

Exam 3 Practice Questions Answer Key

1. B. Identify a method to improve the health of at-risk clients.

Community assessment has been called a critical process for the future that can be used as a means for understanding the interactions between people, health, and environment in a community, as well as finding a way to improve both the health status of at-risk populations and outreach activities.

2. A. Vary significantly in composition; C. Are challenged in their attempts to identify its members; D. Thought of as members of a global community

The international community or global community encompasses all nations. Although the overall composition of the communities that make up this global community may differ, some have strikingly similar characteristics, with shared interests and goals, including members' health and safety. To continue to advance the goals of health and safety, there must be a thorough way of understanding each of the communities described, especially if nurses are to accurately target ways to address goals for change. The first step in any plan to help a community is to assess the community's needs. The amorphous nature of the community can create some challenges to the identification of its members and to the assessment of their immediate needs.

3. A. Subjective Data

Community health nurses often use informal assessments, such as windshield surveys, to learn about the neighborhoods in which their clients live. These surveys involve subjectively observing the physical community on foot or through the windshield of a car. In this way, the nurse can assess the level of economic development of the community on the basis of its physical environment, educational systems, safety and transportation, health and social services, communication, and recreation. This type of assessment is not based on objective or "valid" data, as the means of the assessment are purely subjective. It also does not involve cognitive analysis.

4. A. Unfreezing the status quo; B. Changing or moving to a new state; D. Refreezing to sustain the change or changes made

In Lewin's model of change, the change process can be visualized as three steps: unfreezing the status quo, changing or moving to a new state, and refreezing to sustain the change or changes made. Force field analysis is a tool used to identify forces that enforce the status quo, not to actually enforce the status quo. The purpose of using levers of change is to increase driving forces and/or to decrease restraining forces---leverage points identified in the force field analysis.

5. B. Brochure placed in obstetricians' offices promoting the benefits of breastfeeding; D. Billboard illustrating the dangers of texting while driving; E. Posters placed in college dormitories encouraging condom use

Social marketing is the use of marketing principles and practices to change health behaviors or beliefs, social or cultural norms, or community standards to improve health or benefit society. Examples include the use of social marketing to promote health behavior change related to eating fruits and vegetables (five a day), breastfeeding, active play by children, and following guidelines for cancer screenings. It has also been used to change social and cultural norms related to smoking, texting while driving, condom use, and consumption of trans fats. An ad campaign for a new brand of toothpaste and an infomercial on a piece of exercise equipment are examples of commercial marketing, as they are for profit and intended to help sell a particular product.

6. B. Listen actively as the family members speak; C. Construct an ecomap of the family; D. Ask family members to prioritize their needs and to express their expectations regarding nursing care; E. Point out the strong relationships they enjoy in their family and explaining how they will help them cope with the health issue of concern

Five leading principles that maximize information gleaned in a 15-minute family interview include the following: use of manners (introducing yourself), use of therapeutic conversation (using active listening), use of ecomaps and genograms, use of therapeutic questions (asking members to discuss their needs and expectations), and acknowledgment of family strengths. Having family members share their family history in detail would not be appropriate, as you do not have the time for that.

7. B. Therapeutic conversation

When time is limited, purposeful and focused conversation, known as therapeutic conversation, can help build a relationship. Nurses validate family concerns with their active listening. Use of manners and common courtesies such as the nurse introducing himself or herself to the family indicates a desire to connect with the family and to instill trust in family members. Asking family members therapeutic questions helps them not only to identify their expectations about nursing care but also to assign priorities to their needs. Acknowledgment of family strengths leads the family to view their situation differently and makes them more likely to move toward more effective problem solving.

8. D. Relationships across two or more generations

Genograms are diagrams that show relationships across two or more generations. Ecomaps outline the influence that other systems or groups have on families. They illustrate family relationships and show vital connections, which can include religious, work, cultural, or social groups.

9. A. Interdependent societal institutions, informal groups and aggregates

Answer choice B is incorrect as this response is from the people-focused definition; answer choices C & D are responses from the definition of a healthy community.

10. D. Determining strengths, weaknesses, needs, and resources

Answer choice A is incorrect because a nurse may be curious about the community, but as they assess the community, the purpose is greater than just curiosity. Answer choice B is incorrect because this is an expensive way to locate a family and is not done for that purpose. Answer choice C is incorrect because perhaps after a community assessment the nurse can travel around the community with greater ease, but the purpose of doing the assessment in the first place was not to make travel easier.

11. A. Familiarization, orientation, or “windshield survey” assessment

A new nurse, or a student nurse new to community health nursing, would use this type of assessment to become familiar with the community and be able to start a working relationship with key community leaders. Answer choices B, C, & D are incorrect as they describe other types of community assessments.

12. A. Survey

This describes a survey, which can be done in writing, or verbally, in person or on the telephone. This gives the nurse new data to add to other information as an assessment is being conducted. Answer choices B, C, & D are incorrect as they describe other methods of data collection.

13. C. Community forum

This describes the community forum, where a large group of people are invited to share their views on a subject. Answer choices A, B, & D are incorrect as they describe other methods of data collection.

14. D. Focus group

This example describes the focus group. At focus groups, the nurse gets more detailed information and a cross-section of ideas from the various small groups. This is a valuable tool to begin the planning process of new services. Answer choices A, B, & C are incorrect as they describe other methods of data collection.

15. B. Seeking to make its resources available to all members

This is one of ten descriptors discussed. It is important for the community system and its resources to be available to all community members. Answer choices A, C, & D are incorrect as they describe inappropriate or unhealthy community patterns.