Population Health Creating a Culture of Wellness 3rd edition Nash Test Bank

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Multiple Choice

1. Which of the following answers most accurately describes the components of population health?

    A. the general health and well-being of any group of people
    B. the distribution of health outcomes in a population and assured funding of hospitals
    C. health outcomes, health determinants, and the policies and interventions that affect the determinants in any population*
    D. Chronic care management

    Ans: C

2. Why do improved outcomes in population health require rigorous analysis of outcomes?
    A. Without data there can be no good outcomes
    B. Health needs to be supported with proper funding
    C. Better health is consistently achieved through outcome analysis*
    D. Health needs cannot be understood without understanding patterns of outcome distribution

    Ans: C

3. What four major healthcare challenges affecting all Americans have been identified by the National Priorities Partnership?

    A. Inadequate funding, understaffed hospitals, lack of trained personnel and overutilization
    B. Uninformed consumers, rising costs of medical testing, lack of urgent care centers, wasteful spending
    C. Eliminating harm, eradicating disparities, reducing disease burden and removing waste*
    D. Keeping well people well, treating acute illness, managing chronic disease and providing compassionate care for the dying

    Ans: C

4. The U.S. healthcare system currently emphasizes:
    A. Hospital based care
    B. Proper medical care for emergencies and acute illness*

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C. Health promotion and disease prevention
D. Wellness and physical fitness

Ans: B

5. Which of these most adequately describes the fundamental goal of population health?
   A. Reducing medical errors
   B. Helping people to live healthier lives
   C. Improving the health of a population*
   D. Creating greater awareness of the importance of health

   Ans: C

6. What percentage of the U.S. gross domestic product (GDP) is currently spent on health care?
   A. **18%** *
   B. b. 10%
   C. c. 25%
   D. d. 5%

   Ans: A

7. Healthcare spending in the U.S. results in:
   A. a healthier society
   B. improved healthcare outcomes equivalent to other developed nations
   C. a healthcare system that does not perform as well as other developed nations*
   D. dollar for dollar improvements in health

   Ans: C

8. True or False - The average life expectancy of the average American is improving over time
   A. True
   B. False*

   Ans: B

9. What is the greatest contributor to premature death from chronic illness?

   A. Medical error
   B. Patient behavior*
   C. Inadequate funding

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D. Accidents and injuries

Ans: B

10. The increasing presence of chronic illness in America results in:
    A. Reduced health care spending
    B. Increased healthcare spending and rising cost of health services*
    C. Increasing length of hospital stays
    D. Greater longevity

Ans: B

11. Two of the leading causes of preventable deaths in the United States are:
    A. Cancer and heart disease
    B. Smoking and obesity*
    C. Understaffed hospitals and inadequate funding
    D. Accidents and injuries

Ans: B

12. The four stages of prevention are:
    A. Primary, Secondary, Tertiary & Disease Management
    B. Primordial, Primary, Secondary, Health Determinants
    C. Primary, Screening, Public Health, Health Policy
    D. Primordial, Primary, Secondary & Tertiary*

Ans. D

13. Health outcomes in the U.S. could be improved with:
    A. Assuring access to quality care regardless of ability to pay*
    B. Increased medical spending
    C. Lengthened hospital stays
    D. More medical care

Ans: A

14. The primary focus of a quality healthcare system should be:
    A. Eliminating tobacco use
    B. Improving emergency room care

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C. Health maintenance and disease prevention*
D. Intensive care

Ans: C

15. What three lifestyle modifications reduce the prevalence of chronic conditions in a population?

A. Eliminating or reducing tobacco use, eating healthy foods with portion control, and increasing regular physical activity*
B. Maintaining a strict diet, following a rigorous program of physical training and proper rest
C. Eliminating tobacco use, annual physicals, and frequent dieting
D. Using seat belts, bike helmets, and ski helmets

Ans: A

16. Improved health care and an improved system of health care result from:

A. Increased medical spending
B. A proactive approach to health care that emphasizes healthy living*
C. A reactive approach to health care delivering care for illness and trauma
D. All the above

Ans: B

17. What 1999 Institute of Medicine report helped national and professional organizations start to identify best practices & made recommendations on how to design processes to make healthcare safer? (short answer)

To Err is Human*

18. What are the four pillars of Population Health? (short answer)

- **Answer - Care Management, Quality & Safety, Public Health, Health Policy**

19. What are the three steps towards making lasting change in population health? (Short Answer)
- **Answer - Building awareness, Identifying population health needs, & Recognizing the importance of data & measurement**

20. The concept entitled “Compression of Morbidity” means (Short Answer)

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Answer - The longer that you live healthy and well the shorter is your period of suffering before you pass away

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