

Chapter 2: Contemporary Issues in Women's, Families', and Children's Health Care

Multiple Choice

Identify the choice that best completes the statement or answers the question.

- _____ 1. The clinic nurse is working with a mother and her 3-year-old child who have arrived for the child's routine check up. The nurse encourages the mother to return for her child's measles-mumps-rubella immunization prior to entering school. This intervention is an example of:
- primary health prevention.
 - secondary health prevention.
 - tertiary health prevention.
 - mandatory health care.
- _____ 2. The clinic nurse currently has a culturally diverse population of approximately 25%. If the clinic clientele follows current population trends, in the year 2050 this diversity will be:
- 35%.
 - 50%.
 - 60%.
 - 70%.
- _____ 3. The perinatal nurse teaches the student nurse that Asian infants may develop hyperbilirubinemia in the immediate postpartum period. As a form of prevention, this perinatal nurse encourages all women of Asian descent to provide their infants with formula supplementation. This approach is a form of:
- racism.
 - stereotyping.
 - cultural sensitivity.
 - individual care planning.
- _____ 4. A mother and her 12-year-old daughter visit the clinic often because of the daughter's asthma. The clinic nurse recognizes that one of the most important nursing roles in this situation is to:
- listen patiently to the child as she talks about her illness.
 - regulate and modify the child's medications in response to her asthma symptoms.
 - give the mother time to talk about her daughter's illness while she is present.
 - continue to schedule regular clinic visits for the child.
- _____ 5. The nurse is aware of family diversity and the number of woman-led families in the United States. Currently, the number of families in which a woman is the head of household is approximately:
- 40%.
 - 50%.
 - 60%.
 - 70%.

- _____ 6. A young mother of a 4-year-old son has a clinic appointment for her son's immunization. The mother confides in the clinic nurse that her son's preschool teacher is concerned about him. He plays by himself, does not wish to read or talk to others, and will not leave his lunchbox in the hallway where the other children's lunchboxes are stored. The mother has also been worried about her son's quietness and has noticed that his speech is different from that of her other four children. The clinic nurse knows that these symptoms may be related to:
- immaturity.
 - autism.
 - attention-deficit/hyperactivity disorder.
 - difficulty with attachment.

Multiple Response

Identify one or more choices that best complete the statement or answer the question.

- _____ 7. The perinatal nurse is teaching the new nurse that health-care interventions can be more effective if they are integrated with determinants of health. Determinants of health include: (Select all answers that apply.)
- employment.
 - genetic endowment.
 - ethnicity.
 - surveillance.
- _____ 8. The community health nurse knows that the Public Health Intervention Model is focused on the following intervention levels: (Select all answers that apply.)
- patient.
 - family.
 - community.
 - government.
- _____ 9. The perinatal nurse encourages women who come for preconceptional counseling to consider: (Select all answers that apply.)
- folic acid supplementation.
 - fetal risks related to their work environments.
 - exposure to toxoplasmosis.
 - iron supplementation.
- _____ 10. A mother brings her 6-month-old child and 18-month-old infant to the health clinic for a routine visit. The nurse counsels the mother about lead exposure testing and includes the following appropriate comments: (Select all answers that apply.)
- "Lead testing for children is recommended by the American Academy of Pediatrics."
 - "Approximately one-fourth of all homes occupied by children under the age of 6 are contaminated by lead."
 - "Lead exposure may cause anemia."
 - "Both of your children will require testing for lead at this time."

- ___ 11. The clinic nurse is interviewing a woman and her daughter who describe their address as “temporary.” The mother appears thin, pale, and tired. Her blood work confirms anemia and pregnancy. The nurse’s best course of action is to: (Select all answers that apply.)
- provide shelter information for this family.
 - discuss how to facilitate the woman’s return for prenatal care.
 - discuss nutrition needs for pregnancy.
 - call Children and Family Services.
- ___ 12. The clinic nurse is alert for signs and symptoms of child abuse and attempts to see each child alone for screening if possible. The nurse is aware that child abuse is: (Select all answers that apply.)
- the leading cause of death for children under 4 years of age.
 - most often perpetrated by a parent.
 - part of an ongoing cycle of violence.
 - most often carried out by a stranger.
- ___ 13. As part of the routine history obtained during a woman’s annual health examination, the nurse appropriately asks: (Select all answers that apply.)
- “Do you smoke, and if so, how many cigarettes do you smoke per day?”
 - “Are you aware of the need for routine iron supplementation?”
 - “Do you feel safe in your close relationships and home environment?”
 - “Do you take any herbal medications?”
- ___ 14. The clinic nurse reviews the vulnerable populations seen in the walk-in health clinic. Vulnerable populations may include: (Select all answers that apply.)
- pregnant women who use marijuana.
 - an undocumented immigrant from Pakistan.
 - women with an annual income of \$13,600.
 - a teacher who is currently unemployed.
- ___ 15. The clinic nurse is interviewing a woman who has been brought from the local jail for prenatal care. The nurse’s most appropriate actions are: (Select all answers that apply.)
- ask all questions in a nonthreatening and open approach.
 - ask about the woman’s criminal history.
 - ask about the woman’s family and how her supports can be increased.
 - ask the woman how the clinic nurses and other staff can be supportive.

True/False

Indicate whether the statement is true or false.

- ___ 16. The perinatal nurse is aware that over one-half of all Americans are overweight or obese.
- ___ 17. The perinatal nurse knows that the Newborn and Mothers Health Protection Act (1996) is legislation that promotes an adequate length of hospital stay for new mothers and infants.
- ___ 18. One of the reasons that the pediatric nurse will inquire about the use of herbal or complementary therapies in the admission history of a child is that many families are reluctant to disclose that information to traditional medical personnel.

Completion

Complete each statement.

19. The community health nurse explains to the student nurse that two goals of the Healthy People 2010 report are to eliminate health _____ and to increase the _____ and years of healthy life.
20. The parish nurse visits the clinic nurse to facilitate a family meeting with all health-care providers. The parish nurse is a registered nurse who ministers to a _____ community and focuses on the _____ domain of health and health promotion.
21. The community health nurse studies the _____ rate to identify specific populations that are frequently affected by illness.
22. The perinatal nurse needs to be concerned about a global definition of health that includes _____ status because of its effect on a person's choices.
23. The nurse encourages all mothers to place their infants under 12 months of age in the supine position for sleeping because the leading cause of death for this age group is _____.
24. The nurse is aware that _____ prevention is an important topic for health promotion and screening because it is the second-leading cause of death among women in the United States.
25. The perinatal nurse is aware that _____ % of all pregnancies are unintended or mistimed in the United States.
26. The clinic nurse refers pregnant women in the clinic population to the _____, _____ and _____. Program, which provides nutritional information and assistance as part of health promotion.
27. The nurse understands that a holistic approach to patient care is one of the essential characteristics of nursing. A holistic approach means that the _____ between the nurse and the patient and family is valued, and the physical, emotional, spiritual, and _____ needs are all taken into consideration.
28. The perinatal nurse uses the term "digital _____" to describe the gap between those who use and/or can afford technology and those who cannot.
29. The clinic nurse is aware that television viewing can contribute to childhood obesity by decreasing _____ and exposing children to _____ advertising.

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Answer Section

MULTIPLE CHOICE

1. ANS: A

Of the three levels of prevention, the most desirable level is primary prevention. This encompasses health promotion and activities specifically meant to prevent disease from occurring—in this case, scheduling vaccinations. Secondary prevention refers to early identification and prompt treatment of a health problem before it has an opportunity to spread or become more serious. Tertiary prevention is intended to restore health to the highest functioning state that is possible.

PTS: 1 DIF: Difficult REF: 28 OBJ: 1

KEY: Cognitive Level: Application | Content Area: Peds/Maternity | Patient Needs: HPM | Integrated Process: Teaching/Learning

2. ANS: B

The percent age of minority populations increased from 16% in 1970 to 27% in 2006, and it is projected to rise to 50% of the population by 2050 if current trends continue.

PTS: 1 DIF: Difficult REF: 29 OBJ: 3

KEY: Cognitive Level: Analysis | Content Area: Peds/Maternity | Patient Needs: PSI | Integrated Process: Nursing Process

3. ANS: B

Nurses are not immune from societal beliefs and values that result in discrimination and stereotyping of different populations. Nurses must continually remain vigilant for signs of these attitudes in themselves and in turn must develop an awareness of how they influence their nursing practice. It is a form of stereotyping to encourage all Asian women to give their infants supplemental formula.

PTS: 1 DIF: Moderate REF: 30 OBJ: 7

KEY: Cognitive Level: Application | Content Area: Peds/Maternity | Patient Needs: PSI | Integrated Process: Nursing Process

4. ANS: A

Although all the answers reflect important nursing roles, the most important role is to advocate for the child and to develop a therapeutic relationship characterized by a caring attitude. The nurse should encourage the child to discuss her asthma and modify interventions accordingly.

PTS: 1 DIF: Difficult REF: 32 OBJ: 1

KEY: Cognitive Level: Application | Content Area: Peds/Maternity | Patient Needs: SECE/Management of Care | Integrated Process: Nursing Process

5. ANS: C

Proportionately, more families are being supported by women today than ever before. Three of five U.S. families are headed by women, and 22% of all children in the United States lived in mother-only families in 1990, a figure that represents an increase of 11% since 1970 (U.S. Census Bureau, 2006).

PTS: 1 DIF: Easy REF: 35 OBJ: 3

KEY: Cognitive Level: Knowledge | Content Area: Peds/Maternity | Patient Needs: PSI | Integrated Process:

Nursing Process

6. ANS: B

The most likely cause of this behavior is autism. An autistic child presents as a solitary child and notably lacks social responsiveness to others. Autism affects language—it is either absent, abnormal, or delayed—and autistic children may demonstrate a strong resistance to change and show an abnormal attachment to objects. Children with attention-deficit/hyperactivity disorder are typically fidgety, act without thinking, and have difficulty focusing.

PTS: 1 DIF: Difficult REF: 32 OBJ: 8
KEY: Cognitive Level: Analysis

MULTIPLE RESPONSE

7. ANS: A, B, C

Broad determinants of health such as environment, employment, insurance, class, race, social support, access to health services, genetic endowment, and personal histories can be integrated, making health-care interventions more comprehensive and effective.

PTS: 1 DIF: Difficult REF: 27 OBJ: 1
KEY: Cognitive Level: Application | Content Area: Peds/Maternity | Patient Needs: SECE/Management of Care | Integrated Process: Nursing Process

8. ANS: A, B, C

The Public Health Intervention Model is an inclusive framework that encompasses three levels at which interventions can be initiated, from the micro-level of the individual to the macro-level environment. Interventions are targeted toward individuals/families, communities, and larger institutional and societal systems, surveillance, disease investigation, outreach, screening, referral, case management, delegated functions, health teaching, counseling, consultation, collaboration, coalition building, and community organizing (Keller et al, 2005).

PTS: 1 DIF: Easy REF: 26 OBJ: 9
KEY: Cognitive Level: Knowledge | Content Area: Peds/Maternity | Patient Needs: SECE/Management of Care | Integrated Process: Nursing Process

9. ANS: A, B, C

Folic acid supplementation helps prevent certain birth defects. A fetus' exposure to harm could potentially be prevented if a woman were counseled *prior* to pregnancy about the adverse effects of alcohol, tobacco, toxoplasmosis, and other teratogens in her home or workplace.

PTS: 1 DIF: Moderate REF: 31 OBJ: 1
KEY: Cognitive Level: Comprehension | Content Area: Peds/Maternity | Patient Needs: SECE/Management of Care | Integrated Process: Nursing Process

10. ANS: A, B, C

The American Academy of Pediatrics recommends that all children between the ages of 1 and 2 years receive testing for lead exposure, since 25% of homes presently occupied by children under the age of 6 have known lead contamination. Lead exposure has been linked to a number of medical and developmental problems, including anemia, seizures, and mental retardation.

PTS: 1 DIF: Moderate REF: 31 OBJ: 1
KEY: Cognitive Level: Application | Content Area: Peds/Maternity | Patient Needs: HPM | Integrated

Process: Teaching/Learning

11. ANS: A, B

A priority for this family is to provide information regarding shelters and to schedule follow-up clinic visits for the mother to address her pregnancy and anemia. The fetus' exposure to harm could potentially be prevented if this woman is counseled about the adverse effects of alcohol, tobacco, toxoplasmosis, and other teratogens. Nutrition should be discussed, but it is not the priority intervention at this point. There is no reason to call Children and Family Services unless abuse is suspected.

PTS: 1 DIF: Moderate REF: 36 OBJ: 3|8|11

KEY: Cognitive Level: Application | Content Area: Peds/Maternity | Patient Needs: HPM | Integrated Process: Nursing Process

12. ANS: A, B, C

The National Child Abuse and Neglect Data System reports that three children die of child abuse in the home each day (DHHS, 2007). Less than 1% of children are abused by strangers. Children are most commonly abused by someone they know, and in 79% of cases the perpetrator is a parent. Child abuse can set up a perpetuating cycle of suffering and more violence later in life, potentially reaching to future generations.

PTS: 1 DIF: Easy REF: 36 OBJ: 10|11

KEY: Cognitive Level: Knowledge | Content Area: Peds/Maternity | Patient Needs: SECE/Management of Care | Integrated Process: Nursing Process

13. ANS: A, C, D

Cigarette smoking is linked to cancer and heart disease, therefore, nurses should inquire about a patient's smoking habits. Nurses need to routinely ask the violence screening questions and offer to help abused patients develop a safety plan. Nurses should also inquire about herbal medications because they may affect the medications prescribed for the patient.

Iron supplementation is not a routine order.

PTS: 1 DIF: Moderate REF: 33 OBJ: 1|2

KEY: Cognitive Level: Application | Content Area: Peds/Maternity | Patient Needs: HPM | Integrated Process: Nursing Process

14. ANS: A, B, C, D

Vulnerable populations include the homeless, undocumented immigrants and refugees, the under- or uninsured person, persons residing in rural areas, abused and neglected children, victims of sexual violence, gay/lesbian/transgendered individuals, incarcerated women, and substance abusers.

PTS: 1 DIF: Moderate REF: 35 OBJ: 5|10

KEY: Cognitive Level: Comprehension | Content Area: Peds/Maternity | Patient Needs: HPM | Integrated Process: Nursing Process

15. ANS: A, C, D

A nurse who is able to deliver culturally competent care to incarcerated populations quickly becomes cognizant of the challenges and the importance of raising standards and improving the present system. The nurse should establish a therapeutic relationship by dealing openly and honestly with the patient and by being supportive, regardless of the patient's criminal background.

PTS: 1 DIF: Moderate REF: 37 OBJ: 10

KEY: Cognitive Level: Application | Content Area: Peds/Maternity | Patient Needs: HPM | Integrated

Process: Nursing Process

TRUE/FALSE

16. ANS: T
Obesity has made a steady climb upward. More than half of all Americans are overweight or obese (Ogden et al, 2006).

PTS: 1 DIF: Easy REF: 30 OBJ: 2
KEY: Cognitive Level: Knowledge | Content Area: Peds/Maternity | Patient Needs: HPM | Integrated Process: Nursing Process

17. ANS: T
The Newborn and Mothers Health Protection Act was passed in 1996. This legislation ensures that mothers and their newborn infants can remain in the hospital for at least 48 hours after a vaginal birth, or 96 hours following a cesarean birth.

PTS: 1 DIF: Easy REF: 34 OBJ: 3|9
KEY: Cognitive Level: Knowledge | Content Area: Peds/Maternity | Patient Needs: HPM | Integrated Process: Nursing Process

18. ANS: T
The majority of persons in the United States now use some sort of complementary and alternative medicine (CAM) therapy, but many are reluctant to disclose that information to traditional medical personnel. At times, the perception exists that nurses and physicians, most of whom are trained using the biomedical model, may not approve of the use of CAM.

PTS: 1 DIF: Moderate REF: 38 OBJ: 8
KEY: Cognitive Level: Comprehension | Content Area: Peds/Maternity | Patient Needs: SECE/Management of Care | Integrated Process: Nursing Process

COMPLETION

19. ANS:
disparities; quality
Healthy People 2010 is the guide that defines health priorities in the United States. It is the nation's compass that points to specific focus areas that will guide progress toward the ultimate goal of optimal health for all Americans. Healthy People 2010 includes two overarching health outcome goals that overlie all others: (1) to increase the quality and years of healthy life; and (2) to eliminate health disparities within America's population.

PTS: 1 DIF: Moderate REF: 28 OBJ: 2
KEY: Cognitive Level: Application | Content Area: Peds/Maternity | Patient Needs: HPM | Integrated Process: Teaching/Learning

20. ANS:
church; spiritual

Parish nursing, also known as faith community nursing, congregational nursing, or church nursing, is a phenomenon born from the marriage of nursing to the healing ministry of churches and religion. A parish nurse is a registered nurse who ministers to a church community and honors the connection between faith, health, and well-being. The parish nurse uses a holistic approach that recognizes the spiritual domain as an essential component of health. The parish nurse usually focuses on health promotion, health education, and the prevention of illness.

PTS: 1 DIF: Moderate REF: 38 OBJ: 5 | 10
KEY: Cognitive Level: Application | Content Area: Peds/Maternity | Patient Needs: HPM | Integrated
Process: Nursing Process

21. ANS:
morbidity
The health of a nation is measured by collecting statistical data and making inferences. Epidemiology is the statistical analysis of the distribution and determinants of disease in populations over time. Mortality (death) and morbidity (illness) rates are examined for trends.

PTS: 1 DIF: Moderate REF: 29 OBJ: 4
KEY: Cognitive Level: Application | Content Area: Peds/Maternity | Patient Needs: HPM | Integrated
Process: Teaching/Learning

22. ANS:
socioeconomic
It is important to work toward improving socioeconomic opportunities for all Americans (Isaacs & Schroeder, 2004). All too often, life and health choices are limited by socioeconomic status.

PTS: 1 DIF: Moderate REF: 31 OBJ: 3
KEY: Cognitive Level: Application | Content Area: Peds/Maternity | Patient Needs: HPM | Integrated
Process: Nursing Process

23. ANS:
sudden infant death syndrome
The leading causes of death by age groups are revealing and offer clues about how to prioritize nursing interventions. Sudden infant death syndrome (SIDS) is the leading cause of death among infants between the ages of 1 to 12 months.

PTS: 1 DIF: Moderate REF: 31 OBJ: 4
KEY: Cognitive Level: Application | Content Area: Peds/Maternity | Patient Needs: HPM | Integrated
Process: Teaching/Learning

24. ANS:
cancer
The leading cause of death for women in the United States in 2005 was heart disease, which accounted for 28.6% of all female deaths. Cancer represented the second-leading cause at 21.6%, followed by cerebral vascular disease (stroke) as third, which accounted for 8%.

PTS: 1 DIF: Easy REF: 33 OBJ: 4
KEY: Cognitive Level: Knowledge | Content Area: Peds/Maternity | Patient Needs: HPM | Integrated
Process: Teaching/Learning

25. ANS:
50

Four million women give birth each year in the United States and in this day where there are more contraceptive methods than ever before, at least one-half of all pregnancies are unintended or mistimed. A Healthy People 2010 goal is to reduce unintended pregnancies to 30% or lower by the year 2010.

PTS: 1 DIF: Easy REF: 33 OBJ: 3
KEY: Cognitive Level: Knowledge | Content Area: Peds/Maternity | Patient Needs: HPM | Integrated
Process: Communication and Documentation

26. ANS:

Women, Infants, Children

The Women, Infants, and Children (WIC) program targets pregnant women, infants, and children who are age 5 or under, who are nutritionally at risk and provides supplemental nutritious foods and nutrition counseling and education. WIC serves low-income families and any pregnant woman who has particular nutrition challenges such as diabetes or anemia.

PTS: 1 DIF: Moderate REF: 34 OBJ: 9
KEY: Cognitive Level: Application | Content Area: Peds/Maternity | Patient Needs: HPM | Integrated
Process: Teaching/Learning

27. ANS:

relationship; social

Holism is a philosophy of care that is built on a framework that values the human relationship and focuses on meeting the physical, emotional, spiritual, and social needs of the person. To practice holistic nursing is to blend technology with healing while providing care that encompasses the interrelated relationships between the patient, the patient's family, and other support persons, the provider(s), and the community.

PTS: 1 DIF: Moderate REF: 41 OBJ: 3
KEY: Cognitive Level: Comprehension | Content Area: Peds/Maternity | Patient Needs: HPM | Integrated
Process: Nursing Process

28. ANS:

divide

In modern society there exists what has been termed the "digital divide" (Wagner et al, 2005). Families with discretionary income and with some formal education are more likely to access health information and educational resources from the Worldwide Web. Those with less income, and those from racial and ethnic minority backgrounds in particular, are less likely to have access to electronic materials.

PTS: 1 DIF: Moderate REF: 35 OBJ: 5
KEY: Cognitive Level: Application | Content Area: Peds/Maternity | Patient Needs: HPM | Integrated
Process: Teaching/Learning

29. ANS:

physical activity; junk food

Television presents another avenue for targeting obesity in children. Television is used more as an electronic babysitter than ever before. Television viewing contributes to childhood obesity because it fosters physical inactivity and exposes children to a bombardment of junk food advertising.

PTS: 1 DIF: Moderate REF: 27 OBJ: 3
KEY: Cognitive Level: Application | Content Area: Peds/Maternity | Patient Needs: HPM | Integrated

Process: Nursing Process