Physical Examination and Health Assessment 9th edition Jarvis Test Bank

SKU: 9780323812238-TEST-BANK

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Chapter 02: Cultural Assessment
Jarvis: Physical Examination and Health Assessment, 9th Edition

MULTIPLE CHOICE

1. The nurse is reviewing the characteristics of culture. Which statement is *correct* regarding the development of one's culture?
   a. Learned through language acquisition and socialization
   b. Genetically determined on the basis of racial background
   c. A nonspecific phenomenon and is adaptive but unnecessary
   d. Biologically determined on the basis of physical characteristics

   ANS: A
   Culture is a complex phenomenon that includes attitude, beliefs, self-definitions, norms, roles, and values learned from birth through the processes of language acquisition and socialization. It is not biologically or genetically determined. It is learned by the individual. It is a universal phenomenon and is important because a person's culture defines health and illness, identifies when treatment is needed and which treatment is acceptable, and informs a person of how symptoms are expressed and which symptoms are important.

   DIF: Cognitive Level: Understanding (Comprehension)
   MSC: Client Needs: Psychosocial Integrity

2. During a class on the aspects of culture, the nurse shares that culture has four basic characteristics. Which statement correctly reflects one of the characteristics of culture?
   a. Static and unchanging
   b. Members share similar physical characteristics.
   c. Members share a common geographic origin and religion.
   d. Adapted to specific conditions related to environmental and technical factors

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   ANS: D
   Culture has four basic characteristics, one of which is that it is adapted to specific conditions related to environmental and technical factors and to the availability of natural resources. The other three characteristics are: (1) learned from birth through the processes of language acquisition and socialization; (2) shared by all members of the cultural group; and (3) dynamic and ever changing. Culture is not static and unchanging but is dynamic and ever changing. Members of a culture do not necessarily share similar physical characteristics. Sharing similar physical characteristics refers to race. Members of a culture do not necessarily share a common geographic origin and religion. Sharing a common geographic origin and religion refers to ethnicity.

   DIF: Cognitive Level: Analyzing (Analysis)
   MSC: Client Needs: Psychosocial Integrity

3. During a seminar on cultural aspects of nursing, the nurse recognizes that the definition stating "the specific and distinct knowledge, beliefs, customs, and skills acquired by members of a society" reflects which term?
   a. Norms
   b. Culture
   c. Ethnicity

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d. Assimilation

ANS: B
The culture that develops in any given society is unique, encompassing all of the knowledge, beliefs, customs, and skills acquired by members of the society. The other terms do not fit the given definition. Norms refers to the typical or usual. Ethnicity refers to a social group that may possess shared traits, such as common geographic origin, migratory status, religion, language, values, traditions, or symbols and food preferences. Assimilation refers to taking on the characteristics of the dominant culture.

DIF: Cognitive Level: Remembering (Knowledge)
MSC: Client Needs: Psychosocial Integrity

4. The nurse is discussing the term *subculture* with a student nurse. Which statement by the nurse would best describe *subculture*?
   a. "Fitting as many people as possible into the majority culture."
   b. "Identifying small groups of people who do not want to be identified with the larger culture."
   c. "Singling out groups of people who suffer differential and unequal treatment as a result of cultural variations."
   d. "Recognizing groups of people within a culture with shared characteristics that are not common to all members of the culture."

ANS: D
Within cultures, groups of people share different beliefs, values, and attitudes. Differences occur because of ethnicity, religion, education, occupation, age, and gender. When such groups function within a large culture, they are referred to as *subcultural groups*. Fitting as many people as possible into the majority culture, identifying small groups of people who do not want to be identified with the larger culture, and singling out groups of people who suffer differential and unequal treatment as a result of cultural variations do not describe a subculture. A subculture is a group of people with a culture that share some different beliefs, values, or attitudes than the majority of the larger culture.

DIF: Cognitive Level: Understanding (Comprehension)
MSC: Client Needs: Psychosocial Integrity

5. When reviewing the demographics of ethnic groups in the United States, the nurse recalls that which is the largest and fastest growing population?
   a. Asian
   b. Hispanic
   c. American Indian
   d. African American/black

ANS: B
Hispanics are the largest and fastest growing population in the United States, followed by African Americans/blacks, Asians, two or more races, American Indians and Alaska natives, and other groups.

DIF: Cognitive Level: Remembering (Knowledge) MSC: Client Needs: General

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6. During an assessment, the nurse notices that a patient is handling a small charm that is tied to a leather strip around their neck. Which action by the nurse is appropriate?
   a. Ask the patient about the item and its significance.
   b. Ask the patient to lock the item with other valuables in the hospital's safe.
   c. Tell the patient that a family member should take valuables home.
   d. No action is necessary.

   ANS: A
   The small charm tied to a leather strip is likely an amulet, which many cultures consider an important means of protection from "evil spirits." When a patient appears to have a health practice the nurse is unfamiliar with, the nurse should ask for clarification in a non-judgmental way that communicates acceptance of their beliefs and allows for open communication. Thus, the nurse in this situation should inquire about the amulet's meaning to the patient. Asking the patient to lock the item with other valuables in the hospital's safe, telling the patient that a family member should take valuables home, or doing nothing does not address the importance or meaning of a cultural health practice to the patient and does not allow the nurse to gain an understanding of the patient's cultural health practices.

   DIF: Cognitive Level: Applying (Application)
   MSC: Client Needs: Psychosocial Integrity

7. After a class on culture and ethnicity, the new graduate nurse reflects a correct understanding of the concept of ethnicity with which statement?
   a. "Ethnicity is dynamic and ever changing."
   b. "Ethnicity is the belief in a higher power."
   c. "Ethnicity pertains to a social group that may possess shared traits such as religion and language."
   d. "Ethnicity is learned from birth through the processes of language acquisition and socialization."

   ANS: C
   Ethnicity pertains to a social group that may possess shared traits such as common geographic origin, migratory status, religion, language, values, traditions, or symbols and food preferences. *Culture* is dynamic, ever changing, and learned from birth through the processes of language acquisition and socialization. Religion is the belief in a higher power. Ethnicity pertains to a social group within the social system that claims to have variable traits, such as a common geographic origin, migratory status, religion, race, language, values, traditions, symbols, or food preferences.

   DIF: Cognitive Level: Understanding (Comprehension)
   MSC: Client Needs: Psychosocial Integrity

8. The nurse is comparing the concepts of religion and spirituality. Which statement describes an appropriate component of one's spirituality?
   a. Belief in and the worship of God or gods
   b. Being closely tied to one's ethnic background
   c. Attendance at a specific church or place of worship
   d. A connection with something larger than oneself and belief in transcendence

   ANS: D

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Spirituality refers to a connection with something larger than oneself and a belief in transcendence. The other responses do not apply to spirituality. Belief in and the worship of God or gods and attendance at a specific church or place of worship apply to religion. Being closely tied to one's ethnic background is not a concept of spirituality or religion.

DIF: Cognitive Level: Understanding (Comprehension)
MSC: Client Needs: Psychosocial Integrity

9. A woman who has lived in the United States for a year after moving from Europe has learned to speak English and is almost finished with her college studies. She now dresses like her peers and says that her family in Europe would hardly recognize her. This nurse recognizes that this situation illustrates which concept?
   a. Integration
   b. Assimilation
   c. Biculturalism
   d. Heritage consistency

   ANS: B
   Assimilation is a unidirectional, linear process moving from unacculturated to acculturated in which a person develops a new cultural identity and becomes like members of the dominant culture. Integration and biculturalism are bidirectional and bidimensional inducing reciprocal change in both cultures and maintain in aspects of the original culture in one's ethnic identity. There is nothing in the question to indicate that she has maintained aspects of her original culture and states that her family and friends would hardly recognize her. Nothing in the questions refers to aspects of heritage consistency, or the degree to which she has retained her original/traditional culture.

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   DIF: Cognitive Level: Understanding (Comprehension)
   MSC: Client Needs: Psychosocial Integrity

10. The nurse is conducting a heritage assessment. Which question is most appropriate for this assessment?
    a. "Do you smoke?"
    b. "What is your religion?"
    c. "Do you have a history of heart disease?"
    d. "How many years have you lived in the United States?"

    ANS: D
    Asking questions about a person's country of ancestry, years in the United States, etc. allows the nurse to assess a person's heritage. Simply asking about one's religion, smoking history, or health history does not reflect heritage.

    DIF: Cognitive Level: Applying (Application)
    MSC: Client Needs: Psychosocial Integrity

11. The nurse is reviewing theories of illness. The germ theory, which states that microscopic organisms such as bacteria and viruses are responsible for specific disease conditions is a basic belief of which theory of illness?
    a. Holistic
    b. Biomedical
    c. Naturalistic

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d. Magicoreligious

ANS: B
Among the biomedical explanations for disease is the germ theory, which states that microscopic organisms such as bacteria and viruses are responsible for specific disease conditions. The naturalistic, or holistic, perspective holds that the forces of nature must be kept in natural balance. The magicoreligious perspective holds that supernatural forces dominate and cause illness or health.

DIF: Cognitive Level: Understanding (Comprehension)
MSC: Client Needs: Psychosocial Integrity

12. An Asian-American woman is experiencing diarrhea, which is believed to be "cold" or "yin." What should the nurse recognize that the woman may likely try to treat it?
a. Foods that are "hot" or "yang"
b. Readings and Eastern medicine meditations
c. High doses of medicines believed to be "cold"
d. No treatment because diarrhea is an expected part of life.

ANS: A
Yin foods are cold and yang foods are hot. Cold foods are eaten with a hot illness, and hot foods are eaten with a cold illness. The other explanations do not reflect the yin/yang theory.

DIF: Cognitive Level: Applying (Application)
MSC: Client Needs: Psychosocial Integrity

13. Many Asians believe in the yin/yang theory, which is rooted in the ancient Chinese philosophy of Tao. Which statement most accurately reflects this philosophy's view of "health"?
a. A person is able to work and produce.
b. A person is happy, stable, and feels good.
c. All aspects of the person are in perfect balance.
d. A person is able to care for others and function socially.

ANS: C
Many Asians believe in the yin/yang theory, in which health is believed to exist when all aspects of the person are in perfect balance. The other statements do not describe this theory. According to the yin/yang theory, health is believed to exist when all aspects of the person are in perfect balance. Being able to work and produce; being happy, stable, and feeling good; and caring for others and functioning socially do not demonstrate a balance in all aspects of a person.

DIF: Cognitive Level: Understanding (Comprehension)
MSC: Client Needs: Psychosocial Integrity

14. The statement that illness is caused by an imbalance or disharmony in the forces of nature most accurately reflects the views about illness from which theory?
a. Germ theory
b. Naturalistic theory
c. Magicoreligious theory
d. Biomedical or scientific theory

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ANS: B
The naturalistic perspective states that the forces of nature must be kept in natural balance or harmony. An imbalance in the forces of nature can cause illness. The other options are not correct. The germ theory is similar to biomedical theory, both of which believe that illness or disease is caused by microorganisms. The magicoreligious theory believes that illness is caused by supernatural forces such as God or other supernatural powers.

DIF: Cognitive Level: Understanding (Comprehension)
MSC: Client Needs: Psychosocial Integrity

15. What does an individual who believes the magicoreligious theory of illness and disease believe is the cause of illness?
    a. Germs and viruses
    b. Supernatural forces
    c. Eating imbalanced (hot/cold) foods
    d. Imbalance within his or her spiritual nature

ANS: B
The basic premise of the magicoreligious perspective is that the world is seen as an arena in which supernatural forces dominate. The fate of the world and those in it depends on the actions of supernatural forces for good or evil. The other answers do not reflect the magicoreligious perspective. Germs and viruses refer to the biomedical theory. Eating imbalanced hot or cold food is applicable to the yin/yang naturalist theory. Imbalance within one's spiritual nature is not considered a cause of illness in any of the theories of illness.

DIF: Cognitive Level: Understanding (Comprehension)
MSC: Client Needs: Psychosocial Integrity

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16. What should the nurse, who is caring for an American Indian woman seeking help to regulate her diabetes, anticipate or expect of the patient?
    a. Will comply with the treatment prescribed.
    b. Has given up her belief in naturalistic causes of disease.
    c. May also be seeking the assistance of a shaman or medicine man.
    d. Will need extra help in dealing with her illness and may be experiencing a crisis of faith.

ANS: C
In addition to seeking help from you as a biomedical/scientific health care provider, patients may also seek help from folk or religious healers. Members of the American Indian culture often seek the care of a shaman or medicine man in addition to help from Western medicine. Some, such as those of Mexican-American or American Indian origins, may believe that the cure is incomplete unless the body, mind, and spirit are also healed (although the division of the person into parts is a Western concept). Oftentimes patients of a different culture, especially if there is a language barrier, do not comply with prescribed treatments. Seeking the care of a biomedical or scientific health care provider does not mean the patient has given up her belief in naturalistic causes of disease as they often seek the care of folk healing to complement the biomedical treatment. American Indians typically believe the naturalistic view of illness, not the magicoreligious theory, so the nurse should not anticipate that the patient is having a crisis of faith.

DIF: Cognitive Level: Applying (Application)

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MSC: Client Needs: Psychosocial Integrity

17. During a class on religion and spirituality, the nurse is asked to define spirituality. Which statement by the nurse best describes spirituality?
    a. "Is a personal search to discover a supreme being."
    b. "Is an organized system of beliefs concerning the cause, nature, and purpose of the universe."
    c. "Is a belief that each person exists forever in some form, such as a belief in reincarnation or the afterlife."
    d. "Focuses on a connection with something bigger than oneself and a belief in transcendence."

    ANS: D
    Spirituality is a broad term focused on a connection with something bigger than oneself and a belief in transcendence. It arises out of each person's unique life experience and his or her personal effort to find purpose and meaning in life. The other definitions reflect the concept of religion. Searching to discover a supreme being; an organized system of beliefs concerning the cause, nature, and purpose of the universe; and believing that each person exists forever in some form all refer to religion rather than spirituality. Spirituality is a broader term focused on a connection with something bigger than oneself and a belief in transcendence.

    DIF: Cognitive Level: Understanding (Comprehension)
    MSC: Client Needs: Psychosocial Integrity

18. When caring for children with a different cultural perspective, what would the nurse recognize may pose a challenge?
    a. Children have spiritual needs that are influenced by their stages of development.
    b. Children have spiritual needs that are direct reflections of what is occurring in their homes.
    c. Religious beliefs rarely affect the parents' perceptions of the illness.
    d. Parents are often the decision makers, and they have no knowledge of their children's spiritual needs.

    ANS: A
    Illness during childhood may be an especially difficult clinical situation. Children, as well as adults, have spiritual needs that vary according to the child's developmental level and the religious climate that exists in the family. The other statements are not correct.

    DIF: Cognitive Level: Applying (Application)
    MSC: Client Needs: Psychosocial Integrity

19. A 30-year-old woman has recently moved to the United States with her husband. They are living with the woman's sister until they can get a home of their own. When company arrives to visit with the woman's sister, the woman feels suddenly shy and retreats to the back bedroom to hide until the company leaves. She explains that her reaction to guests is simply because she does not know how to speak "perfect English." What is this woman likely experiencing?
    a. Culture shock
    b. Cultural taboos
    c. Cultural unfamiliarity
    d. Culture disorientation

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ANS: A
Culture shock is a term used to describe the state of disorientation or inability to respond to the behavior of a different cultural group because of its sudden strangeness, unfamiliarity, and incompatibility with the individual's perceptions and expectations. The other terms are not correct.

DIF: Cognitive Level: Applying (Application)
MSC: Client Needs: Psychosocial Integrity

20. After a symptom is recognized, the first effort at treatment is often self-treatment. Which of the following statements is true about self-treatment?
    a. "Not recognized as valuable by most health care providers."
    b. "Usually ineffective and may delay more effective treatment."
    c. "Always less expensive than biomedical alternatives."
    d. "Influenced by the accessibility of over-the-counter medicines."

ANS: D
After a symptom is identified, the first effort at treatment is often self-treatment. The availability of over-the-counter medications, the relatively high literacy level of Americans, and the influence of the internet and mass media in communicating health-related information to the general population have contributed to the high percentage of cases of self-treatment. Health care providers *are* recognizing the value of a wide variety of alternative, complementary, and traditional interventions. Many self-treatments such as over-the-counter medications *are* effective. Self-treatment is not *always* less expensive.

DIF: Cognitive Level: Understanding (Comprehension)
MSC: Client Needs: Psychosocial Integrity

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21. The nurse is reviewing the hot/cold theory of health and illness. Which statement best describes the basic tenets of this theory?
    a. The causation of illness is based on supernatural forces that influence the humors of the body.
    b. Herbs and medicines are classified on their physical characteristics of hot and cold and the humors of the body.
    c. The four humors of the body consist of blood, yellow bile, spiritual connectedness, and social aspects of the individual.
    d. The treatment of disease consists of adding or subtracting cold, heat, dryness, or wetness to restore the balance of the humors of the body.

ANS: D
The hot/cold theory of health and illness is based on the four humors of the body: blood, phlegm, black bile, and yellow bile. These humors regulate the basic bodily functions, described in terms of temperature, dryness, and moisture. The treatment of disease consists of adding or subtracting cold, heat, dryness, or wetness to restore the balance of the humors. The other statements are not correct. Herbs, medicines, spiritual connectedness, and social aspects of the individual are not any of the four humors in the hot/cold theory.

DIF: Cognitive Level: Understanding (Comprehension)
MSC: Client Needs: Psychosocial Integrity

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22. When providing culturally competent care, nurses must incorporate cultural assessments into their health assessments. Which statement is most appropriate to use when initiating an assessment of cultural beliefs with an older American Indian patient?
    a. "Are you of the Christian faith?"
    b. "Do you want to see a medicine man?"
    c. "How often do you seek help from medical providers?"
    d. "What cultural or spiritual beliefs are important to you?"

    ANS: D
    The nurse needs to assess the cultural beliefs and practices of the patient and should ask questions in a way that communicates acceptance of their beliefs and allows for open communication such as "What cultural or spiritual beliefs are important to you." Asking if they are of the Christian faith does not promote open communication. American Indians may seek assistance from a medicine man or shaman, but the nurse should not assume this. Asking how often they seek help from a medical provider is not pertinent to a cultural assessment.

    DIF: Cognitive Level: Applying (Application)
    MSC: Client Needs: Psychosocial Integrity

23. During a class on cultural practices, the nurse hears the term *cultural taboo*. Which statement illustrates the concept of a cultural taboo?
    a. Trying prayer before seeking medical help
    b. Believing that illness is a punishment of sin
    c. Refusing to accept blood products as part of treatment
    d. Stating that a child's birth defect is the result of the parents' sins

    ANS: C
    Cultural taboos are practices that are to be avoided, such as receiving blood products, eating pork, and consuming caffeine. The other answers do not reflect cultural taboos.

    DIF: Cognitive Level: Applying (Application)
    MSC: Client Needs: Psychosocial Integrity

24. The nurse should recognize that categories such as ethnicity, gender, and religion illustrate which concept?
    a. Family
    b. Cultures
    c. Spirituality
    d. Subcultures

    ANS: D
    Within cultures, groups of people share different beliefs, values, and attitudes. Differences occur because of ethnicity, religion, education, occupation, age, and gender. When such groups function within a large culture, they are referred to as *subcultural groups*. Ethnicity, gender, and religion are not concepts of family, cultures, or spirituality. Instead they are concepts of subcultures which are groups of people within a larger culture that share differences in ethnicity, religion, education, occupation, age, and gender from the larger culture.

    DIF: Cognitive Level: Understanding (Comprehension)
    MSC: Client Needs: Psychosocial Integrity

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25. The nurse is reviewing concepts related to one's heritage and beliefs. Which concept refers to an organized system of beliefs concerning the cause, nature, and purpose of the universe?
    a. Culture
    b. Religion
    c. Ethnicity
    d. Spirituality

    ANS: B
    Religion refers to an organized system of beliefs concerning the cause, nature, and purpose of the universe, as well as the attendance of regular services (Victor & Treschuk, 2020). Religion is a shared experience of spirituality or the values, beliefs, and practices into which people either are born or that they may adopt to meet their personal spiritual needs through communal actions, such as religious affiliation; attendance and participation in a religious institution, prayer, or meditation; and religious practices Culture is a complex phenomenon that includes attitude, beliefs, self-definitions, norms, roles, and values learned from birth through the processes of language acquisition and socialization. It does not refer to a belief in a divine or superhuman power. Ethnicity pertains to a social group within the social system that claims to possess variable traits, such as a common geographic origin, religion, race, and others. Spirituality is a broad term focused on a connection with something bigger than oneself and a belief in transcendence.

    DIF: Cognitive Level: Remembering (Knowledge)
    MSC: Client Needs: Psychosocial Integrity

26. When planning a cultural assessment, the nurse should include which component?
    a. Family history
    b. Chief complaint
    c. Medical history
    d. Health practices

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    ANS: D
    Health practices are one component of a cultural assessment. The other items reflect other aspects of the patient's history. Family history, chief complaint, and medical history are part of a patient's history but not part of a *cultural* assessment.

    DIF: Cognitive Level: Understanding (Comprehension)
    MSC: Client Needs: Psychosocial Integrity

MULTIPLE RESPONSE

1. The nurse is asking questions about a patient's health beliefs. Which questions are appropriate? (*Select all that apply.*)
    a. "What is your definition of health?"
    b. "Does your family have a history of cancer?"
    c. "How do you describe illness?"
    d. "What did your mother do to keep you from getting sick?"
    e. "Have you ever had any surgeries?"
    f. "How do you keep yourself healthy?"

    ANS: A, C, D, F

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The questions listed are appropriate questions for an assessment of a patient's health beliefs and practices. The questions regarding family history and surgeries are part of the patient's physical history, not the patient's health beliefs. Questions regarding family history and surgeries are not part of a patient's health beliefs, but are part of the patient's physical history.

DIF: Cognitive Level: Applying (Application)
MSC: Client Needs: Psychosocial Integrity

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