

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) 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/>