



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, including eliminating health disparities and:

- a. 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 the 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 to begin a program of exercise by the public health nurse. 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 the 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 to:

- a. Decrease one's stress level
- b. Challenge health practices
- c. Attain one's level of optimal health
- d. Provide self-actualization

Answer:

17. The most important goal in health restoration is to:

- a. Regain losses
- b. Compensate for losses

- c. Attain acceptance
- d. Provide 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. A search for self-worth
- b. A 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. Preventative care, including immunizations and yearly physical examinations, are classified as what type of health-care services?

- 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 the 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 to:

- a. Place an emphasis on illness
- b. Improve the quality of care
- c. Focus on curing rare diseases