

DeWit: Fundamental Concepts and Skills for Nursing, 4th Edition

Chapter 02: Concepts of Health, Illness, and Health Promotion

Open-Book Quiz

NAME: _____

1. Explain the difference between a *primary* illness and a *secondary* illness. (See page 13 in your textbook.)
2. List and describe the stages of illness. (See page 13 in your textbook.)
3. According to Halbert Dunn, how is *high-level wellness* defined? (See page xx in your textbook.)
4. List examples of health behaviors and explain what the nurse must consider if the patient does not undertake these behaviors. (See page 14 in your textbook.)
5. Describe the basic beliefs central to the holistic approach. (See page 17 in your textbook.)
6. Name the five areas of need as described by Abraham Maslow. (See page 18 in your textbook.)
7. Explain how change in an individual's life experiences can disrupt homeostasis. (See page 20 in your textbook.)
8. List and describe the stages of Hans Selye's general adaptation syndrome (GAS). (See page 22 in your textbook.)
9. What diseases or disorders are considered to be stress related? (See page 22 in your textbook.)
10. Name and describe the categories of voluntary actions that an individual takes to decrease the potential or actual threat of illness. (See page 26 in your textbook.)