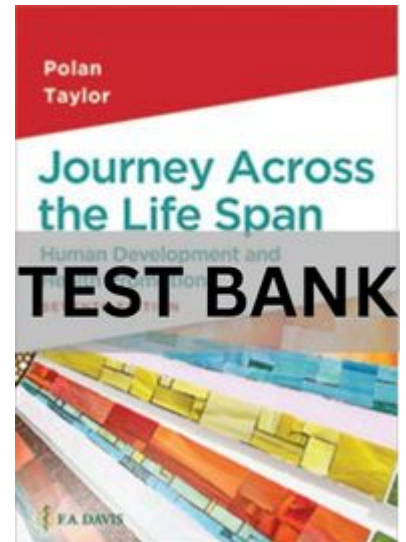


Journey Across the Life Span: Human Development and Health Promotion 7th Edition
Test Bank

Chapter 1: Healthy Lifestyles

Multiple Choice

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



- _____ 1. You are reviewing the history of bacterial infections for a community health fair. Which information would you include in the presentation about bacteriology?
1. Medical students during the 6th century focused their study on bacteria.
 2. Few people were killed during plagues and epidemics during the Middle Ages.
 3. Diet, exercise, and hygiene were incorporated into medical treatment during the 21st century.
 4. Improvements in sanitation enhanced the quality of life in people with bacterial infections during the 20th century.
- _____ 2. You receive notice of an endemic in one country in South America. In which way would you describe this disease outbreak?
1. The disease affects only a particular country.
 2. There is an illness that spreads over several countries.
 3. There is an illness that spreads over several continents.
 4. The disease affects a large number of people living in a community.
- _____ 3. You are reviewing the leading health indicators for Healthy People 2030. Which indicator would you identify as applicable for patients of all ages?
1. Increase employment
 2. Reduce cigarette smoking
 3. Reduce food insecurity and hunger
 4. Increase treatment for depression
- _____ 4. The Community Health Nurse is reviewing the social determinants of health. Which action would the nurse take to address neighborhoods and built environments?
1. Prepare information on the use of telehealth
 2. Incorporate a job fair with the next community health event
 3. Provide financial aid information to the parents of students in high school
 4. Attend a city council meeting to advocate for sidewalks in the new housing communities

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- _____ 5. A patient with new health problems reports not having health insurance. Which action would you take to help this patient?
1. Suggest the patient consider contacting the state to enroll in Medicaid
 2. Explain that the hospital follows a preferred provider organization structure
 3. Review the benefits of obtaining health insurance through a health maintenance organization
 4. Ask social services to help the patient use the state health care exchange to shop for health insurance coverage
- _____ 6. A patient states that living with in-laws and grandchildren is creating financial issues. As which type of health status would you categorize this information?
1. Social
 2. Cognitive
 3. Psychological
 4. Environmental
- _____ 7. The Public Health Nurse receives a report on the number of adults in the state who were admitted for substance abuse treatment. Which location would the nurse recommend for education to address this health concern?
1. Churches
 2. Workplaces
 3. High schools
 4. Senior living centers
- _____ 8. You are discussing treatment options with a patient who has been diagnosed with a new health problem. Which statement would indicate that the patient is empowered to make an informed decision?
1. "I can't deal with this right now."
 2. "I will do whatever my doctor suggests."
 3. "I am so confused with everything that is happening."
 4. "I think taking the medication would be the best treatment for me."
- _____ 9. You are caring for patients in a community health clinic. Which intervention would you categorize as primary prevention?
1. Mammogram
 2. Immunization
 3. Physical therapy treatment
 4. Adjusting blood pressure medication
- _____ 10. You visit the home of an adolescent patient with obesity. Which action would you take to promote the health of this patient?
1. Involve the entire family in healthy eating
 2. Provide the adolescent with an eating plan
 3. Explain the health problems the adolescent is going to develop
 4. Review ways for the family to provide separate meals for the adolescent

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- _____ 11. A patient has a spouse with a chronic condition and two children with different health issues. Which recommendation would you make to help the patient create a healthy meal plan for the entire family?
1. Select a variety of foods from the major food groups
 2. Use the spouse's diet as the base and alter it for the children
 3. Make one meal that includes a protein, carbohydrate, and fat
 4. Encourage the family members to eat the foods they prefer
- _____ 12. A patient seeks medical attention for an injury obtained while participating in an extreme sport over the weekend. Which teaching would you provide to support the patient's need for regular exercise?
1. Plan to exercise 60 minutes every day
 2. Consider a different sport to participate in during the weekends
 3. Wait until the injury heals before engaging in any physical activity
 4. Schedule 30 minutes of moderate physical activity most days of the week
- _____ 13. A patient is having a routine physical examination. Which emotional response would cause you to check the patient for stress?
1. Irritability
 2. Weight loss
 3. Forgetfulness
 4. Increased blood pressure
- _____ 14. A parent is concerned because their hospitalized 7-year-old child is wetting the bed. In which way would you categorize the child's incontinence?
1. Protest
 2. Despair
 3. Regression
 4. Detachment
- _____ 15. A patient is informed that a biopsy has tested positive for a terminal illness. Which finding indicates to you that the patient is experiencing moderate anxiety?
1. Confusion
 2. Restlessness
 3. Heart palpitations
 4. Inability to communicate
- _____ 16. You are visiting the home of a pediatric patient with a chronic condition. Which action will you take when serving as an advocate for the patient?
1. Instruct the patient and family about the condition
 2. Measure the patient's vital signs and observe for new symptoms
 3. Help the patient and family choose between available treatment options
 4. Share information about the patient and family with the Health Care Provider

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Multiple Response

Identify one or more choices that best complete the statement or answer the question.

- _____ 17. You are talking with colleagues about the actions the health care organization supported during the COVID-19 pandemic. Which actions would you identify as having helped to reduce the spread of the virus? *Select all that apply.*
1. Isolation
 2. Screening
 3. Disinfecting
 4. Prescribing prophylactic medication
 5. Use of personal protective equipment
- _____ 18. You review the Healthy People 2030 objectives for a community health presentation. On which health behaviors would you focus during the presentation? *Select all that apply.*
1. Nutrition
 2. Healthy eating
 3. Pregnancy and childbirth
 4. Increasing physical activity
 5. Avoiding tobacco and nicotine
- _____ 19. You are planning care for a patient with several conditions. When using the holistic model of health, you identify which internal forces as impacting the patient's health? *Select all that apply.*
1. Mind
 2. Family
 3. Heredity
 4. Body systems
 5. Neurochemistry
- _____ 20. You are completing a health history with a patient. On which social determinants of health will you focus to promote the patient's health? *Select all that apply.*
1. Type of housing
 2. Average daily diet
 3. Daily use of substances
 4. Access to transportation
 5. General hygiene practices
- _____ 21. You are reviewing information on a patient who reports exercising for 30 minutes every day. Which findings would indicate to you that the exercise plan has had positive effects on the patient's health? *Select all that apply.*
1. Lower blood pressure

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2. Weight gain of 2.2 lb (1 kg)
3. Reduced cholesterol level
4. Resting heart rate 8 beats lower
5. Respiratory rate 24 breaths per minute

- _____ 22. You are caring for a patient whose spouse passed away a year ago. Which findings indicate that the patient is experiencing maladaptive responses to stress? *Select all that apply.*
1. Smoking 2 ppd of cigarettes
 2. Walking the dog in the morning
 3. Meeting friends for lunch over the weekend
 4. Drinking a bottle of wine after work each day
 5. Attending spiritual services on Wednesday evenings

Chapter 1: Healthy Lifestyles
Answer Section

MULTIPLE CHOICE

1. ANS: 4
Chapter: Chapter 1, Healthy Lifestyles
Page: 2
Integrated Processes: Teaching and Learning
Patient Need: Health Promotion and Maintenance
Cognitive Level: Application [Applying]
Concept: Health Promotion
Difficulty: Moderate

	Feedback
1.	That is not correct. Medical schools were established in Greece during the 6th century. Medical students did not study bacteria during that time.
2.	That is not correct. Throughout the Middle Ages, plagues and epidemics killed millions of people.
3.	That is not correct. Diet, exercise, and hygiene became important to treatment during the 6th century.
4.	That is correct. Improvements in sanitation enhanced the quality of life in people with bacterial infections during the 20th century.

2. ANS: 1
Chapter: Chapter 1, Healthy Lifestyles
Page: 2
Integrated Processes: Communication and Documentation
Patient Need: Safe and Effective Care Environment: Safety and Infection Control
Cognitive Level: Application [Applying]
Concept: Health Promotion
Difficulty: Easy

	Feedback
1.	That is correct. An endemic disease affects only a particular population or country.
2.	That is not correct. An illness that spreads over several countries is referred to as a pandemic.
3.	That is not correct. An illness that spreads over several continents is referred to

	as a pandemic.
4.	That is not correct. A disease that affects a large number of people living in a community is referred to as an epidemic.

3. ANS: 3

Chapter: Chapter 1, Healthy Lifestyles

Page: 5

Integrated Processes: Clinical Problem-Solving Process (Nursing Process)

Patient Need: Health Promotion and Maintenance

Cognitive Level: Application [Applying]

Concept: Health Promotion

Difficulty: Moderate

	Feedback
1.	That is not correct. The Leading Health Indicators in Healthy People 2030 are a subset of objectives that are priorities for improving health and well-being. Increasing employment would be a leading health indicator for adults and older adults.
2.	That is not correct. The Leading Health Indicators in Healthy People 2030 are a subset of objectives that are priorities for improving health and well-being. Increasing employment would be a leading health indicator for adults and older adults. Reducing cigarette smoking would be a leading health indicator for adults and older adults. A leading health indicator for children and adolescents is reducing the use of tobacco products in adolescents. This leading health indicator would not be applicable for clients of all ages.
3.	That is correct. The Leading Health Indicators in Healthy People 2030 are a subset of objectives that are priorities for improving health and well-being. Increasing employment would be a leading health indicator for adults and older adults. Reducing food insecurity and hunger is a leading health indicator applicable for people of all ages.
4.	That is not correct. The Leading Health Indicators in Healthy People 2030 are a subset of objectives that are priorities for improving health and well-being. Increasing employment would be a leading health indicator for adults and older adults. Increasing treatment for depression would be a leading health indicator for adolescents.

4. ANS: 4

Chapter: Chapter 1, Healthy Lifestyles

Page: 4

Integrated Processes: Communication and Documentation

Patient Need: Health Promotion and Maintenance

Cognitive Level: Application [Applying]

Concept: Social Determinants of Health

Difficulty: Difficult

	Feedback
1.	That is correct. The social determinants of health are conditions that affect health and well-being. Preparing information on the use of telehealth would be appropriate as a social determinant of health care access and quality.
2.	That is not correct. The social determinants of health are conditions that affect health and well-being. Incorporating a job fair with the next community health event would be appropriate as a social determinant of economic stability.
3.	That is not correct. The social determinants of health are conditions that affect health and well-being. Providing financial aid information to the parents of students in high school would be appropriate as a social determinant of education access and quality.
4.	That is correct. The social determinants of health are conditions that affect health and well-being. Attending a city council meeting to advocate for sidewalks in the new housing communities would be appropriate as a social determinant of neighborhood and built environments.

5. ANS: 4

Chapter: Chapter 1, Healthy Lifestyles

Page: 6

Integrated Processes: Communication and Documentation

Patient Need: Safe and Effective Care Environment: Coordinated Care

Cognitive Level: Application [Applying]

Concept: Health Policy

Difficulty: Difficult

	Feedback
1.	That is not correct. Medicaid is a state-run health coverage plan for individuals of low income. There is no evidence that the patient would qualify for Medicaid.
2.	That is not correct. A preferred provider organization is a type of managed care in which established network Health Care Providers deliver services to the

	private sector for a discounted fee. This is not a type of organization structure.
3.	That is not correct. Health maintenance organizations are managed care structures responsible for the financing, organization, and delegation of services for their members. Reviewing the benefits of a health maintenance organization is not a part of the nurse's role.
4.	That is correct. The Affordable Care Act was created to offer health insurance to those who are uninsured and to improve the coverage of those who have insurance. Because the patient does not have insurance, social services should be contacted to help the patient use the state health care exchange program to shop for health insurance coverage.

6. ANS: 1

Chapter: Chapter 1, Healthy Lifestyles

Page: 7

Integrated Processes: Communication and Documentation

Patient Need: Health Promotion and Maintenance

Cognitive Level: Application [Applying]

Concept: Health Promotion

Difficulty: Easy

	Feedback
1.	That is correct. Social health focuses on everyday issues of economics, religion, culture, and the interactions of people living together. The patient's family members creating financial issues would be categorized as impacting the patient's social health.
2.	That is not correct. Cognitive health encompasses a person's ability to learn and develop.
3.	That is not correct. Psychological health refers to how a person feels and expresses emotions.
4.	That is not correct. Environmental health includes issues such as water and air quality, noise, and biochemical pollution.

7. ANS: 2

Chapter: Chapter 1, Healthy Lifestyles

Page: 8

Integrated Processes: Teaching and Learning

Patient Need: Health Promotion and Maintenance

Cognitive Level: Application [Applying]

Concept: Health Promotion
Difficulty: Easy

	Feedback
1.	That is not correct. Health promotion is most successful when placed in a supportive environment. Churches are considered a community location for health promotion, but there is a more effective location for education to reach the affected population.
2.	That is correct. More than 85% of American adults spend the greater part of the day in the workplace. Because adults are the population being admitted for substance abuse treatments, the workplace would be the ideal location for education to address substance abuse issues.
3.	That is not correct. High schools would be ideal locations if the admissions for substance abuse treatment were increased for the adolescent population.
4.	That is not correct. Adults are the population being admitted for substance abuse treatment. Senior living centers would not be ideal locations for education on this health problem.

8. ANS: 4

Chapter: Chapter 1, Healthy Lifestyles

Page: 9

Integrated Processes: Teaching and Learning

Patient Need: Health Promotion and Maintenance

Cognitive Level: Analysis [Analyzing]

Concept: Health Promotion

Difficulty: Moderate

	Feedback
1.	That is not correct. The patient being unable to deal with the health problem and treatment does not indicate empowerment to make an informed decision.
2.	That is not correct. The patient wanting the Health Care Provider to make the treatment decision does not indicate the patient is empowered to make an informed decision.
3.	That is not correct. The patient being confused does not support their being empowered to make an informed decision.
4.	That is correct. The patient deciding to take medication as treatment indicates the person is empowered and is making an informed decision.