

Edelman: Health Promotion Throughout the Life Span, 7th Edition

Chapter 01: Health Defined: Objectives for Promotion and Prevention

Test Bank

MULTIPLE CHOICE

1. Which model of health most suits a person who does not believe in preventive health care?
- a. Clinical model
 - b. Role Performance model
 - c. Adaptive model
 - d. Eudaimonistic model

ANS: A

The clinical model of health views the absence of signs and symptoms of disease as indicative of health. People who use this model wait until they are very sick to seek care.

DIF: Cognitive Level: Knowledge REF: 5

2. A person with chronic back pain is cared for by her primary care provider. She is also very interested in alternative forms of therapy and has therefore scheduled an appointment with an acupuncturist. Which model of health does this person likely favor?
- a. Clinical model
 - b. Role Performance model
 - c. Adaptive model
 - d. Eudaimonistic model

ANS: D

The eudaimonistic model embodies the interaction and interrelationships between physical, social, psychological, and spiritual aspects of life and the environment in goal attainment and creating meaning in life. Practitioners who practice the clinical model may not be enough for someone who believes in the eudaimonistic model. Those who believe in the eudaimonistic model often look for alternative providers of care.

DIF: Cognitive Level: Application REF: 5-6

3. A state of physical, mental, spiritual, and social functioning that realizes a person's potential and is experienced within a developmental context is known as:
- a. Growth and development
 - b. Health

- c. Functioning
- d. High-level wellness

ANS: B

Health is defined as a state of physical, mental, spiritual, and social functioning that realizes a person's potential and is experienced within a developmental context.

DIF: Cognitive Level: Knowledge REF: 7

4. Which represents a person with an illness?
- a. A well-controlled diabetic
 - b. Someone with hypercholesterolemia
 - c. Someone with a headache
 - d. Someone with coronary artery disease without angina

ANS: C

Someone with a headache represents a person with an illness. An illness is made up of the subjective experience of the individual and the physical manifestation of disease. It can be described as a response characterized by a mismatch between a person's needs and the resources available to meet those needs. A person can have a disease without feeling ill. The other choices represent disease.

DIF: Cognitive Level: Synthesis REF: 7

5. Which U.S. report is considered a landmark document in creating a global approach to health?
- a. *The 1990 Health Objectives for the Nation: A Midcourse Review*
 - b. *Healthy People 2010*
 - c. *Healthy People 2010: A Midcourse Review*
 - d. *The U.S. Surgeon General Report*

ANS: A

Healthy People 2000, the *1990 Healthy Objectives for the Nation: A Midcourse Review*, and the 1995 revisions were landmark documents in that a consortium of people representing national organizations worked with U.S. Public Health Service officials to create a more global approach to health.

DIF: Cognitive Level: Knowledge REF: 8

6. Which represents a method of primary prevention?
- a. The Go Red Heart Campaign
 - b. A blood pressure screening
 - c. An interventional cardiac catheterization
 - d. A diagnostic cardiac catheterization

ANS: A

Primary prevention precedes disease or dysfunction. It includes health promotion and specific protection and encourages increased awareness, thus the Go Red Heart Campaign is a healthy heart awareness campaign. Blood pressure screening does not prevent disease but instead identifies it.

DIF: Cognitive Level: Application REF: 14

7. Which represents a method of secondary prevention?
- a. Self-breast-examination education for high school girls
 - b. Yearly mammograms
 - c. Chemotherapy for advanced breast cancer
 - d. Complete mastectomy for breast cancer

ANS: B

Screening is secondary prevention because the principal goal of screenings is to identify individuals in an early, detectable stage of the disease process. A mammogram is a screening tool for breast cancer and thus is considered a method of secondary prevention.

DIF: Cognitive Level: Application REF: 18

8. Which represents a method of tertiary prevention?
- a. A drunk driving campaign
 - b. Road blocks for drunk driving
 - c. Emergency surgery for head trauma after a motor vehicle accident
 - d. Physical and occupational therapy after a motor vehicle accident with head trauma

ANS: D

Physical therapy and occupational therapy is considered tertiary prevention. Tertiary prevention occurs when a defect or disability is permanent and irreversible. It involves minimizing the effect of disease and disability. The objective of tertiary prevention is to maximize remaining capacities.

DIF: Cognitive Level: Application REF: 19

9. In reviewing a client's medical claims, a nurse realizes that the client with moderate persistent asthma has had several emergency department visits and is not on inhaled steroids as recommended by the NHLBI asthma management guidelines. She discusses this with the client's primary care provider. In this scenario, the nurse is acting as:
- a. An advocate
 - b. A care manager
 - c. A consultant
 - d. An educator

ANS: B

Care managers act to prevent duplication of service and reduce cost. Care managers base recommendation on reliable data sources such as evidence-based practices and protocols.

DIF: Cognitive Level: Application REF: 19

10. A nurse sits with an individual during a home visit and helps her complete an application for disability services. In this scenario the nurse is acting as:
- a. An advocate
 - b. A care manager
 - c. A consultant
 - d. An educator

ANS: A

The advocacy role of the nurse helps individuals obtain what they are entitled to receive from the health care system, tries to make the system more responsive to individuals' community needs, and assists individuals in developing skills to advocate for themselves.

DIF: Cognitive Level: Application REF: 19

11. During a home visit, a nurse discusses the dangers of smoking with the client. In this scenario, the nurse is acting as:
- a. An advocate
 - b. A care manager
 - c. A consultant
 - d. An educator

ANS: D

Health education is a primary prevention technique available to avoid major causes of disease. Teaching can range from a chance remark to a planned lesson.

DIF: Cognitive Level: Application REF: 20

12. A nurse is called upon to provide an expert opinion on the development of an education program for newly diagnosed diabetics. In this scenario, the nurse is acting as:
- a. An advocate
 - b. A care manager
 - c. A consultant
 - d. An educator

ANS: C

Nurses with a specialized area of expertise provide knowledge about health promotion and disease prevention to individuals and groups as consultants.

DIF: Cognitive Level: Application REF: 19

13. The conscientious, explicit, and judicious use of current best evidence in making decisions about the care of individuals is known as:
- a. Health-related quality of life
 - b. Evidence-based practice
 - c. *A Healthy People 2010* goal
 - d. The ecological model of health

ANS: B

Evidence-based practice is defined as the conscientious, explicit, and judicious use of current best evidence in making decisions about the care of individuals.

DIF: Cognitive Level: Knowledge REF: 20

14. Which research methodology can be used to address this question: What is the difference in the infection rates between individuals who receive twice-a-day dressing changes versus once-a-day dressing changes?
- a. Evidence-based practice research
 - b. Qualitative research
 - c. Quantitative research
 - d. Clinical judgment research

ANS: C

Quantitative research studies describe situations, correlate different variables related to care, or test causal relationships between variables related to care. Evidence-based practice research and clinical judgment research are not research methodologies; they are used to answer clinical questions.

DIF: Cognitive Level: Application REF: 20-21

15. Which research methodology can be used to address this question: What is the lived experience of teenagers who lose a sibling to cancer?
- a. Evidence-based practice research
 - b. Qualitative research
 - c. Quantitative research
 - d. Clinical judgment research

ANS: B

Qualitative research studies describe phenomena or define the historical nature, cultural relevance, or philosophical basis of aspects of nursing care. Evidence-based practice research and clinical judgment research are not research methodologies; they are used to answer clinical questions.

DIF: Cognitive Level: Application REF: 20-21

16. A major cause of death in the early 20th century was:

- a. Cancer
- b. Cerebrovascular disease
- c. Heart disease
- d. Infections

ANS: D

Infections and acute disease were the major causes of death in the early part of the 20th century.

DIF: Cognitive Level: Knowledge REF: 21

17. A mainstay of therapy for the management of chronic diseases is:

- a. Lifestyle changes
- b. Occupational and physical therapy
- c. Medications
- d. Surgery

ANS: A

The application of complex technology is not only costly but contributes minimally to improvement of health. One needs to focus on the cause of disease. The needs of people with chronic disease are related to and affected by the individual's biochemical functioning, genetics, environment, and personal choices.

DIF: Cognitive Level: Application REF: 21

18. Which action demonstrates a nurse taking action to promote health and prevent disease?

- a. Making a home visit to a client who is recovering from a heart attack
- b. Administering medications to a cardiac client in the hospital
- c. Providing CPR during a heart attack
- d. Educating a client about the advantages of a heart-healthy diet during a home visit

ANS: D

Solutions for health promotion are focused on individual involvement and government involvement. To promote health and wellness, an emphasis needs to be placed on primary prevention. This is often related to actions such as education that influence lifestyle choices. In the example above, educating a client about the advantages of a heart-healthy diet during a home visit serves to influence lifestyle choices.

DIF: Cognitive Level: Application REF: 21-22

19. The ethnic distribution of a population influences:

- a. Social health policies
- b. Quality of care provided
- c. Whether evidence-based care is practiced

- d. Who will receive care at a level-one trauma center

ANS: A

Social health policies are influenced by the ethnic distribution of a population.

DIF: Cognitive Level: Knowledge REF: 21

20. A nurse who uses findings from a randomized, controlled trial on the care of Foley catheters to change practice at an institution is practicing:

- a. Evidence-based practice
- b. Qualitative research
- c. Quantitative research
- d. Clinical judgment

ANS: A

The practice of evidence-based medicine means integrating individual clinical expertise with best available external clinical evidence from systematic research.

DIF: Cognitive Level: Application REF: 20

21. Which factor may have the most influence in changing the health behavior of a single, 39-year-old woman who smokes and is responsible for the care of her 67-year-old mother; 17-year-old, 15-year-old, and 8-year-old daughters; and 1-year-old granddaughter?

- a. Education regarding effects of smoking on her health
- b. The satisfaction that she will not contribute to secondhand smoke
- c. The availability of a weekly support group
- d. A \$10 gift card to a local grocery store for every week she is smoke-free

ANS: D

Motivational factors play a role in influencing attitudinal changes. A financial incentive is an example of a motivating factor. For this woman, who is financially responsible for the health and well-being of five other individuals, finances will likely play a significant role in motivating her actions. Knowledge regarding the benefits of not smoking is not enough. Thus, the \$10 gift card may have the most influence in changing her health behavior.

DIF: Cognitive Level: Synthesis REF: 18 (Hot Topics box) | 21

22. An example of a Hispanic nurse promoting cultural competency is:

- a. Providing translation services for all Hispanic clients
- b. Focusing on episodic care of illnesses with Hispanic clients because she knows they do not believe in health promotion efforts
- c. Taking a class on Hispanic culture
- d. Providing care for all Hispanic clients in her clinic while the other nurses provide care for the other ethnic groups

ANS: C

Nurses need to be aware of their beliefs, values, and customs. They should not assume that their perspective is correct and shared by others. Additionally, they should avoid stereotyping. Broadening one's knowledge base regarding cultural beliefs is a way to develop and thus promote cultural competency.

DIF: Cognitive Level: Application REF: 9 (Multicultural Awareness box)

23. The devaluing of beliefs, values, and customs of others is known as:

- a. Ethnocentrism
- b. Racism
- c. Cultural competency
- d. Empathy

ANS: B

Racism is defined as the devaluing of beliefs, values, and customs of others.

DIF: Cognitive Level: Knowledge REF: 9 (Multicultural Awareness box)

24. Before delivering an educational program to individuals with diabetes, the nurse should first assess the:

- a. Motivation level of the individuals
- b. Health literacy level of the individuals
- c. Socioeconomic level of the individuals
- d. Hemoglobin A1c levels of the individuals

ANS: B

A key process in helping people change behavior is determining their health literacy levels. Health literacy is the ability of people to obtain, process, and understand basic health information to make decisions about care. If someone cannot understand the material presented, it does not matter if they are motivated or financially able to implement the recommended changes.

DIF: Cognitive Level: Synthesis REF: 20 (Research Highlights box)

25. Building a partnership with an obese client who is trying to lose weight requires the nurse to:

- a. Schedule a day to exercise with the client
- b. Go grocery shopping for the client
- c. Learn about the methods of weight loss
- d. Give the client a weight loss goal

ANS: C

Nurses need to work with clients to determine what the clients are willing to do to lose weight. To do this successfully, nurses need to know what options are available to the clients for weight loss. Once nurses learn about the methods of weight loss, they can then develop goals for weight loss with the client.

DIF: Cognitive Level: Application REF: 16 (Health Teaching box)

26. Assuming that an individual's own perspective is correct and shared by others is known as:

- a. Ethnocentrism
- b. Racism
- c. Cultural competency
- d. Empathy

ANS: A

Assuming that an individual's own perspective is correct and shared by others is known as ethnocentrism.

DIF: Cognitive Level: Knowledge REF: 9 (Multicultural Awareness box)

MULTIPLE RESPONSE

1. Select the themes that have been identified by the National Institute of Nursing Research for the future of the nursing profession. Select all that apply.

- a. Partners and partnership building
- b. Improving quality of life
- c. Setting directions for end-of-life research
- d. Increasing physical activity to at least 30 minutes a day

ANS: B, C

The National Institute of Nursing Research has identified four themes that promote health and prevent disease, improve quality of life, eliminate health disparities, and set directions for end-of-life research.

DIF: Cognitive Level: Knowledge REF: 20-21

2. Which interventions address both the National Institute of Nursing Research themes and the overall goals of the *Healthy People 2010* leading health indicators? Select all that apply.

- a. Establishing a new park with a well-lit track
- b. Establishing a smoking cessation campaign
- c. Establishing a free clinic for the underprivileged
- d. Providing free condoms at all federally funded health clinics

ANS: A, B, C, D

Establishing a new park with a well-lit track, establishing a smoking cessation campaign, establishing a free clinic for the underprivileged, and providing free condoms at all federally funded health clinics all address the National Institute of Nursing Research themes and the *Healthy People 2010* leading health indicators. A park, smoking cessation campaign, and free condoms address the themes of promoting health and preventing disease and the goal of increasing quality and years of healthy life. The free clinic addresses the goal of eliminating health disparities.

DIF: Cognitive Level: Synthesis

REF: 20-21