

Chapter 2—Holistic Care

MULTIPLE CHOICE

1. When a client is performing its vital functions in a state of complete physical, mental, and social well-being, not merely the absence of disease or infirmity, the client is said to be in a state of:
- health
 - homeostasis
 - self-actualization
 - wellness

ANS: A

The concept of health usually refers to the total well-being of the whole person. The World Health Organization (WHO) defines health as “a state of complete physical, mental, and social well-being, not merely the absence of disease or infirmity.” The American Holistic Nurses Association (AHNA) describes health as the maintenance of harmony and balance among body, mind, and spirit.

PTS: 1 DIF: Knowledge REF: White (2010)

2. The philosophy that views total health as incorporating physical, mental, social, emotional, and spiritual components of a person’s life is called:
- holism
 - homeostasis
 - Maslow’s hierarchy of needs
 - the health continuum

ANS: A

The philosophy of holism views individuals as complete units that cannot be divided into separate parts; holistic health considers the physical, intellectual, sociocultural, psychological, and spiritual aspects of a person’s life as an integrated whole.

PTS: 1 DIF: Knowledge

3. What is the nurse’s role in holistic care?
- to ask the health care provider for necessary client-care orders
 - to carry out those activities for the client that have been ordered by the health care provider
 - to facilitate the client in attaining the best state for healing to occur
 - to guide the client in accepting the ordered treatments without complaint

ANS: C

The nurse must consistently focus on the client as a unified whole and assist the client to maintain or regain health, helping each client achieve the highest possible level of wellness. Holistic health care, which is nursing the whole person, is comprehensive health care. Nurses must also strive to achieve the highest level of wellness in themselves.

PTS: 1 DIF: Comprehension REF: White (2010)

4. Which of the following is a major focus of holistic health care?
- ensuring the client’s comfort when death is imminent
 - helping the client to recover from a major illness
 - preparing the family, as well as the client, for potentially poor outcomes
 - teaching preventive care

ANS: D

Holistic health care, which is nursing the whole person, is comprehensive health care. A major focus of holistic health care is teaching preventive care.

PTS: 1 DIF: Comprehension REF: White (2010)

5. The nurse understands that when providing nursing care, it is important to visualize the range of a client's health, from highest health to potential death. This is an example of:
- the health continuum
 - imagery
 - self-concept
 - Maslow's hierarchy of needs

ANS: A

The health continuum is a way to visualize the range of a client's health, from highest health to potential death. An individual's place on the continuum may change daily or even hourly depending on what is happening to that individual.

PTS: 1 DIF: Comprehension REF: White (2010)

6. Nursing often uses theories as a foundation for providing care. One such theory of behavioral motivation that is based on five related levels is known as:
- Dossey's interrelated holistic health plan
 - Selye's stress-adaptation model
 - Maslow's hierarchy of needs
 - WHO's concept of health

ANS: C

Maslow's hierarchy of needs is a theory of behavioral motivation that is based on five related levels: physiologic needs, safety and security needs, love and belonging needs, self-esteem needs, and self-actualization needs.

PTS: 1 DIF: Comprehension REF: White (2010)

7. According to Maslow's hierarchy of needs, which of these levels of needs must be met for the life of the individual to be maintained?
- love and belonging needs
 - physiologic needs
 - safety and security needs
 - self-actualization needs

ANS: B

The lowest level of Maslow's hierarchy, physiologic needs, including food, water, elimination, oxygen, activity, sleep, and sex, must be met before higher-level needs can be achieved. For example, a person who has difficulty breathing, focuses attention on obtaining oxygen and is not motivated to read a book or engage in social conversation.

PTS: 1 DIF: Knowledge REF: White (2010)

8. The needs of a client who is a homeless, elderly woman with no means of support would probably be at which level of Maslow's hierarchy of needs?
- love and belonging
 - physiologic needs
 - safety and security
 - self-actualization

ANS: B

The lowest level of Maslow's hierarchy, physiologic needs, including food, water, elimination, oxygen, activity, sleep, and sex, must be met before higher-level needs can be achieved. For example, a person who has difficulty breathing, focuses attention on obtaining oxygen and is not motivated to read a book or engage in social conversation.

PTS: 1 DIF: Comprehension REF: White (2010)

9. A client recovering from knee-replacement surgery expresses happiness, satisfaction, and spiritual gratitude for personal economic and social achievements throughout a long life. At which level would the nurse place this client on Maslow's hierarchy of needs?
- a. physiologic needs
 - b. safety and security
 - c. love and belonging
 - d. self-esteem

ANS: C

Love and belonging needs include both giving and receiving affection; meeting this level of needs is important in maintaining mental health. For example, a nurse might form close friendships with others or become a member of an organization such as the National Federation of Licensed Practical Nurses.

PTS: 1

DIF: Comprehension

REF: White (2010)

10. A client is admitted for removal of a cancerous breast. The client is a widow who has no close relatives or friends but has been successful in business. In planning her postoperative care, the nurse contacts a local organization that supports individuals who have mastectomies and several members begin to visit her before and after surgery. In this situation, which level of client needs in Maslow's hierarchy of needs is the nurse attending to?
- a. love and belonging needs
 - b. physiologic needs
 - c. safety and security needs
 - d. self-esteem needs

ANS: A

Love and belonging needs include both giving and receiving affection; meeting this level of needs is important in maintaining mental health. For example, the nurse might form close friendships with others or become a member of an organization such as the National Federation of Licensed Practical Nurses.

PTS: 1

DIF: Application

REF: White (2010)

11. Which of these statements BEST describes the concept of self-awareness?
- a. how a person thinks or feels about him- or herself
 - b. consciously knowing how one thinks, feels, believes, and behaves at any specific time
 - c. what a person believes about what activities are appropriate
 - d. having a group of friends who give a person feedback about what the person is doing

ANS: B

Self-awareness relates to consciously knowing how one thinks, feels, believes, and behaves at any specific time.

PTS: 1

DIF: Comprehension

REF: White (2010)

12. In caring for a client who has chosen not to pursue aggressive therapy for a serious health problem, the nurse feels angry at the client for not doing more to improve or prolong life. What is this realization called?
- a. self-actualization
 - b. self-awareness
 - c. self-concept
 - d. self-esteem

ANS: B

Self-awareness relates to consciously knowing how one thinks, feels, believes, and behaves at any specific time.

PTS: 1

DIF: Comprehension

REF: White (2010)

13. A client tells the nurse that her partner often makes negative remarks such as “Can’t you do anything right?” The nurse is aware that this is an example of self-concept because these comments can affect:
- the flexibility in personal and professional values
 - being aware of what a person is doing in any given situation
 - how a nurse places client needs before a nurse’s personal needs
 - how a person thinks or feels about him- herself

ANS: D

Self-concept is how a person thinks or feels about him- or herself. Self-concept begins forming in infancy.

PTS: 1

DIF: Comprehension

REF: White (2010)

14. One of the most important roles of the nurse is provide nursing of the person as a whole. This is accomplished by assisting clients to:
- view themselves and their health care as more than physical health
 - focus on overcoming poor health habits such as overeating
 - recognize their limitations in self-care
 - practice moderation in use of alcohol

ANS: A

The understanding that health involves more than physical well-being is basic to the practice of nursing because the nurse must recognize that the integration of physical, intellectual, sociocultural, psychological, and spiritual factors affects a client’s health. The nurse must consistently focus on the client as a unified whole and assist the client to maintain or regain health, helping each client to achieve the highest possible level of wellness.

PTS: 1

DIF: Comprehension

REF: White (2010)

15. The nurse works to assist the client in increasing compliance in self-care. This can BEST be accomplished by:
- telling the client what to do to improve overall health
 - helping the client understand why a specific action has been recommended
 - explaining to the client what will happen if specific actions are not performed
 - asking the health care provider to tell the client the overall plan of care

ANS: B

Nurses assist clients in recognizing how their own actions can prevent many of the conditions that cause illness. The nurse increases the prospect of client compliance in self-care by helping the client understand why a specific action has been recommended.

PTS: 1

DIF: Application

REF: White (2010)

16. The nurse is assisting a client to increase the practice of healthy habits such as exercise, adequate rest and sleep, and using proper body mechanics. This process is an example of which type of wellness?
- intellectual
 - physical
 - psychological
 - spiritual

ANS: B

Physical wellness involves maintaining one's body at optimal functioning. To achieve physical wellness, a person must practice good hygiene and grooming; use proper body mechanics; maintain good posture; avoid smoking and using nontherapeutic substances; and follow a routine of adequate nutrition, sleep, rest, and exercise. Nurses must make personal choices about each of these aspects, such as getting adequate sleep every night, keeping weight within desired limits, and bathing and brushing teeth daily.

PTS: 1

DIF: Comprehension

REF: White (2010)

17. If a nurse suspects a coworker is taking clients' narcotics and using them on the job, which of these actions should the nurse take FIRST?
- Ask other staff if they have also noticed suspicious behavior related to this coworker.
 - Bring these concerns to the supervisor.
 - Post drug-abuse awareness materials where the coworker will see them.
 - Privately discuss these suspicions with the coworker.

ANS: B

If a nurse believes a colleague is abusing drugs, the nurse has an obligation to report it to the supervisor so that the colleague can receive assistance from the impaired nurse program in the particular state.

PTS: 1

DIF: Comprehension

REF: White (2010)

18. Which nutrient is considered to be MOST important to the body?
- calcium
 - oxygen
 - protein
 - water

ANS: D

The human body can survive weeks without food but can only survive days without water. By weight, approximately 60% of the adult body is water.

PTS: 1

DIF: Knowledge REF: White (2010)

19. When explaining to client the importance of sleep, the nurse would be sure to include:
- Every adult individual needs 6 hours of sleep each day.
 - Exercise should be done immediately before rest.
 - Sleep can be replaced by relaxing activities as long as the individual is enjoying him- or herself.
 - The amount of sleep required by any individual varies.

ANS: D

Sleep is a time for the body to replenish its energy reserves and to heal itself. The amount of sleep required by any individual varies by time or even the day.

PTS: 1

DIF: Comprehension

REF: White (2010)

20. When a client has the ability to function as an independent person capable of making sound decisions, the client is demonstrating which level of wellness?
- intellectual
 - psychological
 - sociocultural
 - spiritual

ANS: A

Intellectual wellness involves critical thinking and problem solving, sound decision making, and the continuous desire to learn. Nurses must be lifelong students to remain current with the many changes in health care and nursing so they can make the best possible decisions about client care.

PTS: 1 DIF: Knowledge REF: White (2010)

21. Which of these terms refers to the behavior, customs, and beliefs of a client's family, extended family, tribe, nation, and society that influence the way the person views wellness and responds to illness?
- a. attitude
 - b. culture
 - c. religion
 - d. sociocultural wellness

ANS: B

Culture refers to the behavior, customs, and beliefs of a client's family, extended family, tribe, nation, and society that influence the way the person views wellness and responds to illness.

Every day, nurses encounter people who are different from them in many ways, yet who are similar to them in needing to achieve the basic needs described in Maslow's hierarchy. Nurses must recognize that the ways in which individuals seek to meet these needs vary widely and must respect these differences.

PTS: 1 DIF: Knowledge REF: White (2010)

22. The ability to appreciate the needs of others and to care about one's environment and its inhabitants describes which type of wellness?
- a. intellectual
 - b. psychological
 - c. sociocultural
 - d. spiritual

ANS: C

Sociocultural wellness concerns the ability to appreciate the needs of others, to care about their welfare, and to respect their cultural beliefs and practices. Every day, nurses encounter people who are different from them in many ways, yet who are similar to them in needing to achieve the basic needs described in Maslow's hierarchy. Nurses must recognize that the ways in which individuals seek to meet these needs vary widely and must respect these differences.

PTS: 1 DIF: Knowledge REF: White (2010)

23. The enjoyment of creativity, satisfying the basic need to love and be loved, the understanding of emotions, and the ability to maintain control over emotions refers to which type of wellness?
- a. intellectual
 - b. psychological
 - c. sociocultural
 - d. spiritual

ANS: B

Psychological wellness incorporates enjoying creativity, understanding emotions, keeping personal emotions under control, and having a positive attitude about self, others, and life in general. Nurses must understand that their personal emotions influence clients; by keeping their emotions under control, nurses help create a therapeutic environment in which clients can be helped.

PTS: 1 DIF: Knowledge REF: White (2010)

24. The client demonstrates inner strength and peace regarding a new diagnosis of a terminal illness. The nurse knows that this is an example of which type of wellness?
- a. intellectual
 - b. psychological
 - c. sociocultural
 - d. spiritual

ANS: D

Spiritual wellness reflects a person's relationships with self, others, nature, and a higher power. Spirituality involves finding meaning in everything and is a major force in healing. Spiritual needs include love, forgiveness, and hope. Nurses do not function as spiritual counselors to clients but, using a holistic approach, extend love, compassion, and empathy to them. Nurses can also encourage clients to address their own spiritual needs.

PTS: 1

DIF: Comprehension

REF: White (2010)

25. When caring for an older adult, the nurse recognizes a realistic goal for this client is to achieve a spiritual sense of harmony by encouraging the client to:
- discuss the age-related changes
 - discuss feelings about spirituality
 - discuss the nurse's personal beliefs
 - limit discussion on this topic

ANS: B

A realistic goal to assist older adult client is to achieve a spiritual sense of harmony by encouraging the client to discuss feelings about spirituality. An older adult may experience a closeness to a higher power that has never been previously experienced.

PTS: 1

DIF: Comprehension

REF: White (2010)

MULTIPLE RESPONSE

1. The nurse plans to use holistic modalities to assist with client care. These methods include such things as therapeutic touch and which of the following? (Select all that apply.)
- humor
 - cultural modification
 - intercession
 - dietary prescription
 - imagery
 - biofeedback

ANS: A, E, F

The nurse facilitates the client in attaining the best state for healing to occur through the use of holistic modalities which include such things as therapeutic touch, imagery, biofeedback, humor, massage, exercise, journaling, play therapy, and prayer.

PTS: 1

DIF: Comprehension

REF: White (2010)

2. The nurse understands that the holistic view of an individual will include which of the following? (Select all that apply.)
- physiologic
 - spiritual
 - love and belonging
 - intellectual
 - self-actualization
 - sociocultural

ANS: A, B, D, F

Holistic health views the physical, intellectual, sociocultural, psychological, and spiritual aspects of a person's life as an integrated whole.

PTS: 1

DIF: Comprehension

REF: White (2010)