

## N442 Exam 1 Practice Problems

- 1) The World Health Organization's definition of health includes which of the following?
  - a) A state of complete physical, mental, and social well-being
  - b) A state of equilibrium between humans and the environment
  - c) Fitness as a result of individual adaptation to stress
  - d) Soundness of mind, body, and spirit
  
- 2) The primary focus of community health nursing is on which of the following?
  - a) Individuals
  - b) Families
  - c) Groups
  - d) Populations
  
- 3) During the 1800s, many achievements occurred to promote public health. The crowning achievement of that time was which of the following?
  - a) Discovery of the microscope
  - b) Discovery of the germ theory
  - c) Building the first hospitals
  - d) Elimination of immigration
  
- 4) Which nurse coined the term *public health nurse*, established the Henry Street Settlement, and is known as the founder of public health nursing?
  - a) Clara Barton
  - b) Dorothea Dix
  - c) Mary Breckenridge
  - d) Lillian Wald
  
- 5) The mission of the World Health Organization (WHO) states it aims to:
  - a) Have all countries in the world become member nations
  - b) Be the one authority on international health
  - c) Eradicate smallpox from the globe
  - d) Set up free standing clinics in all communities of member nations
  
- 6) When writing letters to legislators, you should remember to:
  - a) Use form letters for consistency and easy tabulation
  - b) Not express personal opinion. It is viewed negatively by legislation
  - c) Speak positively on an issue, not negatively
  - d) Express personal opinion and provide useful data
  
- 7) At the federal level, community health care is administered through which of the following operating component of the Department of Health and Human Services?

- a) Social Security Administration
  - b) Health Care Financing and Administration
  - c) Office of Human Development Services
  - d) Public Health Services
- 8) The current positive COVID-19 cases in the state of Illinois is 2,432. The total population for the state of Illinois in 2020 is 12,625,136. What is the prevalence rate of COVID-19 in Illinois? Use the multiplier 100,000 and round your answer to the nearest whole number.
- 9) The number of cases of Shigella reported in county Z during 2020 was 155. The population of County Z is 50,205. What was the incidence rate of Shigella using 10,000 as the multiplier? (Round to a whole number.)
- 10) There were 7 infant deaths out of 4,452 live births in County I. Calculate the infant mortality (death) rate using 1,000 as the multiplier. (Round to the nearest whole number.)
- 11) There were 4,452 births in Country I. The total population for 2019 is 343,360. What is the birth rate for this country using 1,000 as the multiplier? (Round to the nearest whole number.)
- 12) The total death in County B last year was 6,537. The population of County B last year was 545,342. What was the crude death rate using 10,000 as the multiplier? (Round to the nearest whole number)
- 13) The number of deaths from influenza in County C in 2018 was 900. The population of the county in 2018 was 654,387. What was the cause-specific death rate using 100,000 as the multiplier? (Round the answer to a whole number.)
- 14) Reviewing immunization records of the children in the school and referring those out of compliance to local providers would be which of the following?
- a. Tertiary prevention
  - b. Secondary prevention
  - c. Primary prevention
  - d. Not realistic
- 15) Educating the students on handwashing and coughing into a sleeve would be which of the following?
- a) Tertiary prevention
  - b) Secondary prevention
  - c) Primary prevention
  - d) Not realistic

16) Which of the following are secondary prevention strategies for reducing substance abuse in a community? (Select all that apply.)

- a. Screening to identify at-risk individuals
- b. Assisting those who have substance use disorders to develop plans for avoiding the high-risk situation
- c. Enhancing coping and lifestyle changes,
- d. Intervening by assisting the client to reduce sources of stress,
- e. Encouraging the development of life skills that can increase an individual's potential for employment and positive life choices.

17) Label each of the following as to whether they are Primary, Secondary, or Tertiary prevention interventions

- \_\_\_ Rabies vaccine after being bitten by a rabid animal
- \_\_\_ Blood pressure screening at a health fair
- \_\_\_ Advocating for access to health care
- \_\_\_ Mammograms
- \_\_\_ Community assessments
- \_\_\_ Family planning and sex education
- \_\_\_ Education on risks of smoking
- \_\_\_ Nutrition counseling for management of diabetes
- \_\_\_ Screening for head lice in an elementary school
- \_\_\_ Immunizations
- \_\_\_ Education on seat belt use
- \_\_\_ Screening for environmental hazards for agricultural workers
- \_\_\_ Assessment of children for signs of abuse or neglect
- \_\_\_ Advocate for the rights of individuals, families, and groups dealing with disabilities
- \_\_\_ Screen for tuberculosis through TB skin tests or QuantiFERON blood test
- \_\_\_ Prenatal care and education
- \_\_\_ Teach alternative methods of conflict resolution, anger management, and coping strategies

18) Community health nurses are working in a large urban city, situated in a culturally diverse area of the country. Which statements made by the nurses indicate that they are becoming culturally competent? (Select all that apply.)

- a. "By recognizing variations in an individual's own traditional beliefs and practices from their culture, I will be able to assist them in adapting to healthy behaviors."
- b. "I can force people to adapt to and borrow traits from another culture and change their own cultural patterns to those of the host society."
- c. "I can stereotype people from different cultural backgrounds by demographic, physical, and health behavioral characteristics."
- d. "I recognize that people with cultural backgrounds different from our own have unique values, lifeways, health practices, and interpersonal styles."

19) Which intervention is the BEST way for a new nurse to complete an in-depth self-examination of cultural competence?

- a. Acknowledge and be aware of one's own culture and willingness to explore one's own feelings and biases.
- b. Be responsible for having excellent on-the-job motivation and commitment to caring for assigned clients.
- c. Complete a self-examination of superior social, cultural, and biophysical factors in the community.
- d. Become involved on a monthly basis in at least one cross-cultural interaction or workshop.

20) The nurse has been asked to join the team which will be conducting a community assessment. How will becoming involved with this group potentially affect the future of the community?

- a. Identify the need for a community commission
- b. Identify a method to improve the health of at-risk clients
- c. Provide a means of grant funding for clinics
- d. Provide a client base for at-risk neighborhoods

21) At an international nurses' conference, nurses from all around the world make contact. Which components of the various communities will **most** likely be represented at this conference? (Select all that apply.)

- a. Vary significantly in composition
- b. Have no shared interests and goals related to health and safety
- c. Are challenged in their attempts to identify its members
- d. Thought of as members of a global community
- e. Do not need to assess their communities' needs because they are obvious

- 22) The community health nurse assesses the neighborhood in which the clients live. When observing the physical environment, the nurse notes that most of the homes in the neighborhood are well kept, and the children playing in the yards are wearing clean clothing. The children appear well nourished. The nurse determines that the neighborhood has little need for a well-child clinic. Which assessment is the nurse basing this decision on?
- Subjective data
  - Objective data
  - Cognitive analysis
  - Valid data
- 23) A nursing supervisor is concerned about the lack of healthcare for some community members. Which aspects of Lewin's change theory should the supervisor implement to encourage the healthcare team to make the desired changes to improve the availability of healthcare? (Select all that apply.)
- Unfreezing the status quo
  - Changing or moving to a new state
  - Enforcing the status quo
  - Refreezing to sustain the change or changes made
  - Increasing restraining forces
- 24) A team of nursing students is preparing for a class project which will focus on social marketing. Which activities could the nursing students include in their project? (Select all that apply.)
- Ad campaign for a new brand of toothpaste
  - Brochure placed in obstetricians' offices promoting the benefits of breastfeeding
  - Infomercial on television presenting the advantages of a piece of exercise equipment
  - Billboard illustrating the dangers of texting while driving
  - Posters placed in college dormitories encouraging condom use
- 25) A physically focused definition of a community suggests that it is composed of which of the following?
- Interdependent societal institutions, informal groups and aggregates
  - A collection of people who interact with each other
  - People working together on the required actions to reach goals and priorities
  - Interests and characteristics that give it a sense of unity and belonging
- 26) Which of the following is the purpose of conducting a community assessment?
- Satisfying one's curiosity about a particular place
  - Looking for one particular client family you will be visiting
  - Making travel in the community easier in the future
  - Determining strengths, weaknesses, needs, and resources

- 27) A community assessment where the nurse drives around the community, explores resources, and introduces themselves to key community leaders is which of the following?
- Familiarization, orientation, or “windshield survey” assessment
  - Comprehensive assessment
  - Problem-oriented assessment
  - Subsystem assessment
- 28) A method of gathering data for a community assessment that includes a written questionnaire given to clients attending the well-child clinic at the health departments is an example of which of the following?
- Survey
  - Interview
  - Community forum
  - Focus group
- 29) A nurse secures the auditorium of the local high school and invites the elders to attend a meeting in the early evening. The topic to be discussed is the health care needs of older adults as perceived by those in attendance and whether they are being met or not in the services provided by the community. Which of the following is this an example of?
- Survey
  - Interview
  - Community forum
  - Focus group
- 30) The community health nurse (CHN) asks for the elders to meet with them in smaller meetings of 7 to 10 members. At these smaller meetings, the nurse selects some of the key issues discussed in the larger group and asks for their thoughts on the subject. The nurse holds several of these meetings with different elders. From this information, the nurse gets the perceptions of a cross-section of elders. Which of the following is this an example of?
- Survey
  - Interview
  - Community forum
  - Focus group
- 31) Which of the following is a descriptor of a healthy community?
- A community where the members are disease free
  - Seeking to make its resources available to all members
  - The leaders making the decisions for community members
  - Keeping subgroups informed of community changes when necessary

32) Which of the following is a source of data regarding housing insecurity? Select all that apply.

- a) Vital statistics <https://www.vchd.org>
- b) CDC places site <https://CDC.gov>
- c) County health rankings <https://www.countyhealthrankings.org/>
- d) United States Census Bureau <https://census.gov/>
- e) Best online mortgage loans <https://bestonlinemortgageloan.com/>
- f) United States Interagency Council on Homelessness <https://www.usich.gov/tools-for-action>
- g) Coles county police reports <https://www.countyoffice.org/il-coles-county-police-records/>