

# Fundamentals of Nursing

## Basic Needs of the Patient: MCQ Study Guide

### Maslow's Hierarchy of Needs

**1. According to Maslow's hierarchy of needs, which of the following patient needs should the nurse prioritize first?**

- A. Ensuring the patient feels a sense of belonging on the unit
- B. Protecting the patient from falls and injury
- C. Administering oxygen to a patient experiencing acute dyspnea
- D. Promoting the patient's self-esteem by encouraging independence

**Answer:** C

**Rationale:** Physiological needs form the foundation of Maslow's hierarchy and must be met before higher-level needs. Airway and breathing (oxygen) are the most critical physiological needs.

**2. A nurse is planning care for a patient who has just been admitted with a severe infection. Which need corresponds to the 'Safety and Security' level in Maslow's hierarchy?**

- A. Providing a nutritious diet
- B. Initiating fall and infection control precautions
- C. Facilitating a visit from the hospital chaplain
- D. Assisting the patient to comb their hair

**Answer:** B

**Rationale:** Infection control and fall precautions directly address the patient's physical safety, which is the second level of Maslow's hierarchy.

**3. A patient states, "I feel like I have accomplished everything I wanted to in my career and family life." Which level of Maslow's hierarchy does this statement reflect?**

- A. Self-actualization
- B. Esteem and recognition
- C. Love and belonging
- D. Safety and security

**Answer:** A

**Rationale:** Self-actualization refers to realizing one's full potential and feeling a sense of fulfillment and accomplishment.

**4. After stabilizing a patient's breathing and circulation, what is the nurse's next priority according to Maslow's hierarchy?**

- A. Encouraging socialization with roommates
- B. Ensuring the patient feels loved by their family
- C. Establishing a safe and secure environment
- D. Teaching the patient about their medications

**Answer:** C

**Rationale:** Once physiological needs (breathing, circulation) are met, the next priority is safety and security needs.

## Physical Needs

**5. Which of the following nursing interventions primarily addresses a patient's physical needs?**

- A. Listening actively to the patient's concerns
- B. Repositioning a bedridden patient every two hours
- C. Arranging for a family member to stay overnight
- D. Providing reading materials for entertainment

**Answer:** B

**Rationale:** Repositioning prevents pressure ulcers and promotes circulation, directly addressing physiological/physical needs.

**6. A patient is recovering from abdominal surgery and is NPO (nothing by mouth). Which physical need is at the highest risk of being compromised?**

- A. Elimination
- B. Thermoregulation
- C. Nutrition and hydration
- D. Sleep and rest

**Answer:** C

**Rationale:** Being NPO restricts fluid and caloric intake, putting the patient at risk for compromised nutrition and hydration, requiring IV fluids.

**7. A patient presents with a core body temperature of 35.0°C (95°F). Which basic physical need is altered?**

- A. Oxygenation
- B. Elimination
- C. Temperature regulation
- D. Sensory stimulation

**Answer:** C

**Rationale:** Temperature regulation (thermoregulation) is a critical physiological need to maintain homeostasis. Hypothermia alters this need.

## Psychological Needs

**8. A newly diagnosed diabetic patient is visibly anxious and crying. Which intervention best addresses their psychological needs?**

- A. Immediately beginning insulin administration teaching
- B. Sitting with the patient and offering a calm, supportive presence
- C. Leaving the patient alone to process the information
- D. Informing them that diabetes is easily manageable

**Answer:** B

**Rationale:** Providing presence, empathy, and active listening addresses the immediate psychological need for comfort and security during emotional distress.

**9. Which action by the nurse promotes a patient's need for self-esteem?**

- A. Performing a complete bed bath for a patient who can wash their own face and arms
- B. Calling the patient "sweetie" to build rapport
- C. Encouraging the patient to make choices about their daily routine
- D. Restricting visitors to ensure the patient rests

**Answer:** C

**Rationale:** Allowing the patient to make choices promotes autonomy, control, and independence, which heavily contribute to self-esteem and dignity.

**10. A patient exhibits signs of sensory deprivation. Which psychological need is unmet?**

- A. Need for meaningful stimuli and orientation
- B. Need for physical safety
- C. Need for spiritual peace
- D. Need for pain relief

**Answer:** A

**Rationale:** Sensory deprivation occurs when a person lacks adequate sensory stimulation, leading to psychological distress and cognitive alterations.

## Spiritual Needs

**11. A terminally ill patient asks the nurse, "Why is God letting this happen to me?" What is the most appropriate response?**

- A. "God has a plan for everyone."
- B. "You are experiencing spiritual distress. Would you like to talk about it?"
- C. "I will call the chaplain to come and pray with you."
- D. "It sounds like you are feeling overwhelmed and questioning your faith. Tell me more."

**Answer:** D

**Rationale:** This response uses therapeutic communication to explore the patient's feelings and acknowledges their spiritual pain without imposing personal beliefs.

**12. Which behavior by the nurse best demonstrates respect for a patient's spiritual needs?**

- A. Removing a patient's religious amulet before surgery without asking
- B. Accommodating a patient's request for specific dietary restrictions based on their religion
- C. Sharing personal religious beliefs to comfort the patient
- D. Telling the patient that medical treatment is more important than prayer

**Answer:** B

**Rationale:** Accommodating religious dietary restrictions shows respect for the patient's spiritual practices and cultural identity.

**13. A patient refuses a blood transfusion based on religious beliefs, despite life-threatening anemia. The nurse's role is to:**

- A. Convince the patient to accept the transfusion
- B. Administer the blood secretly to save their life
- C. Respect the patient's decision while ensuring they understand the risks
- D. Request a psychiatric evaluation for the patient

**Answer:** C

**Rationale:** Adults with decision-making capacity have the right to refuse treatment based on spiritual or religious beliefs. The nurse must advocate for their autonomy while ensuring informed consent.

## Social Needs

**14. A patient in isolation for a highly contagious infection reports feeling lonely and isolated. How can the nurse best address their social needs?**

- A. Remove the isolation precautions so visitors can enter
- B. Spend extra time talking with the patient while wearing appropriate PPE
- C. Give the patient a sedative to help them sleep through the loneliness
- D. Explain that isolation is medically necessary and they must endure it

**Answer:** B

**Rationale:** Spending safe, deliberate time with the patient mitigates feelings of isolation and addresses their need for human connection and socialization.

**15. The nurse encourages family members to bring in photographs and familiar objects from home for an elderly patient in a long-term care facility. Which need does this address?**

- A. Physiological needs
- B. Safety needs
- C. Love and belonging needs
- D. Self-actualization

**Answer:** C

**Rationale:** Familiar objects and photos connect the patient to their family and identity, fulfilling social needs for love, belonging, and connection.

**16. A patient who recently suffered a stroke is having difficulty speaking (aphasia). The nurse uses a picture board to communicate. Which basic need is primarily being facilitated?**

- A. Spiritual connection
- B. Physiological survival
- C. Social interaction and communication
- D. Environmental safety

**Answer:** C

**Rationale:** Communication is foundational to social interaction. Facilitating communication allows the patient to express needs, connect with others, and maintain social bonds.

**17. When planning a discharge for a patient who lives alone and has limited mobility, a referral to a community day-care center or visiting nurse service primarily supports which need?**

- A. Spiritual need
- B. Social and safety needs
- C. Self-actualization
- D. Need for self-esteem

**Answer:** B

**Rationale:** Community resources provide a safety net (preventing injury or neglect) and social interaction, combating isolation for vulnerable individuals living alone.

**18. A nurse notices that a patient avoids eye contact, sits alone during group activities, and speaks very softly. The nurse plans an intervention to gently integrate the patient into a small group. Which need is being addressed?**

- A. Physical comfort
- B. Social belonging
- C. Cognitive stimulation
- D. Spiritual alignment

**Answer:** B

**Rationale:** The patient is exhibiting signs of social withdrawal. Interventions aimed at group integration address the need for social belonging and interpersonal connection.

**19. A patient requires teaching on a new medication regimen. According to Maslow's hierarchy, when is the best time to provide this education?**

- A. When the patient is experiencing severe pain
- B. Immediately after the patient has received devastating news
- C. After the patient's pain is controlled and they feel rested
- D. Right before the patient goes to sleep

**Answer:** C

**Rationale:** Learning requires cognitive engagement. Lower-level physiological needs (like pain relief and rest) must be met before a patient can focus on learning and self-improvement.

**20. Integrating a patient's cultural practices into their daily care plan directly impacts which dimensional needs?**

- A. Purely physiological
- B. Psychosocial and spiritual
- C. Only safety and security
- D. Exclusively self-actualization

**Answer:** B

**Rationale:** Culture heavily influences an individual's psychological well-being, social interactions, and spiritual beliefs. Honoring these practices supports psychosocial and spiritual dimensions.