

## **Chapter 2 Nursing Concepts and Health Promotion**

---

### **MULTIPLE CHOICE**

1. The American Nurses Association's *Nursing Scope and Standards of Practice*:
  - a. addresses the profession's concern with the quality and accountability of nursing.
  - b. describes both professional and vocational nursing standards of care.
  - c. describes the profession's non-negotiable ethical standards.
  - d. focuses on standards of care strictly applicable to clinical practice.

ANS: A                      PTS: 1                      DIF: Challenging

2. Nursing's metaparadigm refers to:
  - a. a global definition of health care.
  - b. nursing theory.
  - c. standards that are applicable to the profession.
  - d. common concepts that describe nursing and are specific to the discipline.

ANS: D                      PTS: 1                      DIF: Challenging

3. According to Maslow's Hierarchy of Needs, before an individual can address safety and security needs, he or she must first satisfy their:
  - a. love and belonging needs.
  - b. physiological needs.
  - c. self-actualization needs.
  - d. self-esteem needs.

ANS: B                      PTS: 1                      DIF: Easy

4. Which of the following is a subcategory of Self-Esteem Needs according to Maslow?
  - a. Approval
  - b. Intimacy
  - c. Rules
  - d. Structure

ANS: A                      PTS: 1                      DIF: Easy

5. Nursing is considered a profession because it fits well with which of the following criteria commonly found in a profession?
  - a. Belongs to the medical discipline
  - b. Has established professional standards
  - c. Is accredited by the National League for Nursing
  - d. Is taught in community colleges and vocational schools

ANS: B                      PTS: 1                      DIF: Challenging

6. Which of the following would be most likely to engage in health-promotion nursing research?
  - a. Associate degree prepared nurse
  - b. Baccalaureate of Science in Nursing prepared nurse
  - c. Diploma prepared nurse
  - d. Doctorate in Nursing prepared nurse

ANS: D                      PTS: 1                      DIF: Easy

7. A career ladder approach in nursing refers to:
- associate or diploma educational pathways.
  - employment according to the educational level of the nurse.
  - nursing education at the university level.
  - transitioning of nursing from one educational level to the next.

ANS: D                      PTS: 1                      DIF: Challenging

8. The difference in health-promotion competencies between a nurse educated at the associate degree level and a baccalaureate prepared nurse (BSN) is that the BSN prepared nurse:
- develops teaching plans concerning health promotion, maintenance, and restoration of health.
  - implements nursing care to promote health and manage acute and chronic health problems.
  - manages nursing care for a limited number of patients.
  - performs comprehensive assessments of patients relative to those factors impacting each patient's health status.

ANS: D                      PTS: 1                      DIF: Difficult

9. Systems Theory proposes that change is:
- health care directed.
  - impacted by a person's environment.
  - never haphazard.
  - dependent on the extent of individual behaviors.

ANS: B                      PTS: 1                      DIF: Difficult

10. Which of the following theories would be most appropriate for the nurse to use when educating a 38-year-old diabetic Asian patient about her diet?
- Adaptation Theory
  - Change Theory
  - Transcultural Theory
  - Values Theory

ANS: C                      PTS: 1                      DIF: Difficult

11. Which of the following theories is most closely related to Needs Theory?
- Adaptation Theory
  - Motivation Theory
  - Systems Theory
  - Transcultural Theory

ANS: B                      PTS: 1                      DIF: Challenging

12. Which of the following nursing metaparadigm concepts is most closely associated with Florence Nightingale's Theory of Nursing?
- Environment
  - Health
  - Nursing
  - Person

ANS: A                      PTS: 1                      DIF: Easy

13. Which of the following theorists is most closely associated with Systems Theory?
- Imogene King
  - Jean Watson

- c. Martha Rogers
- d. Virginia Henderson

ANS: C                      PTS: 1                      DIF: Challenging

14. Health promotion is an essential concept useful to nursing in:
- a. defining nursing practice.
  - b. identifying nursing's need for change.
  - c. identifying professional assumptions.
  - d. providing theoretical frameworks.

ANS: A                      PTS: 1                      DIF: Challenging

15. Nursing theorists organize nursing theory by:
- a. accessing nursing definitions.
  - b. addressing nursing's metaparadigm concepts.
  - c. describing nursing's philosophy of health care.
  - d. providing standards of nursing practice.

ANS: B                      PTS: 1                      DIF: Challenging

### TRUE/FALSE

1. The concept of health promotion is a new one to the nursing profession.

ANS: F                      PTS: 1                      DIF: Easy

2. Nursing's metaparadigm helps to critically unify and evaluate concepts that are characteristic of nursing.

ANS: T                      PTS: 1                      DIF: Easy

3. The four concepts that are addressed in nursing's metaparadigm are person, disease prevention, environment, and nursing.

ANS: F                      PTS: 1                      DIF: Easy

4. There is no current consensus on what constitutes health.

ANS: T                      PTS: 1                      DIF: Easy

5. Health can be described in terms of the role of a person in society.

ANS: T                      PTS: 1                      DIF: Easy

6. General Systems Theory was originally described in 2002.

ANS: F                      PTS: 1                      DIF: Challenging

7. Needs Theory may be used interchangeably with Adaptation Theory.

ANS: F                      PTS: 1                      DIF: Challenging

**MATCHING**

*Match each nurse theorist to their Nursing Theory*

- a. Florence Nightingale
  - b. Dorothea Orem
  - c. Imogene King
  - d. Jean Watson
  - e. Madeleine Leininger
  - f. Martha Rogers
  - g. Rosemarie Parse
  - h. Sister Callista Roy
- 
- 1. Adaptation Model
  - 2. Cultural Care Diversity and Universality Theory
  - 3. Environmental Theory of Nursing
  - 4. Self-Care Theory
  - 5. Science of Unitary Human Beings Theory
  - 6. Theory of Goal Attainment
  - 7. Theory of Human Becoming
  - 8. Theory of Transpersonal Caring

- |           |        |           |
|-----------|--------|-----------|
| 1. ANS: H | PTS: 1 | DIF: Easy |
| 2. ANS: E | PTS: 1 | DIF: Easy |
| 3. ANS: A | PTS: 1 | DIF: Easy |
| 4. ANS: B | PTS: 1 | DIF: Easy |
| 5. ANS: F | PTS: 1 | DIF: Easy |
| 6. ANS: C | PTS: 1 | DIF: Easy |
| 7. ANS: G | PTS: 1 | DIF: Easy |
| 8. ANS: D | PTS: 1 | DIF: Easy |