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CHAPTER 1

HEALTH MAINTENANCE GUIDELINES:

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1. Why is cultural sensitivity important for healthcare providers?

A. It allows healthcare providers to treat all patients at decreased cost.
B. It allows healthcare providers to follow personal beliefs when treating patients.
C. *It helps build trust, improves compliance, and supports better health outcomes.
D. It helps patients to seek for care elsewhere if they receive inappropriate care.

Correct answer: C. It helps build trust, improves compliance, and supports better health outcomes

Rationale: Cultural sensitivity helps healthcare providers build trust with patients, communicate more effectively, improve patient compliance with treatment plans, and ultimately support better health outcomes by respecting patients' cultural beliefs and values. Reducing treatment cost is not the primary purpose of cultural sensitivity, while following the provider's personal beliefs may lead to disparity of care. Encouraging patients to seek care elsewhere contradicts the goal of providing respectful, inclusive, and appropriate care.

2. Which of the following is an important aspect of health maintenance during life span?

A. Asking the patient to be aware of the family health history
B. *Teaching patients about risk factors for a disease and ways to reduce the risks
C. Encouraging patients to seek medical care only when any symptoms develop
D. Focusing primarily on treating any existing illness during healthcare visits

Correct answer: B. Teaching patients about risk factors for a disease and ways to reduce the risks

Rationale: Health maintenance across the lifespan emphasises prevention, education, and risk reduction. Teaching patients about disease risk factors and ways to modify their behavior to reduce risks helps promote long-term health and prevent future illness. While being aware of family history is important, it does not actively promote disease prevention. Encouraging patients to seek care only when symptoms develop avoids disease prevention and delays early detection of disease. Focusing mainly on treating existing illnesses addresses current problems but neglects preventive measures for long-term health.

3. What are some factors that may cause malnutrition in older adults?

A. Increased metabolic demand due to physical activity or medications
B. Excessive or limited food intake due to social and financial factors

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C. Age-related changes and short-term fasting related to routine medical testing
D. *Physiological changes, chronic illness, medication effects, and social factors

Correct Answer: D. Physiological changes, chronic illness, medication effects, and social factors

Rationale: Malnutrition in older adults is often multifactorial, resulting from a combination of physiological changes related to aging, chronic illnesses, medication side effects, and social factors such as isolation or limited access to nutritious food. Increased metabolic demand due to activity or medications, social and financial factors affecting food intake, and age-related changes combined with short-term fasting for medical tests may contribute in some cases but does not account for the broader, common causes of malnutrition. Each of these factors can independently or collectively contribute to malnutrition in elderly people.

4. Which of the following is a best measure of exercise work capacity?
A. Resting blood pressure or heart rate
B. Blood pressure during exercise
C. Oxygen consumption at minimal activity
D. *Oxygen consumption at maximal activity

Correct Answer: D. Oxygen consumption at maximal activity

Rationale: The best measure of exercise work capacity is oxygen consumption at maximal activity because it directly reflects the body's ability to utilise oxygen during intense physical activity. Resting blood pressure or heart rate provides information about baseline cardiovascular status, whereas blood pressure during exercise reflects how blood flows during exercise but is not a reliable indicator of overall work capacity. Oxygen consumption at minimal activity does not reflect the body's maximum functional capacity.

5. Which of the following should you use to evaluate an individual's risk for particular diseases?
A. *Adult Risk Assessment Form
B. Adult Health Maintenance Guide
C. Adult Preventive Healthcare Flow Sheet
D. Online BMI calculator

Correct Answer: A. Adult Risk Assessment Form

Rationale: The Adult Risk Assessment Form is used to evaluate an individual's risk for specific diseases by capturing factors such as age, family history, lifestyle behaviours, comorbidities, and screening history. An Adult Preventive Healthcare Flow Sheet is mainly used to identify changes in the patient's risk factor status and track completed and due preventive services. An Adult Health Maintenance Guide provides general recommendations and schedules for preventive care, whereas an online BMI calculator assesses body weight status, but cannot evaluate overall disease risk on its own.

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