Exam 3 Study Guide – Fall 2021

While this exam is over the content in DHW Chapters 9, 11 & 13 and ATI Chapter 4 & 6, it utilizes material you have already been tested over as we now look at implementing nursing practice in the community. So some of the topics on this study guide will require that you utilize the knowledge/material covered previously e.g. social determinants of health, health disparities, health promotion, levels of prevention, Health People 2020 & 2030, data sources, epidemiology. Also, refer to your Epidemiology rate worksheet to review the rate. There are 3 rate questions on this exam.

DHW: Ch. 9	Planning for Community Change	ATI: Ch. 4

1. What are some primary prevention interventions? **Textbook**

   a. Vaccines, eating healthy, maintaining a healthy weight.

2. What are SMART goals and objectives? **Textbook**

   a. Specific

   b. Measurable

   c. Achievable

   d. Relevant

   e. Time-based

3. What is the WHO's Commission on Social Determinants? **Textbook**

   a. Expand knowledge of the **social** determinants of health and establish a system to measure and monitor health **inequity.**

   b. Ensure more **equitable** distribution of power, money, and resources.

   c. Improve conditions under which all people are born, grow, live, work, and age.

4. What are key components of the Logic Model? **Textbook**
   - Be able to give examples.

   a. Graphic illustration of how a program is supposed to make desired outcomes.

      i. evidence-based

      ii. for communicating with decision-makers and grant services

   b. Parts

      i. **INPUTS**

         ● **Members**

         ● **Assets (food)**

- **Conduct interviews**

    iii.   **OUTPUTS/MEASURES**

- **Number of families**
- **Number of meals**

    iv.   **INTERMEDIATE OUTCOMES**

- **Program can be self-sustaining**
- **Eliminate barriers to healthy eating**

5. What are nurse-managed health centers? **Textbook**

    a. nurse-managed health centers provide health promotion and primary care services to vulnerable and underserved population aggregates.

    b. usually geographically defined and are most often vulnerable and underserved population aggregates such as the rural poor, migrant farm workers, low-income mothers and children, inner-city neighborhoods, and immigrant communities.

    c.

6. What are the stages of the program planning process and be able to identify examples. **Textbook** & **ATI**

    a. Pre Planning - Brainstorm Ideas

        i. Gain entry into the community and establish trust.

        ii. Obtain community awareness, support, and involvement.

    iii. Coordinate collaborations that have similar interests in addressing identified problems.

    b. Assessment - Collect data about the community and its members

        i. Complete a needs assessment and identify community strengths and weaknesses.

        ii. Assess the availability of community resources

    c. Diagnosis - Identify and prioritize health needs of the community

        i. Analyze data to determine health needs.

    d. Planning - Develop interventions to meet identified outcomes

    e. Implementation - Carry out the plan.

        i. Initiate interventions to achieve goals and objectives according to the

program plan.

    f.   Evaluation - Examine the success of the interventions

        i.   Evaluate strengths and weaknesses of the program.

7. What do you need to plan and assess for with financial means for a community assessment? **Textbook**

    a. Accountability
        i. Includes regular communication about how funds were used, details of program activities, and progress toward achieving program goals
    b. Sustainability
        i. Most funding agencies expect programs to give a clear and convincing plan outlining how efforts started with grant funding will be continued after the grant ends
    c. Program Replication
        i. The ability to replicate or reproduce a successful program within a different community or with a new population aggregate is a test of the strength of the design of an intervention
    d. Project Funding
        i. Public
        ii. Private Foundations
        iii. Local community
    e. Community Benefits Program
        i. Local healthcare centers can be allies to public health for planning, implementing, and funding.

8. How do you evaluate the community program? **Textbook** & **ATI**
- What are the steps that you do in the evaluation? **Textbook** (prioritization goes by the steps – you won't jump to step 5 without completing step 1)

   1. Measuring before the program and after. Comparing results.
      a. Focus on what happened, how well, why it happened in that way, and results.

9. What is a population aggregate and be able to identify examples. **Textbook**

    a. A subset of the population such as people with or at risk for a specific health problem or having specific social or demographic characteristics
    b. Example: Adults aged 50 and older for an initiative to increase the rate of screening for colon cancer

10. What is a population-focused intervention and be able to identify examples. **Textbook** & **ATI**

    a. Prevention of disease by intervening mainstream at the community level amplifies the impact of such interventions on population health
    b.

11. What are some stressors that can be identified in a community assessment? **Textbook** & **ATI**

    a. Noise

b. Temperature
c. Light
d. Radiation
e. Crowding
f. Social disorganization
g. Racial discrimination
h. Violence
i. Economic deprivation
j. Crime
k. Resources
l. High rate of poverty
m. Lack of health care
n. Lack of nutritional food (food desert)
o. Unstable economy (may be related to closures of businesses in the area)

12. How can a community assessment show health disparities? **Textbook**

    a. Can use key informant interviews, analysis of data on health status and health behavior indicators, observation, and community surveys

    b. identification of community assets and strengths, as well as specific health problems or health needs

13. How does the nurse plan for sustainability of a program when planning? **Textbook**

    a. Find mechanisms of the community that will keep it going.

14. How does collaboration between agency personnel who are implementing a program and the target population impact program planning? **Textbook** & **ATI**

    a. It is critical to make plans for evaluating a program at the time of initial program planning to ensure the development of the necessary tools and methods for the collection of data to measure the impact of the program in advance of the intervention.

DHW: Ch. 11	Community Assessment	ATI: Ch. 4

1. What are the components of a community assessment? **ATI**

    a. People

    b. Environment

    c. Social Systems

2. What does community as partner focus on? **Textbook** & **ATI**

    a. it demonstrates the equity of the nurse's relationship with the community.

3. What are the core public health functions and give examples of how the steps of the program planning process fit these core functions. **Textbook** & **ATI**
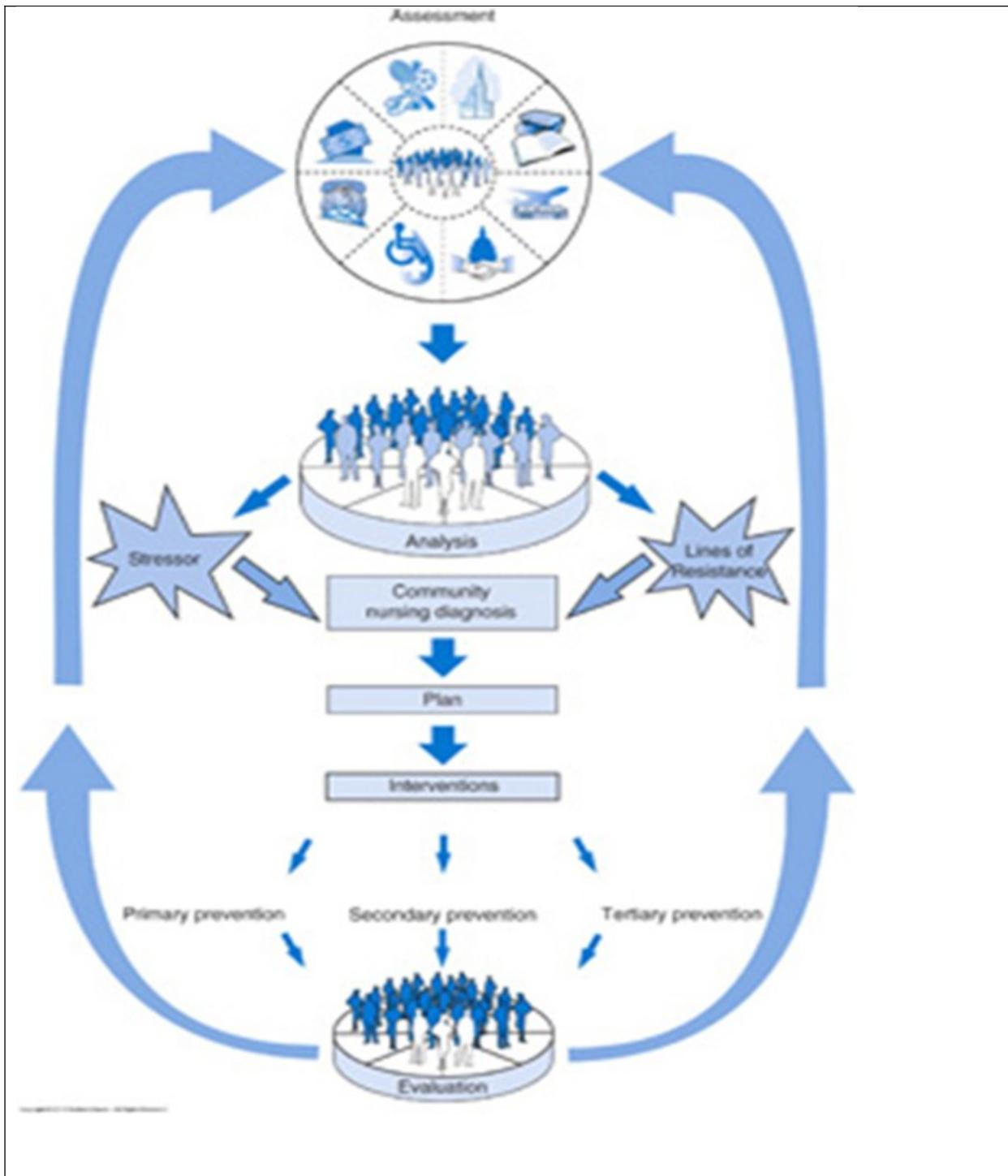

      a. Core public health function in the community is health assessment.

      b. Assessment of the community includes identification of community assets, as well as specific health problems of health needs.

         i. Commitment

         ii. Assessment

         iii. Planning

         iv. Implementation

         v. Evaluation

4. Where can you get some information for the community assessment specifically for injuries and violence? **ATI**

      a. Windshield Survey, interviews, community forum, participant observation, focus groups, and surveys.

      b. United States Census Bureau

         i. Tax info

         ii. Best health-related information source

      c. The Centers for Disease Control and Prevention

         i. Disease info

      d. Local government Websites

5. Review the Community Assessment process. **Textbook** & **ATI**
   - This is similar to the Nursing Process

      a. Define the community

      b. Collect Data

      c. Analyze Data

      d. Establish Community Diagnosis

      e. Plan Programs

      f. Implement Programs

      g. Evaluate Program Interventions

Assessment

Analysis

Stressor

Lines of Resistance

Community nursing diagnosis

Plan

Interventions

Primary prevention   Secondary prevention   Tertiary prevention

Evaluation

6. What are the steps of analyzing the community assessment data? **ATI**

    a. Gathering collected data into a composite database
    b. Assessing completeness of data
    c. Identifying and generating missing data
    d. Synthesizing data and identifying themes
    e. Identifying community needs and problems

f. Identifying community strengths and resources	

7. Utilizing community assessment data to determine interventions for a community **Textbook**

   a. Using both descriptive data and relational data, nurses can develop interventions that can empower communities and effect change.

8. What is the functional health pattern assessment? **Textbook**

   a. Designed to be used for individual, family, or community assessment
   b. FHP assessment involves a systematic and deliberate format
   c. Also done over a long period of time

9. How do you get primary (direct) and secondary data for community assessments? **ATI**
   - Which do you get direct data from?

   a. <u>Primary (direct)</u>:
      i. Informant interviews and community forum (open public meetings)
         1. Community forums, focus groups, key informants, participant observation, and surveys.
         2. New data from the survey
   b. <u>Secondary Data</u>:
      i. Use of existing data
      ii. Death and birth statistics, census data, mortality and morbidity data, health records, minutes from meetings, and prior health surveys.

10. What is the collaborative model and how does this enhance community empowerment? **Textbook**

    a. To develop the skill of collaboration public health experts an work in partnership in a community assessment model that **emphasizes the interdisciplinary nature of the task**
    b. Engaging participants with a " we can do it together" approach

11. Why should or would you perform a community assessment? **Textbook**

    a. To gain information and clarify the need for change

12. Who do you choose to perform a community assessment on? **Textbook**

    a. community members most affected by the specific area of the community you are assessing

DHW Ch. 13	Family Assessment	ATI Ch. 6 pg 53-54

1. What activities are included in the family assessment and what to they provide the nurse? **Textbook**

   a. Structural Assessment

      i. Internal structure - Composition, gender, birth order

ii. External structure - extended family, work, school, church

iii. Context - Culture, religion, race, economic class

b. Functional Assessment

i. Interaction and behavior between family members

c. Developmental Assessment

i. Tasks that need to be addressed in family

2. ==What is the purpose of and the questions used for the 15-minute interview?== **Textbook**

   a. ==Focused family assessment==

      i. ==Friends==

      ii. ==Coworkers==

      iii. ==former coworkers==

      iv. ==Group affiliation==

      v. ==extended family==

      vi. ==sister==

      vii. ==brother==

      viii. ==healthcare==

      ix. ==Culture/Religion==

3. What are the actions of the functional assessment on a family? **Textbook**

   a. The nurse assesses the routines, patterns, behaviors, and interactions related to typical daily activities, such as hygiene, grooming, meal prep, laundry, sleeping, shopping, housework, medication administration, and how the family's current state of health and illness(es) are impacting instrumental family functioning.
   b. Focused on the present

4. What actions give a positive effect to nurses in Family-Focused home visiting? **Textbook**

   a. Promote positive behaviors

   b. Establish support within the family

   c. Connect with needs (health, education, work, social services)

DHW: Ch. 6, 7	Epidemiology-Rates	ATI: Ch. 3
1. Calculation of rates related to community assessment		