

Chapter 01: Health and Wellness

Test Bank

MULTIPLE CHOICE

1. What is the most commonly cited definition of health?
 - a. Health is the absence of disease.
 - b. Health is a function of the physiological state.
 - c. Health is a state of well-being involving the whole person.
 - d. Health is the ability to pursue activities of daily living (ADLs).

ANS: C

	Feedback
A	Health is considered to be more than merely the absence of disease.
B	The definition of health has broadened beyond the physiological state to include mental, social, and spiritual well-being.
C	The most commonly cited definition of health is from the World Health Organization and is “a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity.” The nurse should consider the total person when formulating a definition of “health.” Health is a positive concept emphasizing social and personal resources, as well as physical capacities.
D	An individual who is able to pursue ADLs may not define himself or herself as healthy. Life conditions such as environment, diet, and lifestyle practices may negatively affect one’s health long before one is unable to perform ADLs.

DIF: Cognitive Level: Comprehension REF: page 2 OBJ: 2
TOP: Nursing Process: Assessment MSC: CRNE: CH-1

2. The population health promotion model aims to develop actions for improving health. In addition to asking “On what should we take action?” “How should we take action?” and “Why should we take action?”, what is the fourth major question explored by the model?
 - a. “With whom should we act?”
 - b. “When should we take action?”
 - c. “Which government should take action?”
 - d. “Where should we first act?”

ANS: A

	Feedback
A	The fourth question is “ <i>With whom should we act?</i> ”
B	“ <i>When should we take action?</i> ” is not one of the four questions.
C	“ <i>Which government should take action?</i> ” is not one of the four questions.
D	“ <i>Where should we first act?</i> ” is not one of the four questions.

DIF: Cognitive Level: Knowledge REF: page 12, Figure 1-5
OBJ: 3 TOP: Nursing Process: Planning MSC: CRNE: HW-3

3. What does the principle “Health promotion is multisectoral” mean?

- a. Relationships between individual, social, and environmental factors must be recognized.
- b. Physical, mental, social, ecological, cultural, and spiritual aspects of health must be recognized.
- c. In order to change unhealthy living and working conditions, areas other than health must also be involved.
- d. Health promotion uses knowledge from disciplines such as social, economic, political, environmental, medical, and nursing sciences, as well as from first-hand experience.

ANS: C

	Feedback
A	The principle explained by the necessity to recognize relationships between individual, social, and environmental factors is “Health promotion addresses health issues in context.”
B	The principle explained by the necessity to recognize physical, mental, social, ecological, cultural, and spiritual aspects of health is “Health promotion supports a holistic approach.”
C	The principle explained by the necessity to involve areas other than health in order to change unhealthy living and working conditions is “Health promotion is multisectoral.”
D	The principle explained by the idea that health promotion uses knowledge from disciplines such as social, economic, political, environmental, medical, and nursing sciences, as well as from first-hand experience is “Health promotion draws on knowledge from a variety of sources.”

DIF: Cognitive Level: Comprehension REF: page 11 OBJ: 7
TOP: Nursing Process: Planning MSC: CRNE: HW-19

4. What priority strategy for health promotion in Canada is seen as important to incorporate in nursing education curricula?
 - a. Knowledge of disease prevention
 - b. Strategies for health promotion
 - c. Policy advocacy
 - d. Concepts of determinants of health

ANS: C

	Feedback
A	Disease prevention is an integral part of nursing curricula.
B	Health promotion is a fundamental part of nursing curricula.
C	Increasingly, policy advocacy is incorporated into nursing role statements and nursing education curricula. Nurses should think about policies that have contributed to health problems, policies that would help to alleviate health problems, and how nursing champions public policies.
D	Nursing curricula integrate determinants of health.

DIF: Cognitive Level: Comprehension REF: page 11 OBJ: 10
TOP: Nursing Process: Planning MSC: CRNE: PP-15

5. The Ottawa Charter for Health Promotion identified which of the following as a prerequisite for health?
- Education
 - Social support
 - Self-esteem
 - Physical environment

ANS: A

	Feedback
A	Education is one of the nine prerequisites for health that were identified in the <i>Ottawa Charter for Health Promotion</i> .
B	Lack of social support was identified as a psychosocial risk factor by Labonte (1993).
C	Low self-esteem was identified as a psychosocial risk factor by Labonte (1993).
D	Dangerous physical environments were identified as socioenvironmental risk conditions by Labonte (1993).

DIF: Cognitive Level: Knowledge
TOP: Nursing Process: Planning

REF: page 4
MSC: CRNE: HW-19
OBJ: 5

6. Which of the following has been identified as the greatest determinant of health affecting Canadians?
- Education
 - Health services
 - Social support networks
 - Income and social status

ANS: D

	Feedback
A	Some investigators suggest that literacy and education are important influences on health status because they affect many other health determinants.
B	Approximately 25% of a population's health status is attributed to the quality of its health care services.
C	Social support affects health, health behaviours, and health care utilization, but is not the greatest determinant of health.
D	Income and social status are the greatest determinants of health.

DIF: Cognitive Level: Application
TOP: Nursing Process: Planning

REF: page 7
MSC: CRNE: HW-19
OBJ: 6

7. A paraplegic patient is in the hospital for an electrolyte imbalance. At which level of prevention is the patient receiving care?
- Primary prevention level
 - Secondary prevention level
 - Tertiary prevention level
 - Health promotion level

ANS: B

	Feedback
A	The primary prevention level focuses on health promotion and specific protection measures such as immunizations, and the reduction of risk factors such as smoking.
B	The secondary prevention level focuses on early detection of disease once pathogenesis has occurred, so that prompt treatment can be initiated to halt disease and limit disability.
C	The tertiary prevention level focuses on minimizing residual disability.
D	Health promotion is a focus of the primary prevention level.

DIF: Cognitive Level: Application REF: page 11 OBJ: 8
TOP: Nursing Process: Implementation MSC: CRNE: HW-8

8. The nurse incorporates levels of prevention as based on client needs and the type of nursing care provided. Which one of the following nursing activities is an example of tertiary level preventive caregiving?
- Teaching a patient how to irrigate a new temporary colostomy
 - Providing a lesson on hygiene for an elementary school class
 - Informing a client that immunizations for her infant are available through the health department
 - Arranging for a hospice nurse to visit with the family of a client with cancer

ANS: D

	Feedback
A	Teaching a patient how to irrigate a new colostomy would be an example of secondary prevention. If the colostomy is to be permanent, care may later move to the tertiary level of prevention.
B	Providing a lesson on hygiene for an elementary school class would be an example of primary prevention.
C	Informing a client about available immunizations would be an example of primary prevention.
D	Tertiary prevention occurs when a defect or disability is permanent and irreversible. At this level, the hospice nurse aims to help the client and his or her family to achieve a high level of function, despite the limitations caused by the client's illness.

DIF: Cognitive Level: Application REF: page 11 OBJ: 8
TOP: Nursing Process: Implementation MSC: CRNE: HW-8

9. Since the early 1990s, which group has had the highest amount of absenteeism of all workers in Canada?
- “White collar sector” workers
 - Nurses
 - Workers in the trades
 - Transport and equipment operators

ANS: B

	Feedback
A	Rates of absenteeism for the “white collar sector” were not given.

B	There is considerable concern regarding negative workplace conditions in the health care sector. Nurses have had the highest or second-highest rate of absenteeism of all workers in Canada since the early 1990s.
C	Rates of absenteeism for workers in the trades were not given.
D	Rates of absenteeism for transport and equipment operators were not given.

DIF: Cognitive Level: Knowledge
TOP: Nursing Process: Assessment

REF: page 8
MSC: CRNE: PP-8
OBJ: 10

10. According to research about nutrition in Canada, which one of the following statements is true?
- Canadians have increased their total fat and salt consumption.
 - Canadians report that their children eat the recommended daily number of fruits and vegetables.
 - Fifty percent of children aged 2 to 17 years were overweight or obese.
 - The 2004 Canadian Community Health Survey (CCHS) revealed that 40% of adult Canadians were obese (body mass index of 30 or more) and 50% were overweight.

ANS: A

	Feedback
A	One-quarter of Canadians overall, and one-third of teens aged 14 to 18 years, had eaten at a fast-food outlet the previous day, exposing them to foods high in fats and salts.
B	Seventy percent of children aged 4 to 8 ate fewer than the minimum servings of fruits and vegetables daily.
C	It is 26 % of children aged 2 to 17 years were overweight or obese, not 50%.
D	The 2004 Canadian Community Health Survey (CCHS) revealed that 23% of adult Canadians were obese (body mass index of 30 or more), not 40% and 36% were overweight, not 50 %.

DIF: Cognitive Level: Application
TOP: Nursing Process: Planning

REF: page 9
MSC: CRNE: HW-26
OBJ: 6

11. Which of the following is one of the five health promotion strategies identified by the Ottawa Charter for Health Promotion?
- Create supportive environments
 - Strengthen educational opportunities
 - Develop a medical approach
 - Minimize stressful situations

ANS: A

	Feedback
A	“Create supportive environments” is one of the five broad health promotion strategies identified by the <i>Ottawa Charter for Health Promotion</i> . These strategies are: building healthy public policy, creating supportive environments, strengthening community action, developing personal skills, and reorienting health services.
B	“Strengthen educational opportunities” is not one of the five strategies.

C	“Develop a medical approach” is not one of the five strategies.
D	“Minimize stressful situations” is not one of the five strategies.

DIF: Cognitive Level: Application
TOP: Nursing Process: Planning

REF: page 12 OBJ: 5
MSC: CRNE: NCP-4

12. Which one of the following is an example of tertiary prevention?
- Reduction of risk factors, such as smoking
 - Breast self-examination and testicular self-examination
 - Cardiac rehabilitation programs
 - Blood pressure screening to detect hypertension

ANS: C

	Feedback
A	Reducing risk factors, such as smoking, is an example of primary prevention.
B	Breast self-examination and testicular self-examination are examples of secondary prevention.
C	Tertiary prevention activities occur in the convalescence stage of disease and are directed toward minimizing residual disability and helping people to live productively with limitations. An example is a cardiac rehabilitation program following a myocardial infarction.
D	Blood pressure screening to detect hypertension is an example of secondary prevention.

DIF: Cognitive Level: Comprehension
TOP: Nursing Process: Implementation

REF: page 11 OBJ: 8
MSC: CRNE: HW-11

13. What is the greatest internal client factor for the nurse to consider when educating an adult client concerning health promotion activities?
- Emotional wellness
 - Developmental stage
 - Professed spirituality
 - Levels of education and literacy

ANS: D

	Feedback
A	The client’s degree of stress, depression, or fear, for example, can influence health beliefs and practices. The manner in which a person handles stress throughout each phase of life will influence the way he or she reacts to illness. However, this is not the best available option.
B	A person’s thought and behaviour patterns change throughout life. The nurse must consider the client’s level of growth and development when using his or her health beliefs and practices as a basis for planning care. In this case, the client has been identified as an adult, and therefore the developmental stage has been determined.
C	Spirituality is reflected in how a person lives his or her life, including the values and beliefs exercised, the relationships established with family and friends, and the ability to find hope and meaning in life. However, this is not the best

	available option.
D	Levels of education and literacy are important influences to consider when educating an adult client concerning health promotion activities. Literacy can influence health both directly (e.g., medication use, safety practices) as well as indirectly through use of services, lifestyles, income, work environments, and stress levels.

DIF: Cognitive Level: Analysis

REF: page 7

OBJ: 6

TOP: Nursing Process: Implementation

MSC: CRNE: HW-19

14. Which of the following statements would help the nurse to best discuss the impact of a known risk factor on a client's health?
- "It doesn't mean that you'll get the disease, just that the odds are greater for you."
 - "Now that you know the possibility is there, you can take steps to prevent it."
 - "This risk factor can be managed by making a change to your lifestyle."
 - "You're lucky because you have the benefit of being able to do something about it."

ANS: A

	Feedback
A	The presence of risk factors does not mean that a disease will develop, but risk factors increase the chances that the individual will experience a particular disease or dysfunction.
B	While the statement, "Now that you know the possibility is there, you can take steps to prevent it" is not incorrect, it does not address the impact of the risk factor on the client's health.
C	It is not always true that a risk factor can be managed by making lifestyle changes, and therefore this is not the best available option.
D	The strategy of telling the client that he or she is lucky and has the benefit of being able to do something about a risk factor minimizes the client's concern, and does not address the impact of the risk factor on the client's health.

DIF: Cognitive Level: Analysis

REF: page 3

OBJ: 3

TOP: Nursing Process: Implementation

MSC: CRNE: HW-2

15. Which type of data does the population health approach emphasize to determine health and disease?
- Physical
 - Psychological
 - Experiential
 - Epidemiological

ANS: D

	Feedback
A	The population health approach does not emphasize the use of physical data to determine health and disease.
B	The population health approach does not emphasize the use of psychological data to determine health and disease.

C	The population health approach does not emphasize the use of experiential data to determine health and disease.
D	The population health approach emphasizes the use of epidemiological data to determine the etiology of health and disease.

DIF: Cognitive Level: Comprehension

REF: page 5

OBJ: 10

TOP: Nursing Process: Assessment

MSC: CRNE: CH-8