increases the risk of contracting an STI, especially if sexual intercourse is unprotected.

5. What is the single most important factor in decreasing transmission of infection in a day care center?
   a. separation of children who are ill
   b. washing all toys daily
c. meticulous hand hygiene

d. outdoor playtime

**Answer:** c. Meticulous hand hygiene is the number one defense in preventing transmission from a contaminated object to person, person to person, and person to object.

6. In treating pain or fever associated with a viral illness, caregivers should be instructed to use which medication(s)?

   a. aspirin
   
   b. acetaminophen
   
   c. ibuprofen
   
   d. either acetaminophen or ibuprofen

**Answer:** d. Acetaminophen and ibuprofen are the drugs of choice for febrile illnesses in children younger than 13 years of age. Aspirin (acetylsalicylic acid) has been linked to the development of Reyes Syndrome in children with viral illnesses such as chickenpox and influenza.

7. Which of the following is an appropriate intervention to relieve itching associated with chicken pox?

   a. application of a thick coat of calamine lotion
   
   b. frequent warm baths
   
   c. give an antipruritic medication such as diphenhydramine (Benadryl)
   
   d. give aspirin or acetaminophen
**Answer:**  c. Antipruritic medication such as diphenhydramine is useful for severe itching which may contribute to secondary infection of lesions. Cool, not warm baths relieve itching. Thin coats of calamine lotion should be used. Aspirin should never be given to a child with a viral illness because of its association with the development of Reyes Syndrome.

8. When should caregivers be instructed about immunizations?

   a. at the time of an infant’s birth
   
   b. at the first clinic visit for the newborn (approximately 2 weeks of age)
   
   c. only if the caregiver has questions about the immunization
   
   d. before any immunization is administered

**Answer:** d. Information is presented to the caregiver verbally and in writing before each immunization. Most settings where immunizations are given require written consent by the caregiver. Nurses must ensure that the caregiver understands all information provided for the immunization.

9. An important role of the ambulatory care nurse or school nurse is the identification of communicable diseases for treatment and the prevention of the spread of the disease. An important component is the recognition of which aspect of the disease?

   a. the source
   
   b. the prodromal stage
   
   c. the causative agent
   
   d. the constitutional symptoms
Answer: c. The prodromal stage is the period between the early manifestations of the disease and the time when the overt clinical syndrome is evident. Most communicable diseases are contagious during this stage.

10. A mother tells the nurse that she does not want her infant immunized because of the discomfort associated with the injections. The nurse should explain that:

   a. infants do not feel pain like older children and adults do.
   
   b. there is nothing that can be done about the pain and it does not last long.
   
   c. this is not a good reason to refuse immunizations.
   
   d. a topical anesthetic such as EMLA cream can be used before the injection.

Answer: d. Topical anesthetics such as EMLA and other vapor coolant sprays can be used prior to giving injections to minimize discomfort.