

Exam 1

Chapter 1: Health: A Community View

1. Which of the following best describes the primary reason that Americans are concerned about health care?

- A. Politicians are discussing how to improve health care.
- B. The media has provided mixed messages about the health care system.
- C. Our national health care costs keep increasing.
- D. The new health care system offers free services to Americans.

Answer:C

2. A nurse has begun to lobby with politicians for changes to the health care system. Why is this involvement important?

- A. Nurses, as central characters in several popular TV series, are currently very visible in American media.
- B. Nurses are primarily responsible for managing the various units in our health care system.
- C. Nurses are the largest group of health care providers.
- D. Nurses are the only group that is employed both inside and outside of hospitals.

Answer: C

3. What conclusion can be drawn from examining where nurses are employed?

- A. There is a trend toward consolidation of health care into large central medical centers.
- B. There is an increased emphasis on community-based health care.
- C. There is an obvious need to decrease health care costs by cutting positions.
- D. Managed care organizations (MCOs) are employing nurses to improve customer relations.

Answer:B

4. Which ethical belief would be most helpful in the current health care crisis?

- A. Emphasis should be on individual and corporation freedom in the marketplace.
- B. Emphasis should be on individual autonomy and freedom of choice.
- C. Emphasis should be on social justice and collective responsibility.
- D. Emphasis should be on the effectiveness of technology in resolving problems.

Answer:C

5. What is the primary problem seen in Healthy People 2020's emphasis on choosing healthy lifestyle behaviors, such as daily exercise or healthy food choices?

- A. Emphasis on other lifestyle choices, such as not smoking and minimal use of alcohol or drugs, is also needed.
- B. All of us must work together to make unhealthy behaviors socially unacceptable.
- C. It costs more to make healthy choices, such as buying and eating fresh fruits and vegetables as opposed to quick and cheap fast-food choices.
- D. Public policy emphasizes personal responsibility but ignores social and environmental changes needed for well-being.

Answer:D

6. What responsibility does the American Nurses Association (ANA) Code of Ethics require of the nurse beyond giving excellent care to patients?

- A. Accept longer work schedules to ensure that professional care is always available to clients
- B. Recognize the need for experienced nurses to mentor new graduates to help increase and expand the number of professionals available
- C. Support health legislation to improve accessibility and cost of health care
- D. Volunteer to work overtime as needed to ensure maximum quality of care

Answer:C

7. What is the community health nursing definition of health?

- A. Health is a person's goal-directed purposeful process toward well-being or wholeness.
- B. Health is an individual's physical, mental, and social well-being, not merely the absence of disease or infirmity.
- C. Health is the mutual adaptation between a person and his or her environment in meeting daily existence.
- D. Health is families and aggregates choosing actions to ensure the safety and well-being.

Answer:D

8. How does community health nursing define community?

- A. A group of persons living within specific geographic boundaries
- B. A group of persons who share a common identity and environment
- C. A group of people who work together to meet common goals
- D. Persons who form a group to resolve a common concern

Answer: B

9. Which variable has a major influence on a community's health?

- A. Behavior choices made by persons in the community
- B. Number of health care providers and hospitals in the community
- C. Quality of public safety officers (police officers, firefighters, etc.)
- D. The number and credentials of public health officials in the community

Answer:A

10. What change would most effectively lead to a longer life span in Americans?

- A. Parenting and sexual behavior classes in all public school systems
- B. Legislation restricting alcohol and drug use
- C. Notably reducing speed limits on all state and federal highways, and changing the age limit for driving to 21 years of age
- D. The belief that smoking is shameful and disgusting, as well as expensive, becoming the social norm

Answer:D

11. What is the health issue causing the most concern in the United States today?

- A. Diabetes epidemic
- B. Increase in cardiac disease
- C. Increase in obesity
- D. Rise in cancer rates

Answer: C

12. What factors are most responsible for the increasing length of life of Americans over the past 100 years?

- A. Better nutrition and family planning options
- B. Education concerning the need to reduce salt and fat in the diet
- C. Improved medical care, including exciting new technologies
- D. More efficient cancer screenings and early intervention

Answer:A

13. Why would a public health nurse want to know about morbidity and mortality statistics on the local, state, and national level?

- A. To be able to share current trends in health problems with the community
- B. To be able to observe the community's statistics over time and compare the community with other communities
- C. To justify local budgets and the need for increased income from citizens
- D. To publicize current health issues and suggest appropriate actions to citizens

Answer:B

14. How do public health efforts differ from medical efforts in improving the health of our citizens?

- A. Medical care providers autonomously choose appropriate interventions, whereas public health care providers must engage in whatever actions legislation requires.
- B. Medical care providers are self-employed or agency employed, whereas public health care providers are employed by and paid through the government.
- C. Medical care providers focus only on individuals, whereas public health care providers focus only on aggregates.
- D. Medical care providers focus on disease diagnosis and management, whereas public health care providers focus on health promotion and disease prevention.

Answer:D

15. Which primary prevention would the school nurse choose to address the school's number of unwed pregnancies?

- A. Create a class on parenting for both moms-to-be and the dads-to-be
- B. Convince the school board to allow sex education classes to include birth control measures
- C. Employ the moms-to-be as 1-hour-a-day employees in the school day care center for children born to school students
- D. Establish a class where all the unwed moms-to-be can learn infant care

Answer: B

16. What would be the proper term for the action of the school health nurse arranging for all the students in the elementary school to receive H1N1 immunizations?

- A. Health education
- B. Secondary prevention
- C. Specific protection
- D. Tertiary prevention

Answer:C

17. Which action would probably result in the largest change in health care outcomes for Americans?
- A. Establish large numbers of scholarships for education of nurses, physicians, and other health care providers
 - B. Fund a one-time extremely large stimulus to allow all health care providers and agencies to create and integrate computer network systems for client health care records
 - C. Increase funding for hospitals and medical centers to expand their neighborhood clinics
 - D. Redirect a large portion of federal funding from acute care to health promotion activities
- Answer:D

18. Which task will be most helpful in meeting the public health agency's goals?
- A. Complete staff evaluations in preparation for individual meetings to plan their agency and individual goals for the next year
 - B. Actively participate in community agencies' collaborative action plan to meet the community's health goals for the year
 - C. Meet with the college of nursing faculty to finalize student objectives and schedules for the next semester
 - D. Teach a free course in healthful living for community residents
- Answer:B

19. A community health nurse is overwhelmed with all that needs to be done in one day. Which task could most easily be postponed?
- A. Reviewing the most recent hospital patient data collected by the local college of nursing
 - B. Deciding which of several possible new clinic options would be most effective in better meeting the needs of the local community
 - C. Evaluating the results of the most recent community-wide screening program before planning for the next community health program
 - D. Giving testimony to the state legislature on a new health and safety bill
- Answer:A

20. A nurse who works on the surgical unit at the local hospital was asked by the home health unit to make a home visit to a patient who had been discharged the previous day and to give follow-up care (for overload pay). What kind of nursing would this nurse be doing?
- A. Acute care hospital nursing
 - B. Community-based nursing
 - C. Community health nursing
 - D. Public health nursing
- Answer: B

21. Which task is most crucial for the community health nurse to do well?
- A. Review the most recent morbidity and mortality data
 - B. Create a new clinic to better meet local health needs
 - C. Evaluate the results of the recent screening program
 - D. Give testimony regarding proposed state health legislation
- Answer:D

22. A new public health nurse carefully assessed all the local mortality and morbidity data in preparation for making appropriate planning suggestions at a meeting next week. What other action is crucial before the nurse can feel prepared?

- A. Ask other nursing staff their perceptions of the community's needs
- B. Assess the nurse's own assets, strengths, and ability to contribute
- C. Meet members of the community to determine their culture and values
- D. Review discussions and decisions from previous meetings

Answer:C

23. Why are high-risk and vulnerable subpopulations identified by public health nurses before deciding on appropriate interventions?

- A. It is easiest to make improvements among these groups.
- B. Populations are not homogeneous, and resources are limited.
- C. Such groups are most vocal about their needs and wants.
- D. These groups are often recipients of special funding.

Answer:B

24. A nurse works hard to develop alliances among various community organizations toward improving health in the community. What are actions such as this called?

- A. Building coalitions
- B. Collaboration
- C. Communication
- D. Community cooperation

Answer: A

25. After completing a master's degree, a nurse took a course in marketing. Should the agency reimburse the nurse's tuition costs?

- A. No, courses taken for personal enjoyment are not eligible.
- B. No, courses taken outside the professional's responsibilities are not eligible.
- C. Yes, the nurse is demonstrating professional commitment by continuing education.
- D. Yes, the nurse could use such information in social marketing for the agency.
- E. Answer: D

26. Which factor is most responsible for differences in an individual's health?

- A. Culture of the majority of the community's citizens
- B. Individual's education and income
- C. Number of physicians and other health care providers in the community
- D. Quality of the community health agency and hospital in the community

Answer: B

27. What are the leading health indicators found in Healthy People 2020? *(Select all that apply.)*

- A. Financial issues
- B. Health system issues
- C. Individual behaviors
- D. Issues related to legal and illegal immigration
- E. Legislative issues
- F. Physical and social environmental factors

Answer: B,C,F

28. What historically have been public health nurses' two most important priorities? (*Select all that apply.*)

- A. Establishing school nursing to improve care of children
- B. Engaging in political activity to improve living conditions
- C. Giving superb clinical bedside care in the home
- D. Increasing funding to public health efforts
- E. Teaching family members how to care for their family
- F. Working with the community to confront health issues and poverty

Answer: B,F

29. As in Healthy People 2010, what are the two primary goals of Healthy People 2020? (*Select all that apply.*)

- A. Eliminate health disparities
- B. Expand health promotion activities in every community
- C. Improve funding, including diverting funds from other priorities to health care
- D. Improve health outcomes measures to be more consistent with other developed nations' outcomes
- E. Increase quality and years of healthy life
- F. Reduce mortality and morbidity figures nationwide

Answer: A,E

Chapter 2: Historical Factors

1. Which of the following best describes the time period when communities began to agree on collective action to stay healthy?

When industrialization occurred

When large urban centers began to develop and the population expanded

When people gathered together to settle in villages

When people were nomads engaged in hunting and gathering

Answer: D

2. Which of the following best describes the first measures used by large communities to ensure community health?

Building safe sewage disposal systems

Healthy food choices and exercise

Praying to the gods for preservation

Use of medicine and other herbal remedies

Answer: A

3. A nurse has determined that there is always a consistent level of people in the population who experience pneumonia. Which of the following best describes the prevalence of this disease?

Prevalent

Endemic

Epidemic

Pandemic

Answer: B

4. Which of the following best describes an innovation introduced by the Romans?

Citizenship duties

Daily street cleaning

Hospitals and nursing homes

Daily exercise

Answer: C

5. Which of the following best describes a modern public health practice that was originally developed as a means of self-protection from the Black Death (bubonic plague)?

Care in a hospital

Chemical intervention

Isolation and quarantine

Herbal remedies

Answer: C

6. Which of the following diseases provided immunity to smallpox?

Cowpox

Measles

Mumps

Scarlet fever

Answer: A

7. A scholar during the Sanitary Revolution created medical topography. What was the advantage of these surveys?

Citizens knew which wells were safe to use for drinking water.

People knew what housing areas to avoid.

Results demonstrated environmental factors related to regional disease.

The king could isolate areas of disease from safe areas.

Answer: C

8. How did Edwin Chadwick's ideas help decrease disease in the nineteenth century?

The minimum wage was increased leading to improved quality of life.

Parish workhouses where poverty-level children labored for their room and board were closed.

Social reform legislation resulted in changes such as sidewalks.

The new emphasis on individual responsibility encouraged people to act to protect their own health.

Answer: C

9. Which of the following best describes how John Snow was able to decrease deaths from cholera?

Removed a source of contaminated water

Created the world's first antibiotic

Encouraged the new process of vaccination

Helped pass laws that required home quarantine

Answer: A

10. Which of the following best describes the achievement that Lemuel Shattuck is well known for in the United States?

- Publishing the census of Boston, which demonstrated the effect of sanitary reforms
- Demonstrating the usefulness of vital statistics by analyzing environmental data
- Developing ideas about public health care reform, which were eventually adopted
- Establishing a state board of health to deal with the problems he had noted

Answer: C

11. Which of the following nursing interventions would have most likely been used by Florence Nightingale when treating wounded soldiers?

- Establishing private visits with spouses
- Improving food, clothing, and cleanliness
- Administering intravenous medications
- Completing a community assessment of the army hospital

Answer: B

12. Which of the following best describes how Nightingale responded to challenges about her suggestions for reform of health care?

- She influenced male friends as political leaders to publicize her ideas.
- She conveyed her statistical data in more detail and depth, and shared it with political leaders.
- She encouraged those who challenged her to come up with more acceptable approaches to lowering the death rate.
- She understood their concerns and tried to word her suggestions in a more politically acceptable way.

Answer: B

13. When comparing a surgeon today with a surgeon of Nightingale's time, which of the following best describes the primary difference in how they would operate on a patient?

- Current physicians have better surgical equipment (tools).
- Current physicians have nursing support staff in the operating room.
- Current physicians would carefully scrub between cases.
- Current physicians would prescribe antibiotics in the operating room to avoid possible infections.

Answer: C

14. Which of the following scientific beliefs or ideas eventually changed medical practice and decreased morbidity and mortality?

- Bad fluids cause disease, which can be cured by their removal.
- Specific contagious organisms cause disease.
- Spontaneous generation theory—disease grows naturally.
- The miasmatic theory—environmental conditions cause disease.

Answer: B

15. Why did local and state governments start to become more involved in controlling disease?

- Hospitals were becoming overcrowded.
- Businesses were unable to make a profit when employees were ill.
- Physicians demanded government support in their individual efforts.
- Citizens were becoming upset with local conditions.

Answer: D

16. Which of the following interventions was the first step in controlling the incidence of tuberculosis (TB)?

Institutions were required to report TB cases.
Federal funding was devoted to seeking TB causes and cures.
Physicians began surveillance of TB cases.
States built large public hospitals to treat patients with TB.

Answer: A

17. Which of the following best describes the overall result of Abraham Flexner's report?

All medical schools reorganized into the German model.
Citizens were encouraged to become more involved in medical education.
Folk healers again became more widely used than physicians.
Funding was withdrawn from weak medical schools.

Answer: D

18. Which of the following groups was primarily responsible for the establishment of the first school of public health?

The American Medical Association
The Association of State Departments of Public Health
The federal government
The Rockefeller Foundation

Answer: D

19. A family living in England in 1860 was part of the community where district nursing was implemented. Who would most likely have seen this family?

A social worker and a nurse
A health teacher and a nurse
A nurse
A physician and a nurse

Answer: A

20. Which of the following interventions was most helpful in assisting people become educated on healthy living in nineteenth-century England?

Brochures were distributed without charge in public places.
Health visitors joined nurses in providing care in the homes.
Nurses spend the majority of their time teaching families.
Schools set up health programs for neighborhood adults.

Answer: B

21. Which of the following best describes the district nursing service created in the United States by Lillian Wald and Mary Brewster?

House on Henry Street
Visiting Nurses Association
New York City District Nursing Service
Wald and Brewster Nursing Service

Answer: A

22. Which of the following statements best summarizes Wald and Brewster's approach to home nursing?

"All services all the time"
"Helping people to help themselves"
"One person, one family at a time"

"Your home or ours"

Answer: B

23. Which of the following did Lillian Wald help establish?

Child employment centers with shortened work days

Daycare centers for preschool-aged children

Nurseries for infants of working mothers

School health nursing for school-aged children

Answer: D

24. Which of the following statements best summarizes the view of nurses as seen in novels over the past 100 years?

Nurses are and have always been seen as very strong intelligent women.

For the past 50 years, nurses were primarily viewed as promiscuous women.

Nurses are controlling, almost sadistic women who enjoy their power over patients.

Nurses are obedient handmaidens to physicians, following whatever orders are given.

Answer: B

25. Which of the following best describes the primary focus of health care efforts in the United States?

Acute illnesses and trauma

Chronic diseases

Diarrhea and starvation

Infectious diseases

Answer: B

26. Which of the following statements best describes why there is an increased need for advanced practice nurses in primary care?

Clinics are being built in many middle-class neighborhoods.

Hospitals are increasing their number of beds.

More nurses are choosing to obtain master's degrees.

Most physicians are specialists.

Answer: D

27. Which of the following statements best explains the continued incidence of infectious disease in the United States today?

Illness theory explains that there are many causes of illness resulting from environmental conditions.

No single theory adequately explains why a particular person gets a particular illness at a particular time.

The germ theory explains that a specific infection is caused solely by the invasion of particular bacteria.

The theory of susceptibility states that an individual only gets ill when there is extensive stress in his or her life.

Answer: B

28. Which of the following best describes the primary concern both historically and today for many people when they become ill?

Can they get an appointment to see their physician in a timely fashion?

Can they get admitted to their local hospital without delay?

How can they afford to take time off from work and lose pay to be ill?

Will the expenses be covered by their health insurance?

Answer: C