

Exam 1 Practice Problems Answer Key

- 1) Answer: A. A state of complete physical, mental, and social well-being
- 2) Answer: D. Populations

Answers A, B, and C are units of service, but the focus is on the health of large groups or populations that make up communities. At times, the health of one individual, family, or group may affect the health of the larger population, but the focus remains on the population level.

- 3) Answer: B. Discovery of the germ theory

The discovery and acceptance of the germ theory changed the approach of public health and opened the door to future discoveries that would lead to the eradication of many diseases.

- 4) Answer: D. Lillian Wald

Clara Barton was a teacher and volunteer nurse, and is known for being the founder of the American Red Cross. Dorothea Dix was a teacher who committed her life to prison and mental health reform. Mary Breckenridge was a nurse-midwife who founded the Frontier Nursing Service in Kentucky.

- 5) Answer: B. be the one authority on international health.

Answer choice A is not spelled out in their mission and would be a monumental task. Smallpox has been eradicated since the 1980s. The WHO works with member nations to provide individualized forms of health care delivery, based on each nation's needs.

- 6) Answer: D. Express personal opinion and provide useful data

Form letters are not recommended. Legislators tend not to read them. Personal opinion is desired and the purpose of writing. Negative and positive comments are welcomed and needed to sway a vote.

- 7) Answer: D. Public Health Services

Answer choices A,B, and C are the other three operating components of the DHHS. Community health care concerns are administrated through the Public Health Service.

- 8) **Prevalence Rate:** # of cases of a disease from a specific cause for one year for the state X 100,000 = rate

$$\frac{\text{Total population of state that year}}{2,432 / 12,625,136} = 0.0001926 \times 100,000 = 19.26 \sim 19 \text{ per } 100,000$$

- 9) **Incidence Rate:** # of new cases of disease over a specific period of time X 100,000 = rate
of persons at risk of disease over that specific period of time

$$155 / 50,205 = 0.0030873 \times 10,000 = 30.873 \sim 31 \text{ per } 10,000$$

- 10) **Infant Mortality Rate:** # of infant deaths < 1 year in state x 1,000 = infant mortality rate state
live births

$$7 / 4,452 = 0.0015723 \times 1,000 = 1.5723 \sim 2 \text{ per } 1,000$$

- 11) **Birth rate:** $\frac{\# \text{ of live births}}{\# \text{ Total population}} \times 1,000 = \text{birth rate}$
 $4,452/343,360 = 0.0129659 \times 1,000 = 12.9659 \sim 13 \text{ per } 1,000$
- 12) **Crude Death Rate:** $\frac{\# \text{ of deaths in Illinois}}{\text{Total estimated mid-year Population of Illinois}} \times 100,000 = \text{rate}$
 $6,537/545,342 = 0.0119869 \times 100,000 = 119.869 \sim 120 \text{ per } 10,000$
- 13) **Cause Specific Death Rate:** $\frac{\# \text{ of deaths from *** in Illinois}}{\# \text{ Total Population}} \times 100,000 = \text{rate}$
 $900/654,387 = 0.0013753 \times 100,000 = 137.53 \sim 138 \text{ per } 100,000$
- 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?
- Tertiary prevention
 - Secondary prevention (Reviewing and referring = screening, not administering)**
 - Primary prevention
 - Not realistic
- 15) Educating the students on handwashing and coughing into a sleeve would be which of the following?
- Tertiary prevention
 - Secondary prevention
 - Primary prevention**
 - Not realistic
- 16) Which of the following are secondary prevention strategies for reducing substance abuse in a community? (Select all that apply.)
- Screening to identify at -risk individuals**
 - Assisting those who have substance use disorders to develop plans for avoiding the high-risk situation
 - Enhancing coping and lifestyle changes
 - Intervening by assisting the client to reduce sources of stress**
 - Encouraging the development of life skills which can increase an individual's potential for employment and positive life choices
- 17) Label each of the following as to whether they are **P**Primary, **S**Secondary, or **T**Tertiary prevention interventions

 S Rabies vaccine after being bitten by a rabid animal

- S** Blood pressure screening at a health fair
- P** Advocating for access to health care
- S** Mammograms
- S** Community assessments
- P** Family planning and sex education
- P** Education on risks of smoking
- T** Nutrition counseling for management of diabetes
- S** Screening for head lice in an elementary school
- P** Immunizations
- P** Education on seat belt use
- S** Screening for environmental hazards for agricultural workers
- S** Assessment of children for signs of abuse or neglect
- P** Advocate for rights of individuals, families, and groups dealing with disabilities
- S** Screen for tuberculosis through TB skin tests or QuantiFERON blood test
- P** Prenatal care and education
- P** 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?

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

20) 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.

21) 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.

22) 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.

23) 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.

- 24) 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.

- 25) 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.

- 26) 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.

- 27) 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.

- 28) 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.

29) 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.

30) 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.

31) 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.

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-actopm.map>
- g. Coles county police reports <https://www.countyoffice.org/il-coles-county-police-records/>