Community and Public Health Nursing Promoting the Public's Health 10th edition Rector Test Bank

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Chapter 1, The Journey Begins: Introduction

1. A nurse has taught a group of nursing students about the similarities and differences between public health and community health. Which statement by one of the nursing students would **best** describe the similarities and differences between public health and community health?
   A) "Community health nursing is defined as nursing care that is provided in a community setting, rather than an institutional setting."
   B) "Public health nursing is defined as nursing care that is provided in an institutional setting."
   C) "Public health nursing is focused on the health of individuals."
   D) "Community health nursing can shape the quality of community health services and improve the health of the general public."

   ANS: D
   Feedback:
   Operating within an environment of rapid change and increasingly complex challenges, this nursing specialty holds the potential to shape the quality of community health services and improve the health of the general public by promoting healthy behaviors such as weight loss and smoking cessation. Community health can encompass both acute and institutional settings. Public health nursing involves focusing not only on the individual as the client but the community as the client as well.

   PTS: 1 DIF: Moderate REF: Page and Header: 2, Introduction
   OBJ: Objective: 1
   NAT: Client Needs: Safe and Effective Care Environment: Management of Care
   TOP: Chapter: 1 KEY: Integrated Process: Nursing Process
   BLM: Cognitive Level: Analyze NOT: Multiple Choice

2. A nurse is reviewing the similarities and differences between public health nursing and community health nursing. Which statement would **best** describe the difference between public health nursing and community health nursing?
   A) Public health nursing is focused on the private aspects of health, and community health nursing is focused on the public aspects of health.
   B) Community health practice refers to a focus on specific, designated communities and is a part of the larger public health effort.
   C) Public health nursing and community health nursing relate to the very same types of services and perspectives.
   D) Both public health nursing and community health nursing are practiced exclusively within institutions.

   ANS: B
   Feedback:
   In this textbook, community health practice refers to a focus on specific, designated communities. It is a part of the larger public health effort and recognizes the fundamental concepts and principles of public health as its birthright and foundation for practice. Public health nursing is focused on the public aspects of health. Public health nursing and community health nursing have distinctive types of services and perspectives. Neither public health nursing nor community health nursing is practiced exclusively within institutions.

   PTS: 1 DIF: Difficult REF: Page and Header: 3, Community Health

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OBJ: Objective: 1
NAT: Client Needs: Safe and Effective Care Environment: Management of Care
TOP: Chapter: 1 KEY: Integrated Process: Nursing Process
BLM: Cognitive Level: Analyze NOT: Multiple Choice

3. Which statement is **most** accurate about the concept of community?
   A) A community is a collection of people who share some important features of their lives.
   B) Community members live in the same geographic location.
   C) Community members are biologically related.
   D) A community is made up of people who do not necessarily interact with one another and do not necessarily share a sense of belonging to that group.

   ANS: A
   Feedback:
   The broad definition of a community is a collection of people who share some important features of their lives. Community members may not live in the same geographic location as in a common-interest community or a community of solution. A population is made up of people who do not necessarily interact with one another and do not necessarily share a sense of belonging to that group.

   PTS: 1 DIF: Moderate REF: Page and Header: 3, Community Health
   OBJ: Objective: 1
   NAT: Client Needs: Safe and Effective Care Environment: Management of Care
   TOP: Chapter: 1 KEY: Integrated Process: Nursing Process
   BLM: Cognitive Level: Apply NOT: Multiple Choice

4. A group of students are reviewing material for a test on populations, communities, and aggregates. Which statement indicates that the students understand these concepts?
   A) Members of a population share a sense of belonging.
   B) Communities and populations are types of aggregates.
   C) Individuals of a community are loosely connected.
   D) Members of an aggregate share a strong bond.

   ANS: B
   Feedback:
   An aggregate refers to a mass of grouping of distinct individuals who are considered as a whole and who are loosely associated with one another. Communities and populations are types of aggregates. A population is made up of people who do not necessarily interact with one another and do not necessarily share a sense of belonging to the group. A community is a collection of people who chose to interact with one another because of common interests, characteristics, or goals, which form the basis for a sense of unity or belonging.

   PTS: 1 DIF: Moderate REF: Page and Header: 7, Populations and Aggregates
   OBJ: Objective: 1 NAT: Client Needs: Health Promotion and Maintenance
   TOP: Chapter: 1 KEY: Integrated Process: Teaching/Learning
   BLM: Cognitive Level: Analyze NOT: Multiple Choice

5. Which would a community health nurse identify as a community of common interest?
   A) The global community
   B) Small rural town in a northern state
   C) National professional organization

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D) Counties addressing water pollution

ANS: C
Feedback:
A common-interest community shares a common interest or goal that binds the members together. Membership in a national professional organization is one example. The global community and a small rural town in a northern state would be examples of a geographic community. Counties addressing a water pollution problem would be an example of a community of solution.

PTS: 1 DIF: Moderate REF: Page and Header: 5, The Concept of Community
OBJ: Objective: 1 NAT: Client Needs: Health Promotion and Maintenance
TOP: Chapter: 1 KEY: Integrated Process: Nursing Process
BLM: Cognitive Level: Apply NOT: Multiple Choice

6. The nurse is working with a community of solution. Which would the nurse expect to find?
A) A health problem affecting the group
B) Common goal binding members together
C) Sharing of a similar goal
D) Locational boundaries

ANS: A
Feedback:
A community of solution involves a group of people coming together to solve a health problem that affects them. A common-interest community involves a collection of people widely scattered geographically who have an interest or goal that binds the members together. A geographical community is defined by its geographical or locational boundaries.

PTS: 1 DIF: Moderate REF: Page and Header: 6, Community of Solution
OBJ: Objective: 1 NAT: Client Needs: Health Promotion and Maintenance
TOP: Chapter: 1 KEY: Integrated Process: Nursing Process
BLM: Cognitive Level: Apply NOT: Multiple Choice

7. Which statement made by a student would the nurse educator recognize as evidence that a student understands the health continuum?
A) The distinction between health and illness is well demarcated.
B) Illness refers to a state of being relatively unhealthy.
C) The term health is limited to reflect an individual's state.
D) Treatment of acute conditions reflects the current focus of health care.

ANS: B
Feedback:
Although society typically depicts an absolute line of difference between being either well or ill, health is considered a relative term. Thus, illness is viewed as a state of being relatively unhealthy. Health is typically described as a continuum that involves a range of degrees from optimal health at one end to total disability or death at the other. The line of demarcation is not clear. Health applies to individuals, families, and communities. Traditionally, most health care has focused on the treatment of acute and chronic conditions at the illness end of the continuum, but this emphasis is shifting to focus on the wellness end.

PTS: 1 DIF: Moderate
REF: Page and Header: 9, The Health Continuum: Wellness–Illness

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OBJ: Objective: 1 NAT: Client Needs: Health Promotion and Maintenance
TOP: Chapter: 1 KEY: Integrated Process: Teaching/Learning
BLM: Cognitive Level: Analyze NOT: Multiple Choice

8. When discussing the concept of the health continuum with a class, the nurse educator would be certain to include which statement in the description?
   A) Wellness is a relative concept, and illness is a state of being relatively unhealthy.
   B) A client's placement on the health continuum is static throughout time.
   C) Health is best described as cyclic.
   D) The health continuum can only be applied to individuals.

   ANS: A
   Feedback:
   Wellness is a relative concept, not an absolute, and illness is a state of being relatively unhealthy. The continuum can change. Because health involves a range of degrees from optimal health at one end to total disability or death at the other, it is often described as a continuum and not cyclic. The health continuum applies not only to individuals but also to families and communities.

   PTS: 1 DIF: Moderate
   REF: Page and Header: 9, The Health Continuum: Wellness–Illness
   OBJ: Objective: 1
   NAT: Client Needs: Safe and Effective Care Environment: Management of Care
   TOP: Chapter: 1 KEY: Integrated Process: Nursing Process
   BLM: Cognitive Level: Apply NOT: Multiple Choice

9. The nurse leading a classroom discussion about leading health indicators and asks the students to give an example of one of these indicators. Which condition given as an example by a student would indicate that the class has understood the lesson?
   A) Cardiac disease
   B) Mental health
   C) Sedentary lifestyle
   D) Respiratory disease

   ANS: B
   Feedback:
   Mental health is a leading health indicator. Other leading health indicators include physical activity, overweight and obesity, tobacco use, substance use, responsible sexual behavior, injury and violence, environmental quality, immunization, and access to health care. Cardiac disease, respiratory disease, and sedentary lifestyle are specific details assessed as part of overall health indicators.

   PTS: 1 DIF: Moderate
   REF: Page and Header: 12, Proposed Leading Health Indicators
   OBJ: Objective: 4 NAT: Client Needs: Health Promotion and Maintenance
   TOP: Chapter: 1 KEY: Integrated Process: Teaching/Learning
   BLM: Cognitive Level: Analyze NOT: Multiple Choice

10. Which statement **best** describes the difference between health promotion and disease prevention?
    A) Health promotion and disease prevention include all efforts that seek to move people closer to optimal well-being or higher levels of wellness.

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B) Disease prevention differs from health promotion in that disease prevention is targeted toward a specific disease or diseases.
C) Health promotion can be described in terms of primary, secondary, and tertiary prevention.
D) The goal of disease prevention is to raise levels of wellness for individuals, families, populations, and communities.

ANS: B

Feedback:

Health promotion includes all efforts that seek to move people closer to optimal well-being or higher levels of wellness. The goal of health promotion is to raise levels of wellness for individuals, families, populations, and communities. Disease prevention is targeted toward a specific disease or diseases and consists of primary, secondary, and tertiary prevention.

PTS: 1 DIF: Easy REF: Page and Header: 14, Promotion of Health
OBJ: Objective: 1 NAT: Client Needs: Health Promotion and Maintenance
TOP: Chapter: 1 KEY: Integrated Process: Teaching/Learning
BLM: Cognitive Level: Analyze NOT: Multiple Choice

11. A group of community health nursing students designs a health education program for a group of pregnant teens. During the program, they plan to teach the group about nutrition during pregnancy, demonstrate helpful exercises, and discuss group members' concerns. This is an example of:
A) health promotion.
B) treatment of disorders.
C) rehabilitation.
D) evaluation.

ANS: A

Feedback:

The student nurses are engaged in health promotion activities. Health promotion incorporates all efforts that seek to move people closer to optimal well-being or higher levels of wellness. Treatment of disorders would include direct care for issues involving the group, such as complications that might arise in this population. Rehabilitation would involve activities to minimize disability or restore or preserve function. Evaluation would involve an analysis of the effectiveness of these activities.

PTS: 1 DIF: Moderate REF: Page and Header: 14, Promotion of Health
OBJ: Objective: 1 NAT: Client Needs: Health Promotion and Maintenance
TOP: Chapter: 1 KEY: Integrated Process: Nursing Process
BLM: Cognitive Level: Apply NOT: Multiple Choice

12. The community health nurse is developing a plan of primary prevention activities for the community. Which activities might the nurse include? Select all that apply.
A) Teaching about safe sex practices to high school students
B) Encouraging older adults to install safety devices in the bathroom
C) Providing regular immunization programs for communicable diseases
D) Participating in cholesterol screening programs at health fairs
E) Providing skin testing for tuberculosis for children over 1 year of age
F) Working with a group testing water samples for contamination

ANS: A, B, C

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Feedback:
Primary prevention activities are those taken to keep illnesses or injuries from occurring. These include teaching about safe sex practices, encouraging older adults to use safety devices in the bathroom, and providing regular immunization programs for communicable diseases. Cholesterol screening programs, skin tests for tuberculosis, and working with a group testing water samples for contamination are examples of secondary prevention activities.

PTS: 1 DIF: Moderate REF: Page and Header: 14, Promotion of Health
OBJ: Objective: 2 NAT: Client Needs: Health Promotion and Maintenance
TOP: Chapter: 1 KEY: Integrated Process: Nursing Process
BLM: Cognitive Level: Apply NOT: Multiple Selection

13. A community health nurse is preparing a presentation for a group of nursing students about community health nursing. Which description of community health nursing would the nurse **most** likely include in the presentation?
A) Focusing on addressing continuous needs
B) Working with the client as an equal partner
C) Engaging in tertiary prevention as the priority
D) Encouraging clients to reach out to the nurse

ANS: B
Feedback:
The community health nurse works with the client as an equal partner, encouraging autonomy. At any time, the nurse deals with continuous and episodic needs simultaneously. The community health nurse engages in primary, not tertiary, prevention as the priority and is obligated to actively reach out to all who might benefit from a specific activity or service.

PTS: 1 DIF: Moderate REF: Page and Header: 19, Clients as Equal Partners
OBJ: Objective: 4 NAT: Client Needs: Health Promotion and Maintenance
TOP: Chapter: 1 KEY: Integrated Process: Caring BLM: Cognitive Level: Apply
NOT: Multiple Choice

14. A community health nurse is working with other members of a team that will be implementing a city-wide immunization program. The nurse is coordinating the services and addressing the needs of the population groups to demonstrate:
A) involvement of the community.
B) client participation.
C) continuity of service.
D) plan for follow-up.

ANS: C
Feedback:
Working in cooperation with other team members and coordinating services and addressing the needs of population groups are essential to interprofessional collaboration. In doing so, the community health nurse is preventing fragmentation and gaps thereby ensuring continuity of service. The involvement of the community and client participation are important, but both help to ensure that the clients are viewed as equal partners of the health care team. A plan for follow-up is a possible element of such a program, but it is not what the nurse seeks to demonstrate with the program overall.

PTS: 1 DIF: Moderate

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REF: Page and Header: 20, Interprofessional Collaboration
OBJ: Objective: 4
NAT: Client Needs: Health Promotion and Maintenance
TOP: Chapter: 1
KEY: Integrated Process: Nursing Process
BLM: Cognitive Level: Apply
NOT: Multiple Choice

15. A community health nurse works to ensure the greatest good for the greatest number of people by applying:
A) secondary prevention activities.
B) autonomy.
C) justice.
D) utilitarianism.

ANS: D
Feedback:
The ethical theory of utilitarianism promotes the greatest good for the greatest number. Primary prevention activities, not secondary prevention, are the priority. Autonomy refers to the freedom of choice. Justice involves treating people fairly.

PTS: 1 DIF: Moderate
REF: Page and Header: 19, The Greatest Good for the Greatest Number of People
OBJ: Objective: 4
NAT: Client Needs: Safe and Effective Care Environment: Management of Care
TOP: Chapter: 1 KEY: Integrated Process: Caring BLM: Cognitive Level: Apply
NOT: Multiple Choice

16. Using *Healthy People 2020* as a guide, the community health nurse would include which factor in a teaching plan to demonstrate that the targeted population understands the basic information provided during an educational session?
A) Self-care
B) Health disparities
C) Health literacy
D) Episodic needs

ANS: C
Feedback:
Consumers are often intimated by health professionals and are uninformed about health and health care affecting the quality of care. Adopting a teaching plan to ensure that the population understands the basic information addresses health literacy, the ability to read, understand, and use health care information appropriately. Doing so helps to ensure that the teaching plan will be effective. Self-care refers to the process of taking responsibility for developing one's own health potential by actively participating in promoting one's own health. Health disparities reflect differences in all aspects of health care related to vulnerable populations. Episodic needs are one-time specific negative health events that arise and are not an expected part of life.

PTS: 1 DIF: Moderate REF: Page and Header: 9, Figure 1-4
OBJ: Objective: 4 NAT: Client Needs: Health Promotion and Maintenance
TOP: Chapter: 1 KEY: Integrated Process: Teaching/Learning
BLM: Cognitive Level: Apply NOT: Multiple Choice

17. Which would be crucial for the community health nurse to address as the **priority** when dealing with policymakers about the development of community health programs?

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A) Research-based best practices
B) Population's make-up
C) Amount of services to be provided
D) Scarcity of the available resources

ANS: A
Feedback:
Decisions for programs or services are often made based on cost-effectiveness or cost-benefit. Therefore, community health nurses must provide policymakers with information about best practices, grounded in research. Although population's make-up, amount of services to be provided, and scarcity of the available resources are factors that may need to be considered, the community health nurse must first demonstrate evidence-based practice.

PTS: 1 DIF: Easy REF: Page and Header: 9, Figure 1-4
OBJ: Objective: 1 NAT: Client Needs: Health Promotion and Maintenance
TOP: Chapter: 1 KEY: Integrated Process: Nursing Process
BLM: Cognitive Level: Analyze NOT: Multiple Choice

18. After a class that described the differences between acute care nursing and community health nursing, which statement by the class about community health nurses indicates successful teaching?
A) Use a reactive approach.
B) Seek out potential health problems.
C) Concentrate on the illness end of the continuum.
D) Emphasize curative care.

ANS: B
Feedback:
Community health nurses, in contrast to acute care nurses, seek out potential health problems by identifying high-risk groups and instituting preventive programs. They use a proactive, rather than reactive, approach and concentrate on the *wellness* end of the health continuum. They place less emphasis on curative care.

PTS: 1 DIF: Moderate REF: Page and Header: 3, Community Health
OBJ: Objective: 3 NAT: Client Needs: Health Promotion and Maintenance
TOP: Chapter: 1 KEY: Integrated Process: Teaching/Learning
BLM: Cognitive Level: Analyze NOT: Multiple Choice

19. Which activities would be associated with a community health nurse? Select all that apply.
A) Examining infants in a city well-baby clinic
B) Caring for elderly stroke victims in their homes
C) Providing emergency care in an acute care facility
D) Carrying out epidemiologic research
E) Participating in health policy analyze

ANS: A, B, D, E
Feedback:

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Community health nurses work in every conceivable kind of community agency, from a state public health department to a community-based advocacy group. Their duties range from examining infants in a well-baby clinic or teaching elderly stroke victims in their homes to carrying out epidemiologic research or engaging in health policy analysis and decision-making. Providing care in an acute care facility would not be an activity associated with a community health nurse.

PTS: 1 DIF: Moderate REF: Page and Header: 3, Community Health
OBJ: Objective: 1 NAT: Client Needs: Health Promotion and Maintenance
TOP: Chapter: 1 KEY: Integrated Process: Nursing Process
BLM: Cognitive Level: Apply NOT: Multiple Selection

20. The term "health" can be described in many different ways. How would the community health nurse define health?
A) The absence of disease
B) The potential to lead a productive life
C) An environment free of toxins
D) A holistic state of well-being

ANS: D
Feedback:

Community health nurses view health as a holistic state of well-being, which includes soundness of the mind, body, and spirit. Along with this, foundational view is the emphasis on wellness, which includes the definition of health as well as the capacity to develop a person's potential to lead a fulfilling and productive life. Health is more than just the absence of disease or an environment free of toxins.

PTS: 1 DIF: Moderate REF: Page and Header: 3, Community Health
OBJ: Objective: 1 NAT: Client Needs: Health Promotion and Maintenance
TOP: Chapter: 1 KEY: Integrated Process: Nursing Process
BLM: Cognitive Level: Apply NOT: Multiple Choice

21. While interviewing a client, which statement would a nurse identify as reflecting an objective dimension of health?
A) "I'm feeling better since I started taking that medication."
B) "Life is pretty good right now, except for an occasional upset stomach."
C) "I'm able to wash myself in the mornings with just a bit of help."
D) "Sometimes when I wake up, I don't even want to face the day."

ANS: C
Feedback:
The objective dimension of health involves one's ability to function in daily activities. The statement about being able to care for one's self is an example. The statements of feeling better with medication, life being pretty good, and not wanting to face the day are examples of the subjective dimension of health, which involves how people feel.

PTS: 1 DIF: Difficult
REF: Page and Header: 13, Subjective and Objective Dimensions of Health
OBJ: Objective: 4 NAT: Client Needs: Health Promotion and Maintenance
TOP: Chapter: 1 KEY: Integrated Process: Nursing Process
BLM: Cognitive Level: Analyze NOT: Multiple Choice

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22. When employing a population-oriented focus, which would the community health nurse do?
A) Assess the groups' relationships looking for a common need.
B) Consider the members individually for similarities.
C) Focus on the geographical area of the population.
D) Promote the groups' dependency on improving health.

ANS: A
Feedback:
A population-oriented focus requires the assessment of relationships, considering the groups or communities in relation to the rest of the community to discover common needs or risks for a common health problem. The nurse does not consider the groups or communities separately but rather in context. The population may or may not be delineated by the geographical area. The community health nurse encourages individuals' participation to promote their autonomy rather than permitting dependency.

PTS: 1 DIF: Moderate REF: Page and Header: 18, Population Focused
OBJ: Objective: 1 NAT: Client Needs: Health Promotion and Maintenance
TOP: Chapter: 1 KEY: Integrated Process: Nursing Process
BLM: Cognitive Level: Apply NOT: Multiple Choice

23. A community health nurse is involved in a project to evaluate the health of a city. Which finding would suggest that the city would **most** likely need additional programs?
A) Citizens are actively involved in the city's department of recreation and after-school programs.
B) The construction of affordable organized housing developments and communities is nearing completion.
C) Approximately one-third of the people are recently unemployed due to the closure of the automotive factory.
D) Several new recreational facilities for adults and children have been created at several locations.

ANS: C
Feedback:
A healthy city is one in which there is continual creation and improvement in the physical and social environments with the expansion of community resources so that people can mutually support one another. It is characterized by the meeting of basic needs for all of the city's people. This would include food, water, shelter, income, safety, and work. Loss of employment of one-third of the city's workforce would be a threat to the health of the city and necessitate intervention. Active involvement in the city's functioning, affordable housing, and recreational facilities are suggestive of a healthy city.

PTS: 1 DIF: Moderate REF: Page and Header: 12, Box 1-5
OBJ: Objective: 4 NAT: Client Needs: Health Promotion and Maintenance
TOP: Chapter: 1 KEY: Integrated Process: Nursing Process
BLM: Cognitive Level: Apply NOT: Multiple Choice

24. The community health nurse is developing a plan of secondary prevention activities. Which actions might the nurse include? Select all that apply.
A) Participating in skin cancer screening programs at health fairs
B) Encouraging parents to install safety devices in electrical outlets

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C) Providing annual flu vaccinations
D) Participating in hypertension screening programs at health fairs
E) Providing skin testing for tuberculosis for children over 1 year of age
F) Teaching college-age students about the importance of meningococcal vaccinations

ANS: A, D, E
Feedback:
Secondary prevention activities are those used to detect and treat existing health problems at the earliest possible stage, when disease or impairment is already present. Activities may include hypertension and cholesterol screening programs to identify high-risk individuals and encourage early treatment to prevent heart attacks or stroke. Other examples are encouraging breast and testicular self-examination, regular mammograms, and Pap smears for early detection of possible cancers and providing skin testing for tuberculosis (in infants at 1 year of age and periodically throughout life, with increasing frequency for high-risk groups). Secondary prevention attempts to discover a health problem at a point when intervention may lead to its control or eradication.

PTS: 1 DIF: Moderate REF: Page and Header: 14, Promotion of Health
OBJ: Objective: 2 NAT: Client Needs: Physiological Integrity: Physiological Adaptation
TOP: Chapter: 1 KEY: Integrated Process: Nursing Process
BLM: Cognitive Level: Apply NOT: Multiple Selection

25. The community health nurse is developing a plan of secondary prevention activities. Which actions would the nurse incorporate into the plan? Select all that apply.
A) Encouraging monthly self-breast examinations during a women's health fair
B) Teaching parents to place infants on their backs to sleep
C) Providing BMI measurements during a health fair
D) Participating in cholesterol screening programs at health fairs
E) Educating high-risk community groups about the importance of exercise at a hypertension clinic
F) Teaching elementary students about the importance of using "MyPlate"

ANS: A, C, D, E
Feedback:
Secondary prevention activities are those used to detect and treat existing health problems at the earliest possible stage, when disease or impairment is already present. Activities may include hypertension and cholesterol screening programs to identify high-risk individuals and encourage early treatment to prevent heart attacks or stroke. Other examples are encouraging breast and testicular self-examination, regular mammograms, and Pap smears for early detection of possible cancers and providing skin testing for tuberculosis (in infants at 1 year of age and periodically throughout life, with increasing frequency for high-risk groups). Secondary prevention attempts to discover a health problem at a point when intervention may lead to its control or eradication.

PTS: 1 DIF: Moderate REF: Page and Header: 14, Promotion of Health
OBJ: Objective: 2 NAT: Client Needs: Physiological Integrity: Physiological Adaptation
TOP: Chapter: 1 KEY: Integrated Process: Nursing Process
BLM: Cognitive Level: Apply NOT: Multiple Selection

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26. The community health nurse is developing a plan of secondary prevention activities. Which actions would the nurse incorporate into the plan? Select all that apply.
A) Encouraging monthly testicular self-examinations during a men's health fair
B) Teaching preschool children the importance of daily activity
C) Providing height and weight measurements during a health fair
D) Participating in diabetes screening programs at health fairs
E) Educating high school students about safe sex practices
F) Encouraging women to schedule yearly mammograms

ANS: A, C, D, F
Feedback:
Secondary prevention activities are those used to detect and treat existing health problems at the earliest possible stage, when disease or impairment is already present. Activities may include hypertension and cholesterol screening programs to identify high-risk individuals and encourage early treatment to prevent heart attacks or stroke. Other examples are encouraging breast and testicular self-examination, regular mammograms, and Pap smears for early detection of possible cancers and providing skin testing for tuberculosis (in infants at 1 year of age and periodically throughout life, with increasing frequency for high-risk groups). Secondary prevention attempts to discover a health problem at a point when intervention may lead to its control or eradication.

PTS: 1 DIF: Moderate REF: Page and Header: 14, Promotion of Health
OBJ: Objective: 2 NAT: Client Needs: Physiological Integrity: Physiological Adaptation
TOP: Chapter: 1 KEY: Integrated Process: Nursing Process
BLM: Cognitive Level: Apply NOT: Multiple Selection

27. The community health nurse is developing a plan of tertiary prevention activities. Which actions might the nurse include? Select all that apply.
A) Developing a nutritional plan of care for clients with eating disorders
B) Developing an exercise plan for COPD clients
C) Providing bicycle safety education during a health fair for children
D) Participating in hypertension screenings at health fairs
E) Participating in bone density screenings at health fairs
F) Educating children on swimming safety

ANS: A, B
Feedback:
Tertiary prevention measures attempt to reduce the extent and severity of a health problem to its lowest possible level, in order to minimize disability and restore or preserve function. Examples include treatment and rehabilitation of persons after a stroke to reduce impairment, postmastectomy exercise programs to restore functioning, and early treatment and management of diabetes to reduce problems or slow their progress.

PTS: 1 DIF: Moderate REF: Page and Header: 14, Promotion of Health
OBJ: Objective: 2 NAT: Client Needs: Physiological Integrity: Physiological Adaptation
TOP: Chapter: 1 KEY: Integrated Process: Nursing Process
BLM: Cognitive Level: Apply NOT: Multiple Selection

28. The community health nurse is developing a plan of tertiary prevention activities. Which actions might the nurse incorporate into the plan? Select all that apply.
A) Providing a support group for breast cancer survivors

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B) Encouraging women to schedule yearly Pap smears
C) Providing height and weight measurements during a health fair
D) Participating in diabetes screening programs at health fairs
E) Educating high school students about bullying
F) Providing a community-based stroke rehabilitation program

ANS: A, F

Feedback:

Tertiary prevention measures attempt to reduce the extent and severity of a health problem to its lowest possible level, in order to minimize disability and restore or preserve function. Examples include treatment and rehabilitation of persons after a stroke to reduce impairment, postmastectomy exercise programs to restore functioning, and early treatment and management of diabetes to reduce problems or slow their progress.

PTS: 1 DIF: Moderate REF: Page and Header: 14, Promotion of Health
OBJ: Objective: 2 NAT: Client Needs: Physiological Integrity: Physiological Adaptation
TOP: Chapter: 1 KEY: Integrated Process: Nursing Process
BLM: Cognitive Level: Apply NOT: Multiple Selection

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