



Chapter 1. Healthy Lifestyles – Test Questions

1. In early civilization, the cause of illness was attributed to:

- a. Infectious disease
- b. Microorganisms
- c. Contaminated food and water
- d. Natural and supernatural forces

Answer:

2. The first understanding of disease processes occurred in (the):

- a. Early civilization
- b. 21st century
- c. 19th century
- d. Middle Ages

Answer:

3. Despite all of the improvements and advancements in health care, several infectious diseases have recently resurfaced, including:

- a. Strep throat
- b. Tuberculosis
- c. Polio
- d. Mononucleosis

Answer:

4. Healthy People 2020 identifies two major goals—eliminating health disparities and:

- a. Increasing peace and prosperity

- b. Eliminating all diseases
- c. Increasing the quality and years of healthy living
- d. Limiting population growth

Answer:

5. An external force that can affect one's health is (the):

- a. Mind
- b. Culture
- c. Heredity
- d. Hormones

Answer:

6. Health promotion is:

- a. Goal oriented
- b. Natural
- c. Unplanned
- d. Special

Answer:

7. Mrs. Jackson brings her 6-month-old infant to the clinic for immunization. This action demonstrates which of the following levels of disease prevention?

- a. Primary
- b. Secondary
- c. Tertiary
- d. Rehabilitative

Answer:

8. A future national goal for health care is the:

- a. Reduction of services
- b. Decrease in managed care
- c. Increase in Medicaid contribution
- d. Elimination of disparities in health care

Answer:

9. Inadequate nutrition contributes to diseases such as:

- a. Arthritis
- b. Lupus
- c. Cancer
- d. Hearing loss

Answer:

10. In health promotion, the most important nursing role is:

- a. Teaching safe health practices
- b. Assessing the individual's health needs
- c. Reducing potential health risk factors
- d. Changing established lifestyle

Answer:

11. A healthy person generally:

- a. Lacks stability
- b. Lacks energy
- c. Is in denial
- d. Is in harmony

Answer:

12. In a health model, the nurse, as a collaborator, is responsible for:

- a. Teaching patients about their disease process
- b. Sharing and exchanging information with other health professionals
- c. Demonstrating desired health behavior
- d. Performing daily care needs

Answer:

13. Jennifer Joseph, a 60-year-old client, has been instructed by the public health nurse to begin a program of exercise. You can further explain to Mrs. Joseph that the benefits of exercise are:

- a. An increase in blood supply to muscles and nerves
- b. An increase in heart rate and rhythm
- c. A decrease in the size of the heart muscle
- d. A decrease in blood volume and oxygen demands

Answer:

14. Holistic health:

- a. Excludes one's physical well-being
- b. Limits consideration of one's social standing
- c. Excludes environmental impact
- d. Considers one's mental well-being

Answer:

15. Which of the following is an example of health restoration?

- a. Rehabilitation after surgery to replace a knee joint
- b. Immunization against the hepatitis B virus
- c. Surgical excision of a breast cyst
- d. Closure of an abdominal stoma

Answer:

16. A major objective of health promotion is:

- a. Decreasing one's stress level
- b. Challenging health practices
- c. Attaining one's level of optimal health
- d. Providing self-actualization

Answer:

17. The most important goal in health restoration is:

- a. Regaining losses
- b. Compensating for losses
- c. Attaining acceptance
- d. Providing sympathy

Answer:

18. Which of the following forces has no impact on changing one's health behavior?

- a. Family
- b. Social pressures
- c. Role models
- d. Inherited traits

Answer:

19. The stressor most commonly associated with adolescence is:

- a. The search for self-worth
- b. The search for identity
- c. Separation anxiety
- d. Birth of a new sibling

Answer:

20. Based on the Social Readjustment Rating Scale, the most stressful event for an adult is:

- a. Changing careers
- b. Changing residence
- c. Divorce
- d. Childbirth

Answer:

21. Virgil Grant, a patient recently diagnosed with AIDS, is having a healthy response to the stress in his life if he demonstrates which of the following behaviors?

- a. Denial
- b. Withdrawal
- c. Acceptance
- d. Aggression

Answer:

22. Gary Byrd, a 24-year-old college student, tells the nurse that he sometimes uses various illegal drugs. The nurse can characterize Gary as a substance abuser if he:

- a. Continues to be active in college affairs
- b. Maintains his self-esteem
- c. Begins to lose interest in his relationships
- d. Has heightened interest in the opposite sex

Answer:

23. The highest percentage of accidents resulting from alcohol use involve:

- a. Homicides
- b. Drowning
- c. Fires

d. Motor vehicles

Answer:

24. Sandra Gooden has just been told by the doctor that she is pregnant with her first baby. Which of the following factors will have a negative impact on Sandra's ability to maintain good health during her pregnancy?

- a. Poor relationship with her in-laws
- b. Community recognition
- c. Effective stress management
- d. Economic well-being

Answer:

25. The level of health prevention that concentrates on retraining and educating to maximize the use of remaining capacities is:

- a. Primary prevention
- b. Secondary prevention
- c. Tertiary prevention
- d. Disability prevention

Answer:

26. Preventive care, including immunizations and yearly physical examinations, is classified as what type of health care service?

- a. Primary
- b. Secondary
- c. Tertiary
- d. Collaborative

Answer:

27. National health insurance for persons 65 years and older is known as:

- a. Medicaid
- b. Medicare
- c. Socialized medicine
- d. Palliative care

Answer:

28. The nurse recognizes that physiological responses to emotional stress are the result of:

- a. Mental illness
- b. Autonomic nervous stimulation
- c. Powerlessness
- d. Shame

Answer:

29. The nurse is teaching a community group about disease prevention. She is giving instructions regarding secondary prevention and correctly includes:

- a. Risk factors for heart disease
- b. Limiting disability after injury
- c. The importance of colorectal screening
- d. The use of vitamins and a balanced diet

Answer:

30. One of the goals of the Affordable Care Act is:

- a. Placing an emphasis on illness
- b. Improving the quality of care
- c. Focusing on curing rare diseases
- d. Holding the client responsible for tending to his or her own health care needs

Answer:

31. The organization that coordinates global health care issues, such as outbreaks of infection, is:

- a. Healthy People 2020
- b. Centers for Disease Control and Prevention
- c. World Health Organization
- d. AARP

Answer:

32. The most important goal the nurse must meet today in the delivery of health care is:

- a. Fostering the client's recovery from illness
- b. Providing the individual rehabilitation from illness
- c. Promoting self-care
- d. Assisting the individual in attaining the highest level of health

Answer:

33. The student nurse is providing follow-up teaching to a group of clients on how to maintain a healthy diet. The student nurse must first understand that which of the following factors can affect the selection of a healthy diet? (*Select all that apply.*)

- a. Cultural preferences
- b. Client's knowledge level
- c. Economic status
- d. Access to foods

Answer:

34. The plan of care states that an increase in food intake is needed to rebuild and repair cells. The nurse would increase the client's intake of:

- a. Fish
- b. Fruits
- c. Cereals
- d. Olive oil

Answer:

35. The MyPlate guidelines help the individual:

- a. Understand that food intake must match energy output
- b. Focus on the value of certain foods
- c. Use his or her weight to determine food intake
- d. Focus on a child's nutritional needs

Answer:

36. Which of the following describe(s) a type of determinant behavior? (*Select all that apply.*)

- a. Poor diet
- b. Unsafe sex
- c. Smoking and drug use

Answer:

37. During a postconference, there is an open discussion on the health-promoting goals of Healthy People 2020. When the nurse instructor summarizes the key points, she is correct if she states (*select all that apply*):

- a. Economical support for all
- b. Elimination of health care disparities
- c. Access to preventive health services
- d. Free nutritional programs for elderly adults
- e. Counseling services for the elderly population

Answer:

38. The nurse is participating in a health promotion workshop at the community church. She must include which of the following topics? (*Select all that apply.*)

- a. Stress management
- b. Regular exercise
- c. Limiting nutritional intake
- d. Medication support for sleep and rest
- e. Sedentary lifestyle to decrease cardiac workload

Answer:

39. Healthy ways of adapting to stress include:

- a. Alcohol
- b. Humor
- c. Drugs
- d. Smoking

Answer:

40. The parent of a 6-year-old who is having problems in school shares with the school nurse that she took her child to the pediatrician, and he said he is suffering from PTSD. She tells the nurse she does not understand because she has only heard of PTSD in association with soldiers after combat. The nurse would best reply:

- a. Your son is always fighting when he comes to school
- b. PTSD can occur if your son has had a traumatic experience
- c. Yes, PTSD only occurs in people who have been in combat
- d. This is caused by extreme anxiety and should pass in a few days

Answer:

41. A mother is questioning her 2-year-old child's emotional development. Identify emotions that are normal in this age group (*select all that apply*):

- a. Frustration
- b. Pleasure

- c. Anger
- d. Anxiety
- e. Fear

Answer: