

7. A 62-year-old patient is confused about Medicare and Medicaid and has asked the nurse to explain the difference. Which one of the following provides the best answer for the nurse to use when describing Medicare?
- a. Medicare is financial assistance to pay hospital costs for the poor, medically needy, aged, disabled, and their dependent children and families.
 - b. Medicare provides hospital insurance and supplemental medical insurance for people over age 65, disabled people receiving social security benefits, and those in end-stage renal disease.
 - c. Medicare provides for only a portion of payments made by state welfare to health care agencies for the poor, medically needy, aged, disabled, and their dependent children and families.
 - d. Medicare provides for hospital costs only for people over age 65, disabled people receiving social security benefits, and those in end-stage renal disease.

ANS: B PTS: 1 DIF: Difficult

8. A 28-year-old client has requested help in obtaining financial assistance for her children's health care costs. She says she has a friend who is receiving Medicaid benefits and asks the nurse to explain more about Medicaid. Which one of the following provides the best answer for the nurse to use when describing Medicaid?
- a. Medicaid is financial assistance to pay hospital costs for the poor, medically needy, aged, disabled, and their dependent children and families.
 - b. Medicaid provides hospital insurance and supplemental medical insurance for people over age 65, disabled people receiving social security benefits, and those in end-stage renal disease.
 - c. Medicaid provides for only a portion of payments made by state welfare to health care agencies for the poor, medically needy, aged, disabled, and their dependent children and families.
 - d. Medicaid provides for hospital costs only for people over age 65, disabled people receiving social security benefits, and those in end-stage renal disease.

ANS: C PTS: 1 DIF: Difficult

9. Which of the following questions would be appropriate for the nurse to ask a 65-year-old male who wants to receive Medicare benefits?
- a. Do you receive or qualify to receive Social Security benefits?
 - b. Do you receive or qualify to receive Medicaid benefits?
 - c. What is your yearly annual income?
 - d. What is your yearly anticipated medical expense?

ANS: A PTS: 1 DIF: Difficult

10. Which of the following provided the foundation for Medicare and Medicaid Programs?
- a. Alma Ata Declaration of 1978
 - b. *Healthy People: Surgeon General's Report of 1980*
 - c. Sheppard-Towner Act of 1921
 - d. Social Security Act of 1935

ANS: D PTS: 1 DIF: Challenging

11. Which of the following major efforts linked smoking and cancer?
- a. Doll and Hill study
 - b. Framingham study
 - c. LaLonde Report

d. Surgeon General's report, *Smoking and Health*

ANS: D PTS: 1 DIF: Easy

12. Which of the following is a result of how cost containment has produced positive changes in nursing practice?

- a. There is an increase in opportunities for employment to work on unmet health needs.
- b. There is an increase in orientation toward a medical model of practice.
- c. There is less competition among providers of health care services.
- d. There is less need for rehabilitation centers and home health agencies.

ANS: A PTS: 1 DIF: Challenging

13. *Healthy People 2010* identified which one of the following as the top leading health indicator?

- a. Access to health care
- b. Environmental quality
- c. Immunizations
- d. Overweight and obesity

ANS: A PTS: 1 DIF: Easy

14. One of the four overarching goals of *Healthy People 2020* is which of the following?

- a. Advance the access to care for all and reduce tobacco use among adolescents
- b. Achieve health equity, eliminate disparities, and improve the health of all groups.
- c. Reduce fraud in health care spending and increase aid to dependent children
- d. Support research in finding disease cures and increase focus on technology

ANS: B PTS: 1 DIF: Difficult

15. The American Nurses Association's publication of *Nursing's Social Policy Statement* in 1995 is important to health promotion for which of the following reasons?

- a. It expanded the definition of health and reflects a greater commitment to clients.
- b. It established a code for nurses outlining an ethical commitment to client care.
- c. It provided for a moral commitment of nurses to health promotion of clients.
- d. It provided guidelines for and limitations on the contribution of nurses to client health.

ANS: A PTS: 1 DIF: Challenging

16. A nurse is working with a community organization to improve sanitation in a poor area of the city. Which one of the following actions represents a "wide-angle" perspective for facilitating change?

- a. Arrange for a town-hall type meeting to hear the residents' concerns.
- b. Campaign for a law supporting a ban on trash dumping in the area.
- c. Plan an educational program on food and water safety.
- d. Report violations to the city health commissioner for action.

ANS: A PTS: 1 DIF: Challenging

TRUE/FALSE

1. Health education is not the same as but is part of the larger concept of health promotion.

ANS: T PTS: 1 DIF: Easy

2. Prior to the World Health Organization's campaign for global public health, efforts to improve health centered more on health promotion than health education.

ANS: F PTS: 1 DIF: Easy

3. *Health promotion* is a relatively recent term that has various meanings among individuals and societies.

ANS: T PTS: 1 DIF: Easy

4. Control of health behaviors, compliance with medical regimes, and commitment to wellness are major themes that serve to unify concepts related to health promotion.

ANS: F PTS: 1 DIF: Challenging

5. Galen was a famous physician in ancient Greece who identified the importance of incorporating social, environmental, mental, and physical factors in treating the whole person.

ANS: F PTS: 1 DIF: Easy

6. Ancient civilizations were more focused on promoting health than the civilizations of today.

ANS: F PTS: 1 DIF: Challenging

7. Health promotion specifically studies when diseases occur, how they are distributed in a population, the cause of the disease, the natural history of the course of a disease, and factors influencing health promotion and protection.

ANS: F PTS: 1 DIF: Challenging

MATCHING

Match each item to a statement or sentence listed below.

- a. Babylonia
- b. Greece
- c. Rome
- d. China

- 1. Striving to be more like mythological gods and goddesses such as Apollo, Asclepius, and Hygeia signified a strong belief in staying healthy.
- 2. Galen was a famous physician who is credited with formulating the beginnings of a definition of health.
- 3. Hippocrates identified the importance of incorporating social, environmental, mental, and physical factors in treating the whole person.
- 4. The *Code of Hammurabi* established standards and practices of living.
- 5. Infused health-promoting practices from regions they had conquered.
- 6. Healthy life is staying in harmony with the universe by maintaining balance between opposite forces.

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| 1. ANS: C | PTS: 1 | DIF: Easy |
| 2. ANS: C | PTS: 1 | DIF: Easy |
| 3. ANS: B | PTS: 1 | DIF: Easy |
| 4. ANS: A | PTS: 1 | DIF: Easy |
| 5. ANS: C | PTS: 1 | DIF: Easy |
| 6. ANS: D | PTS: 1 | DIF: Easy |