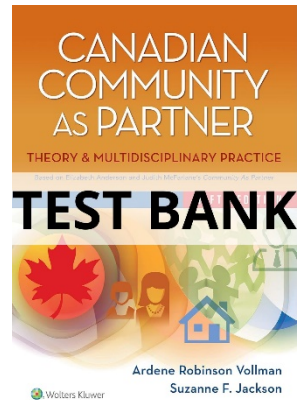


Chapter 1, Population Health Promotion: Essentials and Essence of Practice

1. The 20th century saw numerous improvements in the health status of people in the developed world. This was **primarily** attributable to what phenomenon?
 - A. Steady declines in the rate of tobacco consumption
 - B. The development of vaccines against many communicable diseases
 - C. Eradication of microorganisms responsible for infectious diseases
 - D. Government policies that prioritized health promotion over disease treatment



ANS: B

Rationale: Health status gains in the developed world during the 20th century were a result of (1) advances in knowledge about the causes of disease, (2) development of new technologies and pharmaceuticals to treat and cure many diseases, (3) creation of vaccines and environmental solutions to prevent disease transmission and acquisition, and (4) innovations in surveillance techniques to measure health status.

PTS: 1 DIF: Easy REF: Page and Header: 3, Introduction

OBJ: 1 NAT: Client Needs: Health Promotion and Maintenance

TOP: Chapter 1: Population Health Promotion: Essentials and Essence of Practice

KEY: Integrated Process: Nursing Process

BLM: Cognitive Level: Understand

2. What document is recognized as laying the foundation for the transition in the focus of Canadian health policy from disease to health?
 - A. *The Ottawa Charter for Health Promotion*
 - B. *The Epp Framework (A Framework for Health Promotion)*
 - C. *The WHO Declaration of Alma-Ata*
 - D. *The Lalonde Report (A New Perspectives on the Health of Canadians)*

ANS: D

Rationale: The publication in 1974 of the Lalonde Report (*A New Perspective on the Health of Canadians*) heralded a change in the focus of health on disease to a focus on health. The *Ottawa Charter*, the *WHO Declaration*, and the Epp Framework were each subsequent to the Lalonde Report.

PTS: 1 DIF: Easy

REF: Page and Header: 5, The Lalonde Report OBJ: 1

NAT: Client Needs: Safe and Effective Care Environment: Management of Care

TOP: Chapter 1: Population Health Promotion: Essentials and Essence of Practice

KEY: Integrated Process: Nursing Process

BLM: Cognitive Level: Understand

3. The Lalonde Report of 1974 is recognized as one of the seminal publications that has shaped the character and direction of public health policy in Canada. What change in policy is attributed to the Lalonde Report?
- A. A shift from collective responsibility for the health of Canadians to an individual focus
 - B. A change in focus from the treatment of illness to the promotion of health
 - C. A change from private funding for health to a combination of provincial and federal funding
 - D. A recognition of the importance of determinants of health

ANS: B

Rationale: The Lalonde Report is credited with initiating a change in the policy from a focus on disease to a focus on health. The report did not promote a change in funding, a change to individual responsibility, or a formal recognition of the determinants of health.

PTS: 1 DIF: Easy

REF: Page and Header: 5, The Lalonde Report OBJ: 1

NAT: Client Needs: Safe and Effective Care Environment: Management of Care

TOP: Chapter 1: Population Health Promotion: Essentials and Essence of Practice

KEY: Integrated Process: Nursing Process

BLM: Cognitive Level: Understand

4. The publication of the World Health Organization's *Declaration of Alma-Ata* is acknowledged to be a key event in the development of contemporary public health policy. The *Declaration* **prioritized**:
- A. collaboration among individuals and health care providers to impact health decisions.
 - B. increased funding for the education of nurses, physicians, and allied health workers in member nations.
 - C. cooperation between developed nations and developing nations to eradicate global health inequities.
 - D. the removal of class-based barriers to health decision making.

ANS: A

Rationale: The *Declaration of Alma-Ata* called for health providers to work with people to assist them in making decisions about their health and how to meet health challenges in ways that are affordable, acceptable, and sustainable in the long term. It did not specifically prioritize education funding, international cooperation, or the removal of class-based barriers to health.

PTS: 1 DIF: Easy

REF: Page and Header: 5, Declaration of Alma-Ata OBJ: 1

NAT: Client Needs: Safe and Effective Care Environment: Management of Care

TOP: Chapter 1: Population Health Promotion: Essentials and Essence of Practice

KEY: Integrated Process: Nursing Process

BLM: Cognitive Level: Understand

5. A public health worker is participating in the creation of a health promotion initiative that aims to address many of the poor health outcomes in a city's homeless population. The success or failure of this initiative is likely to depend on what factor?

- A. Accessibility and the perceived credibility of the planned initiative
- B. The provision of incentives and immediate benefits for participants in the program
- C. Providing safe and supportive housing for homeless people before addressing their health needs
- D. Redressing the disparities based on gender, socioeconomic status, and education

ANS: A

Rationale: The *Declaration of Alma-Ata* called for health providers to work with people to assist them in making decisions about their health and how to meet health challenges in ways that are affordable, acceptable, and sustainable in the long term. In facing the health challenges posed by homelessness, it is imperative that programs, policies, and interventions ensure accessibility by the members of this population. As well, it is necessary to present initiatives in a way that promotes their credibility. Short-term benefits are not a prerequisite and the resolution of disparities and lack of housing need not precede health promotion.

PTS: 1 DIF: Moderate

REF: Page and Header: 5, Declaration of Alma-Ata OBJ: 1

NAT: Client Needs: Safe and Effective Care Environment: Management of Care

TOP: Chapter 1: Population Health Promotion: Essentials and Essence of Practice

KEY: Integrated Process: Nursing Process

BLM: Cognitive Level: Analyze

6. Which issue is recognized as being inadequately addressed by current Canadian health policy?
- A. Canadians are not aware of the impact that their behaviours have on their health status.
 - B. Utilization of the health care system is insufficient to ensure the health of the population.
 - C. Members of disadvantaged groups are less healthy than other Canadians.
 - D. The interests of the health care industry are at odds with the long-term health of Canadians.

ANS: C

Rationale: Among the major issues that are not being adequately addressed by current health policies and practices is the fact that disadvantaged groups have significantly lower life expectancy, poorer health, and a higher prevalence of disability than the average Canadian. A knowledge deficit, underutilization, and the interests of the health care industry are not noted as core problems in Canadian public health.

PTS: 1 DIF: Moderate

REF: Page and Header: 6, A Framework for Health Promotion in Canada

OBJ: 3

NAT: Client Needs: Safe and Effective Care Environment: Management of Care

TOP: Chapter 1: Population Health Promotion: Essentials and Essence of Practice

KEY: Integrated Process: Nursing Process

BLM: Cognitive Level: Understand

7. Which client typifies the health problems that began to predominate in Canada during the late 20th century?
- A. A young man who incurred a spinal cord injury while playing sports
 - B. An elementary school student who developed measles because she was not vaccinated
 - C. An older adult client who had type 2 diabetes that resulted in vascular and cardiac complications
 - D. A child who was born HIV-positive to a mother who was an intravenous substance user

ANS: C

Rationale: During the late 20th century, the effects of chronic conditions such as diabetes began to overshadow other health problems such as communicable diseases and injuries.

PTS: 1 DIF: Moderate

REF: Page and Header: 7, A Framework for Health Promotion in Canada

OBJ: 2

NAT: Client Needs: Safe and Effective Care Environment: Management of Care

TOP: Chapter 1: Population Health Promotion: Essentials and Essence of Practice

KEY: Integrated Process: Nursing Process

BLM: Cognitive Level: Analyze

8. Which statement **best** captures the concept of population health?
- A. Population health is the median life expectancy within a defined group of people.
 - B. Population health is citizens' subjective perceptions of their physical, mental, and spiritual well-being.
 - C. Population health is the health status of a group of individuals that is considered as a whole, coherent unit.
 - D. Population health is the relative risk of premature death that exists within a specified group of residents.

ANS: C

Rationale: Population health focuses on the health status of populations, which are conceptualized as coherent entities that are not simply the sum of individuals. Components and considerations include measures such as life expectancy and health risks, but the concept supersedes these finite indicators.

PTS: 1 DIF: Moderate REF: Page and Header: 12, Population Health

OBJ: 6 NAT: Client Needs: Health Promotion and Maintenance

TOP: Chapter 1: Population Health Promotion: Essentials and Essence of Practice

KEY: Integrated Process: Nursing Process

BLM: Cognitive Level: Understand

9. A tobacco educator is working with a group of adults who have a history of cigarette smoking. The group comprises immigrants to Canada from an ethnic group whose members have a smoking rate higher than that of the Canadian population as a whole. Which determinant of health does **not** have a significant impact on the group members' tobacco use?
- A. Culture
 - B. Social environment
 - C. Personal health practices
 - D. Physical environment

ANS: D

Rationale: The influence of client's culture, social environment (peers), and personal health practices can be seen as factors that affect his tobacco use. The client's physical environment does not have a clear and direct bearing on this health behaviour.

PTS: 1 DIF: Moderate REF: Page and Header: 12, Population Health

OBJ: 5

NAT: Client Needs: Safe and Effective Care Environment: Management of Care

TOP: Chapter 1: Population Health Promotion: Essentials and Essence of Practice

KEY: Integrated Process: Nursing Process

BLM: Cognitive Level: Apply

10. A community health worker is collaborating with educators and school administrators to spearhead a new program for elementary students that aims to prevent children from beginning to smoke in junior high. This effort **most** clearly exemplifies what element of the population health approach?
- A. Focusing on the health of populations
 - B. Addressing the determinants of health
 - C. Increasing accountability for health outcomes
 - D. Investing upstream

ANS: D