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**MULTIPLE CHOICE**

1. Examples of informal education include
  - a. attending a workshop on coronary artery disease sponsored by the American Heart Association.
  - b. watching a television show about diabetes.
  - c. learning about food safety techniques in a high school economics course.
  - d. joining a support group to help overcome an eating disorder.

ANS: B

Watching a television show about diabetes is an example of informal education because it is an experience that occurs through a daily activity. Attending a workshop or joining a support group would be considered nonformal education; a high school course would be considered formal education.

DIF: Cognitive Level: Applying

REF: Page 13

TOP: Nursing Process: Implementation

MSC: Client Needs: Health Promotion and Maintenance

2. A college student exercises regularly and generally eats a healthy variety of foods, is taking a course in general nutrition, buys locally produced food whenever possible, is an active member of an on-campus faith-based organization, and keeps a journal to help process her emotions. What else could be important for her to include in her life in order to develop her overall wellness?
  - a. Growing some of her own food

- b. Keeping a food record to help evaluate what she eats
- c. Eating meals with friends throughout the week
- d. Meeting with a registered dietitian to review her food choices

ANS: C

Wellness enhances a person's level of health through development of each of the six dimensions of health: physical health, intellectual health, emotional health, social health, spiritual health, and environmental health. Exercise and eating a healthy variety of foods help develop physical health; taking a course in general nutrition helps develop intellectual health; buying locally produced food helps develop environmental health; being part of a faith-based organization helps develop spiritual health; and keeping a journal helps develop emotional health. The missing dimension in this example is development of social health; eating meals with friends throughout the week would add this dimension. Growing her own food would be another example of environmental health; keeping a food record would be another contributor to physical health; and meeting with a registered dietitian may contribute to physical, intellectual, and emotional health.

DIF: Cognitive Level: Analyzing

REF: Page 7 | Page 8

TOP: Nursing Process: Assessment

MSC: Client Needs: Health Promotion and Maintenance

3. For a client who is missing meals because of poor planning or is too busy to eat, emotional health can be affected by \_\_\_\_\_, which can cause confusion or anxiety.

- a. low blood sugar levels
- b. high blood sugar levels
- c. high blood pressure
- d. extremely low blood pressure

ANS: A

Poor eating habits affect emotional health. Missing meals may cause blood sugar levels to decrease, which can cause anxiety or confusion or make difficult to control emotions. Late night binges on snack food are likely to result in excessive energy intake but would have a less direct effect on emotional health. Eating small meals throughout the day is likely to maintain more constant blood sugar levels, which would actually have a positive effect on emotional health. Excessive caffeine consumption may contribute to anxiety, but 2 cups of caffeinated coffee is not considered excessive.

DIF: Cognitive Level: Analyzing

REF: Page 6

TOP: Nursing Process: Assessment

MSC: Client Needs: Psychosocial Integrity

4. The best example of the type of concern that is likely to be addressed by the U.S. Department of Health and Human Services when target goals for *Healthy People 2030* are updated is
- a. preference for vegetarian eating patterns among white women.
  - b. low intake of fruits and vegetables by African American children.
  - c. widespread use of bottled water in higher socioeconomic groups.
  - d. common use of protein and vitamin supplements in athletes.

ANS: B

*Healthy People* is used to set targets for health promotion to improve the health of all individuals. It addresses environmental and social issues that affect health outcomes. Low intake of fruits and vegetables by African American children is likely to have an adverse

effect on their health and so may be addressed when target goals are set. Vegetarian eating patterns, use of bottled water, and use of protein and vitamin supplements do not necessarily have an adverse effect on nutritional health and so are less likely to be addressed.

DIF: Cognitive Level: Applying

REF: Page 9 | Page 10

TOP: Nursing Process: Planning

MSC: Client Needs: Health Promotion and Maintenance

5. An example of community support for health promotion is
- a. teaching a young mother skills in safe food preparation.
  - b. watching a television documentary about industry errors in food processing.
  - c. labeling fresh poultry packages with information about proper food storage.
  - d. being aware that *Salmonella* can be transmitted because of inadequate food preparation.

ANS: C

Food labeling information is an example of community support because it is a regulatory measure that supports new health-promoting behaviors within a social context. Teaching, watching television, and awareness may increase knowledge, but they do not alter the social context by regulation or environmental change.

DIF: Cognitive Level: Applying

REF: Page 8

TOP: Nursing Process: Implementation

MSC: Client Needs: Health Promotion and Maintenance

6. An example of a technique for health promotion is

.....

- a. exercising five times a week.
- b. local supermarkets' expanding the availability of fresh fruits and vegetables.
- c. teaching a teenager how to choose healthier foods at fast-food restaurants.
- d. information about the relationship of dietary intake and diet-related disorders.

ANS: C

Health promotion consists of strategies that are designed to improve the health of individuals, families, groups, and communities, such as teaching a teenager how to choose healthier fast foods. Exercising regularly contributes to wellness, but it is not bringing about a change in health unless this is a change in behavior. Stocking a wider availability of fresh produce does not promote health, unless the supermarket uses specific strategies to encourage consumption. Information about the relationship between nutrients and disease is simply information unless it is used to promote behavior change.

DIF: Cognitive Level: Applying REF: Page 7 | Page 8

TOP: Nursing Process: Implementation MSC: Client Needs: Health Promotion and Maintenance

7. For the efficient functioning and maintenance of the body, a person needs to consume sufficient amounts of
- a. fiber.
  - b. nutrients.
  - c. minerals.
  - d. supplements.

ANS: B

The body needs sufficient amounts of all nutrients for efficient functioning and maintenance. Both fiber and minerals are needed, but each represents only one type of nutrient.

Supplements are not always necessary because sufficient nutrients can often be obtained from

food.

DIF: Cognitive Level: Understanding REF: Page 5

TOP: Nursing Process: Assessment MSC: Client Needs: Physiological Integrity

8. A nurse has just been assigned to a community health program for older adults. She should check the document *Healthy People 2020* to become familiar with
- a. nutrition priorities and goals for older American adults.
  - b. dietary standards for Americans older than 50 years.
  - c. dietary guidelines recommended for older adults.
  - d. *MyPlate* recommendations for older adults.

ANS: A

*Healthy People 2020* focuses on targets and goals for improving the health of the nation. The nurse would check the Dietary Reference Intakes for information about dietary standards. The *Dietary Guidelines for Americans* and *MyPlate* are separate documents from *Healthy People 2020* and focus on specific advice and guidelines for healthy eating.

DIF: Cognitive Level: Applying REF: Pages 8-10 TOP: Nursing Process: Planning

MSC: Client Needs: Health Promotion and Maintenance

9. A healthy female middle-aged client asks what she can do to prevent the development of type 2 diabetes. Weight control and nutrition strategies discussed are considered
- a. primary treatment.

- b. primary prevention.
- c. secondary prevention.
- d. tertiary prevention.

ANS: B

Action to prevent the development of type 2 diabetes is considered primary prevention.

Secondary prevention involves early detection to halt and minimize the effects of the disease, and tertiary prevention minimizes complications and helps restore health after the disorder has developed. —Primary treatment is not a recognized term.

DIF: Cognitive Level: Applying REF: Page 11 TOP: Nursing Process: Planning  
MSC: Client Needs: Health Promotion and Maintenance

10. As a home health care nurse, you are visiting a 70-year-old client who has just returned home from the hospital after being treated for coronary artery disease. The medical nutrition therapy developed for him by the hospital dietitian is considered
- a. palliative care.
  - b. primary prevention.
  - c. secondary prevention.
  - d. tertiary prevention.

ANS: D

This is an example of tertiary prevention, which entails minimizing complications and helping restore health after heart disease has developed. Primary prevention would occur before the disease developed, and secondary prevention would involve early detection to minimize the effects of the disease. Palliative care is intended only to minimize symptoms.

DIF: Cognitive Level: Applying REF: Page 12 TOP: Nursing Process: Planning  
MSC: Client Needs: Health Promotion and Maintenance