

CPN Review Course
Neuromuscular and Musculoskeletal Disorders
Practice Questions

1. A mother brings in her 2 month-old infant for a well-baby visit. She expresses concern that her baby doesn't hold his head up when she supports him in a sitting position. The most appropriate nursing response to this concern is:
 - A. To notify the pediatrician as this is a concerning finding that will require thorough evaluation.
 - B. To suggest that the mother place her baby in a prone position frequently while he's awake and offer stimulating activities in order to facilitate strengthening his neck muscles.
 - C. To suggest that this could be the result of a neuromuscular problem, such as Werdnig-Hoffman Disease or Duchenne Muscular Dystrophy.
 - D. To elicit further information about the baby's diet as he may not be receiving adequate calories
2. You are on the sidelines watching your daughter's soccer game when you observe another player wrench her ankle when trying to kick the ball. After applying ice and elevating her leg, you are talking with the victim about when she can return to play. The best response is:
 - A. After the ice has been on for 30 minutes.
 - B. Two weeks post injury.
 - C. When she is able to walk without limping.
 - D. She may not be able to return since this injury will require a major surgical repair.
3. A 7 year-old girl presents to the orthopedic clinic for a follow-up visit after placement of an Ilizarov external fixator. Which statement by the child indicates effective coping?
 - A. "I don't let Mommy touch the pins."
 - B. "I use my crutches sometimes."
 - C. "I'm going to stay home from school."
 - D. "I get to wear new pants and they're really pretty."
4. The mother of a four year-old child with Legg-Calvé-Perthes Disease is interested in ways to keep her child active while he is recovering from his illness. The nurse knows that planning developmentally appropriate activities within the restrictions imposed by this disease is important because:
 - A. This child is in the stage of development known as initiative vs. guilt and he needs opportunities to feel a sense of accomplishment.
 - B. This child has a poor prognosis and quality of life should be maintained for as long as possible.
 - C. Industry vs. inferiority is the key developmental task for this age.

- D. This child will be very concerned about the way he is perceived by his peers
5. Immediate postoperative assessment of the adolescent who has undergone spinal fusion surgery includes all of the following EXCEPT:
- A. Checking patency of the Foley catheter
 - B. Observing patient's ability to don and remove the brace
 - C. Performing neurovascular checks of the lower extremities
 - D. Ensuring patient and family know how to properly utilize PCA button
6. Which of the following is NOT an appropriate part of a care plan for a child with cerebral palsy?:
- A. Encourage use of adapted utensils and clothing in order to facilitate self-care
 - B. Teach family how to perform range of motion exercises in order to facilitate joint flexibility
 - C. Provide incentives to move (e.g. placing a toy out of child's reach).
 - D. Restrict calories to no more than needed for growth in order to prevent excessive weight gain
7. Which of the following is the most appropriate nursing action for a child with cerebral palsy?:
- A. Facilitate family-to-family support in order to assist the parents with coping with the stress of caring for a handicapped child.
 - B. Encourage the family to seek out a long-term care facility as the child will most likely require this at some point.
 - C. Collaborate with the physical therapist to teach the family how to use a walker.
 - D. Investigate financial resources that the family can utilize to send the child to a boarding school.
8. A 3 month old infant presents to the emergency room with a swollen left thigh in which there is decreased range of motion. There is no obvious deformity or ecchymosis. The history given by the parent is consistent with the injury and the child's developmental level. The nurse suspects:
- A. A severe contusion
 - B. Child maltreatment
 - C. Osteogenesis imperfecta
 - D. Slipped capital femoral epiphysis
9. A ten year-old child arrives at the school nurse's office complaining of right ankle pain after falling while playing basketball in gym class. The ankle is obviously swollen and the child is unable to walk on it. After having the child lie down and elevating the limb above heart level, the nurse should:
- A. Call 911
 - B. Administer an analgesic

- C. Instruct the child to perform range of motion exercises
 - D. Apply ice to the ankle
10. You are discharging an infant with Werdnig-Hoffmann disease to home. When teaching the parents about how to use the pulse oximeter, an important point to review is:
- A. An infant with this disease will have optimal oxygen saturations if positioned prone to sleep.
 - B. Their response to an alarm should always include observing the child for a change in color.
 - C. Normal saturations for an infant with this disease are in the 80's.
 - D. CPR should be immediately initiated if the oxygen saturation drops more than 5 points below
11. A teenager with a spinal cord injury suddenly becomes diaphoretic and hypertensive. The nurse's priority is to:
- A. Administer hydralazine immediately.
 - B. Contact a physician as this is most likely due to spinal shock.
 - C. Assess the bladder for fullness and catheterize the patient if necessary.
 - D. Logroll the child onto his left side and have him take slow, deep breaths.
12. Which of the following is NOT a feature of juvenile idiopathic arthritis?
- A. More common in girls than boys
 - B. Treated with methotrexate
 - C. Diagnosed by synovial fluid aspiration
 - D. No known cause
13. You admit a twelve year-old who is having difficulty breathing. The mother states that the child has had muscular weakness since age 3 and that he lost the ability to walk a year ago. Since then, he has been confined to a wheelchair and has had several other hospitalizations for pneumonia. His underlying diagnosis is most likely:
- A. Werdnig-Hoffmann Disease
 - B. Guillain-Barré Syndrome
 - C. Cerebral palsy
 - D. Duchenne Muscular Dystrophy
14. When working with the family of a child with spina bifida, anticipatory guidance should include all of the following EXCEPT:
- A. Avoidance of bananas in the diet.
 - B. Strict hygiene of the perineal area to avoid contamination of the meningeal sac.
 - C. Reinforcement of proper catheterization technique.
 - D. Proper performance of range of motion exercises.
15. Nursing care of a child in a hip spica cast includes:

- A. Ensuring availability of a standard car seat for the child's weight
- B. Daily cleansing of the cast after contact with stool or urine
- C. Neurovascular assessments
- D. Avoiding discussion of the cast removal procedure

Answer Key:

- 1. B
- 2. C
- 3. D
- 4. A
- 5. B
- 6. D
- 7. A
- 8. C
- 9. D
- 10. B
- 11. C
- 12. C
- 13. D
- 14. B
- 15. C