

Chapter 1: Healthy People

Test Bank

MULTIPLE CHOICE

1. The purpose of *Healthy People 2020* is to:
 - a. examine world health needs.
 - b. evaluate accomplishments for years 2010–2020.
 - c. focus primarily on infant health and mortality.
 - d. examine funding issues for health care.

ANS: B

Healthy People 2020 is an evidence-based 10-year report card describing health-care accomplishments in the United States between the years of 2010 and 2020.

DIF: Cognitive Level: Comprehension

REF: p. 1 OBJ: 1

TOP: Healthy People 2020

KEY: Nursing Process Step: Intervention

MSC: NCLEX: Health Promotion and Maintenance: prevention and early detection of disease

2. A health-care worker planning a research project related to teenage pregnancy in his community would include in the initial assessment the health status of the target population. Health status could be best evaluated by the examination of the:
 - a. birth rate, disease morbidity, and life expectancy.
 - b. birth rate, access to health care, and death rate.
 - c. disease morbidity, life expectancy, and health insurance coverage.
 - d. health insurance coverage, death rate, and access to health care.

ANS: B

Birth rate statistics identify age of mother; death rates include infant mortality and age of mother; access to health care may affect a teenager's ability to obtain adequate prenatal care.

DIF: Cognitive Level: Application REF: p. 6 OBJ: 3

TOP: Health status KEY: Nursing Process Step: Planning

MSC: NCLEX: Health Promotion and Maintenance: prevention and early detection of disease

3. The health-care worker teaches a group of new parents about the “back to sleep” program, which is directed toward the reduction of sudden infant death syndrome (SIDS) by:
- positioning the baby on a small flat pillow.
 - placing the baby on its back in the crib.
 - gently rocking the baby before returning it to bed.
 - tucking infant snugly in the crib with a light blanket.

ANS: B

The back to sleep program helps reduce the incidence of SIDS by placing the infant on its back rather than on its stomach.

DIF: Cognitive Level: Application REF: p. 8 OBJ: 5

TOP: Back to sleep program KEY: Nursing Process Step: Intervention

MSC: NCLEX: Health Promotion and Maintenance: prevention and early detection of disease

4. *Healthy People 2020* endorses the completion of a high school education primarily to enable a person to:
- secure a better job.
 - increase the quality of life.
 - make healthy lifestyle choices.
 - maintain the family unit.

ANS: C

One of the goals of *Healthy People 2020* is to increase the number of persons graduating from high school so that they have a better education basis on which to make healthy lifestyle choices.

DIF: Cognitive Level: Application REF: p. 8 OBJ: 4

TOP: Health indicators KEY: Nursing Process Step: NA

MSC: NCLEX: NA

5. *Healthy People 2020* is published by the:
- Centers for Disease Control and Prevention.
 - Department of the Interior.
 - World Health Organization.
 - Department of Health and Human Services.

ANS: D

Healthy People 2020 is published by the U.S. Department of Health and Human Services.

DIF: Cognitive Level: Knowledge REF: p. 1 OBJ: 1

TOP: Healthy People 2020 KEY: Nursing Process Step: NA MSC: NCLEX: NA

6. Infant mortality rates are based on infant deaths that occur:
- at birth, per 1000 deliveries.
 - before 1 year of age, per 1000 live births.
 - from infection and congenital disorders, per 1000 live births.
 - from unexplained causes, per 1000 live births.

ANS: B

Infant mortality is reported on deaths occurring before the age of 1 year per 1000 livebirths.

DIF: Cognitive Level: Knowledge REF: p. 6 OBJ: 4

TOP: Infant mortality KEY: Nursing Process Step:

Planning MSC: NCLEX: Health Promotion and Maintenance:
growth and development

7. Although the life expectancy has increased, *Healthy People 2020* will focus on the older adult's need for:
- better pharmacy insurance coverage.
 - improved extended care facilities.
 - increased compliance to medical protocols.
 - maintenance of independent lifestyles.

ANS: D

The maintenance of independent lifestyles is an ongoing problem for the older adult.

DIF: Cognitive Level: Comprehension

REF:

p. 9 OBJ: 4TOP: Older adults KEY: Nursing Process

Step: Planning

MSC: NCLEX: Health Promotion and Maintenance: prevention and early detection of disease

8. Information about morbidity and mortality gives the health-care worker data to identify:
- lifespan statistics.
 - high-risk age groups for certain diseases or hazards.
 - effectiveness of treatment.
 - cost-effective treatment for the general population.

ANS: B

Evaluating specific details of the determinants of health help health-care workers develop an understanding of the health status of the population. Morbidity and mortality statistics can identify risks for disease or health hazard by age group.

DIF: Cognitive Level: Knowledge REF: p. 6

OBJ:

3TOP: Morbidity

KEY: Nursing Process

Step: Planning

MSC: NCLEX: Health Promotion and Maintenance: prevention and early detection of disease

9. A major cause of death for children under the age of 1 year is:
- congenital abnormalities.

- b. infection.
- c. cancer.
- d. injuries.

ANS: A

The Centers for Disease Control and Prevention has identified congenital abnormalities as a leading cause of death for children under the age of 1 year.

DIF: Cognitive Level: Knowledge REF: p. 6,

Box 1-1 OBJ: 1 TOP: Health status

KEY: Nursing Process Step: Intervention

MSC: NCLEX: Health Promotion and Maintenance: prevention and early detection of disease

10. The health-care worker advises a young woman who is 7 weeks pregnant to include folic acid supplements in her diet in order to:
- a. strengthen muscles in preparation for effective labor.
 - b. help control excessive weight gain during pregnancy.
 - c. reduce incidence of congenital malformations.
 - d. enhance the probability of carrying the pregnancy to full term.

ANS: C

One of the goals of *Healthy People 2020* is to promote use of folic acid supplements early in pregnancy. Ideally, folic acid supplements, or adequate dietary folic acid, should be recommended early in the pregnancy to help prevent congenital malformations, especially spina bifida.

DIF: Cognitive Level: Application REF: p. 8 OBJ:

4 TOP: Folic acid

KEY: Nursing Process

Step: Intervention

MSC: NCLEX: Health Promotion and Maintenance: prevention and early detection of disease

11. Guidelines for “baby-friendly” hospitals include:
- information about immunizations.
 - active support of parent–baby bonding.
 - control of peri-delivery infection.
 - encouragement to breastfeed for the first year of life.

ANS: D

Baby-friendly hospitals encourage breastfeeding during the first year of life.

DIF: Cognitive Level: Comprehension REF: p.

8 OBJ: 4 TOP: Baby-friendly hospitals KEY:

Nursing Process Step: Planning MSC: NCLEX: Health Promotion and Maintenance: growth and development

12. The statistic widely used to compare the health status of different populations is:
- incidence of specific infections such as AIDS or smallpox.
 - maternal mortality rate.
 - infant mortality rate.
 - health insurance coverage.

ANS: C

Infant mortality rates are used worldwide as an indicator of the health of a nation.

DIF: Cognitive Level: Comprehension REF: p. 8 OBJ: 3

TOP: Healthy People progress KEY: Nursing Process Step: Intervention

MSC: NCLEX: Health Promotion and Maintenance: prevention and early detection of disease

13. A health-care worker who is planning a health education program for geriatric adults based on the goals of *Healthy People 2020* would include:
- smoking cessation.
 - drug and alcohol abuse.
 - education about medications.
 - fall prevention.

ANS: D

Reducing falls will reduce the incidence of hip fracture, which continues to be a problem, especially among elderly females.

DIF: Cognitive Level: Application REF: p. 9 OBJ: 4

TOP: Health education KEY: Nursing Process Step: Planning

MSC: NCLEX: Health Promotion and Maintenance: prevention and early detection of disease

14. The role of the professional nurse has evolved to include:
- providing direct care to patients at the bedside.
 - managing care to cure health problems once they have occurred.
 - planning patient care to cover longer hospital stays.
 - forming legislation for policies and practices related to health care.

ANS: D

Nurses are no longer simply providing bedside care. Their role now includes policymaking, global health education planning, working as change agents for traditional health-care systems, and so on.

DIF: Cognitive Level: Comprehension REF:

p. 11 OBJ: 5 TOP: World health KEY: Nursing Process

Step: NA MSC: NCLEX: NA

15. Adults over the age of 65 can significantly reduce their health risk by:
- using herbal remedies.
 - getting annual vaccines for influenza and pneumonia.
 - engaging in a mild exercise regimen.
 - eating three large, well-balanced meals a day.

ANS: B

Annual immunizations against pneumonia and influenza significantly reduce morbidity from these diseases.

DIF: Cognitive Level: Comprehension REF:

p. 9 OBJ: 4 TOP: Issues and goals related to phases of the life cycle

KEY: Nursing Process Step: Planning

MSC: NCLEX: Health Promotion and Maintenance: prevention and early detection of disease

MULTIPLE RESPONSE

16. The new topic areas in the *Healthy People* guidelines established in 2011 for consideration for *Healthy People 2020* include: (Select all that apply.) a. adolescent health.