

## Nursing School Admission Test—Three Writing Samples

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In America, each year more than a million adults 20 years or older face a diagnosis of diabetes. Individually, this diagnosis greatly changes the lives of the person and the family. Collectively, it creates a growing impact on the nation's healthcare systems that try to deal with the growing number of newly-diagnosed people.

The number of people diagnosed with diabetes continues to grow in all adult age groups, and men and women seem equally affected. Data that describe diagnostic trends show a steady increase in most defined populations. Statistical reports of disease over multiple years show that people of Black and Hispanic ethnicity are more likely to have diabetes than people of White ethnicity. Diagnostic trends for Black and Hispanic ethnic groups also continue to increase.

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In medicine, *E. coli* is commonly referred to as a fecal bacterium. It reproduces itself in billions and trillions in the human gastrointestinal tract without hurting us. It is part of our enteric flora, our normal intestinal bacteria. It makes up a great part of the feces, our human solid waste. It occurs in hundreds of strains—groups that possess common characteristics. An individual strain of *E. coli* has characteristics that differentiate it from other *E. coli* strains. A strain's unique characteristics reflect its invisible, molecular makeup that is expressed as identifiable, medically testable traits.

Pathogenicity is a characteristic of some strains of *E. coli*. Some pathogenic strains cause infections in wounds and the urinary tract and other maladies. They cause illness by invading and multiplying in parts of the body where *E. coli* is not normally found. These areas lack defense and immunological mechanisms to fight this bacterial infection. Antibiotics are frequently used to treat these illnesses. Medical professionals commonly prescribe antibiotics to treat bladder infections, infected burns, and wound sepsis due to *E. coli*.

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Nurses can be role models for healthy living. They benefit from seeing themselves as living examples of wellness. Adopting and living this approach motivates nurses to take good care of themselves.

It inspires them to maintain a healthy weight, to eat healthy food, and to live an active lifestyle. It motivates them to exercise frequently, and it encourages them to avoid smoking. It shields them from the temptations of harmful drugs and excessive drinking or eating.

Nurses who see themselves as roll models of health also take care of their emotional, social, and spiritual needs. They stay emotionally well by constructively dealing with issues as they arise. They invest time in friends and social activities, and they regularly participate in communities of faith to support their spiritual lives.

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