Test Generator Questions, Chapter 1, Health Care Delivery and Nursing Practice

Multiple Choice

1. Health may be defined as which of the following?
A) Being disease free
B) Having fulfilling relationships
C) Having a clean drinking source and nutritious food
D) Being connected in body, mind, and spirit

Ans: D
Chapter Number: 1
Client Needs: Health Promotion and Maintenance
Cognitive Level: Understand
Difficulty: Easy
Integrated Process: Nursing Process
Objective: 1
Page and Header: 7, Wellness
Feedback: The World Health Organization defines health as a "state of complete physical, mental, and social well-being." This state of well-being can include strong relationships, food, and freedom from disease. However, these components are not the essence of the concept of health; it is possible for a person to experience health even in the absence of these.

2. Which of the following characteristics would an effective nurse have?
A) Sensitivity to cultural differences
B) Mainly team nursing approach
C) Strict adherence to routine
D) One set cultural practice

Ans: A
Chapter Number: 1
Client Needs: Safe and Effective Care Environment: Management of Care
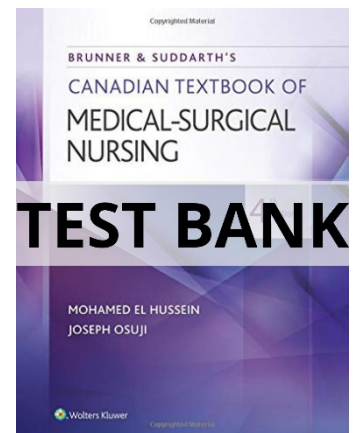Cognitive Level: Understand
Difficulty: Moderate
Integrated Process: Nursing Process
Objective: 4
Page and Header: 8, Cultural Diversity
Feedback: To promote effective nursing, care must be culturally competent, appropriate, and sensitive to cultural differences. Cultural practices and nursing routines must be individualized because different circumstances require different approaches. Team nursing is appropriate in some, but not all, circumstances.

3. What is the **most** common type of health problem seen in the health care system?

A) Poor prenatal care
B) Lack of information available to clients
C) Immobility
D) Increased rate of chronic disease

Ans: D
Chapter Number: 1
Client Needs: Health Promotion and Maintenance
Cognitive Level: Understand
Difficulty: Moderate
Integrated Process: Nursing Process
Objective: 4
Page and Header: 8, Population Demographics
Feedback: The decline in the birth rate and the increase in life span have given us an older population. This population is living longer because of a variety of factors. This longevity contributes to the increase in chronic diseases. The other listed problems are present in the Canadian health care system, but are not as prevalent or salient at the increasing rates of chronic disease.

4. The need for self-fulfillment fits in which level of Maslow's hierarchy of basic needs?
A) Physiologic
B) Safety and security
C) Love and belonging
D) Self-actualization

Ans: D
Chapter Number: 1
Client Needs: Psychosocial Integrity
Cognitive Level: Understand
Difficulty: Moderate
Integrated Process: Caring
Objective: 1
Page and Header: 6, Maslow's Hierarchy
Feedback: Self-actualization, which is at the top of Maslow's hierarchy, may be reached through self-fulfillment, desire to know and understand, and aesthetic needs.

5. What has been the main focus of health care providers in the last 50 years?
A) Treatment of disease
B) Promotion
C) Prevention
D) Treatment of childhood disease

Ans: A
Chapter Number: 1
Client Needs: Safe and Effective Care Environment: Management of Care
Cognitive Level: Understand
Difficulty: Moderate
Integrated Process: Nursing Process

Objective: 4
Page and Header: 6, Health Care in Transition
Feedback: The health care system of Canada has been disease oriented. For this reason, treatment has been prioritized over prevention and health promotion. Pediatrics has not been the main focus over the past half century.

6. Which of the following is the **best** type of disease prevention?
A) Immunizations
B) Yearly physicals
C) Community social events
D) Behaviour that promotes health

Ans: D
Chapter Number: 1
Client Needs: Health Promotion and Maintenance
Cognitive Level: Understand
Difficulty: Moderate
Integrated Process: Nursing Process
Objective: 4
Page and Header: 7, Wellness
Feedback: Health is seen as a lifestyle that is oriented toward wellness. The lifestyle is accomplished through health-promoting behaviours. This type of lifestyle includes components such as social interaction, physical check-ups, and immunizations, but these do not take the place of overall lifestyle behaviours that are consistent with lifelong health.

7. Continuous quality improvement programs exist for what purpose?
A) To establish accountability on the part of health care professionals
B) To focus on the process used to provide care
C) To identify incidents rather than processes
D) To justify health care costs

Ans: B
Chapter Number: 1
Client Needs: Safe and Effective Care Environment: Management of Care
Cognitive Level: Understand
Difficulty: Difficult
Integrated Process: Nursing Process
Objective: 4
Page and Header: 9, Continuous Quality Improvement and Evidence-Based Practice
Feedback: Continuous quality improvement programs focus on the processes used to provide care with the aim of improving quality by improving the processes. Accountability is a part of such programs, but not the primary purpose. Similarly, costs may be justified by the results of a quality improvement program, but this is not the main purpose for which they exist. Processes, rather than individual incidents, are the focus of quality improvement.

8. The following principles are principles of the Canada Health Act except one.

Which one is not?
A) Universality
B) Portability
C) Appropriate technology
D) Public administration

Ans: C
Chapter Number: 1
Client Needs: Safe and Effective Care Environment: Management of Care
Cognitive Level: Understand
Difficulty: Easy
Integrated Process: Nursing Process
Objective: 2
Page and Header: 6, The Canada Health Act
Feedback: Appropriate technology is a principle of primary health care but not of the Canada Health Act. The Act's principles include public administration, universality, and portability.

9. Which of the following information sources is **most** important in the development of a clinical pathway?
A) Current literature and professional expertise
B) Legal responsibilities of the health care institution
C) The health and wellness philosophy of the caregivers
D) Cost considerations of hospitals and health authorities

Ans: A
Chapter Number: 1
Client Needs: Safe and Effective Care Environment: Management of Care
Cognitive Level: Understand
Difficulty: Moderate
Integrated Process: Nursing Process
Objective: 6
Page and Header: 10, Clinical Pathways and Care Mapping
Feedback: A clinical pathway should be based primarily on current literature and expertise. These evidence sources are prioritized over legal realities, caregivers' philosophies, and cost. These are realities that must be addressed, but they are not foundational information sources.

10. A nurse researcher is conducting a study about the effects of noise on client pain levels while hospitalized. The primary purpose of nursing research is to:
A) involve clients in their care while hospitalized.
B) contribute to the scientific base of nursing practice.
C) draw conclusions about the quality of client care.
D) explain ongoing medical studies to clients.

Ans: B
Chapter Number: 1
Client Needs: Safe and Effective Care Environment: Management of Care
Cognitive Level: Understand
Difficulty: Moderate

Integrated Process: Nursing Process
Objective: 5
Page and Header: 11, Research Role
Feedback: Nursing research may be conducted by direct care providers or nurse researchers. The primary purpose of nursing research is to contribute to the scientific base of nursing and improve nursing practice based on evidence. This consideration supersedes the need to involve clients in their care, evaluate quality, or explain studies to clients.

11. Home health care is becoming one of the largest practice areas for nursing. What has contributed to this?
A) Chronic nursing shortage
B) Focus on treatment of disease
C) Increase in hospital stays
D) More critically ill clients being released home

Ans: D
Chapter Number: 1
Client Needs: Safe and Effective Care Environment: Management of Care
Cognitive Level: Understand
Difficulty: Moderate
Integrated Process: Nursing Process
Objective: 6
Page and Header: 6, Health Care in Transition
Feedback: As a result of decreased hospital stays and more critically ill clients being released to home, home health care is becoming one of the largest practice areas for nursing. This is not known to be leading to increased hospital stays or a focus on disease treatment. This phenomenon is not known to exacerbate the nursing shortage.

12. A nurse is practicing in an oncology clinic. The role of this nurse includes clinical practice, education, management, consultation, and research. Which of the following would **most** accurately describe this nurse's title?
A) Midwife
B) Clinical nurse specialist
C) Independent practice nurse
D) General duty nurse

Ans: B
Chapter Number: 1
Client Needs: Safe and Effective Care Environment: Management of Care
Cognitive Level: Analyze
Difficulty: Moderate
Integrated Process: Nursing Process
Objective: 7
Page and Header: 11, Advanced Nursing Practice Roles
Feedback: Clinical nurse specialists practice within a circumscribed area of care (e.g., cardiac), and most practice in acute care settings. This goes beyond the focus on a general duty nurse. Midwives focus solely on obstetrical practice. An independent practice nurse would not practice in the context of a clinic.

13. Which of the following would be an example of an interdisciplinary, advanced practice model?
A) The nurse and the physician discussing and jointly making clinical decisions
B) The nurse accompanying the physician on rounds
C) The nurse making a referral on behalf of the client
D) The nurse attending an appointment with the client

Ans: A
Chapter Number: 1
Client Needs: Safe and Effective Care Environment: Management of Care
Cognitive Level: Analyze
Difficulty: Moderate
Integrated Process: Nursing Process
Objective: 6
Page and Header: 11, Advanced Nursing Practice Roles
Feedback: One of the goals of advanced practice models is to increase professional and collegial relationships with physicians, a phenomenon exemplified by joint decision-making and discussion. This transcends the formerly unequal roles in nursing, such as simply accompanying a physician on rounds or making an appointment. Referrals often take place even when there is no interdisciplinary model in place.

14. The nurse is caring for a client dying of lung cancer. According to Maslow's hierarchy of needs, which dimension of care is considered primary in importance when caring for a dying client?
A) Spiritual
B) Social
C) Physiologic
D) Emotional

Ans: C
Chapter Number: 1
Client Needs: Physiological Integrity: Basic Care and Comfort
Cognitive Level: Understand
Difficulty: Easy
Integrated Process: Caring
Objective: 1
Page and Header: 6, Maslow's Hierarchy
Feedback: Physical care is an individual's most basic need according to Maslow's hierarchy of needs. When physiologic needs are met and the client feels comfortable, other dimensions of care can be addressed. The higher level needs in the domains of emotion, spirituality, and social interaction cannot be adequately addressed when physiologic needs remain unmet.

15. When prioritizing a client's care plan based on Maslow's hierarchy of needs, the nurse's first priority would be:
A) allowing the family to see a newly admitted client.
B) ambulating the client in the hallway.

C) administering pain medication.
D) using two nurses to transfer the client.

Ans: C
Chapter Number: 1
Client Needs: Safe and Effective Care Environment: Management of Care
Cognitive Level: Apply
Difficulty: Moderate
Integrated Process: Nursing Process
Objective: 1
Page and Header: 6, Maslow's Hierarchy
Feedback: In Maslow's hierarchy of needs, pain relief is on the first layer. Activity (e.g., ambulation) is on the second layer. Safety (e.g., using two nurses to transfer a client) is on the third layer. Love and belonging (e.g., allowing family to see a client) are on the fourth layer.

16. Which of the following statements **best** captures the way in which responsibility for health care is organized in Canada?
A) The federal government is responsible for health care but normally consults with the provinces.
B) Health care is under federal jurisdiction, with daily operations delegated to the provinces.
C) The provinces are responsible for health care, but coordination on a federal level is necessary to ensure national policies.
D) Jurisdiction over health is shared equally between the provincial and the federal governments.

Ans: C
Chapter Number: 1
Client Needs: Safe and Effective Care Environment: Management of Care
Cognitive Level: Analyze
Difficulty: Moderate
Integrated Process: Nursing Process
Objective: 2
Page and Header: 6, Organization and Financing of Health Care Services in Canada
Feedback: The Constitution Act of 1982 explicitly confirmed that health care is a provincial responsibility. Coordination at a federal level is often necessary to establish policies that have a national scope.

17. Which of the following events runs contrary to the principles of the Canada Health Act?
A) A client is billed for his physiotherapy during his recovery from an ankle injury.
B) A woman from British Columbia is denied coverage in Alberta after she has moved there owing to a job transfer.
C) Health services are less accessible to a remote village in northern Saskatchewan than to residents living in Saskatoon.
D) Administrative responsibility for a province's health care system lies with a public body.

Ans: B
Chapter Number: 1
Client Needs: Safe and Effective Care Environment: Management of Care
Cognitive Level: Analyze
Difficulty: Moderate
Integrated Process: Nursing Process
Objective: 2
Page and Header: 6, The Canada Health Act
Feedback: The Canada Health Act dictates that services must be transferable between provinces. Not all health services (such as physiotherapy) are 100% covered, and although services must be accessible, some variation between locations is not contrary to the Act. Administration is public under the Canada Health Act.

18. How are patterns of disease currently changing in Canada?
A) Chronic diseases are declining as a result of primary health and health promotion.
B) Infectious diseases are more common than in the past owing to economic disparities.
C) Most noncommunicable diseases are being eradicated.
D) Some previously treatable conditions now have fewer treatment options.

Ans: D
Chapter Number: 1
Client Needs: Health Promotion and Maintenance
Cognitive Level: Understand
Difficulty: Moderate
Integrated Process: Nursing Process
Objective: 4
Page and Header: 9, Changing Patterns of Disease
Feedback: Because of increased antibiotic use, many diseases are more difficult to treat than in the past. Chronic diseases are more common, and infectious diseases less common, than in the past, and noncommunicable diseases continue to be the leading cause of death.

19. For which of the following clients would a clinical pathway be **most** appropriate?
A) A newly admitted client whose medical diagnosis is not yet confirmed
B) An elderly client who has just had open heart surgery
C) A client who is receiving treatment for a rare hematologic disorder
D) A group of junior high school students who will be receiving sexual health education

Ans: B
Chapter Number: 1
Client Needs: Safe and Effective Care Environment: Management of Care
Cognitive Level: Apply
Difficulty: Moderate
Integrated Process: Nursing Process
Objective: 5

Page and Header: 10, Clinical Pathways and Care Mapping
Feedback: Clinical pathways are more appropriate in the inpatient treatment of common disorders or procedures than in unclear clinical situations or rare pathologies. They would not normally be used in a public health initiative.

20. Which of the following principles underlies case management?
A) Cost containment supersedes individual client preferences.
B) Responsibility for meeting client needs rests with one person or team.
C) Case management is available only for certain common diagnoses and procedures.
D) A physician, designated as case manager, has ultimate responsibility for a client's care over time.

Ans: B
Chapter Number: 1
Client Needs: Safe and Effective Care Environment: Management of Care
Cognitive Level: Understand
Difficulty: Moderate
Integrated Process: Nursing Process
Objective: 4
Page and Header: 10, Case Management
Feedback: Under case management, one person or team directs all aspects of a client's care. Cost control is not the ultimate goal and clinical pathways, not case management, are associated with only certain diagnoses and procedures. The case manager is not necessarily a physician.

21. Which of the following factors has **most** contributed to the public's increasing demand for quality care?
A) Many individuals' knowledge of health problems and health care has increased.
B) Health outcomes and overall life expectancy continue to decline in Canada.
C) Infectious diseases are more common than they were one to two generations earlier.
D) Cultural differences in Canadian society have heightened awareness of differing health practices.

Ans: A
Chapter Number: 1
Client Needs: Safe and Effective Care Environment: Management of Care
Cognitive Level: Understand
Difficulty: Moderate
Integrated Process: Nursing Process
Objective: 4
Page and Header: 9, Advances in Technology and Genetics
Feedback: Because of the proliferation of information, many Canadians are far more aware of health care and health promotion than in the past. Health outcomes and overall life expectancy are not declining in Canada; infectious diseases are not more common than they were one or two generations earlier; and cultural diversity is not thought to underlie the demand for quality care, even though it is a reality of Canadian life.

22. The nurse has assumed 24-hour responsibility for the planning and implementation of the nursing care of a newly admitted client. She liaises with the family and the team of caregivers to ensure that communication and quality of care are optimized. What nursing care delivery model is most likely in place at Carla's workplace?
A) Community-based nursing
B) Primary nursing
C) Advanced nursing practice
D) Team nursing

Ans: B
Chapter Number: 1
Client Needs: Safe and Effective Care Environment: Management of Care
Cognitive Level: Analyze
Difficulty: Moderate
Integrated Process: Nursing Process
Objective: 6
Page and Header: 6, Models of Nursing Care Delivery
Feedback: Primary care is characterized by an individual nurse assuming responsibility for all aspects of a particular client's care. This is not the case in community-based, advanced practice nursing, or team nursing models.

23. A nurse practitioner provides care in an isolated community in the Northwest Territories and rarely has additional professionals to consult with or refer to. Which of the following actions is most likely beyond the nurse's scope of practice?
A) Adjusting the dosage of a client's antihypertensives
B) Interpreting the results of a client's abdominal radiograph
C) Diagnosing a child with otitis media
D) Performing a lumbar puncture on a client to reduce cerebrospinal fluid pressure

Ans: D
Chapter Number: 1
Client Needs: Safe and Effective Care Environment: Management of Care
Cognitive Level: Analyze
Difficulty: Moderate
Integrated Process: Nursing Process
Objective: 7
Page and Header: 11, Advanced Nursing Practice Roles
Feedback: Whereas ordering medications, interpreting diagnostics, and diagnosing illnesses are within the scope of an NP, more complex and higher risk procedures normally remain the domain of the physician. Lumbar puncture is more specialized and risky than the other listed activities.

24. Which of the following groups played a salient role in the early provision of nursing care in Canada?
A) Roman Catholic nuns