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Public/Community Health and Nursing Practice
Savage, 3e

Chapter 2: Optimizing Population Health

Multiple Choice

Identify the choice that best completes the statement or answers the question.[1]

____ 1. The vision of *Healthy People 2030 (HP 2030)* has shifted a disease-oriented focus evident in 1970 to _____. (Select all that apply.)

a) Health equity

b) Social determinants of health

c) Health literacy

d) Increasing independence for adults

1. a, b, c
2. a, b, d
3. a, c, d
4. All of the above

_____ 2. Risk reduction puts the *emphasis* on increasing a person's ability to protect against disease.

1. True
2. False

____ 3. The use of the ecological model requires inclusion of all but which of the following?

1. Social relation

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2. Neighborhoods and communities

3. Individual behaviors

4. Social and economic policies

____ 4. Based on recent studies regarding risk for disease, the nurse working in a primary care clinic in a poorer urban community decided to develop an educational program on the importance of including whole grains, fruits, and vegetables in her patient's diets. To help guide the development of her program, she first reviews the availability of fresh fruits and vegetables in the community. Her decision to gather information on these factors best reflects the_____.

1. Ecological determinants of health

2. Social determinants of health

3. Individual behavioral determinants of health

4. Genetic determinants of health

____ 5. The school nurse in a school district in southwestern Texas is working with the school cafeteria to revise their healthy choices menus for the school year. They have used the 2015–2020 Dietary Guidelines for Americans recommendations for children to help create a healthier menu. To help increase the success of the program, the nurse conducted a survey of parents to learn more about the cultural aspects of food choices related to fruits and vegetables. Providing a culturally appropriate menu that meets federal guidelines for the school children represents _____.

1. An upstream approach

2. A tertiary prevention approach

3. A socioecological approach

4. Options 1 and 3

____ 6. The infection control nurse in a large hospital in the spring of 2020 led the committee on developing policies to prevent the spread of SARS-CoV-2 as more and more patients were being admitted. Which actions that she recommended included an upstream approach? (Select all that apply.)

1. Obtaining more ventilators

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2. Requiring all patients and personnel to wear masks
3. Requiring that all patients admitted with COVID-19 be placed in a negative pressure room
4. Changing the positioning of COVID-19 patients on their stomachs to improve lung capacity

_____ 7. Prevalence is defined as _____.

1. The number of total cases of disease currently in the population
2. The number of new cases occurring in the population
3. The number of cases that experience disability
4. A way of depicting the total number of cases in a population that considers both incidence and duration of the disease.

____ 8. In the traditional public health prevention framework, the level of prevention that includes early detection and initiation of treatment for disease, or screening, is referred to as the _____.

1. Clinical level
2. Primary level
3. Tertiary level
4. Secondary level

____ 9. Attributable risk is the proportion of cases or injuries that would be eliminated if a risk factor did not occur, but preventable fraction is _____.

1. The number of cases that actually occur in a given population at a specific point in time
2. What could be achieved with a program implemented in a community setting

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within the at-risk population when community members actually participate in the program

3. The number of cases that require intervention in a community setting within the at-risk population
4. An estimation of the number of cases with the high-risk factor(s) among the at-risk population when community members actually participate in the program

____ 10. Population attributable risk (PAR) is based on the assumption that the risk factor is removed from the entire population being targeted. It also can be used to calculate the cost benefit and the ____ of a prevention program.

1. Cost effectiveness
2. Necessity
3. Population ecology
4. Percent of repeat participants

____ 11. The public health nurses (PHNs) within the public health department (PHD) experiencing a measles outbreak decide to do public service announcements (PSAs) on TV aimed at improving vaccination rates among the population, and letting parents know they can come to the PHD clinic to have their children vaccinated. The county that their department serves has a large population of Mexican American families, so they work together with the Mexican American community to make sure the PSAs are culturally relevant. Which learning theory best matches their approach?

1. Constructivism
2. Cognitivist
3. Bandura's theory of social learning
4. Behaviorism

____ 12. Susan, the diabetes nurse at an outpatient clinic, is meeting with Mr. Smith, a 55-year-old patient who was recently diagnosed with type 2 diabetes. Mr. Smith explains how he has bought books, read articles, and now has questions for her on the best strategies for improving his health and managing his diabetes. The nurse recognizes that this method of adult learning is best described as _____.

1. Pedagogy
2. Andragogy
3. Constructivism

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4. Humanism

____ 13. John, a nurse working in a busy primary care clinic, wonders why Mrs. Conner, a 65-year-old insulin-dependent woman recently diagnosed with type 2 diabetes, keeps coming back with elevated A1Cs. John knows that he has given Mrs. Conner the literature on how to manage type 2 diabetes and, as time allowed, reviewed it with her. He doesn't understand why Mrs. Conner is still struggling with managing this disease. What should he check first before providing Mrs. Conner with more information?
1. Her level of health literacy
2. Whether or not she can afford the medication
3. Her eating habits
4. Her routine for checking her A1C

____ 14. Two nurses working in a head, nose, and throat oncology unit noticed that many of their patients not only smoked but used alcohol. They had been to a recent conference and learned about evidence-based screening tools for alcohol use that were different from the tool they were currently using. They approached the director of the unit and suggested that they use the newer screening tools. Screening for alcohol use is primarily done _____.
1. Only with persons whose clinical presentation appears to indicate an alcohol use disorder
2. Only to detect those who are currently using alcohol to avoid an interaction with treatment modalities
3. Only to detect those who may have an alcohol use disorder
4. To detect those at risk for alcohol-related adverse outcomes who do not yet meet the criteria for having an alcohol use disorder as well as those who may have an alcohol use disorder

Completion
Complete each statement.

15. If the total number of cases of a disease is 100, and the total number of persons in a population is 1,000, what would the prevalence be? Record the answer as a decimal.
_____

16. In a hypertensive study, nurses took the blood pressure readings of 250 participants. To determine the accuracy of their readings, they wanted to test the sensitivity of their instruments. If the number of true positives is 40, and the total number of participants with disease (true positives plus false negatives) is 55, the sensitivity of the instrument is _____. Record the answer with one decimal place.

Multiple Response
Identify one or more choices that best complete the statement or answer the question.

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____ 17. A nurse working in the emergency department (ED) has noticed over the past year the increasing number of young patients being treated for conditions that could be handled in primary care. She overhears a colleague wondering why their parents don't just go to the clinic. To help better understand the issue, the nurse tells her colleague that perhaps they should be looking at other determinants of health besides the parents' behavior. She explains that the four broad levels of determinants of health included in the social ecological model would be a good start to help determine what factors might be driving the increased use of the ED for non-emergent pediatric care. Which of the following determinants of health are included in the model? (Select all that apply.)

1. Communication
2. Relationship
3. Policy
4. Genetics
5. Societal

____ 18. To assess the prevalence of a disease in a population, a PHN can use the prevalence pot to help better understand the occurrence of disease in their community. The prevalence pot _____. (Select all that apply.)

1. Depicts the total number of current cases in the population
2. Takes into account the duration and incidence of the disease
3. Includes assessing the total number of cases of a disease, taking into account all of the stages of the disease
4. Is a method of calculating the potential number of new cases in a population
5. Determines the amount of primary medications used to treat diseases in a certain population

____ 19. Based on the social ecological model of health, which of the following are components of health? (Select all that apply.)

1. Physical environments
2. Social environments
3. Social relations
4. Political systems
5. Health-care systems

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Chapter 2: Optimizing Population Health
Answer Section

MULTIPLE CHOICE

1. ANS: 1
Objective: 2. Describe current public health frameworks that guide prevention efforts from a local to a global perspective.
Page: 27
Heading: Introduction
Integrated Processes: Nursing Process
Client Need: Health Promotion and Maintenance
Cognitive Level: Knowledge
Concept: Promoting Health; Health-Care Systems
Difficulty: Easy

	Feedback
1	a, b and c are all main foci of *HP 2030.*
2	Though d, 'Increasing independence for adults', is included under objectives, it is no longer a main focus of the HP 2030 as it was in 1970
3	Though d, 'Increasing independence for adults', is included under objectives, it is no longer a main focus of the HP 2030 as it was in 1970
4	Though d, 'Increasing independence for adults', is included under objectives, it is no longer a main focus of the HP 2030 as it was in 1970

PTS: 1 REF: 27 CON: Promoting Health

2. ANS: 2
Objective: 1. Apply the concept of population health to nursing practice.
Page: 29
Heading: Population Health Promotion, Health Protection, and Risk Reduction
Integrated Processes: Nursing Process
Client Need: Health Promotion and Maintenance
Cognitive Level: Knowledge
Concept: Promoting Health
Difficulty: Easy

	Feedback
1	Risk reduction refers to actions taken to reduce adverse outcomes such as the use of a condom to reduce the risk of transmission of a communicable disease (CD).

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PTS: 1 REF: 29 CON: Promoting Health | Health-Care System

3. ANS: 3
Objective: 2. Describe current public health frameworks that guide prevention efforts from a local to a global perspective.
Page: 28
Heading: Population Health Promotion, Health Protection, and Risk Reduction
Integrated Processes: Nursing Process
Client Need: Health Promotion
Cognitive Level: Knowledge
Concept: Promoting Health
Difficulty: Easy

	Feedback
1	The use of the ecological model within the context of health promotion, health protection, and risk reduction requires the inclusion of social relations, neighborhoods and communities, institutions, and social and economic policies in the development of prevention strategies.
2	The use of the ecological model within the context of health promotion, health protection, and risk reduction requires the inclusion of social relations, neighborhoods and communities, institutions, and social and economic policies in the development of prevention strategies.
3	Though individual behaviors are integral to the population as a whole, they are not specifically part of the ecological model that groups individuals into populations.
4	The use of the ecological model within the context of health promotion, health protection, and risk reduction requires the inclusion of social relations, neighborhoods and communities, institutions, and social and economic policies in the development of prevention strategies.

PTS: 1 REF: 28 CON: Promoting Health

4. ANS: 3
Objective: 2. Describe current public health frameworks that guide prevention efforts from a local to a global perspective.
Page: 28
Heading: Population Health Promotion, Health Protection, and Risk Reduction
Integrated Processes: Nursing Process
Client Need: Health Promotion
Cognitive Level: Knowledge
Concept: Promoting Health
Difficulty: Easy

	Feedback

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1	Ecological determinants of health include ". . . potable water and sanitation, affordable and clean energy, climate action, life below water, and life on land." Resource availability is considered a social determinant of health.
2	Social determinants of health, according to the WHO, ". . . are the conditions in which people are born, grow, live, work and age. These circumstances are shaped by the distribution of money, power and resources at global, national and local levels."
3	Behavioral determinants of health are at the individual level.
4	Genetic determinants of health are at the individual level.

PTS: 1 REF: 28 CON: Promoting Health

5. ANS: 4
Objective: 2. Describe current public health frameworks that guide prevention efforts from a local to a global perspective.
Page: 29
Heading: Population Health Promotion, Health Protection, and Risk Reduction
Integrated Processes: Nursing Process, Culture, and Spirituality
Client Need: Health Promotion and Maintenance
Cognitive Level: Application [Applying]
Concept: Nutrition; Promoting Health; Policy
Difficulty: Easy

	Feedback
1	A healthy school menu is an example of an upstream approach and addresses the role healthy nutrition plays in improving health and preventing disease.
2	Addressing the upstream issue of adequate nutrition to improve health is a primary prevention approach, not tertiary.
3	A socioecological approach considers the role of culture on health.
4	Combining culturally relevant food choices and a healthy choices menu in a school setting is an example of using an upstream approach within the context of the socioecological model.

PTS: 1 REF: 29 CON: Nutrition | Promoting Health | Policy

6. ANS: 2 and 3
Objective: 3. Apply public health prevention frameworks to specific diseases.
Page: 31
Heading: Prevention Frameworks > Natural History of Disease
Integrated Processes: Nursing Process
Client Need: Safe and Effective Care Environment: Safety and Infection Control
Cognitive Level: Application [Applying]
Concept: Infection; Critical Thinking

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Difficulty: Moderate

	Feedback
1	Having adequate equipment to treat disease is an example of a downstream approach.
2	The use of masks helps to prevent transmission from persons with the disease to those who are disease free, an upstream approach.
3	The use of negative pressure rooms helps to prevent transmission of infectious agents that are airborne and is an example of an upstream approach.
4	How patients with severe COVID-19 are positioned to improve breathing is an example of a downstream approach.

PTS: 1 REF: 31 CON: Infection | Critical Thinking

7. ANS: 1
Objective: 2. Describe current public health frameworks that guide prevention efforts from a local to a global perspective.
Page: 31–32
Heading: Prevention Frameworks > Natural History of Disease
Integrated Processes: Nursing Process
Client Need: Health Promotion and Maintenance
Cognitive Level: Knowledge
Concept: Promoting Health
Difficulty: Easy

	Feedback
1	Prevalence indicates the number of total cases of disease currently in the population.
2	Incidence is defined as the number of new cases occurring in the population.
3	Prevalence focuses on the current number of cases rather than outcomes of the disease.
4	The prevalence pot depicts the total number of cases in a population that considers the incidence, prevalence, and duration of the disease.

PTS: 1 REF: 31–32 CON: Promoting Health

8. ANS: 4
Objective: 2. Describe current public health frameworks that guide prevention efforts from a local to a global perspective.
Page: 33
Heading: Public Health Prevention Frameworks
Integrated Processes: Nursing Process
Client Need: Health Promotion and Maintenance
Cognitive Level: Knowledge

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Concept: Promoting Health
Difficulty: Easy

	Feedback
1	The clinical level is not a level of prevention in the traditional public health framework.
2	The primary level of prevention includes interventions aimed at preventing disease in those who currently do not have the disease.
3	The tertiary level includes prevention of disability and premature death in those who are already diagnosed with the disease.
4	The secondary level includes screening to help detect disease among persons who are apparently well during the preclinical phase of the disease.

PTS: 1 REF: 33 CON: Promoting Health

9. ANS: 2
Objective: 4. Compare and contrast different levels of health promotion, protection, and risk reduction interventions.
Page: 37
Heading: Public Health Prevention Frameworks
Integrated Processes: Nursing Process
Client Need: Health Promotion and Maintenance
Cognitive Level: Comprehension
Concept: Evidence-Based Practice; Promoting Health
Difficulty: Moderate

	Feedback
1	Preventable fraction is not the number of cases that actually occur.
2	Preventable fraction includes the portion of the population at risk that actually participates in a program and the number of cases prevented.
3	The preventable fraction includes the number of cases that have been prevented from happening, not the cases that now require intervention.
4	The estimated number of cases with high-risk factors is included in attributable risk.

PTS: 1 REF: 37 CON: Evidence-Based Practice | Promoting Health

10. ANS: 1
Objective: 4. Compare and contrast different levels of health promotion, protection, and risk reduction interventions.
Page: 37
Heading: Public Health Prevention Frameworks
Integrated Processes: Nursing Process
Client Need: Health Promotion and Maintenance
Cognitive Level: Knowledge

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Concept: Evidence-Based Practice; Promoting Health; Economics
Difficulty: Moderate

	Feedback
1	PAR can be used as a measurement of the cost benefit and cost effectiveness of a prevention program, which is based on the strength of the risk factor and the prevalence of the risk factor in a population.
2	PAR can be used to estimate the cost effectiveness of a prevention program. The estimation of the cost effectiveness of a program is a separate issue from whether a program is necessary or not.
3	PAR can be used to estimate the cost effectiveness of a prevention program. There is no measurement of the population ecology, only of the strength and prevalence of the risk factor.
4	PAR can be used to estimate the cost effectiveness of a prevention program. The percent of repeat participants is not a measure of the cost effectiveness of the program when the risk factor has been removed from the targeted population.

PTS: 1 REF: 37 CON: Promoting Health | Economics | Evidence-Based Practice

11. ANS: 3
Objective: 5. Identify health education strategies and chronic disease self-management within the context of prevention frameworks.
Page: 39
Heading: A Primary Prevention Approach: Health Education > Theories of Education
Integrated Processes: Teaching/Learning
Client Need: Health Promotion and Maintenance
Concept: Evidence-based practice; Promoting Health
Cognitive Level: Application [Applying]
Difficulty: Moderate

	Feedback
1	Constructivism is a learning theory that includes reflecting on our own experiences and knowledge.
2	Cognitivist focuses on inner mental activity and knowledge that has changed thought patterns through rationally responding to an external stimulus.
3	Bandura's theory of learning specifically connects understanding, behavior, and environment, and is the best match to their approach using PSAs. The use of PSAs is a good example of this theory because they portray an action and the audience, seeing it as desirable, is encouraged to model or imitate that behavior.
4	Behaviorism includes the theory of classical conditioning, which emphasizes that change comes with an environmental stimulus resulting in a response. Learning is based on reward and punishment by conditioning.

PTS: 1 REF: 39

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CON: Evidence-Based Practice | Promoting Health | Nursing Roles

12. ANS: 4
Objective: 5. Identify health education strategies and chronic disease self-management within the context of prevention frameworks.
Page: 37–38
Heading: A Primary Prevention Approach: Health Education > Theories of Education
Integrated Processes: Nursing Process
Client Need: Health Promotion and Maintenance
Cognitive Level: Application [Applying]
Concept: Evidence-based practice; Promoting Health
Difficulty: Easy

	Feedback
1	Pedagogy is the correct use of teaching strategies to provide the best learning.
2	Andragogy is the art and science of helping adults learn.
3	Constructivism is a learning theory that includes reflecting on our own experiences and knowledge.
4	Humanism is defined as self-directed learning through examining personal motivation and goals. It also includes the development of personal actions to fulfill one's personal motivation and goals.

PTS: 1 REF: 37–38 CON: Evidence-Based Practice | Promoting Health

13. ANS: 1
Objective: 5. Identify health education strategies and chronic disease self-management within the context of prevention frameworks.
Page: 41
Heading: A Primary Prevention Approach: Health Education > Health Literacy
Integrated Processes: Teaching/Learning
Client Need: Physiological Integrity; Reduction of Risk Potential
Cognitive Level: Application [Applying]
Concept: Promoting Health | Nursing Roles | Evidence-Based Practice
Difficulty: Moderate

	Feedback
1	Because health literacy is defined as "the degree to which individuals have the capacity to obtain, process, and understand basic health information and services needed to make appropriate health decisions," the first step before providing Ms. Conner with more information is to check her level of health literacy.
2	Lack of ability to pay for insulin is a real problem and should be included in the nurse's assessment of Ms. Conner. However, establishing her level of health literacy is the first step because she might not fully understand the need for self-managing her disease with medication.
3	Establishing Ms. Conner's level of health literacy is the first step because she might not fully understand the need for self-managing her disease with diet.

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4	Establishing Ms. Conner's level of health literacy is the first step because she might not fully understand the need for self-managing her disease through routine monitoring of her A1C.

PTS: 1 REF: 41
CON: Promoting Health | Nursing Roles | Evidence-Based Practice

14. ANS: 4
Objective: 6. Describe components of screening from a population and individual perspective.
Page: 45-46
Heading: A Secondary Prevention Approach: Screening and Early Identification
Integrated Processes: Nursing Process
Client Need: Physiological Integrity; Reduction of Risk Potential
Cognitive Level: Application
Concept: Assessment | Promoting Health | Quality Improvement
Difficulty: Moderate

	Feedback
1	At-risk alcohol use cannot always be detected based on clinical presentation.
2	Although interaction with treatment modalities is important, it is not the primary reason for screening, which is to detect and provide early interventions for persons engaged in at-risk alcohol use.
3	Alcohol screening is done not only to detect those who meet the criteria for an alcohol use disorder but also to identify those who may be engaged in at-risk drinking.
4	Alcohol screening is done not only to detect those who meet the criteria for an alcohol use disorder but also to identify those who may be engaged in at-risk drinking.

PTS: 1 REF: 45-46 CON: Assessment | Promoting Health | Quality Improvement

COMPLETION

15. ANS:
0.1
Feedback: The prevalence of a disease is calculated by dividing the total number of disease cases (100) by the total number of persons in a population (1,000) to equal the total number of cases of disease in a population. 100 ÷ 1,000 = 0.1.

Objective: 2. Describe current public health frameworks that guide prevention efforts from a local to a global perspective.

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Page: 31
Heading: Prevention Frameworks > Natural History of Disease
Integrated Processes: Nursing Process
Client Need: N/A
Cognitive Level: Application [Applying]
Concept: Assessment
Difficulty: Easy

PTS: 1 REF: 31 CON: Assessment

16. ANS: 72.7%
Feedback: The number of true positives (40) is divided by the total number of people with the disease (true positives plus false negatives = 55) and multiplied by 100 to equal the sensitivity of the instrument. (40/55) x 100 = 72.7%.

Objective: 2. Describe current public health frameworks that guide prevention efforts from a local to a global perspective.
Page: 47–49
Heading: Screening and Early Identification > Sensitivity and Specificity
Integrated Processes: Nursing Process
Client Need: Health Promotion and Maintenance
Cognitive Level: Application [Applying]
Concept: Assessment; Promoting Health
Difficulty: Easy

PTS: 1 REF: 47–49 CON: Assessment | Promoting Health

MULTIPLE RESPONSE

17. ANS: 1, 2, 5
Objective: 2. Describe current public health frameworks that guide prevention efforts from a local to a global perspective.
Page: 29
Heading: Population Health Promotion, Health Protection, and Risk Reduction
Integrated Processes: Nursing Process
Client Need: Health Promotion and Maintenance
Cognitive Level: Application [Applying]
Concept: Promoting Health; Assessment; Health Systems
Difficulty: Moderate

	Feedback
1	Individual, relationship, communication, and societal are the four concepts included in the model.
2	Individual, relationship, communication, and societal are the four concepts included in the model.
3	Policy is not one of the four concepts in the model and would come under the

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	concept of societal determinants.
4	Genetics is not one of the four concepts in the model and would come under the concept of the individual determinants.
5	Individual, relationship, communication, and societal are the four concepts included in the model.

PTS: 1 REF: 29 CON: Promoting Health | Assessment

18. ANS: 1, 2, 3
Objective: 2. Describe current public health frameworks that guide prevention efforts from a local to a global perspective.
Page: 31
Heading: Prevention Frameworks > Natural History of Disease
Integrated Processes: Nursing Process
Client Need: Health Promotion and Maintenance
Cognitive Level: Comprehension
Concept: Promoting Health
Difficulty: Moderate

	Feedback
1	A prevalence pot includes the total number of current cases.
2	A prevalence pot takes into account the duration and incidence of the disease.
3	A prevalence pot is a way of depicting the total number of cases of a disease in a population that takes into account issues related to duration of the disease and the incidence of the disease.
4	A prevalence pot does not specifically provide information on potential new cases.
5	A prevalence pot does not determine the amount of medication used.

PTS: 1 REF: 31 CON: Promoting Health

19. ANS: 1, 2, 3
Objective: 2. Describe current public health frameworks that guide prevention efforts from a local to a global perspective.
Page: 33
Heading: Population Health Promotion, Health Protection, and Risk Reduction
Integrated Processes: Nursing Process
Client Need: Psychosocial Integrity
Cognitive Level: Comprehension
Concept: Assessment; Promoting Health; Evidence-Based Practice
Difficulty: Easy

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	Feedback
1	Physical environments contribute to the health of populations and individuals.
2	Social environments, along with physical environments, are key determinants of health for individuals and communities.
3	Social relations are among the upstream determinants of health included in the model.
4	Political systems may support communities but are not specific to the model.
5	Health-care systems may support communities but are not specific to the model.

PTS: 1 REF: 33 CON: Assessment | Promoting Health | Evidence-Based Practice

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