

Chapter 2: Health Promotion

Multiple Choice

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

- _____ 1. The leading cause of death in elderly travelers worldwide is:
 - A. Cardiovascular disease
 - B. Infections
 - C. Accidents
 - D. Malaria

- _____ 2. Which of the following should be avoided in countries where food and water precautions are to be observed?
 - A. Hot coffee
 - B. Bottled water
 - C. Salad buffet
 - D. Unpeeled bananas

- _____ 3. What insect precautions are not necessary to prevent insect-borne diseases in the tropics?
 - A. Using 100% DEET on skin to prevent bites
 - B. Treating clothes with permetherin
 - C. Covering up exposed skin to lessen biting surface
 - D. Taking malaria pills as directed for areas at risk for malaria

- _____ 4. An example of secondary prevention you could recommend/order for older adults would be to:
 - A. Check for fecal occult blood
 - B. Wear seat belts in the car
 - C. Provide foot care for a diabetic patient
 - D. Administer a tetanus shot

- _____ 5. Ali is a 72-year-old man who recently came to the U.S. from Nigeria. He reports having BCG (bacille Calmette-Guerin) vaccination as a child. Which of the following is correct regarding a tuberculin skin test?
 - A. It should not be done at all.
 - B. It should be read as smaller than it really is.
 - C. Vaccination history is irrelevant; read as usual.
 - D. It should be read as larger than it really is.

- _____ 6. A 72-year-old woman and her husband are on a cross-country driving vacation. After a long day of driving, they stop for dinner. Midway through the meal, the woman becomes very short of breath, with chest pain and a feeling of panic. Which of the following problems is most likely?
 - A. Pulmonary edema
 - B. Heart failure
 - C. Pulmonary embolism
 - D. Pneumonia

- _____ 7. Ivan W. is a 65-year-old man who is new to your practice. He has a history of COPD, CAD, hypertension, and type 2 diabetes mellitus. He has had no immunizations since his discharge from the military at age 25. Childhood diseases included chickenpox, measles, mumps, and “German measles.” He presents for a disease management visit. Which of the following immunizations would you recommend for Ivan?
- A. MMR, influenza, pneumococcal, Zostavax
 - B. Influenza, pneumococcal, PPD, Hepatitis B
 - C. Tdap, pneumococcal, influenza, Zostavax
 - D. Hepatitis B, influenza, pneumococcal, Hepatitis A
- _____ 8. Leo L. is a 62-year-old African American male who comes for an initial visit to your practice. Personal health history includes smoking 1 pack/day since age 11, consuming a case of beer (24 bottles) every weekend, and working as an assembler (sedentary job) for the past 10 years. Family history in first-degree relatives includes hypertension, high cholesterol, heart attack, and type 2 diabetes mellitus. Leo’s BMI is 32; BP today is 130/86. You order a fasting glucose, lipid profile, and return visit for BP check. This is an example of:
- A. Primary prevention
 - B. Secondary prevention
 - C. Tertiary prevention
 - D. Health profiling
- _____ 9. A local chapter of a nurse practitioner organization has begun planning a community-based screening for hypertension at a local congregate living facility. This population was selected on the basis of:
- A. A predicted decreased incidence of high blood pressure in this population
 - B. A recognized element of high risk within this group
 - C. Readily available treatment measures
 - D. Achieving an administrative goal for the congregate living facility
- _____ 10. Performing range of motion exercises on a client who has had a stroke is an example of which level of prevention?
- A. Primary prevention
 - B. Tertiary prevention
 - C. Secondary prevention
 - D. Rehabilitation prevention
- _____ 11. The nurse practitioner demonstrates an understanding of primary prevention of falling among the elderly through which management plan?
- A. Evaluate a need for assistive devices for ambulation after the client has been injured from a fall.
 - B. Provide resources to correct hazards contributing to falls in the home environment.
 - C. Reinforce the need to use prescribed eyeglasses to prevent further injury from falls.
 - D. Provide information about medications, side effects, and interactions.
- _____ 12. An example of an active strategy of health promotion for an individual to accomplish would be:
- A. Maintaining clean water in the local environment
 - B. Introducing fluoride into the water
 - C. Beginning a stress management program

D. Maintaining a sanitary sewage system

- _____ 13. You are working with an older male adult with a long history of alcohol abuse and a 30-year history of smoking. In recommending an intervention for this client, your responsibility is to:
- A. Make the individual abandon his own health practices and follow your recommendations
 - B. Register the patient for a local intervention program and secure payments
 - C. Promote positive change in lifestyle choices
 - D. Identify the barriers that the client will encounter
- _____ 14. The four main domains of clinical preventive services that the practitioner will provide are:
- A. Counseling interventions, screening tests, immunizations, and chemoprophylaxis
 - B. Counseling intervention, screening tests, immunizations, and education
 - C. Counseling interventions, transportation, screening tests, and immunizations
 - D. Screening tests, brief psychotherapy, immunizations, and chemoprophylaxis
- _____ 15. Which organism that can be prevented by immunization is most often responsible for an infectious “outbreak” in the nursing home setting?
- A. Haemophilus influenza
 - B. Streptococcus
 - C. Influenza A
 - D. Mycobacterium tuberculosis
- _____ 16. What is the appropriate method for tuberculosis screening of an older adult entering a nursing home?
- A. 5 tuberculin units intramuscular PPD injection and if negative repeat with same dose one week later
 - B. 5 tuberculin units intradermal PPD injection and if negative repeat with same dose one week later
 - C. Chest x-ray at the same time of PPD testing
 - D. 5 tuberculin units intradermal PPD injection and if positive repeat same dose in one week

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Answer Section

MULTIPLE CHOICE

- | | |
|------------|--------|
| 1. ANS: C | PTS: 1 |
| 2. ANS: C | PTS: 1 |
| 3. ANS: A | PTS: 1 |
| 4. ANS: A | PTS: 1 |
| 5. ANS: C | PTS: 1 |
| 6. ANS: C | PTS: 1 |
| 7. ANS: C | PTS: 1 |
| 8. ANS: B | PTS: 1 |
| 9. ANS: B | PTS: 1 |
| 10. ANS: B | PTS: 1 |
| 11. ANS: D | PTS: 1 |
| 12. ANS: C | PTS: 1 |
| 13. ANS: C | PTS: 1 |
| 14. ANS: A | PTS: 1 |
| 15. ANS: C | PTS: 1 |
| 16. ANS: B | PTS: 1 |