

## HESI Review Questions- Gastrointestinal Disorders

1. The mother of a newborn asks the nurse why the infant has to nurse so frequently. Which is the best response?

- a) Formula tends to be more calorically dense, and formula-fed babies require fewer feedings than breastfed babies.
- b) The newborn's stomach capacity is small, and peristalsis is slow.
- c) The newborn's stomach capacity is small, and peristalsis is more rapid than in older children.
- d) Breastfed babies tend to take longer to complete a feeding than formula-fed babies.

2. A 4-month old has had vomiting and diarrhea for 24 hours. The infant is fussy, and the anterior fontanel is sunken. The nurse notes the infant does not produce tears when crying. Which task will help confirm the diagnosis of dehydration?

- a) Urinalysis obtained by bagged specimen.
- b) Urinalysis obtained by sterile catheterization.
- c) Analysis of serum electrolytes.
- d) Analysis of cerebrospinal fluid.

3. The parent of a 5-year old states that the child has been having diarrhea for 24 hours, vomited twice 2 hours ago, and now claims to be thirsty. The parent asks what to offer the child because the child is refusing Pedialyte. Select the nurse's most appropriate response.

- a) "You can offer clear diet soda such as sprite and ginger ale."
- b) Pedialyte is really the best thing for your child, who, if thirsty enough, will eventually drink it."
- c) "Pedialyte is really the best thing for your child. Allow your child some choice in the way to take it by offering small amounts in a spoon, medicine cup, or syringe."
- d) "It really does not matter what your child drinks as long as it is kept down. Try offering small amounts of fluids in medicine cups."

4. The parents of a 4-year old ask the nurse how to manage their child's constipation. Select the nurse's best response.

- a) "Add 2 ounces of apple or pear juice to the child's diet."
- b) "Be sure your child eats a lot of fresh fruit such as apples and bananas."
- c) "Encourage your child to drink more fluids."
- d) "Decrease bulky foods such as whole-grain breads and rice."

5. The nurse is caring for an infant diagnosed with Hirschsprung disease. The mother states she is pregnant with a boy and wants to know if her new baby will likely have the disorder. Select the nurse's best response.

- a) "Genetics play a small role in Hirschsprung disease, so there is a chance the baby will develop it as well."
- b) "There is no evidence to support a genetic link, so it is very unlikely the baby will also have it."
- c) "It is rarely seen in boys, so it is not likely your new baby will have Hirschsprung disease."
- d) "Hirschsprung disease is seen only in girls, so your new baby will not be at risk."

6. The nurse is caring for an infant newly diagnosed with Hirschsprung disease. What does the nurse understand about this infant's condition?

- a) There is a lack of peristalsis in the large intestine and an accumulation of bowel contents, leading to abdominal distention.
- b) There is excessive peristalsis throughout the intestine, resulting in abdominal distention.
- c) There is a small bowel obstruction leading to ribbon-like stools.
- d) There is inflammation throughout the large intestine, leading to accumulation of intestinal contents and abdominal distention.

7. The parents of a child being evaluated for appendicitis tell the nurse the physician said their child has a positive Rovsing sign. They ask the nurse what this means. Select the nurse's best response.

- a) "Your child's physician should answer that question."
- b) "A positive Rovsing sign means that the child feels pain in the right side of the abdomen when the left side is palpated."
- c) "A positive Rovsing sign means pain is felt when the physician removes the hand from the abdomen."
- d) "A positive Rovsing sign means pain is felt in the right lower quadrant when the child coughs."

8. Which is the best position for an 8-year old who has just returned to the pediatric unit after an appendectomy for a ruptured appendix?

- a) Semi-Fowler.
- b) Prone.
- c) Right side-lying.
- d) Left side-lying.

9. The parents of a newborn diagnosed with a cleft lip and palate ask the nurse when their child's lip and palate will most likely be repaired. Select the nurse's best response.

- a) "The palate and the lip are usually repaired in the first few weeks of life so that the baby can grow and gain weight."
- b) "The palate and the lip are usually not repaired until the baby is approximately 6 months old so that the mouth has had enough time to grow."
- c) "The lip is repaired in the first few months of life, but the palate is not usually repaired until the child is 3 years old."
- d) "The lip is repaired in the first few weeks of life, but the palate is not usually repaired until the child is 18 months old."

10. The nurse is caring for a newborn with a cleft lip and palate. The mother states, "I will not be able to breastfeed my baby." Select the nurse's best response.

- a) "It sounds like you are feeling discouraged. Would you like to talk about it?"
- b) "Sometimes breastfeeding is still an option for babies with a cleft lip and palate. Would you like more information?"
- c) "Although breastfeeding is not an option, you have the option of pumping your milk and then feeding it to your baby with a special nipple."
- d) "We usually discourage breastfeeding babies with cleft lip and palate as it puts them at an increased risk for aspiration."

11. The nurse is caring for an infant with pyloric stenosis. The parent asks if any future children will likely have pyloric stenosis. Select the nurse's best response.

- a) "You seem worried; would you like to discuss your concerns?"
- b) "It is very rare for a family to have more than one child with pyloric stenosis."
- c) "Pyloric stenosis can run in families. It is more common in males."
- d) "Although there can be a genetic link, it is very unusual for girls to have pyloric stenosis."

12. The nurse receives a call from the mother of a 6-month old who describes her child as alternately sleepy and fussy. She states that her infant vomited once this morning and had two episodes of diarrhea. The last episode contained mucus and a small amount of blood. She asks the nurse what she should do. Select the nurse's best response.

- a) "Your infant will need to have some tests in the emergency room to determine if anything serious is going on."
- b) "Try feeding your infant in about 30 minutes; in the event of repeat vomiting, bring the infant to the emergency room for some tests and intravenous rehydration."
- c) "Many infants display these symptoms when they develop an allergy to the formula they are receiving; try switching to a soy-based formula."
- d) "Do not worry about the blood and mucus in the stool; it is not unusual for infants to have blood in their stools because their intestines are more sensitive."

13. The nurse is caring for a 5-month old infant with a diagnosis of intussusception. The infant has periods of irritability during which the knees are brought to chest and the infant cries, alternating with periods of lethargy. Vital signs are stable and within age-appropriate limits. The physician elects to give an enema. The parents ask the purpose of the enema. Select the nurse's most appropriate response.

- a) "The enema will confirm the diagnosis. If the test result is positive, your child will need to have surgery to correct the intussusception."
- b) "The enema will confirm the diagnosis. Although very unlikely, the enema may also help fix the intussusception so that your child will not immediately need surgery."
- c) "The enema will help confirm the diagnosis and has a good chance of fixing the intussusception."
- d) "The enema will help confirm the diagnosis and may temporarily fix the intussusception. If the bowel returns to normal, there is a strong likelihood that the intussusception will recur."

14. Which child may need extra fluids to prevent dehydration? **Select all that apply.**

- a) 7-day old receiving phototherapy.
- b) 6-month old with newly diagnosed pyloric stenosis
- c) 2-year old with pneumonia
- d) 2-year old with full-thickness burns to chest, back and abdomen
- e) 13-year old who has just started her menses

15. The nurse is interviewing the parents of a 6-year old who has been experiencing constipation. Which could be a causative factor? **Select all that apply.**

- a) Hypothyroidism.
- b) Muscular dystrophy.
- c) Myelomeningocele.
- d) Active in sports.