

**Journey Across the Life Span, 6<sup>th</sup> Edition Polan Test Bank****Chapter 1: Healthy Lifestyles – Questions With Answers and Rationales**

---

1. In early civilization, the cause of illness was attributed to:

- a. Infectious disease
- b. Microorganisms
- c. Contaminated food and water
- d. Natural and supernatural forces

Answer: d

Rationale: In early civilization, illness was attributed to natural and supernatural forces.

Nursing Process: Assessment

Client Needs: Physiological Integrity

2. The first understanding of disease processes occurred in (the):

- a. Early civilization
- b. 21st century
- c. 19th century
- d. Middle Ages

Answer: c

Rationale: In the 19th century, the development of bacteriology helped in the understanding of disease processes.

Nursing Process: Assessment

3. Despite all of the improvements and advancements in health care, several infectious diseases have recently resurfaced, including:

- a. Strep throat
- b. Tuberculosis
- c. Polio
- d. Mononucleosis

Answer: b

Rationale: Tuberculosis is one of several diseases that have recently resurfaced.

Nursing Process: Planning

Client Needs: Psychosocial Integrity

Polan, Journey Across the Life Span, 6e

4. Healthy People 2020 identifies two major goals—eliminating health disparities and:

- a. Increasing peace and prosperity
- b. Eliminating all diseases
- c. Increasing the quality and years of healthy living
- d. Limiting population growth

Answer: c

Rationale: Increasing the quality and years of healthy living is one major goal set by Healthy People 2020.

Nursing Process: Planning

Client Needs: Psychosocial Integrity

5. An external force that can affect one's health is (the):

- a. Mind
- b. Culture
- c. Heredity
- d. Hormones

Answer: b

Rationale: Culture is an external force that can have many influences on an individual, including effects on health.

Nursing Process: Planning

Client Needs: Psychosocial Integrity

6. Health promotion is:

- a. Goal oriented
- b. Natural
- c. Unplanned
- d. Special

Answer: a

Rationale: Health promotion sets goals leading toward optimal wellness.

Nursing Process: Planning

Client Needs: Psychosocial Integrity

Polan, Journey Across the Life Span, 6e

7. Mrs. Jackson brings her 6-month-old infant to the clinic for immunization. This action demonstrates which of the following levels of disease prevention?

- a. Primary
- b. Secondary
- c. Tertiary
- d. Rehabilitative

Answer: a

Rationale: Primary prevention is aimed at disease prevention.

Nursing Process: Implementation

Client Needs: Health Promotion and Maintenance

8. A future national goal for health care is the:

- a. Reduction of services
- b. Decrease in managed care
- c. Increase in Medicaid contribution
- d. Elimination of disparities in health care

Answer: d

Rationale: The national goal for the next decade is health care for all.

Nursing Process: Planning

Client Needs: Psychosocial Integrity

9. Inadequate nutrition contributes to diseases such as:

- a. Arthritis
- b. Lupus
- c. Cancer
- d. Hearing loss

Answer: c

Rationale: Cancer has been linked to poor nutritional practices.

Nursing Process: Planning

Client Needs: Psychosocial Integrity

10. In health promotion, the most important nursing role is:

Polan, Journey Across the Life Span, 6e

- a. Teaching safe health practices
- b. Assessing the individual's health needs
- c. Reducing potential health risk factors
- d. Changing established lifestyle

Answer: a

Rationale: An important goal of health promotion is helping individuals learn to make safe health choices.

Nursing Process: Implementation

Client Needs: Health Promotion and Maintenance

11. A healthy person generally:

- a. Lacks stability
- b. Lacks energy
- c. Is in denial
- d. Is in harmony

Answer: d

Rationale: Being in harmony, or homeostasis, means that the body can balance healthy and unhealthy forces.

Nursing Process: Planning

Client Needs: Psychosocial Integrity

12. In a health model, the nurse, as a collaborator, is responsible for:

- a. Teaching patients about their disease process
- b. Sharing and exchanging information with other health professionals
- c. Demonstrating desired health behavior
- d. Performing daily care needs

Answer: b

Rationale: The nurse acts as a collaborator with other health professionals to promote positive patient outcomes.

Nursing Process: Implementation

Client Needs: Health Promotion and Maintenance

Polan, Journey Across the Life Span, 6e

13. Jennifer Joseph, a 60-year-old client, has been instructed by the public health nurse to begin a program of exercise. You can further explain to Mrs. Joseph that the benefits of exercise are:

- a. An increase in blood supply to muscles and nerves
- b. An increase in heart rate and rhythm
- c. A decrease in the size of the heart muscle
- d. A decrease in blood volume and oxygen demands

Answer: a

Rationale: Exercise helps stimulate increased blood supply, which nourishes muscles and nerves.

Nursing Process: Implementation

Client Needs: Physiological Integrity

14. Holistic health:

- a. Excludes one's physical well-being
- b. Limits consideration of one's social standing
- c. Excludes environmental impact
- d. Considers one's mental well-being

Answer: d

Rationale: Holistic practices consider the whole person's well-being.

Nursing Process: Planning

Client Needs: Psychosocial Integrity

15. Which of the following is an example of health restoration?

- a. Rehabilitation after surgery to replace a knee joint
- b. Immunization against the hepatitis B virus
- c. Surgical excision of a breast cyst
- d. Closure of an abdominal stoma

Answer: a

Rationale: Health restoration implies rehabilitation to one's optimal functioning.

Nursing Process: Planning

Client Needs: Psychosocial Integrity

Polan, Journey Across the Life Span, 6e

16. A major objective of health promotion is:

- a. Decreasing one's stress level
- b. Challenging health practices
- c. Attaining one's level of optimal health
- d. Providing self-actualization

Answer: c

Rationale: The focus of health promotion is individualized to bring the person to his or her best potential.

Nursing Process: Planning

Client Needs: Psychosocial Integrity

17. The most important goal in health restoration is:

- a. Regaining losses
- b. Compensating for losses
- c. Attaining acceptance
- d. Providing sympathy

Answer: b

Rationale: Health restoration assists the person in learning to cope with losses.

Nursing Process: Planning

Client Needs: Psychosocial Integrity

18. Which of the following forces has no impact on changing one's health behavior?

- a. Family
- b. Social pressures
- c. Role models
- d. Inherited traits

Answer: d

Rationale: Inherited traits are those transmitted by genes and are out of a person's control.

Nursing Process: Assessment

Client Needs: Physiological Integrity

19. The stressor most commonly associated with adolescence is:

Polan, Journey Across the Life Span, 6e

- a. The search for self-worth
- b. The search for identity
- c. Separation anxiety
- d. Birth of a new sibling

Answer: b

Rationale: Adolescents struggle to find out who they are.

Nursing Process: Planning

Client Needs: Psychosocial Integrity

20. Based on the Social Readjustment Rating Scale, the most stressful event for an adult is:

- a. Changing careers
- b. Changing residence
- c. Divorce
- d. Childbirth

Answer: c

Rationale: Divorce has been identified as one of life's major stressors, in that it breaks up the family unit.

Nursing Process: Evaluation

Client Needs: Psychosocial Integrity

21. Virgil Grant, a patient recently diagnosed with AIDS, is having a healthy response to the stress in his life if he demonstrates which of the following behaviors?

- a. Denial
- b. Withdrawal
- c. Acceptance
- d. Aggression

Answer: c

Rationale: The stage known as acceptance indicates that the individual has progressed to the final stage of the grieving process.

Nursing Process: Evaluation

Client Needs: Psychosocial Integrity

22. Gary Byrd, a 24-year-old college student, tells the nurse that he sometimes uses various illegal drugs. The nurse can characterize Gary as a substance abuser if he:

Polan, Journey Across the Life Span, 6e

- a. Continues to be active in college affairs
- b. Maintains his self-esteem
- c. Begins to lose interest in his relationships
- d. Has heightened interest in the opposite sex

Answer: c

Rationale: Substance abuse is characterized by a history of personal problems.

Nursing Process: Evaluation

Client Needs: Psychosocial Integrity

23. The highest percentage of accidents resulting from alcohol use involve:

- a. Homicides
- b. Drowning
- c. Fires
- d. Motor vehicles

Answer: d

Rationale: Statistics show that alcohol use is a major cause of motor vehicle accidents.

Nursing Process: Planning

Client Needs: Psychosocial Integrity

24. Sandra Gooden has just been told by the doctor that she is pregnant with her first baby. Which of the following factors will have a negative impact on Sandra's ability to maintain good health during her pregnancy?

- a. Poor relationship with her in-laws
- b. Community recognition
- c. Effective stress management
- d. Economic well-being

Answer: a

Rationale: The nuclear family and extended family play an important role in the well-being of the pregnant woman.

Nursing Process: Assessment

Client Needs: Psychosocial Integrity

Polan, Journey Across the Life Span, 6e

25. The level of health prevention that concentrates on retraining and educating to maximize the use of remaining capacities is:

- a. Primary prevention
- b. Secondary prevention
- c. Tertiary prevention
- d. Disability prevention

Answer: c

Rationale: Tertiary prevention minimizes the effects of long-term disease or disability. With rehabilitation, clients can reach their highest level of functioning.

Nursing Process: Implementation

Client Needs: Health Promotion and Maintenance

26. Preventive care, including immunizations and yearly physical examinations, is classified as what type of health care service?

- a. Primary
- b. Secondary
- c. Tertiary
- d. Collaborative

Answer: a

Rationale: Primary health care services are aimed at disease prevention.

Nursing Process: Implementation

Client Needs: Health Promotion and Maintenance

27. National health insurance for persons 65 years and older is known as:

- a. Medicaid
- b. Medicare
- c. Socialized medicine
- d. Palliative care

Answer: b

Rationale: Medicare offers health insurance coverage to seniors aged 65 years and older.

Nursing Process: Planning

Client Needs: Psychosocial Integrity