

## Chapter 1. Healthy Lifestyles – Test Questions

1. In early civilization, the cause of illness was attributed to:

- a. Infectious disease
- b. Microorganisms
- c. Contaminated food and water
- d. Natural and supernatural forces

Answer:

2. The first understanding of disease processes occurred in (the):

- a. Early civilization
- b. 21st century
- c. 19th century
- d. Middle Ages

Answer:

3. Despite all of the improvements and advancements in health care, several infectious diseases have recently resurfaced, including:

- a. Strep throat
- b. Tuberculosis
- c. Polio
- d. Mononucleosis

Answer:

4. Healthy People 2020 identifies two major goals—eliminating health disparities and:

- a. Increasing peace and prosperity
- b. Eliminating all diseases
- c. Increasing the quality and years of healthy living
- d. Limiting population growth

Answer:

5. An external force that can affect one's health is (the):

- a. Mind
- b. Culture
- c. Heredity
- d. Hormones

Answer:

6. Health promotion is:

- a. Goal oriented
- b. Natural
- c. Unplanned
- d. Special

Answer:

7. Mrs. Jackson brings her 6-month-old infant to the clinic for immunization. This action demonstrates which of the following levels of disease prevention?

- a. Primary
- b. Secondary
- c. Tertiary
- d. Rehabilitative

Answer:

8. A future national goal for health care is the:

- a. Reduction of services
- b. Decrease in managed care
- c. Increase in Medicaid contribution
- d. Elimination of disparities in health care

Answer:

9. Inadequate nutrition contributes to diseases such as:

- a. Arthritis
- b. Lupus
- c. Cancer
- d. Hearing loss

Answer:

10. In health promotion, the most important nursing role is:

- a. Teaching safe health practices
- b. Assessing the individual's health needs
- c. Reducing potential health risk factors
- d. Changing established lifestyle

Answer:

11. A healthy person generally:

- a. Lacks stability
- b. Lacks energy
- c. Is in denial
- d. Is in harmony

Answer:

12. In a health model, the nurse, as a collaborator, is responsible for:

- a. Teaching patients about their disease process
- b. Sharing and exchanging information with other health professionals
- c. Demonstrating desired health behavior
- d. Performing daily care needs

Answer:

13. Jennifer Joseph, a 60-year-old client, has been instructed by the public health nurse to begin a program of exercise. You can further explain to Mrs. Joseph that the benefits of exercise are:

- a. An increase in blood supply to muscles and nerves
- b. An increase in heart rate and rhythm
- c. A decrease in the size of the heart muscle
- d. A decrease in blood volume and oxygen demands

Answer:

14. Holistic health:

- a. Excludes one's physical well-being
- b. Limits consideration of one's social standing
- c. Excludes environmental impact
- d. Considers one's mental well-being

Answer:

15. Which of the following is an example of health restoration?

- a. Rehabilitation after surgery to replace a knee joint
- b. Immunization against the hepatitis B virus
- c. Surgical excision of a breast cyst
- d. Closure of an abdominal stoma

Answer:

16. A major objective of health promotion is:

- a. Decreasing one's stress level
- b. Challenging health practices
- c. Attaining one's level of optimal health
- d. Providing self-actualization

Answer:

17. The most important goal in health restoration is:

- a. Regaining losses
- b. Compensating for losses
- c. Attaining acceptance
- d. Providing sympathy

Answer:

18. Which of the following forces has no impact on changing one's health behavior?

- a. Family
- b. Social pressures

- c. Role models
- d. Inherited traits

Answer:

19. The stressor most commonly associated with adolescence is:

- a. The search for self-worth
- b. The search for identity
- c. Separation anxiety
- d. Birth of a new sibling

Answer:

20. Based on the Social Readjustment Rating Scale, the most stressful event for an adult is:

- a. Changing careers
- b. Changing residence
- c. Divorce
- d. Childbirth

Answer:

21. Virgil Grant, a patient recently diagnosed with AIDS, is having a healthy response to the stress in his life if he demonstrates which of the following behaviors?

- a. Denial
- b. Withdrawal
- c. Acceptance
- d. Aggression

Answer:

22. Gary Byrd, a 24-year-old college student, tells the nurse that he sometimes uses various illegal drugs. The nurse can characterize Gary as a substance abuser if he:

- a. Continues to be active in college affairs
- b. Maintains his self-esteem
- c. Begins to lose interest in his relationships
- d. Has heightened interest in the opposite sex

Answer:

23. The highest percentage of accidents resulting from alcohol use involve:

- a. Homicides
- b. Drowning
- c. Fires
- d. Motor vehicles

Answer:

24. Sandra Gooden has just been told by the doctor that she is pregnant with her first baby. Which of the following factors will have a negative impact on Sandra's ability to maintain good health during her pregnancy?

- a. Poor relationship with her in-laws
- b. Community recognition
- c. Effective stress management
- d. Economic well-being

Answer:

25. The level of health prevention that concentrates on retraining and educating to maximize the use of remaining capacities is:

- a. Primary prevention
- b. Secondary prevention
- c. Tertiary prevention
- d. Disability prevention

Answer:

26. Preventive care, including immunizations and yearly physical examinations, is classified as what type of health care service?

- a. Primary
- b. Secondary
- c. Tertiary
- d. Collaborative

Answer:

27. National health insurance for persons 65 years and older is known as:

- a. Medicaid
- b. Medicare
- c. Socialized medicine
- d. Palliative care

Answer:

28. The nurse recognizes that physiological responses to emotional stress are the result of:

- a. Mental illness
- b. Autonomic nervous stimulation
- c. Powerlessness
- d. Shame

Answer:

29. The nurse is teaching a community group about disease prevention. She is giving instructions regarding secondary prevention and correctly includes:

- a. Risk factors for heart disease
- b. Limiting disability after injury
- c. The importance of colorectal screening
- d. The use of vitamins and a balanced diet

Answer:

30. One of the goals of the Affordable Care Act is:

- a. Placing an emphasis on illness
- b. Improving the quality of care
- c. Focusing on curing rare diseases
- d. Holding the client responsible for tending to his or her own health care needs

Answer:

31. The organization that coordinates global health care issues, such as outbreaks of infection, is:

- a. Healthy People 2020
- b. Centers for Disease Control and Prevention
- c. World Health Organization
- d. AARP

Answer:

32. The most important goal the nurse must meet today in the delivery of health care is:

- a. Fostering the client's recovery from illness
- b. Providing the individual rehabilitation from illness
- c. Promoting self-care
- d. Assisting the individual in attaining the highest level of health

Answer:

33. The student nurse is providing follow-up teaching to a group of clients on how to maintain a healthy diet. The student nurse must first understand that which of the following factors can affect the selection of a healthy diet? (*Select all that apply.*)

- a. Cultural preferences
- b. Client's knowledge level
- c. Economic status
- d. Access to foods

Answer:

34. The plan of care states that an increase in food intake is needed to rebuild and repair cells. The nurse would increase the client's intake of:

- a. Fish
- b. Fruits
- c. Cereals
- d. Olive oil

Answer:

35. The MyPlate guidelines help the individual:

- a. Understand that food intake must match energy output



- b. Focus on the value of certain foods
- c. Use his or her weight to determine food intake
- d. Focus on a child's nutritional needs

Answer:

36. Which of the following describe(s) a type of determinant behavior? *(Select all that apply.)*

- a. Poor diet
- b. Unsafe sex
- c. Smoking and drug use

Answer:

37. During a postconference, there is an open discussion on the health-promoting goals of Healthy People 2020. When the nurse instructor summarizes the key points, she is correct if she states *(select all that apply)*:

- a. Economical support for all
- b. Elimination of health care disparities
- c. Access to preventive health services
- d. Free nutritional programs for elderly adults
- e. Counseling services for the elderly population

Answer:

38. The nurse is participating in a health promotion workshop at the community church. She must include which of the following topics? *(Select all that apply.)*

- a. Stress management
- b. Regular exercise
- c. Limiting nutritional intake
- d. Medication support for sleep and rest
- e. Sedentary lifestyle to decrease cardiac workload

Answer:

39. Healthy ways of adapting to stress include:

- a. Alcohol

- b. Humor
- c. Drugs
- d. Smoking

Answer:

40. The parent of a 6-year-old who is having problems in school shares with the school nurse that she took her child to the pediatrician, and he said he is suffering from PTSD. She tells the nurse she does not understand because she has only heard of PTSD in association with soldiers after combat. The nurse would best reply:

- a. Your son is always fighting when he comes to school
- b. PTSD can occur if your son has had a traumatic experience
- c. Yes, PTSD only occurs in people who have been in combat
- d. This is caused by extreme anxiety and should pass in a few days

Answer:

41. A mother is questioning her 2-year-old child's emotional development. Identify emotions that are normal in this age group (*select all that apply*):

- a. Frustration
- b. Pleasure
- c. Anger
- d. Anxiety
- e. Fear

Answer:

## **Chapter 1. Healthy Lifestyles – Questions With Answers and Rationales**

1. In early civilization, the cause of illness was attributed to:

- a. Infectious disease
- b. Microorganisms
- c. Contaminated food and water
- d. Natural and supernatural forces

Answer: d

Rationale: In early civilization, illness was attributed to natural and supernatural forces.

Nursing Process: Assessment

Client Needs: Physiological Integrity

2. The first understanding of disease processes occurred in (the):

- a. Early civilization
- b. 21st century
- c. 19th century
- d. Middle Ages

Answer: c

Rationale: In the 19th century, the development of bacteriology helped in the understanding of disease processes.

Nursing Process: Assessment

3. Despite all of the improvements and advancements in health care, several infectious diseases have recently resurfaced, including:

- a. Strep throat
- b. Tuberculosis
- c. Polio
- d. Mononucleosis

Answer: b

Rationale: Tuberculosis is one of several diseases that have recently resurfaced.

Nursing Process: Planning

Client Needs: Psychosocial Integrity

4. Healthy People 2020 identifies two major goals—eliminating health disparities and:

- a. Increasing peace and prosperity
- b. Eliminating all diseases
- c. Increasing the quality and years of healthy living
- d. Limiting population growth

Answer: c

Rationale: Increasing the quality and years of healthy living is one major goal set by Healthy People 2020.

Nursing Process: Planning

Client Needs: Psychosocial Integrity

5. An external force that can affect one's health is (the):

- a. Mind
- b. Culture
- c. Heredity
- d. Hormones

Answer: b

Rationale: Culture is an external force that can have many influences on an individual, including effects on health.

Nursing Process: Planning

Client Needs: Psychosocial Integrity

6. Health promotion is:

- a. Goal oriented
- b. Natural
- c. Unplanned
- d. Special

Answer: a

Rationale: Health promotion sets goals leading toward optimal wellness.

Nursing Process: Planning

Client Needs: Psychosocial Integrity

7. Mrs. Jackson brings her 6-month-old infant to the clinic for immunization. This action demonstrates which of the following levels of disease prevention?

- a. Primary
- b. Secondary
- c. Tertiary
- d. Rehabilitative

Answer: a

Rationale: Primary prevention is aimed at disease prevention.

Nursing Process: Implementation

Client Needs: Health Promotion and Maintenance

8. A future national goal for health care is the:

- a. Reduction of services
- b. Decrease in managed care
- c. Increase in Medicaid contribution
- d. Elimination of disparities in health care

Answer: d

Rationale: The national goal for the next decade is health care for all.

Nursing Process: Planning

Client Needs: Psychosocial Integrity

9. Inadequate nutrition contributes to diseases such as:

- a. Arthritis
- b. Lupus
- c. Cancer
- d. Hearing loss

Answer: c

Rationale: Cancer has been linked to poor nutritional practices.

Nursing Process: Planning

Client Needs: Psychosocial Integrity

10. In health promotion, the most important nursing role is:

- a. Teaching safe health practices
- b. Assessing the individual's health needs
- c. Reducing potential health risk factors
- d. Changing established lifestyle

Answer: a

Rationale: An important goal of health promotion is helping individuals learn to make safe health choices.

Nursing Process: Implementation

Client Needs: Health Promotion and Maintenance

11. A healthy person generally:

- a. Lacks stability
- b. Lacks energy
- c. Is in denial
- d. Is in harmony

Answer: d

Rationale: Being in harmony, or homeostasis, means that the body can balance healthy and unhealthy forces.

Nursing Process: Planning

Client Needs: Psychosocial Integrity

12. In a health model, the nurse, as a collaborator, is responsible for:

- a. Teaching patients about their disease process
- b. Sharing and exchanging information with other health professionals
- c. Demonstrating desired health behavior
- d. Performing daily care needs

Answer: b

Rationale: The nurse acts as a collaborator with other health professionals to promote positive patient outcomes.

Nursing Process: Implementation

Client Needs: Health Promotion and Maintenance

13. Jennifer Joseph, a 60-year-old client, has been instructed by the public health nurse to begin a program of exercise. You can further explain to Mrs. Joseph that the benefits of exercise are:

- a. An increase in blood supply to muscles and nerves
- b. An increase in heart rate and rhythm
- c. A decrease in the size of the heart muscle
- d. A decrease in blood volume and oxygen demands

Answer: a

Rationale: Exercise helps stimulate increased blood supply, which nourishes muscles and nerves.

Nursing Process: Implementation

Client Needs: Physiological Integrity

14. Holistic health:

- a. Excludes one's physical well-being
- b. Limits consideration of one's social standing
- c. Excludes environmental impact
- d. Considers one's mental well-being

Answer: d

Rationale: Holistic practices consider the whole person's well-being.

Nursing Process: Planning

Client Needs: Psychosocial Integrity

15. Which of the following is an example of health restoration?

- a. Rehabilitation after surgery to replace a knee joint
- b. Immunization against the hepatitis B virus
- c. Surgical excision of a breast cyst
- d. Closure of an abdominal stoma

Answer: a

Rationale: Health restoration implies rehabilitation to one's optimal functioning.

Nursing Process: Planning

Client Needs: Psychosocial Integrity

16. A major objective of health promotion is:

- a. Decreasing one's stress level
- b. Challenging health practices
- c. Attaining one's level of optimal health
- d. Providing self-actualization

Answer: c

Rationale: The focus of health promotion is individualized to bring the person to his or her best potential.

Nursing Process: Planning

Client Needs: Psychosocial Integrity

17. The most important goal in health restoration is:

- a. Regaining losses
- b. Compensating for losses
- c. Attaining acceptance
- d. Providing sympathy

Answer: b

Rationale: Health restoration assists the person in learning to cope with losses.

Nursing Process: Planning

Client Needs: Psychosocial Integrity

18. Which of the following forces has no impact on changing one's health behavior?

- a. Family
- b. Social pressures
- c. Role models
- d. Inherited traits

Answer: d

Rationale: Inherited traits are those transmitted by genes and are out of a person's control.

Nursing Process: Assessment

Client Needs: Physiological Integrity

19. The stressor most commonly associated with adolescence is:



- a. The search for self-worth
- b. The search for identity
- c. Separation anxiety
- d. Birth of a new sibling

Answer: b

Rationale: Adolescents struggle to find out who they are.

Nursing Process: Planning

Client Needs: Psychosocial Integrity

20. Based on the Social Readjustment Rating Scale, the most stressful event for an adult is:

- a. Changing careers
- b. Changing residence
- c. Divorce
- d. Childbirth

Answer: c

Rationale: Divorce has been identified as one of life's major stressors, in that it breaks up the family unit.

Nursing Process: Evaluation

Client Needs: Psychosocial Integrity

21. Virgil Grant, a patient recently diagnosed with AIDS, is having a healthy response to the stress in his life if he demonstrates which of the following behaviors?

- a. Denial
- b. Withdrawal
- c. Acceptance
- d. Aggression

Answer: c

Rationale: The stage known as acceptance indicates that the individual has progressed to the final stage of the grieving process.

Nursing Process: Evaluation

Client Needs: Psychosocial Integrity

22. Gary Byrd, a 24-year-old college student, tells the nurse that he sometimes uses various illegal drugs. The nurse can characterize Gary as a substance abuser if he:

- a. Continues to be active in college affairs
- b. Maintains his self-esteem
- c. Begins to lose interest in his relationships
- d. Has heightened interest in the opposite sex

Answer: c

Rationale: Substance abuse is characterized by a history of personal problems.

Nursing Process: Evaluation

Client Needs: Psychosocial Integrity

23. The highest percentage of accidents resulting from alcohol use involve:

- a. Homicides
- b. Drowning
- c. Fires
- d. Motor vehicles

Answer: d

Rationale: Statistics show that alcohol use is a major cause of motor vehicle accidents.

Nursing Process: Planning

Client Needs: Psychosocial Integrity

24. Sandra Gooden has just been told by the doctor that she is pregnant with her first baby. Which of the following factors will have a negative impact on Sandra's ability to maintain good health during her pregnancy?

- a. Poor relationship with her in-laws
- b. Community recognition
- c. Effective stress management
- d. Economic well-being

Answer: a

Rationale: The nuclear family and extended family play an important role in the well-being of the pregnant woman.

Nursing Process: Assessment

Client Needs: Psychosocial Integrity

25. The level of health prevention that concentrates on retraining and educating to maximize the use of remaining capacities is:

- a. Primary prevention
- b. Secondary prevention
- c. Tertiary prevention
- d. Disability prevention

Answer: c

Rationale: Tertiary prevention minimizes the effects of long-term disease or disability. With rehabilitation, clients can reach their highest level of functioning.

Nursing Process: Implementation

Client Needs: Health Promotion and Maintenance

26. Preventive care, including immunizations and yearly physical examinations, is classified as what type of health care service?

- a. Primary
- b. Secondary
- c. Tertiary
- d. Collaborative

Answer: a

Rationale: Primary health care services are aimed at disease prevention.

Nursing Process: Implementation

Client Needs: Health Promotion and Maintenance

27. National health insurance for persons 65 years and older is known as:

- a. Medicaid
- b. Medicare
- c. Socialized medicine
- d. Palliative care

Answer: b

Rationale: Medicare offers health insurance coverage to seniors aged 65 years and older.

Nursing Process: Planning

Client Needs: Psychosocial Integrity

28. The nurse recognizes that physiological responses to emotional stress are the result of:

- a. Mental illness
- b. Autonomic nervous stimulation
- c. Powerlessness
- d. Shame

Answer: b

Rationale: The brain and autonomic nervous system have a role in the physical changes that occur during an emotional reaction.

Nursing Process: Assessment

Client Needs: Physiological Integrity

29. The nurse is teaching a community group about disease prevention. She is giving instructions regarding secondary prevention and correctly includes:

- a. Risk factors for heart disease
- b. Limiting disability after injury
- c. The importance of colorectal screening
- d. The use of vitamins and a balanced diet

Answer: c

Rationale: Secondary prevention includes screening for diseases.

Nursing Process: Implementation

Client Needs: Health Promotion and Maintenance

30. One of the goals of the Affordable Care Act is:

- a. Placing an emphasis on illness
- b. Improving the quality of care
- c. Focusing on curing rare diseases
- d. Holding the client responsible for tending to his or her own health care needs

Answer: b

Rationale: The Affordable Care Act focuses on improving the quality of health care and making it available to all Americans.

Nursing Process: Planning

Client Needs: Health Promotion

31. The organization that coordinates global health care issues, such as outbreaks of infection, is:

- a. Healthy People 2020
- b. Centers for Disease Control and Prevention
- c. World Health Organization
- d. AARP

Answer: c

Rationale: The World Health Organization is concerned about health issues that occur throughout the world as well as any emerging and reemerging infections that are a threat to people worldwide.

Nursing Process: Planning

Client Needs: Health Promotion

32. The most important goal the nurse must meet today in the delivery of health care is:

- a. Fostering the client's recovery from illness
- b. Providing the individual rehabilitation from illness
- c. Promoting self-care
- d. Assisting the individual in attaining the highest level of health

Answer: d

Rationale: The nurse has many goals in the delivery of care, but the most important is allowing the individual to achieve his or her highest level of health.

Nursing Process: Planning

Client Needs: Health Promotion

33. The student nurse is providing follow-up teaching to a group of clients on how to maintain a healthy diet. The student nurse must first understand that which of the following factors can affect the selection of a healthy diet? *(Select all that apply.)*

- a. Cultural preferences
- b. Client's knowledge level
- c. Economic status
- d. Access to foods

Answer: a, b, c, d

Rationale: Many factors affect a client's ability to maintain a healthy diet, including the availability of stores, types of food available, financial ability to purchase healthy food, cultural practices, and education level.

Nursing Process: Assessment  
Client Needs: Health Promotion

34. The plan of care states that an increase in food intake is needed to rebuild and repair cells. The nurse would increase the client's intake of:

- a. Fish
- b. Fruits
- c. Cereals
- d. Olive oil

Answer: a

Rationale: Foods that are the building blocks for cell repair and growth are proteins. Examples of proteins include fish, meats, and legumes.

Nursing Process: Implementation  
Client Needs: Health Promotion

35. The MyPlate guidelines help the individual:

- a. Understand that food intake must match energy output
- b. Focus on the value of certain foods
- c. Use his or her weight to determine food intake
- d. Focus on a child's nutritional needs

Answer: a

Rationale: MyPlate guidelines include portion size, food groups, and the need for exercise in controlling weight and sustaining a healthy diet.

Nursing Process: Planning  
Client Needs: Health Promotion

36. Which of the following describe(s) a type of determinant behavior? (*Select all that apply.*)

- a. Poor diet
- b. Unsafe sex
- c. Smoking and drug use

Answer: a, b, c

Rationale: There are a number of behaviors that are determinants to health, including lack of exercise, smoking, drug use, poor nutrition, and unsafe sexual practices.

Nursing Process: Assessment

Client Needs: Psychological Integrity

37. During a postconference, there is an open discussion on the health-promoting goals of Healthy People 2020. When the nurse instructor summarizes the key points, she is correct if she states *(select all that apply)*:

- f. Economical support for all
- g. Elimination of health care disparities
- h. Access to preventive health services
- i. Free nutritional programs for elderly adults
- j. Counseling services for the elderly population

Answer: b, c

Rationale: The overarching goals of Healthy People 2020 are to improve quality of health care for all Americans and eliminate health care disparities.

Nursing Process: Evaluation

Client Needs: Health Promotion

38. The nurse is participating in a health promotion workshop at the community church. She must include which of the following topics? *(Select all that apply.)*

- f. Stress management
- g. Regular exercise
- h. Limiting nutritional intake
- i. Medication support for sleep and rest
- j. Sedentary lifestyle to decrease cardiac workload

Answer: a, b

Rationale: Health promotion emphasizes exercise, nutrition, mental health, physical health, and avoidance of substance abuse.

Nursing Process: Plan

Client Needs: Health Promotion

39. Healthy ways of adapting to stress include:

- e. Alcohol

- f. Humor
- g. Drugs
- h. Smoking

Answer: b

Rationale: Healthy ways of adapting to stress include relaxation, exercise, and humor.

Nursing Process: Assessment

Client Needs: Health Promotion

40. The parent of a 6-year-old who is having problems in school shares with the school nurse that she took her child to the pediatrician, and he said he is suffering from PTSD. She tells the nurse she does not understand because she has only heard of PTSD in association with soldiers after combat. The nurse would best reply:

- e. Your son is always fighting when he comes to school
- f. PTSD can occur if your son has had a traumatic experience
- g. Yes, PTSD only occurs in people who have been in combat
- h. This is caused by extreme anxiety and should pass in a few days

Answer: b

Rationale: PTSD can occur in anyone who has experienced a traumatic event, including violent crimes, motor vehicle accidents, sexual abuse, and combat.

Nursing Process: Implementation

Client Needs: Psychosocial Integrity

41. A mother is questioning her 2-year-old child's emotional development. Identify emotions that are normal in this age group (*select all that apply*):

- f. Frustration
- g. Pleasure
- h. Anger
- i. Anxiety
- j. Fear

Answer: a, b

Rationale: A newborn's emotions are centered around needs for food and comfort, but as a child gets older, other emotions are seen, including anger, jealousy, happiness, and anxiety.

Nursing Process: Assessment

Client Needs: Psychosocial Integrity