Chapter 1. Healthy Lifestyles

Multiple Choice
Identify the choice that best completes the statement or answers the question.

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

2. The first understanding of disease processes occurred in (the):
   a. Early civilization
   b. 21st century
   c. 19th century
   d. Middle ages

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

4. Healthy People 2020 identifies two major goals, including eliminating health disparities and:
   a. Peace and prosperity
   b. Eliminating all diseases
   c. Increasing the quality and years of healthy living
   d. Limiting population growth

5. An external force that can affect one’s health is (the):
   a. Mind
   b. Culture
   c. Heredity
   d. Hormones

6. Health promotion is:
   a. Goal oriented
   b. Natural
   c. Unplanned
   d. Special

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
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

9. Inadequate nutrition contributes to diseases such as:
   a. Arthritis
   b. Lupus
   c. Cancer
   d. Hearing loss

10. In health promotion, the most important nursing role is:
    a. Teaching safe health practices
    b. Assessing the individual’s health needs
    c. Reducing potential health risk factors
    d. Changing established lifestyle

11. A healthy person generally:
    a. Lacks stability
    b. Lacks energy
    c. Is in denial
    d. Is in harmony

12. In a health model, the nurse, as a collaborator, is responsible for:
    a. Teaching the patients about their disease process
    b. Sharing and exchanging information with other health professionals
    c. Demonstrating desired health behavior
    d. Performing daily care needs

13. Jennifer Joseph, a 60-year-old client, has been instructed to begin a program of exercise by the public health nurse. 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

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

15. Which of the following is an example of health restoration?
    a. Rehabilitation after surgery to replace the knee joint
    b. Immunization against the hepatitis B virus
    c. Surgical excision of a breast cyst
    d. Closure of an abdominal stoma
16. A major objective of health promotion is to:
   a. Decrease one’s stress level
   b. Challenge health practices
   c. Attain one’s level of optimal health
   d. Provide self-actualization

17. The most important goal in health restoration is to:
   a. Regain losses
   b. Compensate for losses
   c. Attain acceptance
   d. Provide sympathy

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

19. The stressor most commonly associated with adolescence is:
   a. A search for self-worth
   b. A search for identity
   c. Separation anxiety
   d. Birth of a new sibling

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

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

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:
   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

23. The highest percentage of accidents resulting from alcohol use involve:
   a. Homicides
   b. Drowning
   c. Fires
   d. Motor vehicles
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

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

26. Preventative care, including immunizations and yearly physical examinations, are classified as what type of health-care services?
   a. Primary
   b. Secondary
   c. Tertiary
   d. Collaborative

27. National health insurance for persons 65 years and older is known as:
   a. Medicaid
   b. Medicare
   c. Socialized medicine
   d. Palliative care

28. The nurse recognizes that the physiological responses to emotional stress are the result of:
   a. Mental illness
   b. Autonomic nervous stimulation
   c. Powerlessness
   d. Shame

29. The nurse is teaching a community group about disease prevention. She is giving instructions regarding secondary prevention and correctly includes:
   a. Risk factors for heart disease
   b. Limiting disability after injury
   c. The importance of colorectal screening
   d. The use of vitamins and a balanced diet

30. One of the goals of the Affordable Care Act is to:
   a. Place an emphasis on illness
   b. Improve the quality of care
   c. Focus on curing rare diseases
   d. Hold the client responsible for tending his or her own health-care needs

31. The organization that coordinates global health care issues, such as outbreaks of infection, is:
32. The most important goal that the nurse must meet today in the delivery of health care is to:
   a. Foster her clients’ recovery from illness
   b. Provide rehabilitation from illness for the individual
   c. Promote self-care
   d. Assist the individual in attaining the highest level of health

33. The student nurse is providing follow-up teaching to a group of clients on how to maintain a healthy diet. The student nurse must first understand that which of the following factors can affect the selection of a healthy diet? (Select all that apply.)
   a. Cultural preferences
   b. Client’s knowledge level
   c. Economic status
   d. Access to foods

34. The plan of care states that an increase in food is needed to rebuild and repair cells. The nurse would increase the client’s intake of:
   a. Fish
   b. Fruits
   c. Cereals
   d. Olive oil

35. The My Plate guidelines help the individual:
   a. Understand that food intake must match energy output
   b. Focus on the value of certain foods
   c. Use his or her weight to determine food intake
   d. Focus on a child’s nutritional needs

True/False
Indicate whether the statement is true or false.

1. Stress can be defined as anything psychological or physiological that upsets our equilibrium.
2. The World Health Organization (WHO) defines health as “a state of complete physical, mental, and social well-being, not merely the absence of disease or infirmity.”
3. Emotional maturity exists when a person is free of negative emotions.

Multiple Response
Identify one or more choices that best complete the statement or answer the question.

1. Which of the following is an example of a determinant behavior? (Select all that apply.)
   a. Poor diet
b. Unsafe sex

c. Smoking and drugs
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Answer Section

MULTIPLE CHOICE

1. **ANS: D**
   In early civilization, illness was attributed to natural and supernatural forces.
   
   PTS: 1
   KEY: Client Needs: Physiological Integrity | Integrated Processes: Nursing Process: Assessment

2. **ANS: C**
   In the 19th century, the development of bacteriology helped in the understanding of disease processes.
   
   PTS: 1
   KEY: Integrated Processes: Nursing Process: Assessment

3. **ANS: B**
   Tuberculosis is one of several diseases that has recently resurfaced.
   
   PTS: 1

4. **ANS: C**
   Increasing the quality and years of healthy living is one major goal set in Healthy People 2010.
   
   PTS: 1

5. **ANS: B**
   Culture is an external force that can have many influences on an individual, including effects on health.
   
   PTS: 1

6. **ANS: A**
   Promoting health is an important goal leading toward optimal wellness.
   
   PTS: 1

7. **ANS: A**
   Primary prevention is aimed at disease prevention.
   
   PTS: 1

8. **ANS: D**
   The national goal for the next decade is health care for all.
   
   PTS: 1

9. **ANS: C**
Cancer has been linked to poor nutritional practices.

PTS: 1
10. ANS: A
An important goal for health promotion is helping individuals learn to make safe health choices.

PTS: 1
11. ANS: D
Harmony, or homeostasis, means that the body can balance healthy and unhealthy forces.

PTS: 1
12. ANS: B
The nurse acts as a collaborator with other health professionals to promote positive patient outcomes.

PTS: 1
13. ANS: A
Exercise helps stimulate increased blood supply, which nourishes muscle cells.

PTS: 1
14. ANS: D
Holistic practices consider the whole person’s well-being.

PTS: 1
15. ANS: A
Health restoration implies rehabilitation to one’s optimal functioning.

PTS: 1
16. ANS: C
The focus of health promotion is individualized to bring the person to his or her best potential.

PTS: 1
17. ANS: B
Health restoration assists the person in learning to cope with losses.

PTS: 1
18. ANS: D
Inherited traits are those transmitted by genes and are out of a person’s control.
Adolescents struggle to find out who they are.

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

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

Substance abuse is characterized by a history of personal problems.

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

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

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

Primary health-care services are aimed at disease prevention.
Medicare offers health insurance coverage to seniors aged 65 years and older.

28. **ANS:** B  
The brain and autonomic nervous system have a role in the physical changes during an emotional reaction.

29. **ANS:** C  
Secondary prevention includes screening for diseases.

30. **ANS:** B  
The Affordable Care Act focuses on improving the quality of health care and making it available to all Americans.

31. **ANS:** C  
The World Health Organization is concerned about health issues that occur throughout the world as well as any emerging and reemerging infections that are a threat to people worldwide.

32. **ANS:** D  
The nurse has many goals to attain in the delivery of care, but the most important is allowing the individual to achieve his or her highest level of health.

33. **ANS:** A  
B, C, D  
Many factors affect a client’s ability to maintain a healthy diet intake, including the availability of stores, the types of food available, financial ability to purchase healthy food, cultural practices, and educational level.

34. **ANS:** A  
Foods that are the building blocks needed for cell repair and growth are proteins. Examples of proteins include fish, meats, and legumes.

35. **ANS:** A  
My Plate guidelines include portion size, food groups, and the need for exercise in controlling weight and sustaining a healthy diet.
TRUE/FALSE

1. ANS: T
   Stress is anything that upsets our equilibrium.
   PTS: 1

2. ANS: T
   WHO defines health as “a state of complete physical, mental, and social well-being, not merely the absence of disease or infirmity.”
   PTS: 1

3. ANS: F
   Emotional maturity exists when an individual is able to control and express his or her emotional responses in socially appropriate ways.
   PTS: 1

MULTIPLE RESPONSE

1. ANS: A, B, C
   There are a number of behaviors that are determinants to health, including lack of exercise, smoking, drug use, poor nutrition, and unsafe sexual practices.
   PTS: 1