

Exam

Name_____

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

- 1) The whole body does not grow as a total unit simultaneously. Which principle best describes this phenomenon? 1) _____
- A) The Bilateral Principle
 - B) The Proximodistal Principle
 - C) The Principle of Asynchronous Growth
 - D) The Principle of Discontinuity of Growth Rate

Answer: D

- Explanation:
- A) The Bilateral Principle (side to side) means that the capacity for growth and development of structures is symmetric.
Cognitive Level: Comprehension
Client Need: Physiological Integrity
Nursing Process: Assessment
 - B) The Proximodistal Principle (near to far) means that growth progresses from the central axis of the body toward the periphery or extremities.
Cognitive Level: Comprehension
Client Need: Physiological Integrity
Nursing Process: Assessment
 - C) The Principle of Asynchronous Growth focuses on developmental shifts at successive periods in development.
Cognitive Level: Comprehension
Client Need: Physiological Integrity
Nursing Process: Assessment
 - D) The Principle of Discontinuity of Growth Rate refers to the different rate of growth changes at different periods during the life span.
Cognitive Level: Comprehension
Client Need: Physiological Integrity
Nursing Process: Assessment

2) The high-activity infant becomes a high-activity toddler or adult, but the object of the activity changes from diffused interests to concentrated play to work. As you consider this in your own life, you can see this as an example of:

2) _____

- A) External Stimuli—The only difference is external stimuli.
- B) Behavior change—Growth is accompanied by behavior change.
- C) Testing Theory—People test out different activities.
- D) Abnormal growth and development.

Answer: B

Explanation:

- A) External stimuli does not change learned patterns of behaving.
Cognitive Level: Application
Client Need: Health Promotion and Maintenance
Nursing Process: Assessment
- B) As the child matures, he or she retains earlier ways of behaving, but there will be a developmental revision of habits.
Cognitive Level: Application
Client Need: Health Promotion and Maintenance
Nursing Process: Assessment
- C) Testing is a normal part of growth and maturation. It does not refer to retained behavior.
Cognitive Level: Application
Client Need: Health Promotion and Maintenance
Nursing Process: Assessment
- D) Behavioral change is a part of normal growth and development.
Cognitive Level: Application
Client Need: Health Promotion and Maintenance
Nursing Process: Assessment

3) The Cephalocaudal principle means that:

3) _____

- A) The growth progresses from the central axis of the body toward the periphery or extremities.
- B) The upper end of the organism develops with greater rapidity than and before the lower end of the organism.
- C) Growth is asynchronous in children.
- D) The capacity for growth and development of structures is symmetric.

Answer: B

- Explanation:
- A) Proximodistal (near to far) means that growth progresses from the central axis of the body toward the periphery or extremities.
Cognitive Level: Comprehension
Client Need: Physiological Integrity
Nursing Process: Assessment
 - B) Cephalocaudal (head to tail) means that the upper end of the organism develops with greater rapidity than and before the lower end of the organism. Increases in neuromuscular size and maturation of function begin in the head and proceed to hands and feet.
Cognitive Level: Comprehension
Client Need: Physiological Integrity
Nursing Process: Assessment
 - C) The Principle of Asynchronous Growth focuses on developmental shifts at successive periods in development.
Cognitive Level: Comprehension
Client Need: Physiological Integrity
Nursing Process: Assessment
 - D) Bilateral (side to side) means that the capacity for growth and development of structures is symmetric.
Cognitive Level: Comprehension
Client Need: Physiological Integrity
Nursing Process: Assessment

4) Social time is not necessarily synchronous with biological age as prescribed by each society.

4) _____

Evaluate what this means.

- A) Social expectations of behavior may be different at different ages, depending on the society.
- B) Biological age is more important than social age.
- C) Social age is more important than biological age.
- D) Being socially behind is not important, as long as the individual is biologically of age.

Answer: A

- Explanation:
- A) Social time, social expectations of behavior for each age era, is not necessarily synchronous with biological age as prescribed by each society. Societies divide life into socially relevant or normative units. Age grading occurs. Duties, rights, and rewards are differential for each age group.
Cognitive Level: Evaluate
Client Need: Health Promotion and Maintenance
Nursing Process: Assessment
 - B) When certain behaviors are not developed by certain biological ages, social age is considered inappropriate. If the person engages in the tasks earlier or later than others in the society, he or she may be considered deviant.
Cognitive Level: Evaluate
Client Need: Health Promotion and Maintenance
Nursing Process: Assessment
 - C) Performing tasks at an earlier age than biologically considered appropriate, the individual can still be marked as deviant by a society because they are different.
Cognitive Level: Evaluate
Client Need: Health Promotion and Maintenance
Nursing Process: Assessment
 - D) In every society there is a time to do what is the norm or expected.
Cognitive Level: Evaluate
Client Need: Health Promotion and Maintenance
Nursing Process: Assessment

- 5) A human grows and develops all through life. Consider the accomplishments of each phase of life and determine which phase represents the greatest growth period for the human brain. 5) _____
- A) Adolescence as an individual matures from a child into an adult
 - B) Gestational period and early childhood
 - C) Later childhood as a child grows rapidly
 - D) Adult life as demonstrated by the in the increased ability of an adult to reason

Answer: B

- Explanation:
- A) Children and their brains continue to grow throughout adolescence; however, the greatest brain growth occurs earlier in life.
Cognitive Level: Analysis
Client Need: Physiological Integrity
Nursing Process: Assessment
 - B) Critical periods of brain growth are:
 - 1. From the third to ninth weeks of gestation.
 - 2. During brain growth spurt from 12 to 20 weeks of gestation.
 - 3. During the time of rapid neuronal additions from 30 to 40 weeks of gestation.
 - 4. During the first 18 to 24 months after birth.Cognitive Level: Analysis
Client Need: Physiological Integrity
Nursing Process: Assessment
 - C) Children and their brains continue to grow throughout childhood; however, the greatest brain growth occurs earlier in life.
Cognitive Level: Analysis
Client Need: Physiological Integrity
Nursing Process: Assessment
 - D) Brain growth is largely completed by the adult stage in life.
Cognitive Level: Analysis
Client Need: Physiological Integrity
Nursing Process: Assessment

6) Appropriate stimuli and resources are essential in the training and care of a small child because:

6) _____

- A) Adults cannot learn after a certain age.
- B) Appropriate stimuli and resources are not essential in the training and care of a small child.
- C) If certain psychomotor skills are not learned at a certain point in development, they may be more difficult or impossible to learn later in the developmental sequence.
- D) Children do not learn by themselves.

Answer: C

Explanation:

- A) Person can learn throughout their entire lives.
Cognitive Level: Application
Client Need: Physiological Integrity
Nursing Process: Assessment
- B) Appropriate stimuli and resources are very important and essential in the training and care of a small child.
Cognitive Level: Application
Client Need: Physiological Integrity
Nursing Process: Assessment
- C) If appropriate stimuli and resources are not available at the critical time or when the person is ready to receive and use particular stimuli for the development of a specific psychomotor skill, the skill may be more difficult to learn later in the developmental sequence.
Cognitive Level: Application
Client Need: Physiological Integrity
Nursing Process: Assessment
- D) Children can and do learn much on their own. However, appropriate stimuli and resources which are supplied by caregivers provide valuable opportunities for the developing brain to grow even more.
Cognitive Level: Application
Client Need: Physiological Integrity
Nursing Process: Assessment

7) Development involves changing allocation of resources. Which change of allocation of resources is most often seen in old age? 7) _____

- A) Social skills
- B) Improvement
- C) Dealing with loss
- D) Growth

Answer: C

Explanation:

- A) From birth through adolescence, resources are allocated for growth in conjunction with social skills.
Cognitive Level: Comprehension
Client Need: Health Promotion and Maintenance
Nursing Process: Planning
- B) From birth through adolescence, resources are allocated for growth in conjunction with improvement.
Cognitive Level: Comprehension
Client Need: Health Promotion and Maintenance
Nursing Process: Planning
- C) In old age more energy may be directed to coping with loss.
Cognitive Level: Comprehension
Client Need: Health Promotion and Maintenance
Nursing Process: Planning
- D) From birth through adolescence, resources are allocated for growth.
Cognitive Level: Comprehension
Client Need: Health Promotion and Maintenance
Nursing Process: Planning

- 8) A comparison of pictures of persons of different ages indicates that the young child is not a "small adult." The proportional size of the head to the chest and of the torso to the limbs of younger and older persons is vastly different. This is an example of: 8) _____
- A) The Principle of Readiness.
 - B) The Principle of Differentiation.
 - C) The Principle of Asynchronous Growth.
 - D) The Principle of Discontinuity of Growth Rate.

Answer: C

Explanation:

- A) The Principle of Readiness states that the child's ability to perform a physical task depends not only on maturation of neurologic structures in the brain but also on the maturation of the muscular and skeletal systems.
Cognitive Level: Application
Client Need: Physiological Integrity
Nursing Process: Assessment
- B) The Principle of Differentiation means that development proceeds from simple to the complex; homogeneous to heterogeneous; and general to specific.
Cognitive Level: Application
Client Need: Physiological Integrity
Nursing Process: Assessment
- C) The Principle of Asynchronous Growth focuses on developmental shifts at successive periods in development.
Cognitive Level: Application
Client Need: Physiological Integrity
Nursing Process: Assessment
- D) The Principle of Discontinuity of Growth Rate refers to the different rate of growth changes at different periods during the life span.
Cognitive Level: Application
Client Need: Physiological Integrity
Nursing Process: Assessment

- 9) During the developmental process, which dimension of an individual acquires competencies first? 9) _____
A) Emotional and Social B) Cognitive
C) Physical D) All dimensions develop simultaneously.

Answer: D

Explanation: A) Emotional and social aspects of an individual develop along with other dimensions.
Cognitive Level: Application
Client Need: Psychological Integrity
Nursing Process: Assessment
B) Cognitive development occurs at the same time as other dimensions of development.
Cognitive Level: Application
Client Need: Psychological Integrity
Nursing Process: Assessment
C) While physical development is most visible to the eye, less visible dimensions of the individual are also developing.
Cognitive Level: Application
Client Need: Psychological Integrity
Nursing Process: Assessment
D) The developing person simultaneously acquires competencies in four major areas: physical, cognitive, emotional, and social.
Cognitive Level: Application
Client Need: Psychological Integrity
Nursing Process: Assessment

- 10) The Principle of Readiness states that the child's ability to perform a physical task depends not only 10) _____
on maturation of neurologic structures in the brain but also on the maturation of the _____ and _____ systems.
A) Social and Environmental B) Nervous and Brain
C) Nervous and Spinal Cord D) Muscular and Skeletal

Answer: D

Explanation: A) The Principle of Readiness does not address social systems or environmental factors.
Cognitive Level: Analysis
Client Need: Physiological Integrity
Nursing Process: Assessment
B) While the readiness of the nervous system is essential to the mastery of a physical task, it is given in the question. The brain is a part of the nervous system.
Cognitive Level: Analysis
Client Need: Physiological Integrity
Nursing Process: Assessment
C) While the readiness of the nervous system is essential to the mastery of a physical task, it is given in the question. The spinal cord is a part of the nervous system.
Cognitive Level: Analysis
Client Need: Physiological Integrity
Nursing Process: Assessment
D) If the muscles and bones are not developed or strong enough, according to the Principle of Readiness, a physical task cannot be mastered.
Cognitive Level: Analysis
Client Need: Physiological Integrity
Nursing Process: Assessment

11) The term "age grading" describes:

11) _____

- A) Incremental growth.
- B) Ideal norms.
- C) Value assigned to different ages.
- D) Duties, rights, and rewards which are differential for each age group.

Answer: D

- Explanation:
- A) Incremental growth refers to maintaining an excess in growth over normal daily losses from catabolism, seen in urine, feces, perspiration, and oxidation in the lungs.
Cognitive Level: Comprehension
Client Need: Health Promotion and Maintenance
Nursing Process: Assessment
 - B) Ideal norms, standards or expectancies, for different behaviors vary among different groups of people. However, the term "ideal norms" does not mean the same thing as "age grading".
Cognitive Level: Comprehension
Client Need: Health Promotion and Maintenance
Nursing Process: Assessment
 - C) The term does not define any particular value associated with any particular age. However, the members of the society have a general consensus about these age expectations and norms.
Cognitive Level: Comprehension
Client Need: Health Promotion and Maintenance
Nursing Process: Assessment
 - D) The term "age grading" means that duties, rights, and rewards are differential for each age group.
Cognitive Level: Comprehension
Client Need: Health Promotion and Maintenance
Nursing Process: Assessment

12) Development is multidimensional. What is the best way to teach a person or family about this principle and how to apply it to life?

12) _____

- A) Teach that the developing person acquires competencies one at a time in a variety of ways.
- B) Teach that the developing person has many ways to develop and cannot be rushed.
- C) Teach that this principle only applies to infants and children.
- D) Teach that the developing person simultaneously acquires competencies in four major areas.

Answer: D

Explanation:

- A) The developing person simultaneously acquires competencies.
Cognitive Level: Application
Client Need: Health Promotion and Maintenance
Nursing Process: Planning
- B) The developing person simultaneously acquires competencies in an ongoing sequence. Even though development cannot be rushed, this is not the major concept of this principle.
Cognitive Level: Application
Client Need: Health Promotion and Maintenance
Nursing Process: Planning
- C) Multidimensional development is not only for infants and children but for all developing individuals.
Cognitive Level: Application
Client Need: Health Promotion and Maintenance
Nursing Process: Planning
- D) Development is multidimensional. The developing person simultaneously acquires competencies in four major areas: physical, cognitive, emotional, and social.
Cognitive Level: Application
Client Need: Health Promotion and Maintenance
Nursing Process: Planning

13) The adaptive capacity of a person compared with other people of a similar age is known as:

13) _____

A) Psychological age.

B) Chronological age.

C) Social age.

D) Maturation age.

Answer: A

- Explanation:
- A) Psychological age is the adaptive capacity of the person compared with other people of a similar age. It involves the person's perception of aging processes.
Cognitive Level: Comprehension
Client Need: Health Promotion and Maintenance
Nursing Process: Assessment
 - B) Chronological age is the time since birth. It is not always identical to the other ages.
Cognitive Level: Comprehension
Client Need: Health Promotion and Maintenance
Nursing Process: Assessment
 - C) Social age refers to society's roles and expectations of the person at a specific age or stage. Social age relates to historical and social time.
Cognitive Level: Comprehension
Client Need: Health Promotion and Maintenance
Nursing Process: Assessment
 - D) Maturation age refers to the emergence of genetic potential for changes in form, structure, complexity, integration, organization, and function, physically and mentally.
Cognitive Level: Comprehension
Client Need: Health Promotion and Maintenance
Nursing Process: Assessment

14) Evaluate the following statements. In your judgment which statement best describes the system of the individual? 14) _____

- A) The person is a unified but closed system.
- B) Change only occurs at very specific points in life.
- C) All persons are, overall, very different with very different basic needs.
- D) Stability and change are constant in any system, including the individual.

Answer: D

- Explanation:
- A) The person is a unified but open system composed of body, mind, feelings, and spirit, which are continually influenced by the environment.
Cognitive Level: Application
Client Need: Health Promotion and Maintenance
Nursing Process: Assessment
 - B) Changes, demonstrating differences in various aspects of the self, occur throughout life. Both earlier and later life experiences contribute to stability and the capacity for change.
Cognitive Level: Application
Client Need: Health Promotion and Maintenance
Nursing Process: Assessment
 - C) All persons are, overall, similar and have the same basic needs, but they are also unique in following and expressing their own developmental patterns.
Cognitive Level: Application
Client Need: Health Promotion and Maintenance
Nursing Process: Assessment
 - D) Stability and change are constant. The person and family unit show stability, maintaining some characteristics.
Cognitive Level: Application
Client Need: Health Promotion and Maintenance
Nursing Process: Assessment

15) Readiness and motivation are essential for learning to occur. Which factor helps increase readiness and motivation to learn? 15) _____

- A) Hunger
- B) Fatigue
- C) Encouragement
- D) Lack of emotional positive feedback

Answer: C

- Explanation:
- A) Hunger negatively affects readiness to focus on new material and learn.
Cognitive Level: Application
Client Need: Health Promotion and Maintenance
Nursing Process: Planning
 - B) Fatigue negatively impacts readiness to focus on new material and learn.
Cognitive Level: Application
Client Need: Health Promotion and Maintenance
Nursing Process: Planning
 - C) Encouragement is positive reinforcement, which is motivational.
Cognitive Level: Application
Client Need: Health Promotion and Maintenance
Nursing Process: Planning
 - D) Lack of emotional positive feedback negatively impacts readiness to focus on new material and learn.
Cognitive Level: Application
Client Need: Health Promotion and Maintenance
Nursing Process: Planning

16) Analyze each stage of life. Which stage establishes patterns of behaviors?

16) _____

- A) Childhood
- C) Adulthood

- B) Adolescence
- D) Older adulthood

Answer: A

- Explanation:
- A) Childhood is the foundation period of life. Attitudes, habits, patterns of behavior and thinking, personality traits, and health status are established during the early years. Patterns are established which last a lifetime.
Cognitive Level: Analysis
Client Need: Health Promotion and Maintenance
Nursing Process: Assessment
 - B) Early patterns of behavior established in childhood persist throughout adolescence.
Cognitive Level: Analysis
Client Need: Health Promotion and Maintenance
Nursing Process: Assessment
 - C) Development is life long and follows a definable, predictable, and sequential pattern. It occurs continually through adulthood; however, early patterns of behaviors are determined in childhood.
Cognitive Level: Analysis
Client Need: Health Promotion and Maintenance
Nursing Process: Assessment
 - D) Even in older adulthood, patterns of early childhood are still recognizable.
Cognitive Level: Analysis
Client Need: Health Promotion and Maintenance
Nursing Process: Assessment

17) As the child matures, he or she retains earlier ways of behaving, but there will be a developmental revision of habits. Evaluate what this means. 17) _____

- A) Behavioral tendencies are fairly constant but may be demonstrated in different ways as an individual develops.
- B) Peers do not have any influence on the behaviors of an individual.
- C) A person behaves the same way under all circumstances.
- D) It is impossible to get rid of a bad habit.

Answer: A

- Explanation:
- A) Some dimensions gain an expanded focus; others become less prominent at certain life periods. For example, the high-activity infant becomes a high-activity toddler or adult, but the object of the activity changes from diffused interests to concentrated play to work.
Cognitive Level: Evaluation
Client Need: Psychological Integrity
Nursing Process: Evaluation
 - B) Peers are important to the child through adolescence; the young adult focuses on an intimate relationship or several close friends. Peer influence does affect the behavior of an individual.
Cognitive Level: Evaluation
Client Need: Psychological Integrity
Nursing Process: Evaluation
 - C) Behavioral changes also occur because of others' reactions and expectations, which change as the person matures physically.
Cognitive Level: Evaluation
Client Need: Psychological Integrity
Nursing Process: Evaluation
 - D) Human behavior is very complex, influenced by many aspects of life other than learned behavior. Old habits can be replaced with healthier habits.
Cognitive Level: Evaluation
Client Need: Psychological Integrity
Nursing Process: Evaluation

18) Based on an analysis of the elements of the mastery of developmental skills, which statement is false?

18) _____

- A) Mastering developmental tasks is important to emotional development.
- B) Mastering developmental tasks is important to physical development.
- C) Certain periods exist when a task can be best accomplished, and the task should be mastered then.
- D) Each phase of development is difficult to identify because there are seldom any distinguishable characteristics.

Answer: D

- Explanation:
- A) Mastering developmental tasks of one period is the basis for mastering the next developmental era in an emotional realm.
Cognitive Level: Analysis
Client Need: Physiological Integrity
Nursing Process: Assessment
 - B) Mastering developmental tasks of one period is the basis for mastering the next developmental era in a physical realm.
Cognitive Level: Analysis
Client Need: Physiological Integrity
Nursing Process: Assessment
 - C) Certain periods exist when a task can be best accomplished. The task is best taught and mastered during this period.
Cognitive Level: Analysis
Client Need: Physiological Integrity
Nursing Process: Assessment
 - D) Each phase of development has distinguishable characteristics.
Cognitive Level: Analysis
Client Need: Physiological Integrity
Nursing Process: Assessment

19) Which example best demonstrates progressive differentiation of the self?

19) _____

- A) Both partners in a marriage lean on each other for emotional support.
- B) The young child first separates as an object apart from mother, gradually becoming less dependent on the parents.
- C) Family members support each other during a storm.
- D) An older parent becomes more dependent on adult children.

Answer: B

- Explanation:
- A) This is an example of increasing dependency, not autonomy.
Cognitive Level: Application
Client Need: Psychological Integrity
Nursing Process: Assessment
 - B) Progressive differentiation of the self from the environment results from increasing self-knowledge and autonomy.
Cognitive Level: Application
Client Need: Psychological Integrity
Nursing Process: Assessment
 - C) While family support is important to psychological health, this example does not demonstrate the gradual separation of an individual from a family unit.
Cognitive Level: Application
Client Need: Psychological Integrity
Nursing Process: Assessment
 - D) This is an example of increasing dependency, not autonomy.
Cognitive Level: Application
Client Need: Psychological Integrity
Nursing Process: Assessment

20) The Principle of Differentiation means that development proceeds from:

20) _____

- A) Outside to inside.
- B) Homogeneous to heterogeneous.
- C) Complex to simple.
- D) Specific to general.

Answer: B

- Explanation:
- A) Development occurs on the outside and on the inside of a person simultaneously.
Cognitive Level: Comprehension
Client Need: Physiological Integrity
Nursing Process: Assessment
 - B) The Principle of Differentiation means that development proceeds from homogeneous to heterogeneous. The general body configurations of male and female at birth are much more similar than during late adolescence, thus indicating movement from homogeneity to heterogeneity.
Cognitive Level: Comprehension
Client Need: Physiological Integrity
Nursing Process: Assessment
 - C) The Principle of Differentiation means that development proceeds from simple to the complex.
Cognitive Level: Comprehension
Client Need: Physiological Integrity
Nursing Process: Assessment
 - D) The Principle of Differentiation means that development proceeds from general to specific.
Cognitive Level: Comprehension
Client Need: Physiological Integrity
Nursing Process: Assessment

SHORT ANSWER. Write the word or phrase that best completes each statement or answers the question.

- 21) To be too far ahead or behind in one's developmental stage may involve negative consequences. Describe an example of this principle. 21) _____

Answer: A correct response will describe a situation where an individual is not at the same level of development as others in the individual's age group. The response should demonstrate that either being too advanced or too behind in development can result in a child feeling like an outcast from the child's peer group and socially uncomfortable. It may impede other developmental areas.

Explanation: Many of the major markers in the life cycle are ordered and sequential and are social rather than biological. Their time is socially regulated.

Cognitive Level: Application

Client Need: Psychological Integrity

Nursing Process: Planning

- 22) Does the first action or word of a child demonstrate the concept of continuity or discontinuity? Explain your response. 22) _____

Answer: Growth and development evidence both continuity (cumulative change) and discontinuity (distinct stages, abrupt occurrence or even regression). The first action or word of a child may seem sudden, or a discontinuous event, yet is the result of weeks or months of practice (continuity).

Explanation: A correct response will define both terms.

Cognitive Level: Application

Client Need: Health Promotion and Maintenance

Nursing Process: Diagnosis

- 23) Evaluate the difference between hypertrophy and hyperplasia. Do you agree with this statement? "Growth during the fetal and infancy periods is achieved primarily through hyperplasia." Why or why not? 23) _____

Answer: Growth occurs through hypertrophy, an increase in the size of cellular structures, and hyperplasia, an increase in the number of cells. The statement, "Growth during the fetal and infancy periods is achieved primarily through hyperplasia" is correct. During this phase of development, cells are being added to the body at a fast rate. As the child develops, the hyperplasia phase will gradually be replaced by hypertrophic growth. Each body organ has its own optimum period of growth. Body tissues are most sensitive to permanent damage during periods of the most rapid hyperplastic growth.

Explanation: A correct response will define both terms and state a correct position on the statement.

Cognitive Level: Evaluation

Client Need: Physical Integrity

Nursing Process: Evaluation

TRUE/FALSE. Write 'T' if the statement is true and 'F' if the statement is false.

- 24) If different peoples across the world seem more similar than different, the One Genus Postulate states this is true simply because all people are Homo sapiens. 24) _____

Answer: ☒ True ☐ False

Explanation: All persons are, overall, similar and have the same basic needs, but they are also unique in following and expressing their own developmental patterns. This concept is incorporated into The One Genus Postulate.

Cognitive Level: Evaluation

Client Need: Psychological Integrity

Nursing Process: Diagnosis

- 25) The person responds as a total organism at any given moment to events, persons, or objects in terms of personal perception, needs, and expectations. 25) _____

Answer: ☒ True ☐ False

Explanation: The total organism concept describes the person as a single unit, responding to the world around it.

Cognitive Level: Application

Client Need: Physiological Integrity

Nursing Process: Assessment

MATCHING. Choose the item in column 2 that best matches each item in column 1.

Match the following.

26) Growth

Answer: B

27) Development

Answer: A

A) The patterned, orderly, lifelong changes in structure, thought, feelings, or behavior that evolve as a result of maturation of 26) _____

physical and mental capacity, experiences, and learning and result in a new level of maturity and integration 27) _____

B) Increase in body size or changes in structure, function, and complexity of body cell content and metabolic and biochemical processes

- 28) Learning
Answer: D
- 29) Nurture
Answer: B
- 30) Nature
Answer: E

- A) Maintaining an excess in growth over normal daily losses from catabolism, seen in urine, feces, perspiration, and oxidation in the lungs 28) _____
- B) Environmental experiences are a powerful influence and may suppress or enhance genetic capacity for expression of certain talents, cognitive abilities, language or physical achievements, or social skills. 29) _____
- C) Refers to the emergence of genetic potential for changes in form, structure, complexity, integration, organization, and function, physically and mentally 30) _____
- D) This occurs when specific knowledge, skills, habits, and attitudes are acquired as a result of experience, training, and behavioral changes.
- E) People grow and develop in an orderly way based on genetic and physiological foundations.

Answer Key

Testname: C3

- 1) D
- 2) B
- 3) B
- 4) A
- 5) B
- 6) C
- 7) C
- 8) C
- 9) D
- 10) D
- 11) D
- 12) D
- 13) A
- 14) D
- 15) C
- 16) A
- 17) A
- 18) D
- 19) B
- 20) B
- 21) A correct response will describe a situation where an individual is not at the same level of development as others in the individual's age group. The response should demonstrate that either being too advanced or too behind in development can result in a child feeling like an outcast from the child's peer group and socially uncomfortable. It may impede other developmental areas.
- 22) Growth and development evidence both continuity (cumulative change) and discontinuity (distinct stages, abrupt occurrence or even regression). The first action or word of a child may seem sudden, or a discontinuous event, yet is the result of weeks or months of practice (continuity).
- 23) Growth occurs through hypertrophy, an increase in the size of cellular structures, and hyperplasia, an increase in the number of cells. The statement, "Growth during the fetal and infancy periods is achieved primarily through hyperplasia" is correct. During this phase of development, cells are being added to the body at a fast rate. As the child develops, the hyperplasia phase will gradually be replaced by hypertrophic growth. Each body organ has its own optimum period of growth. Body tissues are most sensitive to permanent damage during periods of the most rapid hyperplastic growth.
- 24) TRUE
- 25) TRUE
- 26) B
- 27) A
- 28) D
- 29) B
- 30) E