1. A care plan can be defined as:
   a. focusing on others and their welfare
   b. taking care of our family and neighbors
   c. documenting the performance of our co-workers
   d. a blueprint outlining the nursing care of any given patient

2. Nurses often use their energy on all of the following EXCEPT:
   a. caring for patients
   b. caring for family
   c. caring for neighbors
   d. caring for self

3. The reasons we should make care plans for ourselves include all of the following EXCEPT:
   a. we lose sight of ourselves and our needs
   b. we are more important than the patients
   c. in order to best care for others, we must first care for ourselves
   d. if we disregard ourselves long enough, our emotional cupboards become bare

4. In this article, the author says the major obstacle to overcome when caring for ourselves is:
   a. that taking care of ourselves is a sin
   b. that we must take care of others first
   c. that taking care of ourselves takes too much time
   d. the mistaken notion that taking care of ourselves is selfish

5. What is the name given to the problems that arise when nurses neglect to care for themselves and manifest physical, emotional and/or mental problems?
   a. burned-out nurses
   b. compassion fatigue
   c. highly stressed nurses
   d. ineffective individual coping

6. A common online self-assessment tool that might help to make a comprehensive self-assessment would be one that:
   a. helps with career decision making
   b. helps determine one’s self-esteem level
   c. measures your general fund of knowledge
   d. measures your aptitude at certain sports

7. Writing a comprehensive self-diagnosis helps the nurse to:
   a. follow through with interventions
   b. keep from making redundant goals
   c. develop clear goals and interventions
   d. offer more self-feedback than others can give you

8. When writing your goals, they need to be all of the following EXCEPT:
   a. easy
   b. attainable
   c. reasonable
   d. measurable

9. The author gives a few helpful hints to achieving personal goals. They include the following EXCEPT:
   a. write them down
   b. don’t try to do too much at once
   c. hastily reevaluate goals daily
   d. get support from others

10. What is the purpose of a personal vision statement?
    a. helps you accept assistance from others
    b. provides for your personal privacy
    c. helps you determine where you want to be and what you hope to accomplish
    d. clearly defines who you are and what you can contribute

**Evaluation**

1. I can complete an objective self-assessment.
   a. strongly agree
   b. agree
   c. neutral
   d. disagree
   e. strongly disagree

2. I can write a realistic diagnosis and goals.
   a. strongly agree
   b. agree
   c. neutral
   d. disagree
   e. strongly disagree

3. I can describe ways to achieve goals.
   a. strongly agree
   b. agree
   c. neutral
   d. disagree
   e. strongly disagree

4. The objectives relate to the overall goal of the article.
   a. strongly agree
   b. agree
   c. neutral
   d. disagree
   e. strongly disagree

5. The article is well-written and logically organized, and defines terms adequately.
   a. strongly agree
   b. agree
   c. neutral
   d. disagree
   e. strongly disagree

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10. A B C D

**EVALUATION**

1. A B C D E
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5. A B C D E

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- Director of Nursing
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- Staff Nurse
- Program Director

**LPN**
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- Nursing Administrator
- Nursing Faculty
- Private Practice
- Staff Development
- Staff Nurse

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- Critical Care
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- Education
- ED/SR
- Geriatrics/LTC
- Gynecology
- Home Health
- Hospice
- ICU
- Infection Control
- IV Therapy
- Managed Care
- Managerial
- Administrative
- Medical/Child
- Med/Surg
- MRI
- Nursing/Clinical Informatics
- Occupational Health
- Office
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