

2023/2024 NR 222-Final Exam, Health and Wellness:

1.) *The nurse is to instruct the client about the long-term*

consequences of non-compliance to prescribed medication. Which education strategy would be most appropriate for the nurse to use in order to develop the affective learning domain of the client?

- *A. Lecture followed by a simple written test.*
- *B. Role playing and group discussion*
- *C. Video presentation and handouts*
- *D. Demonstration and practice*

□ 2.) *A nurse manager is teaching a group of nurses about the levels of prevention. Which example of the tertiary level of prevention should be included in the instruction.*

- *A. Surgery to repair a hip dislocation of an older adult client.*

- *B. Teaching breastfeeding to expectant mothers in a prenatal clinic.*
- *C. Chemotherapy treatment to a client newly diagnosed with cancer.*
- *D. Physical therapy to a patient who has a right sided paralysis from a stroke.*

□

□ 3.) *A nurse is establishing health promotion goals for a female client who smokes cigarettes, has hypertension and has a BMI of 26. Which of the following goals should the nurse include?*

- *A. The client will list foods that are high in calcium, which should be avoided.*
- *B. The client will walk for 30 mins a day 5 days a week.*
- *C. The client will increase calorie intake by 200cal per day.*

- *D. The client will replace cigarettes with smokeless tobacco products.*

□

4.) Which of the following emphasizes that an individual's belief in

being personally capable of performing the behavior is required to influence one's own health?

A. Social Cognitive Theory

B. Self-Efficacy Theory
 C. Health Belief Model
 D. Theoretical Model

5.) The nurse is discussing the importance of routine preventive

care with a Hispanic family who has recently immigrated to the United States. Which factor will the nurse consider as a barrier in the family's interest to receive professional health care? Select All That Apply

A. Lack of health insurance

□ *B. Concern about invasion of privacy C.
Absence of transportation services*

□ *D. Limited proficiency in the English
Language*

□ *E. Belief and accessibility to folk healers and
remedies*

□ *F. The availability of family members for
support and help*

6.) *The following are true about Healthy People 2020 initiative*

(Select All That Apply)

- *A. Healthy People Initiative provides science-based, 10 year*

national objectives for improving the health of all Americans.

- *B. Healthy People initiative seeks to change the health practices of people who are most at risk to illness and injury thereby decreasing the cost of health care and maintenance.*

- *C. For 3 decades, Healthy People initiative has established*

benchmarks and monitored progress over time in order to

encourage collaborations across communities and sectors.

- *D. Healthy People initiative was developed to establish health*

improvement priorities and measure the impact of prevention

activates.

- *E. Healthy People initiative gives protocols to each state on how to conduct community health prevention education and giving nurses standards on educational programs.*

- *F. Healthy People initiative empower individuals towards*

making informed health decisions .

□

- 7.) *True statements about the ANA Code of Ethics (Select All That*

Apply):

- *A. The nurses primary commitment is to self first; then , if the situation is favorable, commitment to the patients whether the individual, family, group, community, or population.*

- *B. The nurse has authority, accountability and responsibility for*

nursing practices; make decisions; and takes action consistent

with the obligations to provide optimal patientcare.

- *C. The profession of nursing articulates its values through individua nurses without*

*recommendations from professional organizations;
maintaining integrity and principles of social justice into
nursing and healthy policy is optimal for nurses.*

- *D. The nurse owes the same duties to self as to other, including*

the responsibility to promote health and safety, preserve

wholeness of character and integrity, maintain competence and

continue personal and professional duties.

- *E. It is the nurses responsibility to protect human rights,*

promote health diplomacy, and reduce health disparities.

- *F. Nurse advocates for, and protects the rights, health, and safety*

of the patient.

□

- 8.) *The following are health concerns and issues of migrant*

workers (Select All that Apply)

- *A. Pesticide exposure*
- *B. Iron deficiency anemia*

- *C. Constipation and Dehydration*
- *D. Tuberculosis*
- *E. Chronic Conditions*
- *F. Dental Disease*

□