

1. Select the best term for professional nurses who have been educated in the processes of population-based nursing and whose principal client is the aggregate community.
 - A) Community health nursing
 - B) Community-based practice nursing
 - C) Community psychology nursing
 - D) Home care nursing

Ans: A

Feedback:

Community health nursing is the practice of nursing by professional nurses who have been educated in the processes of population-based nursing and whose principal client is the aggregate community. Community-based practice is the provision of skilled therapy services within a client's own home or community. Community psychology is the application of psychology to community programs. Home health nursing provides intravenous therapy and wound care.

2. Based on Lillian Wald's work living among the residents of the Henry Street Settlement House in New York City, community health nurses can effect change in a community's health by:
 - A) advocating for better housing
 - B) working to change labor practices, wages
 - C) analyzing risks and benefits of care decisions
 - D) teaching preventive practices
 - E) accessing and using emerging research evidence

Ans: A, B, D

Feedback:

Lillian Wald's contributions include establishing nursing schools, advocating for better housing, working to change child labor laws, teaching preventive practices, advocating occupational health nursing, and improving the education of public health nurses. Today's nurses can continue this work. Analyzing risks and benefits of care decisions as well as accessing and using emerging research evidence are important nursing actions for individual clients.

3. Select the number that according to the Centers for Disease Control and Prevention (CDC) best represents the number of years added to the life expectancy because of public health.
 - A) 15
 - B) 20
 - C) 25
 - D) 30

Ans: C

Feedback:

According to the Centers for Disease Control and Prevention (CDC), public health is credited with adding 25 years to the life expectancy of people in the United States.

4. As communicable disease declined in the 1960s, which key public health issue became more prominent?
- A) Immunizations
 - B) Workplace safety
 - C) Cigarette smoking
 - D) Family planning

Ans: C

Feedback:

Beginning in the 1960s, as communicable diseases declined, attention turned to prevention of chronic diseases and related risk factors, such as cigarette smoking and dietary fat.

5. Following the decline of communicable diseases and the prevention of chronic diseases related to such things as cigarette smoking and obesity, the World Health Organization began to focus on health promotion in which decade?
- A) 1960s
 - B) 1970s
 - C) 1980s
 - D) 1990s

Ans: C

Feedback:

In the 1980s the focus of health shifted somewhat to health promotion, prompted by the Health for All era established by the World Health Organization (WHO, 1978).

6. In the 1990s, which was the major concern of policy makers in the United States?
- A) High cost of health care
 - B) Treatment of communicable diseases
 - C) High-tech medicine to increase life span
 - D) Fluoridation of drinking water

Ans: A

Feedback:

The 1990s can be characterized as the era in which the high cost of health care in the United States became a major concern of policy makers.

7. Explain the focus of community health nursing.

- A) Direct clinical care
- B) Prevention rather than one-on-one care
- C) Family-focused roles
- D) Community-focused roles and functions

Ans: B

Feedback:

Community health practice is changing its focus to prevention of illness, health promotion, and assurance that care is provided, rather than one-on-one care. Official agencies are more involved in direct clinical care, assigning less importance to family- and community-focused roles and functions.

8. Which of the following represent nursing activities for the essential public health service?

- A) Participate in community assessment and identify potential environmental hazards.
- B) Manage chronic conditions in daily life to maximize function.
- C) Understand and identify determinants of health and disease.
- D) Develop and implement community-based health education.
- E) Participate in continuing education and preparation to ensure competence.

Ans: A, C, D, E

Feedback:

Nurses can work toward public health by participating in community assessment and identifying potential environmental hazards; understanding and identifying determinants of health and disease; developing and implementing community-based health education; and participating in continuing education and preparation to ensure competence. Although important, managing chronic conditions in daily life to maximize function is a one-on-one nursing action.

9. To enforce laws and regulations that protect health and ensure safety, the nurse can implement which action?
- A) Develop programs and services to meet the needs of high-risk populations as well as members of the broader community.
 - B) Regulate and support safe care and treatment for dependent populations such as children and the frail elderly.
 - C) Participate in continuing education and preparation to ensure competence.
 - D) Participate in early identification of factors detrimental to the community's health.

Ans: B

Feedback:

Nurses can enforce laws and regulations that protect health and ensure safety by regulating and supporting safe care and treatment for dependent populations such as children and the frail elderly. Nurses can develop policies and plans that support individual and community health efforts by developing programs and services to meet the needs of high-risk populations as well as members of the broader community. Nurses can ensure a competent public health and personal health care workforce by participating in continuing education and preparation to ensure competence. Nurses can research new insights and innovative solutions to health problems by participating in early identification of factors detrimental to the community's health.

10. Which of the following factors is shaping 21st-century health?
- A) Communicable diseases
 - B) Tertiary health care
 - C) Family planning clinics
 - D) Health care reform

Ans: D

Feedback:

The factors that are shaping 21st-century health are health care reform, demographics, globalization, poverty and growing disparities, violence, injuries, and social disintegration.

11. How can the community health nurse mobilize community partnerships to identify and solve health problems?
- A) Develop programs and services to meet the needs of high-risk populations as well as members of the broader community.
 - B) Explain the significance of health issues to the public and participate in developing plans of action.
 - C) Establish programs and services to meet special needs.
 - D) Participate in early identification of factors detrimental to the community's health.

Ans: B

Feedback:

Nurses can mobilize community partnerships to identify and solve health problems by explaining the significance of health issues to the public and participate in developing plans of action. Nurses can develop policies and plans that support individual and community health efforts by developing programs and services to meet the needs of high-risk populations as well as members of the broader community. Nurses can link people to needed personal health services and ensure the provision of health care when otherwise unavailable by establishing programs and services to meet special needs. Nurses can research new insights and innovations solutions to health problems by participating in early identification of factors detrimental to the community's health.

12. When doing a presentation on public health nursing, the nurse should include which of the following as a great public health achievement of the 20th century?
- A) Environmental sanitation
 - B) Abolishment of child labor
 - C) Control of infectious diseases
 - D) Decline in deaths from pulmonary disease

Ans: C

Feedback:

The 10 great public health achievements in the 20th century are immunizations; improvements in motor vehicle safety; workplace safety; control of infectious diseases; decline in deaths from heart disease and stroke; safer and healthier foods; healthier mothers and babies; family planning; fluoridation of drinking water; and recognition of tobacco as a health hazard.

13. Which statement best defines health disparities?
- A) Gaps between rich and poor, including poverty and health insurance, plus geographic, racial, ethnic disparities
 - B) Social, economic, and political issues where inequality, poverty, exploitation, violence, and injustice are at the root of ill health and the death of the poor and marginalized people
 - C) The increased economic, political, social, technological, and intellectual interconnectedness of the world
 - D) The health issues that transcend national boundaries and may best be addressed by cooperative actions

Ans: A

Feedback:

Health disparities are differences in the incidence, prevalence, mortality, and burden of diseases and other adverse health conditions that exist among specific population groups in the United States. *Globalization* is a term used to refer to the increasing economic, political, social, technological, and intellectual interconnectedness of the world. Health is a social, economic, and political issue where inequality, poverty, exploitation, violence, and injustice are at the root of ill health and the death of poor and marginalized people. Global health is health issues that transcend national boundaries and may best be addressed by cooperative actions.

14. Although it is true that many of us have improved our standard of living, globally how many people will still live in extreme poverty by 2015?
- A) 750 thousand
 - B) 1 million
 - C) 1 billion
 - D) 4 billion

Ans: C

Feedback:

Although it is true that many of us have improved our standard of living, it is estimated that 1 billion people worldwide will still live in extreme poverty by 2015.

15. Which statement is most relevant to population?
- A) World population
 - B) Clients living in Chicago with diabetes
 - C) Immunization clinics held annually in California
 - D) Poverty in four continents

Ans: B

Feedback:

The American Nurses Association defines a population *as those living in a specific geographic area (e.g., neighborhood, community, city, or county) or those in a particular group (e.g., racial, ethnic, age, disease) who experience a disproportionate burden of poor health outcomes*. Using this definition, clients living in Chicago with diabetes represent a population. Diabetes is an example of a particular group in a particular geographic area. The world is not a specific geographic area. Neither immunization clinics in California nor poverty in four continents reflects a specific set of clients.

16. Community health nurses are tasked with identifying unserved and underserved populations in communities. Which factors should the nurse look for? Select all that apply.
- A) Sexual violence, stalking, and intimate partner violence against women, men, and children
 - B) Increase in number of Asian, Pacific Islander, and Hispanic Americans
 - C) Increase in number of Americans older than 65 years
 - D) Effects of free trade on government programs
 - E) Lack of continuing education programs for health care community

Ans: A, B, C, D

Feedback:

Nurses can identify unserved and underserved populations in communities by looking for those factors shaping 21st-century health care. These include the effects of sexual violence, stalking, and intimate partner violence against women, men, and children; the growing number of Asian, Pacific Islander, and Hispanic Americans as well as those Americans older than 65 years; and the effects of free trade on government programs, especially in resource-poor areas. Although it is important for community health nurses to ensure a competent public health and personal health care workforce, a lack of continuing education programs would not affect the identification of unserved and underserved populations.

17. Choose the demographic factor that is helping to shaping the future of community health nursing.

- A) Decline in smoking
- B) Social integration
- C) Shift in medical care from chronic to acute illness
- D) Increasing ethnic diversity

Ans: D

Feedback:

Two significant demographic factors shaping the future of community health nursing are the increasing age and ethnic diversity of the American population.