Stanhope & Lancaster's Foundations For Population Health In Community Public Health Nursing 7th edition Turner Test Bank

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Test Bank - Chapter 01

Q1: Which statement best describes community-based nursing?

A. A practice in which illness care is provided for individuals and families. (Correct)
B. Providing care with a focus on the group's needs.
C. Giving care with a focus on the aggregate's needs.
D. A value system in which all clients receive optimal care.

Rationale: By definition, community-based nursing is a setting-specific practice in which care is provided for "sick" individuals and families where they live, work, and attend school across the life span. The emphasis is on acute and chronic care and the provision of comprehensive, coordinated, and continuous care. These nurses may be generalists or specialists in maternal–infant, pediatric, adult, or psychiatric mental health nursing. Community-based nursing emphasizes acute and chronic care to individuals and families, rather than focusing on groups, aggregates, or systems.

Q2: Which statement best describes the goal of community-oriented nursing?

A. Providing care to individuals and families
B. Providing care to manage acute or chronic conditions
C. Giving direct care to ill individuals within their family setting
D. To preserve, protect, promote, or maintain health and prevent disease (Correct)

Rationale: By definition, community-oriented nursing has the goal of preserving, protecting, or maintaining health and preventing disease to promote the quality of life. All nurses may focus on individuals and families, give direct care to ill persons within their family setting, and help manage acute or chronic conditions. These definitions are not specific to community-oriented nursing.

Q3: Which of the following is the primary focus of public health nursing?

A. Families and groups
B. Illness-oriented care
C. Individuals within the family unit
D. Health care of communities and populations (Correct)

Rationale: In public health nursing, the primary focus is on populations whose members are free-living in the community as opposed to those who are institutionalized. The goal is to prevent disease and preserve, promote, restore, and protect health for the community and the population within it. Community-based nurses deal primarily with illness-oriented care of individuals and families across the life span. The aim is to manage acute and chronic health conditions in the community, and the focus of practice is on individual or family-centered illness care.

Q4: Which of the following is responsible for the dramatic increase in life expectancy during the 20th century?

A. Technology increases in the field of medical laboratory research
B. Advances in surgical techniques and procedures

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C. Sanitation and other population-based prevention programs (Correct)

D. Use of antibiotics to fight infections

Rationale: There has to be indisputable evidence collected over time that public health policies and programs were primarily responsible for increasing the average life span from 47 in 1900 to 78.years in 2005, an increase of approximately 66% in just over a century plus through improvements in (1) sanitation, (2) clean water supplies, (3) making workplaces safer, (4) improving food and drug safety, (5) immunizing children, and (6) improving nutrition, hygiene, and housing. Although people are excited when a new drug is discovered that cures a disease or when a new way to transplant organs is perfected, it is important to know about the significant gains in the health of populations that have come largely from public health accomplishments.

Q5: A nurse is developing a plan to decrease the number of premature deaths in the community. Which of the following interventions would most likely be implemented by the nurse?

A. Provide free health care to all citizens

B. To increase the number of individuals with access to effective health care benefits (Correct)

C. Lower the cost of health care to the American population

D. To lessen the governmental burden of providing health care to Americans

Rationale: The central feature in the Affordable Care Act (ACA) of 2010 are the mechanisms to increase the number of people with health insurance. The care provided is not necessarily free. While the cost of health care and the burden it places on the American government are serious concerns, they are not the primary focus of ACA.

Q6: What is the basic assumption stated by Healthy People 2030 as it relates to public health efforts?

A. Health disparities among any groups are morally and legally wrong.

B. Health care is the most important priority in government planning and funding.

C. The focus is on the need to take action to improve people's environment (Correct)

D. The government is responsible for lengthening the life span of Americans.

Rationale: Healthy People 2030 (USDHHS, 2024) defines Social Determinants of Health as "the conditions in the environments where people are born, live, learn, work, play, worship and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks." They are grouped into five domains: 1. Economic Stability 2. Education Access and Quality 3. Healthcare Access and Quality 4. Neighborhoods and Built Environment 5. Social and Community ContextBecause of their role in contributing to health disparities and inequities, Healthy People 2030 has increased the focus on the need to take action to improve the conditions in people's environments.

Q7: Which of the following actions would most likely be performed by a public health nurse?

A. Asking community leaders what interventions should be chosen

B. Assessing the community and deciding on appropriate interventions

C. Using data from the main health care institutions in the community to determine needed health services

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D. Working with community groups to create policies to improve the environment (Correct)

Rationale: Although the public health nurse might engage in any of the tasks listed, they work primarily with members of the community to carry out core public health functions, including assessment of the population as a whole and engaging in promoting health and improving the environment. The interventions of asking community leaders which interventions should be chosen, assessing the community and deciding on appropriate interventions, and using data from health care institutions do not demonstrate the engagement of the community when making decisions about what the community actually wants and needs.

Q8: Which public health nurse most clearly fulfills the responsibilities of this role?

A. The nurse who met with several groups to discuss community recreation issues
B. The nurse who spent the day attending meetings of various health agencies (Correct)
C. The nurse who talked to several people about their particular health concerns
D. The nurse who watched the city council meeting on local cable television

Rationale: Any of these descriptions might represent a nurse communicating, cooperating, or collaborating with community residents or groups about health concerns. A major challenge for the future is the need for public health nursing specialists to be more aggressive in working collaboratively with various groups in the community as well as professional colleagues in institutional settings to deal with barriers to health. However, the nurse who spent the day attending meetings of various health agencies is the most representative, because in public health, concerns are addressed from a broader perspective. In public health, broad concerns of the community should be addressed. Concerns are broader than recreation, individual concerns are not as important as aggregate priorities, and watching television (a one-way form of communication) is less effective than interacting with others.

Q9: Which of the following best defines aggregate?

A. A large group of persons
B. A collection of individuals and families
C. A collection of people who share one or more characteristics (Correct)
D. Another name for demographic group

Rationale: An aggregate is defined a collection of people who share one or more personal or environmental characteristics. The term "population" may be used interchangeably with the term" aggregate." Members of a community can be defined in terms of either geography (e.g., a county, a group of counties, or a state) or a special interest (e.g., children attending a particular school). These members make up a population. The term population may be used interchangeably with the term aggregate. A large group of persons, a collection of individuals and families, and another name for demographic group are not accurate definitions of the term aggregate.

Q10: Which question asked by a novice nurse would be the most reflective of an understanding of the role of a public health nurse?

A. "Which groups are at the greatest risk for problems?" (Correct)

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B. “Which patients should I see first as I begin my day?”
C. “With which physicians will I be most closely collaborating?”
D. “With which nursing assistants will I partner the most?”

Rationale: Asking which groups are at greatest risk reflects a community-oriented perspective. The incorrect responses reflect a focus on individuals rather than a community-oriented perspective.

Q11: Making sure that essential community-oriented health services are available defines which of the core public health functions?

A. Policy development
B. Assessment
C. Assurance (Correct)
D. Scientific knowledge-based care

Rationale: Assurance includes making sure that essential community-oriented health services are available in the community. The definition does not fit the terms assessment, policy development. Scientific knowledge-based care is not a core function of public health. Assessment is systematic data collection on the population, monitoring the population’s health status, and making information available about the health of the community. Policy development refers to efforts to develop policies that support the health of the population, including using a scientific knowledge base to make policy decisions.

Q12: When talking to a women’s group at the senior citizens’ center, the nurse reminded them that the only way the center would be able to afford to provide transportation services for them would be for them to continue to write letters to their local city council representatives requesting funding for such a service. What was the nurse trying to accomplish through this action?

A. Ensure that the women did not expect the nurse to solve their problem.
B. Demonstrate that the nurse understood the women’s concerns and needs.
C. Express empathy, support, and concern.
D. Help the women engage in political action. (Correct)

Rationale: Public health nurses engage themselves and others in policy development and encourage and assist persons to communicate their needs to those with the power to take action. The nurse is demonstrating the role of advocate through this action, it goes beyond merely understanding the women’s concern, and instead mobilizes them to take action. This action does not demonstrate the nurse showing empathy rather the nurse is empowering these women.

Q13: The public health nurse has a clear vision of what needs to be done and where to begin to improve the health of the community. Why would the nurse spend time meeting with community groups to discuss the most important task to be addressed first?

A. To increase the group’s self-esteem
B. To maintain communication links with the groups
C. To make the groups feel good about their contribution
D. To work with the groups, not for the groups (Correct)

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Rationale: Historically, health care providers have been accused of providing care for or to people without actually involving the recipients in the decisions. Public health nursing is a "with the people"—not a "to the people" or "for the people"—approach to planning. There is an imperative to work with members of the community to carry out core public health functions. The purpose of meeting with community groups is not to increase their self-esteem or make them feel good about their contribution, rather it is to allow them to act for themselves to solve the problems they are facing. The first task of working with the group should occur before addressing maintaining communication links.

Q14: The nurse often has to make resource allocation decisions. Which of the following best describes the criterion the nurse should use in such cases?

A. The specific moral or ethical principle related to the situation
B. The cheapest, most economical approach
C. The most rational probable outcome
D. The needs of the aggregate rather than a few individuals (Correct)

Rationale: The dominant needs of the population outweigh the expressed needs of one or a few people. All of the choices represent components of a decision that the nurse might consider in determining the needs of the aggregate.

Q15: Which of the following actions best represents public health nursing?

A. Assessing the effectiveness of the high school health clinic (Correct)
B. Caring for clients in their home following their outpatient surgeries
C. Providing care to children and their families at the school clinic
D. Administering follow-up care for pediatric clients at an outpatient clinic

Rationale: A public health or population-focused approach would look at the entire group of children being served to determine whether available services are effective in achieving the goal of improving the health of the school population. Caring for clients and their families focuses on individuals and families and not on the entire population. Public health focuses on care of populations.

Q16: Two nurses plan to walk under a huge downtown bridge where various homeless persons live. Why would the nurses go to such an unsafe area?

A. To assess the needs of the homeless who live there (Correct)
B. To demonstrate their courage and commitment
C. To distribute some of their own surplus clothes to those who can use them
D. To share with various churches and other charities what is needed

Rationale: In most nursing practices, the client seeks out and requests assistance. In public health nursing, the nurse often reaches out to those who might benefit from a service or intervention, beginning with assessment of needs. The other answers reflect responses where the nurse is trying to give assistance to this population that may or may not be helpful or welcomed.

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Q17: Which of the following variables have led to a stronger commitment to population-focused services? (Select all that apply.) *(Select all that apply.)*

A. Economic turmoil and demand for high-technology care
B. Emergence of new or drug-resistant infectious diseases (Correct)
C. Emphasis on overall health care needs rather than only on acute care treatment (Correct)
D. Threat of bioterrorism (Correct)
E. Emergence of epidemics (Correct)

Rationale: As overall health needs become the focus of care in the United States, a stronger commitment to population-focused services is emerging. Threats of bioterrorism, anthrax scares, and the emergence of modern-day epidemics have drawn attention to population-focused safety and services. Economic turmoil and demand for high-technology care have not contributed to a stronger commitment to population-focused services, rather it has occurred as overall health needs have become the focus of care.

Q18: Which of the following actions demonstrate effective public health nursing practice in the community? (Select all that apply.) *(Select all that apply.)*

A. Epidemiologic investigations examine the environment for health hazards. (Correct)
B. New services are organized where particular vulnerable populations live. (Correct)
C. Partnerships are established with community coalitions. (Correct)
D. Staff members at the public health agency continue to increase in number.
E. Staffing walk in clinics for low-income families

Rationale: Evidence that public health nurses are practicing effectively in the community would include organizing services where people live, work, play, and learn; working in partnerships and with coalitions; and participating in epidemiologic studies. Neither increasing the number of staff nor acting as staff in the delivery of acute and/or chronic care has a relationship to the effectiveness of public health nursing practice.

Q19: Why are nurses increasingly providing care in clients' homes rather than in hospitals? (Select all that apply.) *(Select all that apply.)*

A. Home care is less expensive. (Correct)
B. It is much more efficient to give care in the home.
C. Nurses prefer to give home care with individual attention.
D. People prefer to receive care in their homes rather than in hospitals. (Correct)
E. Fewer nurses are required to meet the clients' needs

Rationale: An increasing number of clients are receiving care in the home because it is less expensive and clients prefer to receive care in familiar and comfortable settings. It is not more efficient, require fewer nurses nor more convenient, since travel time has to be considered. Nurses differ as to their preferred employment setting.

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Review Questions - Chapter 01

Q1: A nurse in a family medicine clinic, is assessing a 4-year-old who is being seen for an earache. This is a type of which nursing practice?

A. community-oriented nursing
B. community-based nursing (Correct)
C. public health nursing
D. tertiary health nursing

Rationale: In community-based nursing, the nurse focuses on "illness care" of individuals and families across the life span. The aim is to manage acute and chronic health conditions in the community, and the practice is family-centered illness care. Community-based nursing is not a specialty in nursing but, rather, a philosophy that guides care in all nursing specialties. Community-oriented nursing has as its primary focus the health care either of the community or populations as in public health nursing (PHN) or of individuals, families, and groups in a community.

Q2: A community-oriented nurse has identified obesity as a problem in the middle school. The next step in a population-focused practice is to make information available about the health of the middle school students. This describes which public health core function?

A. assessment (Correct)
B. assurance
C. policy development
D. research

Rationale: The three public health core functions are assessment, policy development, and assurance. Assessment is systematic data collection on the population, monitoring the population's health status, and making information available about the health of the community. Policy development refers to efforts to develop policies that support the health of the population, including using a scientific knowledge base to make policy decisions. Assurance is making sure that essential community-oriented health services are available. These services might include providing essential personal health services for those who would otherwise not receive them. Assurance also includes making sure that a competent public health and personal health care workforce is available.

Q3: When a state agency receives multiple reports regarding the lack of elder transportation services to a specific county senior center, a public health nurse is assigned to work with the community. The nurse is tasked with evaluating its program for elder transportation services to publicly sponsored elder care programs. Which public health core function is being applied?

A. assurance (Correct)
B. policy development
C. primary prevention
D. public transportation

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Rationale: The public health core function of assurance focuses on the responsibility of public health agencies to be sure that activities are appropriately carried out to meet public health goals and plans. This role requires skill in assessment, investigative functions, collaboration, consultation, and cooperation. The assurance function makes sure that the activities assigned during the policy development or planning phase are carried out. Policy development refers to efforts to develop policies that support the health of the population, including using a scientific knowledge base to make policy decisions. Primary prevention does not focus on provision of services and a part of assurance is assisting communities to obtain necessary services such as transportation.

Q4: A nurse planning a smoking cessation clinic for adolescents in the local middle and high schools is providing which type of care?

A. community-oriented care (Correct)
B. community-based care
C. secondary care
D. tertiary care

Rationale: Community-oriented nurses emphasize health protection, maintenance, and promotion and disease prevention, as well as self-reliance among clients. Regardless of whether the client is a person, a family, or a group, the goal is to promote health through education about prevailing health problems, proper nutrition, beneficial forms of exercise, and environmental factors such as safe food, water, air, and buildings. Community-based care is nursing care that is provided in a setting. A smoking cessation clinic is an example of primary prevention, not secondary or tertiary.

Q5: According to the specialty's distinct focus and scope of practice, a public health nurse would be initially interested in which of the following?

A. drug treatments for diabetes
B. populations with the highest rate of diabetes (Correct)
C. educational materials for individuals with diabetes
D. new technology for diabetic care

Rationale: The primary focus that has differentiated public health nursing from other specialties has been the emphasis on the population rather than on individuals or families. The primary goal of public health—the prevention of disease and disability—is achieved by ensuring that conditions exist in which people can remain healthy. Diabetes care and educational materials are provided to individuals and families by a nurse in the community or institutional setting.

Q6: A nurse in a clinic that provides direct care services to clients with tuberculosis would be classified as practicing which type of nursing?

A. community-based nursing (Correct)
B. community-oriented nursing
C. institutional nursing
D. public health nursing

Rationale: The nurse practicing as a community-based nurse is more likely to give direct care to people than are nurses who practice from a community-oriented framework. A community-oriented

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framework includes community-oriented nursing and public health nursing. Institutional nursing care is generally delivered in a hospital or nursing home setting.

Q7: A school nurse teaching three middle school students with asthma conditions techniques to minimize their incidence of bronchial spasms is engaged in the application of which type of nursing?

A. community-based nursing (Correct)

B. community-oriented nursing

C. institutional nursing

D. public health nursing

Rationale: The goal of community-based nursing (CBN) is to manage acute or chronic conditions while promoting self-care among individuals and families. In CBN the nursing care is family centered, which means that the nurse works to improve the competencies of families to enable them to take better care of themselves. The nurse pays particular attention to the uniqueness of each family and works to plan the most useful interventions. Nurses practicing in the community and many staff public health nurses focus on providing direct care services, including health education, to persons or families outside of institutional settings, either in the home or in a clinic.

Q8: In a community clinic that screens and treats individuals for cardiovascular disorders, the nurse practicing public health/population-focused nursing would most likely ascertain which of the following?

A. a holistic treatment plan

B. a specific clinical diagnosis

C. individual dietary interventions for cardiovascular disorders

D. the prevalence rate of cardiovascular disorders among various groups (Correct)

Rationale: A public health nurse in a community clinic engaged in population-focused practice would ask the following questions: · What is the prevalence rate of the diagnosis or condition among various age, race, and gender groups? · Which subpopulations have the highest rates of untreated diagnosis or condition? · What programs could reduce the problem of untreated diagnosis/condition and decrease the risk for further morbidity and mortality? Public health nurses are typically concerned with more than one subpopulation, and they often deal with the health of the entire community. Assessment, one of the public health core functions, is a logical first step in examining a community setting to determine its health status.

Q9: A nurse is conducting developmental-level screening for cognitive and psychomotor development of individual children attending a Head Start preschool program. Which of the following examples of care would most likely be considered community-oriented nursing care?

A. individual results are compared with established standards for children of the same age group (Correct)

B. program characteristics are assessed for their effectiveness in making the school population healthier.

C. referral is provided for a child identified with delayed psychomotor development.

D. treatment is initiated for a child with an identified learning disability.

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Rationale: Within federally funded programs for preschool children, from a community-oriented nursing care perspective, nursing services could be provided to individual children by conducting developmental-level screening tests to evaluate each child's level of cognitive and psychomotor development in comparison with established standards for children of the same age. This is population-focused service. A community-based nurse may deliver illness care or direct services to individual children. A public health nurse may assess the program's ability to achieve the overall goal of making its population of children healthier by evaluating the characteristics of the facility, program, and environment for their effectiveness in achieving the goal.

Q10: The public health nurse deals with the examination of a community setting to determine the community's health status. Which of the following activities should be considered in the assessment phase? (Select all that apply.) *(Select all that apply.)*

A. Assisting communities to implement and evaluate plans and projects

B. Building constituencies to work with the community

C. Collecting, analyzing, and disseminating information (Correct)

D. Evaluating the social, economic, and environmental characteristics of the population (Correct)

E. Questioning the availability of health services to the community (Correct)

Rationale: The core public health function of assessment includes the following: · Engaging in activities that involve the collection, analysis, and dissemination of information on both the health and health-relevant aspects of a community or specific population · Questioning, for example, whether the health services of the community are available to the population and are adequate to address needs · Monitoring the health status of the community or population and the services provided over time · Evaluating the social, economic, environmental, and lifestyle characteristics and practices of a population as well as the health services and capability available within the community to support good health for the population

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