

## Chapter 2: The Canadian Health Care Delivery System

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### MULTIPLE CHOICE

1. Which of the following is the fastest growing component of the health care system?
  - a. Primary care
  - b. Respite care
  - c. Home care
  - d. Palliative care

ANS: C

Home care is one of the fastest growing components of the health care system, partly because clients are sent home from hospital sooner than they used to be.

Primary care is not the fastest growing of these components.

Respite care is not the fastest growing of these components.

Palliative care is not the fastest growing of these components.

DIF: Application REF: 23

2. Which of the following factors is contributing to the shortage of nurses in Canada, according to studies done by the Canadian Nurses Association (1997, 2002)?
  - a. Increased birth rate creating a greater demand for nursing services
  - b. New technology replacing nurses at the bedside
  - c. Fewer people wishing to practice as nurses, because health trends are focusing on natural and alternative therapies
  - d. A large percentage of nurses retiring in the next two decades

ANS: D

Canadian nursing is challenged by an aging work force, a high retirement rate, and a lack of full-time positions. Over 50% of nurses graduated more than twenty years ago.

The aging population is creating the greater demand for nursing services.

The fact that new technology is replacing nurses at the bedside is not a factor identified by the CNA as contributing to the shortage of nurses.

The fact that health trends are focusing on natural and alternative therapies is not a factor identified by the CNA as contributing to the shortage of nurses.

DIF: Application REF: 15 (Box 2-1)

3. Health care professionals are affected by increasing health care costs. Why might nurses be most directly influenced by cost control?
  - a. They constitute a large percentage of the health care budget.
  - b. They achieve higher salary levels than do other health care professionals.
  - c. They provide direct client care without reimbursement.
  - d. They deliver the least cost-effective care.

ANS: A

Nursing typically makes up the largest employment group within the system. To save money, an organization may hire fewer nurses and more less-educated technical staff, placing greater responsibility on the nurse.

Nurses do not necessarily achieve higher salary levels than other health care professionals.

The impact of cost control on nurses is not the result of providing care without direct reimbursement from the client.

Nurses do not deliver the least cost-effective care. Many negative and costly outcomes may be avoided when patients are under the direct care of a registered nurse.

DIF: Knowledge REF: 19

4. Nurses use levels of prevention to provide a framework or guide for nursing interventions. Focus is based on the client's needs and the care or service provided. Which of the following is an example of a true health promotion service?
- An immunization clinic
  - A diabetic support group
  - A prenatal nutrition class
  - A smoking cessation clinic

ANS: C

Community clinics offer prenatal nutrition classes that promote the health of the woman, fetus, and infant. Building healthy public policy, creating supportive environments, strengthening community action, developing personal skills, reorienting health services are part of health promotion service.

An immunization clinic is an example of an illness prevention service.

A diabetic support group may be an example of a rehabilitation service, to help clients to adapt to a change in lifestyle.

A smoking-cessation clinic may be a part of a rehabilitation service, or offered as an illness prevention service.

DIF: Application REF: 24

5. A wide variety of health care-delivery agencies exist. Which of the following is an example of an agency that provides secondary-level care?
- Physicians' offices and nurse-managed clinics
  - Schools and occupational settings
  - Hospitals and the home
  - Hospitals with advanced expertise

ANS: C

Secondary care involves the provision of a specialized medical service by a physician specialist or a hospital, or referral from a primary care practitioner. Secondary care settings include hospitals and the home.

Physician's offices and nurse-managed clinics are settings for primary care.

Schools and occupational settings are settings for primary care.

Regional hospitals or provincial health centres that provide specialist expertise are settings for tertiary care.

DIF: Knowledge REF: 24

6. Listed below are four of the five levels of health care. Child immunizations, support groups for adolescent parents, and chlorinated water are examples of which level of health care?
- Health promotion
  - Disease and injury prevention
  - Supportive care

d. Rehabilitation

ANS: B

Disease and injury prevention include illness prevention (chlorinated water, immunizations) and support groups.

These are not examples of health promotion. Health promotion services include anti-smoking services, advocacy for healthy public policy, and provision of wellness services.

These are not examples of supportive care. Supportive care describes services provided over a prolonged period to people who are disabled, who have never been able to function independently, or who have a terminal disease.

These are not examples of rehabilitation. Rehabilitation, such as physiotherapy, involves restoring a person to optimal health.

DIF: Knowledge REF: 24

7. Which of the following best describes primary care?
- Early detection and routine care, as well as prevention
  - Provision of a specialized medical service
  - Treatment of all clients with a minimum level of health insurance
  - Provision of medical services in a client's home

ANS: A

Primary care is the first contact of a client with the health care system that leads to a decision regarding a course of action to resolve any actual or potential health problem. The focus is on early detection and routine care, with emphasis on education to prevent recurrences.

Provision of a specialized medical service by a specialist or through referral is an example of secondary care.

False. No client is refused treatment based on level of insurance.

Medical services provided in the client's home, although not very common, could fall under primary care, but would not best describe primary care.

DIF: Application REF: 24

8. A client comes to the ambulatory care clinic for management of a chronic condition. What does the nurse tell him when he asks for an explanation of the Medicare system?
- It is Canada's national health insurance system.
  - It is a fee-for-service insurance plan.
  - It is a plan in which monies from provincial taxes are used for nursing homes.
  - It is a social insurance program for low-income earners.

ANS: A

Medicare is a key element of Canada's social safety net. It is Canada's national health insurance system, which uses taxes to finance medically necessary services for all citizens, thus providing "free" health care to all.

Medicare is not a fee-for-service insurance plan.

Medicare is not a plan in which monies from provincial taxes are used for nursing homes.

Medicare is not a social insurance program for low-income earners.

DIF: Comprehension REF: 15

9. In 2006, what accounted for the largest share of total health care expenditures in Canada?

- a. Remuneration for physicians
- b. Drug costs
- c. Unregulated health care professional salaries
- d. Hospitals and other health care institutions

ANS: D

Hospitals and other health care institutions accounted for 30% of total health care expenditures in 2006.

Remuneration for physicians accounted for 13% of total expenditures.

Drug costs accounted for 17% of total expenditures.

Salaries paid to unregulated health care professionals did not account for the largest share of expenditures.

DIF: Knowledge REF: 18

10. Which of the following is true, regarding the Romanow Commission?
- a. Roy Romanow recommended making long-term care an essential service.
  - b. Roy Romanow concluded that Canada's Medicare system is sustainable and must be preserved.
  - c. The Romanow Commission's top priority was to abolish the National Health Council in order to replace it with provincial regulating bodies.
  - d. The Romanow Commission saw increased use of telehealth as a key area for change and reduced costs.

ANS: B

The statement "*Roy Romanow concluded that Canada's Medicare system is sustainable and must be preserved.*" is true. The Romanow Commission concluded that Canada's Medicare system is sustainable and must be preserved.

The statement "*Roy Romanow recommended making long-term care an essential service.*" is not entirely accurate. Roy Romanow recommended making home care an essential service for post-acute, palliative care, and mentally ill clients.

The statement "*The Romanow Commission's top priority was to abolish the National Health Council in order to replace it with provincial regulating bodies.*" is false. The Romanow Commission promoted the concept of a National Health Council.

The statement "*The Romanow Commission saw increased use of telehealth as a key area for change and reduced costs.*" is false. The Romanow Commission recommended change in key areas, but did not identify telehealth as a key area.

DIF: Application REF: 19 (Box 2-3)

11. A mother brings her child to be seen in a nurse-managed setting. She is concerned that her child's rash could be measles. What type of care does this represent?
- a. Respite care
  - b. Primary care
  - c. Supportive care
  - d. Secondary care

ANS: B

Primary care focuses on early detection and routine care, and can be offered in nurse-managed clinics.

Respite care is a component of supportive care.

Supportive care describes services provided to disabled and terminally ill patients over a prolonged time period.

Secondary care is the provision of specialized medical services by a physician specialist or through referral from a primary care professional.

DIF: Application REF: 20

12. Which of the following is an example of nurses using the principle of “appropriate skills and technology” within primary health care (PHC)?
- Nurses using their expertise to offer quick health information through telehealth
  - Teams of nurses and other health care professionals bringing health care to those living on the street
  - Multidisciplinary teams offering care at centres within a community
  - Nurses providing a full range of services through a centre, including laboratory and emergency services

ANS: A

Telehealth allows individuals to connect to a qualified nurse for answers to their health questions. This is an example of “appropriate skills and technology,” one of the five principles of primary health care.

*Teams of nurses and other health care professionals bringing health care to those living on the street* is an example of accessibility.

*Multidisciplinary teams offering care at centres within a community* is an example of intersectoral collaboration.

*Nurses providing a full range of services through a centre, including laboratory and emergency services* is an example of intersectoral collaboration.

DIF: Application REF: 20

13. A client with a disability, who still requires restorative care in order to return to a prior level of functioning, is being discharged from the medical unit in the hospital. To which type of facility should this client be referred?
- An assisted-living facility
  - An adult day care centre
  - An extended care facility
  - A home health care agency

ANS: D

A home health care agency provides health services to individuals and families in their homes. Home care was created to provide individualized care for people following hospital discharge, but has increasingly included a range of clients in a range of ages from very young to very old; those with mental, physical, or developmental challenges, and those requiring recovery, to end-stage care.

Assisted-living facilities are community-based residential facilities where adults live in their own apartments and are provided with a range of support services such as meals, social and recreational programs, laundry, and a variety of services.

Adult day care centres provide continuous health care services to clients who do not require hospitalization. They provide continuity between the care delivered at home and care delivered in the centre.

An extended care facility provides long-term care accommodations and 24-hour intermediate and custodial care (e.g., nursing, rehabilitation services, etc.) for residents of any age with chronic or debilitating illnesses or disabilities.

DIF: Application REF: 23

14. Which of the following is an appropriate referral for an older client who requires some assistance with daily activities within a partially protective environment?
- Respite care
  - Rehabilitative care
  - Assisted living
  - Extended care

ANS: C

The client requires assisted living. Assisted living allows adults to receive a range of support services, including personalized assistance in achieving a level of independence. Personal assistance services are “designed to promote maximum dignity and independence,” including meal preparation, personal hygiene practice, mobility, and socialization.

Respite care is a service that provides short-term relief for family caregivers or persons providing home care to the ill or disabled.

Rehabilitative care provides therapy and training, with the goal of decreasing the client’s dependence on care.

An extended, or long-term, care facility provides intermediate medical, nursing, or custodial care for clients recovering from acute or chronic illness or disabilities.

DIF: Application REF: 23

15. The Canadian Patient Safety Institute (CPSI) provides leadership in building and advancing a safer health care system. According to the CPSI, how many clients contract an infection while in hospital? (Note that the same number of clients also experiences a medication-related error while in hospital.)
- 1 in 20 clients
  - 1 in 9 clients
  - 1 in 4 clients
  - 1 in 50 clients

ANS: B

According to the CPSI, 1 in 9 clients will contract an infection while in hospital. The same number of clients will experience a medication-related error.

*1 in 20 clients* is not the documented number of clients.

*1 in 4 clients* is not the documented number of clients.

*1 in 50 clients* is not the documented number of clients.

DIF: Knowledge REF: 26

16. “Residents temporarily absent from their home province are to have their incurred services paid for by the home province, in the same amount that would have been paid by the home province.” This statement describes which principle of the *Canada Health Act* (1984)?
- Portability
  - Universality
  - Public administration

d. Accessibility

ANS: A

This statement describes the principle of portability.

The statement does not describe universality. The principle of universality means that 100 percent of the insured persons of a province are covered by the health care plan.

The statement does not describe public administration. The principle of public administration means that the health care plan must be administered and operated on a non-profit basis by a public authority, responsible to the provincial government and subject to audits of its accounts and financing transactions.

The statement does not describe accessibility. The principle of accessibility means that the health care plan of a province must provide for a) insured health services and reasonable access by insured persons; b) reasonable compensation to physicians and dentists for all insured services rendered; and c) payments to hospitals in respect to the cost of insured health services.

DIF: Comprehension

REF: 17 (Table 2-1)

17. Which of the following concepts is discussed in the Kirby Report (*The Health of Canadians*, 2002)?
- The private sector should not be involved in health care delivery.
  - The present Medicare system is sustainable and must be preserved.
  - Accountability is important for services and funding.
  - A National Health Council is required.

ANS: C

Kirby emphasized the importance of accountability for services and funding.

Kirby believed that the private sector should have a stronger role in health care delivery.

Kirby concluded that the present Medicare system is not sustainable. (The Romanow Commission concluded it was sustainable.)

Instead of a National Health Council, as recommended by Romanow, Kirby suggested an appointed council of fewer members with limited advisory functions.

DIF: Application REF: 19 (Box 2-3)