Clinical supervision
TEST YOUR KNOWLEDGE BY COMPLETING THIS MULTIPLE-CHOICE QUIZ

1. Clinical supervision is:
   a) A disciplinary process □
   b) A period of structured transition for newly qualified nurses □
   c) Concerned with the subjects the supervisee chooses to reflect on as part of their continuing professional development, and is a source of active support in practice □
   d) An objective structured clinical examination in which nurses respond to scenarios that they are likely to encounter in practice □

2. Which of the following is not a feature of clinical supervision?
   a) It is a regular process of support and development, which is legitimised by the healthcare organisation and valued as a work-based activity □
   b) It involves a clinical supervisor and supervisee, or group of supervisees, reflecting on practice in a safe space, with the intention of improving care delivery and offering support □
   c) It is a practice-based form of reflection that can be used as evidence for revalidation □
   d) The supervisor ‘owns’ the process, leading the discussion on what aspects of practice they wish to talk about □

3. In Proctor’s (1986) Interactive Framework of Clinical Supervision, the three supervisory functions are:
   a) Formative, restorative and normative □
   b) Authoritative, negotiated and collective □
   c) Transformational, transactional and laissez-faire □
   d) Clinical, educational and research-focused □

4. Which statement is false?
   a) It is expected that all Admiral Nurses in Dementia UK will participate in group clinical supervision □
   b) Most Admiral Nurse clinical supervision groups use a case presentation approach, in which up to six cases are explored per session □
   c) Each new Admiral Nurses’ clinical supervision group develops a values statement to provide structure, boundaries and a sense of shared purpose □
   d) The greater the number of Admiral Nurses in one clinical supervision group, the better, since this enables a broad range of experiences to be discussed □

5. When might it be beneficial to incorporate use of the telephone or teleconferencing in clinical supervision?
   a) Where there are resource issues with clinical supervision training □
   b) Where the healthcare organisation is unwilling to provide face-to-face clinical supervision □
   c) Where group members work in geographically disparate locations □
   d) Where maintaining confidentiality is not an issue □

6. Which of these is most likely to support the development of reflective clinical supervision in practice?
   a) Staff demand for support in practice □
   b) Limited reflective clinical supervision policies in place to work from □
   c) Staff fatigue with change and initiatives being introduced □
   d) Staff familiarity with a traditional ‘expert’ model of clinical supervision □

7. How can group clinical supervision support nursing students?
   a) By enabling them to understand their place in the nursing hierarchy □
   b) By encouraging them to ‘toughen up’ before they experience clinical practice as a registered nurse □
   c) By providing opportunities for them to reflect on how nursing theory relates to practice, and by enabling ongoing peer support □
   d) By ensuring that they follow established routines of care □

8. The aim of group resilience-based clinical supervision is to enable group members to:
   a) Hide their emotions in challenging situations □
   b) Develop competencies that support self-care and promote compassion, both for themselves and others □
   c) Avoid challenging situations □
   d) Detach themselves from the emotional demands of healthcare practice □

9. Which of these is a characteristic of resilience-based group clinical supervision?
   a) A focus on negative storytelling □
   b) Integration of mindfulness-based stress reduction exercises □
   c) Encouragement to critique oneself □
   d) Ad hoc group membership □

10. One challenge in the implementation of group clinical supervision is:
    a) Difficulty achieving consistent group membership in large healthcare organisations □
    b) Lack of skilled clinical supervisors available □
    c) Difficulty obtaining permission from managers for nurses to be released from their clinical practice duties to engage in clinical supervision □
    d) All of the above □

This multiple-choice quiz will help you to test your knowledge. It comprises ten questions that are broadly linked to the CPD article. There is one correct answer to each question.

How to complete this quiz
- You can test your subject knowledge by attempting the questions before reading the article, and then go back over them to see if you would answer any differently.
- You might like to read the article before trying the questions.

Further multiple-choice quizzes are available at rcni.com/cpd/test-your-knowledge

The answers to this multiple-choice quiz are:

This multiple-choice quiz was compiled by Alex Bainbridge

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As a result of this I intend to:

This activity has taken me ___ minutes/hours to complete. Now that I have read this article and completed this assessment, I think my knowledge is:

Excellent Good Satisfactory Unsatisfactory Poor

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