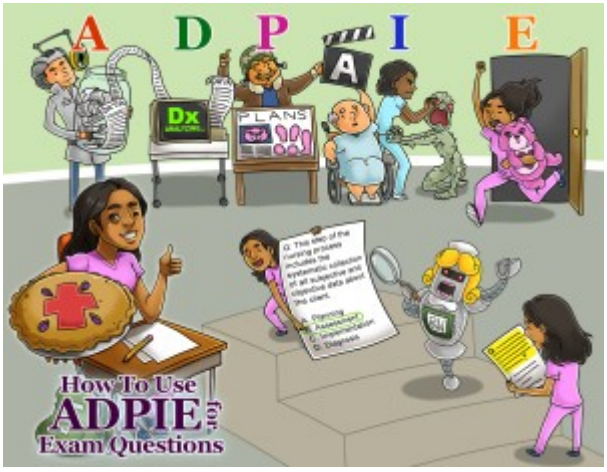
How to Use ADPIE for Exam Questions



PLAY PICMONIC

To answer nursing exam questions, a very common test-taking strategy is using the steps of the nursing process (ADPIE) to help you prioritize. ADPIE is an acronym for these steps, which are assessment, diagnosis, planning, implementation and evaluation, and they follow this specific order. Assessment questions are asking you to collect data about the patient; both objective and subjective data. Remember that assessment is the first step in the nursing process, so when you are asked what the nurse would do first, make sure to follow the nursing process steps to help you prioritize and bring you to the correct answer. Nursing diagnosis questions require interpretations of the assessment data, analyzing it, then applying critical thinking to the results. Planning questions involve using the nursing assessment and analysis to determine interventions, goals and outcomes in an individualized cohesive plan. Intervention questions are focused on actions or interventions to achieve goals, assisting in the performance of activities of daily living (ADLs), administering ordered medications, or educating the patient. Evaluation questions are focused on actual outcomes of care, if the expected goals were achieved and how effective care was. Follow the steps to help you answer exam questions; read the entire question, identify the step in the nursing process, and eliminate answer choices that don't reflect the stem of the question. The nursing process, known by the acronym ADPIE (assessment, diagnosis, planning, implementation and evaluation), is a five-step systematic approach to patient care using the fundamental principles of critical thinking, individualized patient approaches to treatment, goal-oriented tasks, and evidence-based practice recommendations. The nursing process organizes priority nursing actions and facilitates the application of critical thinking for nurses delivering care to patients and populations. It is a cyclical process with five components: Assessment, Diagnosis, Planning, Implementation, and Evaluation. It is used in conjunction with other strategies to prioritize care, such as the Maslow's Hierarchy of Needs theory.
Important to note, depending on your specific nursing curriculum, some schools may educate on slightly different nursing methods of "thinking like a nurse". ADPIE and AAPIE are both still taught in nursing schools, with a diagnosis step in ADPIE vs AAPIE which includes analysis. The emphasis is more on AAPIE to reflect the current expectations of the NCLEX-RN® assessment and clinical judgment for nursing practice. This allows for a broader analysis of patient needs and improved patient care overall. Evaluation is the final step of the nursing process, and is vital to a positive patient outcome. After an intervention is done, the nurse must evaluate to ensure the desired outcome has been met. There may need to be frequent reassessment of the care plan depending upon overall patient condition, and there may need to be readjustments to the plan based on new assessment data. Some key terms on a nursing exam to make you aware that the question is asking you an evaluation question would be: "evaluate," "outcome," and "consider the degree of effectiveness."

ASSESSMENT QUESTIONS

Data Collection

Data-sheets in Collecting-jar

Assessment questions are asking you to gather data about the patient; both objective and subjective data. Remember that assessment is the first step in the nursing process, so words that indicate that the question is specifically an assessment question will reflect the need to look for an option that is the initial step. Strategic words can help you identify if the specific question is an assessment question; words like, assess, collect, gather, or do first.

NURSING DIAGNOSIS QUESTIONS

Data Analysis

Data-sheet Analyzing Diagnostic-computer

Diagnosis questions require interpretation of the assessment data, analysis, and application of critical thinking. When analyzing the data and recognizing patterns related to the patient's condition, the nurse begins to identify the patient's problems or risks. A nursing diagnosis is formed by identifying the problem, writing a diagnostic statement, and validating the diagnosis. A patient may have several nursing diagnoses, that are arranged according to priority, and addressing the patient's most vital problems first. Because this is the second step in the nursing process, narrowing down the answer choices can be easier if you eliminate options reflecting assessment, intervention, planning or evaluation. Strategic words for recognizing nursing diagnosis questions include "analyze" or "interpret".

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PLANNING QUESTIONS

Plan of Care

Planner and Carebear

Planning questions involve using the nursing assessment and analysis to determine interventions, goals and outcomes in an individualized cohesive plan. In this plan, SMART goals are set. This acronym stands for specific, measurable, attainable, realistic and time-oriented. The plan tailored to the patient includes both short-and-long-term goals. The plan of care is communicated to the healthcare team and documented. It is important to prioritize patient problems in order of importance when creating the plan; starting with current problems and ending with potential risks/problems. When asked about making a nursing care plan in an exam question, the SMART acronym can direct you on how to answer.

INTERVENTION QUESTIONS

Action or Intervening

Action-clapper and Nurse Entering-between Patient and Disease-guy

Intervention questions are focused on actions or interventions to achieve goals, assisting in the performance of activities of daily living (ADLs), administering ordered medications, or educating the patient. Remember that for the most part, interventions come after the assessment has been done. Exceptions are emergency situations. So when presented with a question, ask yourself if the assessment has already been completed. Strategic words that will help identify if it is an intervention question include; action or intervene.

EVALUATION QUESTIONS

Outcomes of Care

Outside with Carebear

Evaluation questions are focused on actual outcomes of care; if expected goals were achieved and the effectiveness of care. Evaluation of successful outcomes are when the patient's behavior and condition has changed as intended, goals were accomplished, or if progress has occurred. If these components are not met, evaluation highlights barriers requiring modification and refinement. Strategic words that will help identify an evaluation question include "evaluate" or "outcome".

STEPS

Read Entire Question

Reading the Entire Question

Read and then reread the entire question to ask yourself what the question is asking. Establish a pattern and identify the answer choices.

Identify Step in the Nursing Process

Magnifying-glass Identifying the Step and Nurse Processor

If the question is asking you a part of the nursing process, the strategy is to recognize which step in ADPIE it is asking you to identify.

Eliminate Answer Choices; Choose the Best Answer

Choosing the Best Answer

After you rule out the answer options that do not reflect the stem of the question (example; if it is an assessment question, it is looking for options that reflect assessment steps, so eliminate any answer options that are interventions!) it will be easier to narrow down your answer choices and choose the best answer.

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