

Chapter 1 - Challenges and Responsibilities of Health Care Professionals

Match each of the terms below with the appropriate sentence.

- | | |
|--------------------|-----------------------------|
| a. Empowerment | b. Client-centered care |
| c. Self-reliant | d. Excellence |
| e. Self-confidence | f. Standards of performance |

1. Your commitment to providing quality, _____, begins now.

ANSWER: _____ b

2. The key to _____ lies in putting forth that little bit of extra effort to achieve a superior performance.

ANSWER: _____ d

3. _____ refer to the level of quality you (or your supervisor) expect from your work.

ANSWER: _____ f

4. _____ people solve most life problems for themselves rather than expecting others to take care of their needs.

ANSWER: _____ c

5. The ability to take responsibility for your own life and make your own decisions is known as _____.

ANSWER: _____ a

6. Performing your work well can provide _____ and a deep sense of satisfaction.

ANSWER: _____ e

For each of the study techniques below, label whether researchers found the technique to be effective or not effective. A and B may be used more than once

- | | |
|----|---------------|
| a. | effective |
| b. | not effective |

7. Explaining to yourself or a study partner, in your own words, why the information you are studying is true or important

ANSWER: _____ a

8. Explaining to yourself or a study partner how new information relates to information you already know.

ANSWER: _____ a

9. Rereading the text.

ANSWER: _____ b

10. Varying your study sessions so that you work on several types of information, assignments, or problems in a single session.

ANSWER: _____ a

11. Testing yourself or taking a practice test on the material you are trying to learn.

ANSWER: _____ a

12. Highlighting the text you are reading.

ANSWER: _____ b

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13. Spreading out your study time into several shorter sessions rather than one long session.

ANSWER:

a

14. Summarizing the text you are reading.

ANSWER:

b

15. According to the chapter, it is important for health care professionals to have high performance standards because _____.

- a. performance that is less than 100 percent correct can harm a patient
- b. patients are likely to sue if they think they have received unsatisfactory care
- c. maintaining high performance standards can lead to a raise or a promotion
- d. only highly qualified applicants are likely to find jobs in the health care field

ANSWER:

a

16. By understanding an assignment's _____, students can see the assignment as an opportunity to learn, rather than a chore to complete.

- a. grade
- b. length
- c. purpose
- d. difficulty

ANSWER:

c

17. The best way to measure your achievement in your studies is to _____.

- a. compare your performance to that of your classmates
- b. evaluate your progress toward your goal of becoming a qualified health care professional
- c. keep track of your grades
- d. focus on just what you need to do to pass the class

ANSWER:

b

18. Empowerment means _____.

- a. making decisions for yourself based on what you really want or need
- b. having the power to control others
- c. knowing how to get what you want almost all the time
- d. holding a position of authority in society

ANSWER:

a

19. Which is an example of empowerment?

- a. Daedalus chooses a college major that will please their parents.
- b. Uros turns down a promotion they wanted because their partner tells them it would involve too much travel out of town.
- c. Dimas informs family members that they are not to be disturbed during their study time.
- d. Bala tells their partner, "We can see whatever movie you want."

ANSWER:

c

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20. By respecting patients' wishes and involving them in decisions when appropriate, you contribute to the patients' _____.

- a. chance of recovery
- b. will to live
- c. feelings of empowerment
- d. health and happiness

ANSWER:

c

21. Use the _____ stated by your instructor and listed in the textbook as guidelines for what you are expected to learn.

- a. grading policy
- b. examples
- c. review questions
- d. objectives and goals

ANSWER:

d

22. Your two primary responsibilities as a student are to take advantage of opportunities to learn and to decide what _____ will guide your performance.

- a. questions
- b. standards
- c. job opportunities
- d. study skills

ANSWER:

b

23. Why is it important to identify your areas of weakness as well as your strengths?

ANSWER: By identifying areas of weakness, you can devote extra effort to these areas. Improving these areas will make you a better student and a better health care professional.

24. Identify one area of weakness that you would like to improve. Describe a specific action you can take to strengthen this area.

ANSWER: Answers will vary.

25. Tell why you agree or disagree with the following statement: Learning to use effective study techniques is just as important as setting aside enough time to study.

ANSWER: Answers will vary. Sample answer: Using effective study techniques ensures that you learn as much as possible during your study time.

26. Tell why you agree or disagree with this statement: For future health care professionals, learning "just enough to pass" is not acceptable.

ANSWER: Answers will vary. Sample answer: Future health care professionals have a responsibility to their future patients to learn as much as possible now in order to provide a high quality of care in the future.

27. List three challenges for health care professionals.

ANSWER: Answers will vary. Sample answer: Three challenges for health care professionals are setting high performance standards, ensuring patient safety, and attending to each patient's personal needs.

28. Explain how your study habits as a student are related to the performance standards you will have as a health care

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professional.

ANSWER: Answers will vary. Sample answer: By taking every opportunity to learn, you will increase the level of knowledge you bring to your job as a health care professional. Any information that you do not learn now is information that you will not have later when assisting patients. Students who take shortcuts or do just enough work to get by are likely to bring the same habits to their jobs. Those who work for excellence now are preparing themselves to be excellent health care professionals.

29. Briefly describe two experiences: one that won you the approval of others and one that others may not have known about but that brought you a sense of personal accomplishment. Was the satisfaction you felt after each experience similar or different?

ANSWER: Answers will vary.

30. Describe your own standards for achievement as a student, and name several specific steps you will take to meet those standards.

ANSWER: Answers will vary.

31. Describe the standards you hope to set for yourself in your job as a health care professional, and name several specific steps you will take to meet those standards.

ANSWER: Answers will vary.

32. Which of the following is NOT a common challenge to health care providers?

- a. Long working hours
- b. Staff shortages
- c. Job satisfaction
- d. Job burnout

ANSWER: c

33. If you perform your work well, it is likely to lead to _____.

- a. increased self-confidence
- b. decreased job satisfaction
- c. self-reliance
- d. decreased self-determination

ANSWER: a

34. What is your main responsibility as a student?

- a. Pass all of your classes
- b. Take advantage of every opportunity to learn
- c. Maintain a high grade point average
- d. Find a study buddy

ANSWER: b