

## **Nies: Community/Public Health Nursing, 5th Edition**

### **Chapter 03: Thinking Upstream: Nursing Theories and Population-Focused Nursing Practice**

#### **Test Bank**

#### **MULTIPLE CHOICE**

1. What is most impressive about Lillian Wald's achievements?
  - a. She suggested new nursing specialties.
  - b. She demonstrated how to improve health in communities.
  - c. She gave expert clinical nursing care to her clients.
  - d. She was appointed a national nursing leader.

ANS: B

Lillian Wald improved health in a community by using diplomacy and neighborhood power. She was elected president of a national nursing organization and created new nursing specialties such as school nursing. However, she is primarily known for her creation of Henry Street House (see Chapter 2 of text), which led to the Visiting Nurses Association and notably improved health in many communities.

DIF: Application REF: 37

2. What is meant by "thinking upstream"?
  - a. Focus on economic, political, and environmental factors
  - b. Prepare for your nursing career long-term goals by planning now
  - c. Seek causes of water and air pollution "upstream" from cities
  - d. Try to understand how or why someone got ill

ANS: A

"Thinking upstream" means focusing on modifying economic, political, and environmental factors that are the precursors of poor health throughout the world.

DIF: Knowledge REF: 38

3. What is a weakness among the many nursing theories created throughout the years on the most appropriate ways to approach patient care?
  - a. Many nurses do not know or understand the theoretical basis of nursing practice.
  - b. Most nursing theories focus on microscopic individual concerns.
  - c. The theories do not reflect the actual world of nursing practice in our health institutions today.
  - d. The theories have not been expanded to incorporate new care technologies.

ANS: B

Most nursing theories have an extremely narrow focus on individual nurse-patient care situations. This microscopic focus ignores the broader global social macroscopic perspective.

DIF: Knowledge REF: 39

4. What is the primary purpose of nursing theory?
  - a. To continually improve nursing practice
  - b. To help demonstrate that nursing is a profession
  - c. To help students organize all the knowledge and procedures necessary for nursing practice
  - d. To serve as a basis for ongoing nursing research

ANS: A

Although nursing theory does serve as a basis for ongoing research, does help demonstrate that nursing is a profession, and may help nurses organize their knowledge, its primary purpose is to improve nursing practice.

DIF: Knowledge REF: 39

5. A patient did not attend the clinic for required follow-up care after his extensive surgery. What might the nurse appropriately conclude?
  - a. The client is noncompliant.
  - b. The client is suffering from self-neglect.
  - c. The health care system is not meeting the client's perceived needs.
  - d. The patient has an inappropriate attitude.
  - e. The nurse has not yet motivated the client appropriately.

ANS: C

Although it is easy to blame the patient for being noncompliant or neglecting himself or herself, or to blame the nurse for not "educating" the patient appropriately, it is equally plausible that the health care system is not meeting the client's perceived needs. Clients can have many reasons for not keeping an appointment such as family emergencies, lack of funds, or lack of transportation. Sociocultural and ethnic barriers can also be factors.

DIF: Application REF: 40

6. What assumption can make Dorothea Orem's theory difficult to use?
  - a. That nurses will always be caring for families and groups
  - b. That the client is able to control his or her environment
  - c. That the client recognizes the need for nursing intervention
  - d. That teaching clients self-care is the primary goal of nursing practice

ANS: B

Orem's theory is focused on patient-nurse interaction within institutional settings. It assumes that the client can control his or her environment, whereas most persons cannot control work, school, or neighborhood environments.

DIF: Comprehension      REF: 41

7. What is the major assumption of the health belief model created and used by social psychologists?
- People will act if action is both easy and convenient.
  - People will act if exposed to fear messages stressing their vulnerability.
  - The major determinant of preventive health behavior is avoiding disease.
  - Public health officials will have media campaigns to educate groups on appropriate action.

ANS: C

The model is based on the assumption that the primary reason people act is disease avoidance. Such avoidance means they perceive themselves as susceptible to a serious disease, there is some cue to action, and there are more benefits than barriers to acting.

DIF: Comprehension      REF: 41

8. What assumption inherent in the health belief model (HBM) is problematic?
- A person has both free will and access to health resources.
  - Clients listen to the advice given by health care professionals.
  - People are influenced by health messages given over media channels.
  - People make what they perceive as rational decisions in a given situation.

ANS: A

The HBM assumes that people have access to health resources, but such resources are not always available to certain groups. Economic, political, and environmental constraints interfere with free choice.

DIF: Comprehension      REF: 44

9. What did Nancy Milio suggest was the most effective way to improve the health of clients?
- Create appropriate national health policies
  - Create health programs that make healthy choices the easiest choices
  - Have nationwide educational programs with information on making healthy choices
  - Stress to clients that they are responsible for their health and encourage them to persuade their health care providers to share health information

ANS: A

The range of available choices is critical in shaping a society's overall health status. Policy decisions in governmental and private organizations shape these choices. Hence, national-level policy making is the best way to impact the health of most Americans rather than continue to concentrate on imparting information in an effort to change individual behaviors.

DIF: Application REF: 43

10. What is the advantage of using Nancy Milio's approach to caring for a client?
- It allows for care interventions outside the hospital system.
  - It demonstrates why nurses find having a close relationship with a colleague within the insurance industry is helpful.
  - It encourages nurses to assess the personal and societal resources of the client.
  - It encourages patients to explain truthfully why they have not acted as the nurse suggested.

ANS: C

As the model focuses on sociopolitical and environmental constraints to a client's free choice, it also encourages assessment of such constraints, as well as suggesting alternative avenues to helping the patient obtain needed care. Milio encourages the practice of nursing from a broad understanding of health and illness.

DIF: Comprehension REF: 44

11. What health-related variable does critical theoretical perspective examine?
- Cultural beliefs
  - Effect of history and tradition
  - Ethnic and racial differences
  - Social inequalities

ANS: D

Critical theoretical perspective examines social inequalities within the broader political, economic, and social systems of society that keep people from reaching their full potential.

DIF: Knowledge REF: 44

12. What would a nurse working from a critical theoretical perspective attempt to do in daily practice?
- Criticize health insurance programs as a barrier to health care
  - Expose and make explicit social values underlying decisions and the health care system itself
  - Fight for social revolution within the U.S. government
  - Point out that tradition is no substitute for thinking

ANS: B

Improvements can only be made if societal and personal values are made explicit. Once these values are recognized, they are more easily confronted. Change may be sought toward a more just society.

DIF: Application REF: 44

13. As *Healthy People 2020* suggests, by thinking and acting strategically, what will be the most effective way to improve the health and well-being of American citizens?
- Addressing the root causes of health problems
  - Choosing one of the twenty-eight focal areas for emphasis in funding and media attention
  - Concentrating on the goals of improving the quality and length of life without health disparities
  - Continuing funding expansion of the health care system, primarily through funding for health care provider education
  - Expanding efforts to put all medical records on electronic media, allowing for vastly expanded research efforts for best evidence-based practice

ANS: A

The chapter emphasizes the need to go beyond individual lifestyle behaviors to the social, economic, political, and value-laden processes of daily life that affect health.

DIF: Comprehension REF: 45-46

14. Which listed factor is most closely associated with morbidity and mortality outcomes?
- Attractiveness
  - Insurance status
  - Neighborhood
  - Personality traits

ANS: B

Social political variables such as race-ethnicity, educational status, gender, and income are highly predictive of health status, but the single most relevant factor of those listed is whether or not the person has insurance.

DIF: Knowledge REF: 48

15. What characteristics of the nurse are crucial to success when nursing in the community?
- Advanced educational preparation
  - Being knowledgeable about the community's needs
  - Listening and showing respect
  - Caring and empathetic personality

ANS: C

Rather than nursing *to* the community, to be successful the nurse must work *with* the community. Listening, being patient, providing accurate information, and respecting the experiences of community members are essential for success.

DIF: Knowledge REF: 48

16. Which nurse is using a macroscopic rather than microscopic approach?

- a. One who emphasizes behaviors that will help in healing
- b. One who examines the family's responses to illness
- c. One who explains how these actions will help in healing
- d. One who provides testimony to legislators concerning proposed legislation

ANS: D

All the choices focus on individual client care except for the nurse who is politically involved as demonstrated by providing testimony relevant to proposed legislation.

DIF: Knowledge REF: 40 (Table 3-1)

### **MULTIPLE RESPONSE**

1. How does having a broader, aggregate focus approach to care help an individual nurse and client improve that client's outcomes? Select all that apply.
- a. Ensures that collaborative efforts of many professionals will be brought to bear on the client's problem(s)
  - b. Confirms the individual's responsibility for the health problem and for resolving it
  - c. Empowers both nurse and client to make decisions based on both individual and community goals, needs, and priorities
  - d. Enables the nurse to legitimately ask for assistance from other community professionals
  - e. Encourages the nurse to allocate time for population-focused preventive efforts
  - f. Upholds professional nursing standards of care

ANS: C, E

Having a broader focus will help both nurse and patient make appropriate decisions. Unfortunately, it cannot ensure that others will help. Ideally it will help both parties recognize that health problems are not just an individual's responsibility but often a result of environmental, sociopolitical, and economic factors as well. Encouraging the nurse to allocate time for population-focused health promotion efforts will also help the nurse's individual clients over the long term.

DIF: Application REF: 39

2. From a community health nurse's perspective, what are the major problems with the health belief model? Select all that apply.
- a. It ignores the need to reduce health system barriers to action.
  - b. It is extremely difficult to change anyone's belief system.

- c. It is the nurse's responsibility to persuade clients to engage in the appropriate behavior.
- d. Patients do not have the knowledge to correctly analyze the seriousness of the disease or their susceptibility to it.
- e. Patients expect health professionals to take preventive actions for them.
- f. The choice and the burden for acting are entirely with the client.

ANS: A, F

A major problem with this model is that the burden for taking action is totally with the client. The model requires health professionals to assume responsibility for modifying the client's perceptions so they recognize the need to act. Although the line between persuading and educating is a fine one, nurses are responsible for education. Persuasion may border on coercion. Further, the model assumes that all responsibility is personal, ignoring barriers in the health care system, which may make it difficult for an individual to take appropriate action.

DIF: Comprehension      REF: 42-43

3. In what way(s) would a nurse, who uses the critical theoretical perspective in practice, respond when a patient suggests that the physician should prescribe a widely advertised medication for tension and anxiety? Select all that apply.
- a. Can you tell me what is going on in your life right now?
  - b. Do you know anyone else who is suffering such tension and anxiety?
  - c. How does your family feel about you having so much tension and anxiety?
  - d. You'll save a lot of money if you accept a generic equivalent to that medication.
  - e. What led you to believe this medication would be of help to you?
  - f. What have you tried in the past to relieve tension and anxiety?

ANS: A, F

The best answer is to ask what is going on in the client's life at that moment because situational stresses often occur to everyone. Next, asking what previously has been effective in relieving the symptoms may suggest more appropriate actions than medication. Although generics would be less expensive than brand-name medication, medication should not be the first approach to resolving a symptom before even examining why the symptom is occurring.

DIF: Analysis      REF: 45

4. Which two groups does critical theoretical perspective say should be held responsible for many of the illnesses of Americans today? Select the best two answers.
- a. Advertisers who market sugar- and fat-saturated food products
  - b. Alcoholic beverage manufacturers, marketers, and sellers
  - c. All manufacturers of products that increase morbidity and mortality
  - d. Any corporation whose processes result in environmental carcinogens
  - e. Restaurants that serve super-size meals using saturated fat to keep costs low
  - f. Tobacco manufacturers who continue to market to adolescents through sponsoring

sports events

ANS: C, D

Although all the answers could be correct, the two inclusive responses are manufacturers of products that increase morbidity and mortality or whose processes result in environmental carcinogens. Choosing just one industry will not change the overall social recognition of the broader problem.

DIF: Analysis

REF: 45