Chapter 1: Public Health and Nursing Practice

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

____ 1. The public health nurse (PHN) knows that he must approach a public health problem with an understanding of the related underlying risk factors in order to develop effective nursing interventions. He must also consider that these risk factors can be either ____ based or ____ based.
   1. Disease; individual
   2. Intervention; government
   3. Epidemic; population
   4. Individual; population

____ 2. A nursing student is studying public health. She learns that, according to C.E.A. Winslow's definition, some of the goals of public health are disease prevention, promoting health, control of communicable infections, and ____.
   1. Risk assessment for disease
   2. Birth control
   3. Education on personal hygiene
   4. Governmental safety regulations

____ 3. If the international medical community was working to contain several worldwide pandemics, they would look to the World Health Organization (WHO), which is:
   1. The public health arm of the United Nations.
   2. Working to improve health and well-being for the global population.
   3. Working with nurses to promote public health interventions.
   4. All of the above.

____ 4. The Institute of Medicine (IOM) stated in their report, *The Future of the Public's Health,* that there are three core functions that society carries out to collectively support the optimum conditions for public health. Which one of the following is not one of these functions?
   1. Prevention
   2. Assessment
   3. Policy development
   4. Assurance

____ 5. With aging, there is an increase in noncommunicable (chronic) illness. The PHN recognizes that an example of a noncommunicable illness is:
   1. Heart disease
   2. Human immunodeficiency virus (HIV)
   3. Hepatitis
   4. Severe acute respiratory syndrome (SARS)

____ 6. A PHN would like to use the Dahlgren-Whitehead model to help herself and other local practitioners understand health in populations. She understands that the Dahlgren-Whitehead ecological model assumes that:
   1. There are multiple determinants of health and thus, multiple strategies are needed.
   2. A population and environmental approach is essential.
   3. Linkages and relationships are crucial.
   4. All of the above.

_____ 7. The obesity rate in a local neighborhood is partially the product of a limited access to full service grocery stores and a lack of dedicated safe venues for exercise. This is an example of issues related to the "upstream" determinants of public health that contribute to the ecology of a community's health "downstream." The PHN understands that upstream determinants include social relations, neighborhoods and communities, institutions, and _____.
   1. Social and economic policies
   2. Availability of medicine to treat disease
   3. Tertiary nursing interventions
   4. Increasing the number of primary care providers

_____ 8. A nursing instructor is giving a lecture on community participation in an ecological public health system. She teaches that the benefits of this collaboration for participants in the community's public health are that their efforts increase effectiveness and productivity, empower the participants, strengthen social engagement, and _____.
   1. Decrease disease rates
   2. Ensure accountability
   3. Increase the number of medical facilities
   4. Monitor childhood illnesses

_____ 9. Which one of the following scenarios is not an example of community collaboration?
   1. Local service groups working to organize disaster relief for tornado victims
   2. A city council passing an ordinance to stop smoking in restaurants
   3. An advocacy group working with the local churches to improve health care for the indigent with mental health disorders
   4. A school working with the local health department to start a school clinic

_____ 10. Which layer of government is responsible for issuing quarantines during a communicable disease outbreak?
   1. Federal
   2. State
   3. Local
   4. All of the above

_____ 11. The nursing student is taught correctly that local health departments do not oversee which of the following?
   1. The surveillance of disease
   2. Investigation of disease outbreaks
   3. Licensing of local hospitals
   4. Public sanitation and water supply

_____ 12. The PHN recognizes that environmental science, epidemiology, biostatistics, biomedical sciences, and _____ form the foundational subjects of public health.
   1. Economics
   2. The humanities
   3. Social and behavioral sciences
   4. Anthropology

_____ 13. As defined by the WHO, an example of a health promotion intervention is _____ whereas a risk reduction/health protection intervention is _____.
   1. Conducting a health fair; funding a school exercise program
   2. Giving a free exercise class; conducting a flu vaccine outreach program
   3. Providing flu medication free to older adults; a diet class for teenagers
   4. Offering a tour of a hospital; a relaxation technique class

_____ 14. According to O'Donnell's definition of health promotion, how could a public health nurse advise a company to encourage its employees to work toward good health?
1. Lower insurance premiums for employees who demonstrate good health habits
2. Have employee exercise classes or discounted health club memberships
3. Have incentives for healthy eating
4. All of the above

_____ 15. According to Issel diversity refers to all   but which of these concepts?
1. Race
2. Culture
3. Ethnicity
4. Environment

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

_____ 16. Globalization, which is a new challenge for public health, includes which of the following problems?
Select all that apply.
1. Greater disparities between rich and poor
2. Environmental degradation
3. Greater need for newer technology
4. Greater distribution of tobacco and alcohol
5. Emergence or re-emergence of communicable diseases

_____ 17. Several nurses who work in the emergency room of an urban hospital notice that a sizable number of children in a certain ethnic population have come in with an illness, all presenting with similar symptoms. The nurses, who are not public health specialists, can intervene in the health of a community through their work with individuals by doing which of the following?
Select all that apply.
1. Increasing antibiotic therapy availability
2. Identifying characteristics of the disease
3. Grouping patients by diagnosis
4. Giving classes on how to avoid infections
5. Assessing the environment of the patients

_____ 18. The regulatory activities of public health nursing include which of the following?
Select all that apply.
1. Interpreting public health laws, regulations, and policies
2. Monitoring regulated entities such as nursing homes
3. Writing new regulations for health care and legislating them
4. Taking part in health policy debates
5. Educating the public

_____ 19. If a PHN meets the PHN Core Competencies, he or she should be able to do which of the following?
Select all that apply.
1. Develop policy for handling a local quarantine.
2. Understand the dietary restrictions of new immigrants.
3. Create a financial plan for a clinic and manage the budget.
4. Function as a medical doctor at a clinic if there is none.
5. Work with corporations to create an emergency response program to bioterrorism.

Chapter 1: Public Health and Nursing Practice
Answer Section

MULTIPLE CHOICE

1. ANS: 4
   Objective: 6. Identify the key roles and responsibilities of public health nurses (PHNs).
   Page: 1-2
   Heading: Introduction to Public Health
   Integrated Processes: Nursing Process
   Client Need: Physiological Integrity: Reduction of Risk Potential
   Cognitive Level: Comprehension [Understanding]
   Concept: Assessment; Promoting Health; Critical Thinking
   Difficulty: Easy

	Feedback
1	His approach cannot be disease based, as diseases can affect populations in multiple locations but the risk factors can be different.
2	Interventions occur after the public health event, and governments can only follow the evidence of public health studies.
3	An epidemic is an occurrence of a disease and has the same limitations as a disease-based approach.
4	Nurses may work with patients to assess risk and intervene on a one-to-one, situational basis or as part of a larger health problem within a population.

   PTS: 1   CON: Assessment | Promoting Health | Critical Thinking

2. ANS: 3
   Objective: 1. Describe public health in terms of current frameworks and organization from a local to a global perspective.
   Page: 2
   Heading: Introduction to Public Health > What Is Public Health?
   Integrated Processes: Teaching/Learning
   Client Need: Health Promotion and Maintenance
   Cognitive Level: Application [Applying]
   Concept: Infection; Nursing Roles; Promoting Health
   Difficulty: Easy

	Feedback
1	Risk assessment is considered a part of disease prevention.
2	Birth control is not considered to be one of the goals of public health.
3	Health education and the promotion of healthy lifestyles are essential parts of public health.
4	The goal of public health is to guide governmental policy but not to create regulations.

   PTS: 1   CON: Infection | Nursing Roles | Promoting Health

3. ANS: 4
   Objective: 1. Describe public health in terms of current frameworks and organization from a local to a global perspective.
   Page: 1-2
   Heading: Introduction to Public Health
   Integrated Processes: Nursing Process

Client Need: Health Promotion and Maintenance
Cognitive Level: Application [Applying]
Concept: Promoting Health; Health-Care System; Management; Safety
Difficulty: Easy

	Feedback
1	The WHO is the "directing and coordinating authority for health within the United Nations system."
2	The WHO has the capability to monitor global epidemiological situations.
3	The WHO brings resources and knowledge to nurses who are working directly with patients in order for them to make informed decisions.
4	The WHO is the public health arm of the United Nations and works toward both of the above mentioned goals.

PTS: 1   CON: Promoting Health | Health-Care System | Management | Safety

4. ANS: 1
Objective: 4. Investigate the role of environment and culture in the health of populations.
Page: 2
Heading: Introduction to Public Health > What is Public Health?
Integrated Processes: N/A
Client Need: Health Promotion and Maintenance
Cognitive Level: Comprehension [Understanding]
Concept: Assessment; Promoting Health
Difficulty: Easy

	Feedback
1	Prevention is not considered a core function of public health, as assessment, policy development, and assurance have prevention as an implied goal of each function.
2	Assessment focuses on analysis and collection of data, as well as the monitoring of health problems and needs.
3	Policy development uses the acquired knowledge from assessments to create useful public health policies.
4	Assurance creates trust in health-care agencies to provide necessary services that are in line with public health goals.

PTS: 1   CON: Assessment | Promoting Health

5. ANS: 1
Objective: 2. Compare and contrast the terms commonly used within the context of public health.
Page: 3-4
Heading: Introduction to Public Health > Public Health Frameworks: Challenges and Trends
Integrated Processes: Nursing Process
Client Need: Health Promotion and Maintenance
Cognitive Level: Comprehension [Understanding]
Concept: Immunity; Infection; Promoting Health
Difficulty: Easy

	Feedback
1	Heart disease cannot be transmitted between humans, so it is a noncommunicable disease.
2	HIV is transmitted between humans through body fluids.

3	Hepatitis is transmitted between humans through blood exchanged in transfusions and needle sticks.
4	SARS is transmitted between humans through respiratory fluids in coughing and sneezing.

PTS: 1　　　　　　　CON: Immunity | Infection | Promoting Health

6. ANS: 4
Objective: 4. Investigate the role of environment and culture in the health of populations.
Page: 3-4
Heading: Introduction to Public Health > Public Health Frameworks: Challenges and Trends
Integrated Processes: Nursing Process
Client Need: Safe and Effective Care Environment: Management of Care
Cognitive Level: Analysis [Analyzing]
Concept: Evidence-Based Practice; Promoting Health
Difficulty: Moderate

	Feedback
1	Location and social systems are two of many determinants in the ecology of a public health problem.
2	This model asserts that the environment of the affected population is a key component in assessing risk factors.
3	Social systems, families, and communities play a role in the health or lack of health for an individual or a population.
4	The Dahlgren-Whitehead model is key to understanding the layers of influence and relationships regarding population health and how important environment is to said health. Thus, all of the answer choices together are correct.

PTS: 1　　　　　　　CON: Evidence-Based Practice | Promoting Health

7. ANS: 1
Objective: 4. Investigate the role of environment and culture in the health of populations.
Page: 3-4
Heading: Introduction to Public Health > Public Health Frameworks: Challenges and Trends
Integrated Processes: Nursing Process
Client Need: Health Promotion and Maintenance
Cognitive Level: Application [Applying]
Concept: Promoting Health; Economics
Difficulty: Moderate

	Feedback
1	Upstream refers to determinants of health that are somewhat removed from the more downstream biological and behavioral bases for disease. Upstream determinants can include social and economic policies.
2	Availability of medicine is not an example of an upstream determinant of health.
3	A tertiary nursing intervention is an example of a downstream determinant of health.
4	Increasing access to primary care is an example of midstream determinants of health.

PTS: 1　　　　　　　CON: Promoting Health | Economics

8. ANS: 2
Objective: 4. Investigate the role of environment and culture in the health of populations.
Page: 3-4
Heading: Introduction to Public Health > Public Health Frameworks: Challenges and Trends

Integrated Processes: Teaching/Learning
Client Need: Health Promotion and Maintenance
Cognitive Level: Application [Applying]
Concept: Nursing Roles; Promoting Health; Collaboration
Difficulty: Easy

	Feedback
1	Though decreased disease rate is a definite sign that the ecology of a health population is improving, community collaboration is a vehicle that brings participants together to address health issues such as rates of disease. Community collaboration efforts are a good way to achieve this.
2	Ensuring accountability among members of a community is improved when communities are actively engaged in health programs.
3	More medical facilities are not an assurance that health care will improve. Collaboration in the community ensures that the community has an active role in health programs.
4	Monitoring childhood illnesses is a method for collecting important surveillance data that can help drive health programs and is not directly impacted by community involvement.

PTS: 1   CON: Nursing Roles | Promoting Health | Collaboration

9. ANS: 2
Objective: 1. Describe public health in terms of current frameworks and organization from a local to a global perspective.
Page: 3-4
Heading: Introduction to Public Health > Public Health Frameworks: Challenges and Trends
Integrated Processes: Nursing Process
Client Need: Health Promotion and Maintenance
Cognitive Level: Application [Applying]
Concept: Promoting Health; Collaboration
Difficulty: Easy

	Feedback
1	This collaboration benefits the community's public health after a natural disaster.
2	Community collaboration can include advocating for change in regulations but does not involve direct legislative activity that is the responsibility of governmental bodies.
3	A volunteer group can offer valuable services to enhance the lives of people suffering from mental illness.
4	This community-based institution is an example of a social system that can work with a health department to use each other's strengths to produce a meaningful project.

PTS: 1   CON: Promoting Health | Collaboration

10. ANS: 3
Objective: 1. Describe public health in terms of current frameworks and organization from a local to a global perspective.
Page: 4-8
Heading: Introduction to Public Health > Public Health Organization and Management
Integrated Processes: Nursing Process
Client Need: Safe and Effective Care Environment: Safety and Infection Control
Cognitive Level: Comprehension [Understanding]
Concept: Health-Care System

Difficulty: Easy

	Feedback
1	The Constitution did not provide for a national public health agency but rather assigned that duty to the states. Though the Centers for Disease Control and Prevention (CDC) provides ongoing research, sets guidelines and offers support, quarantines are usually the responsibility of local health departments.
2	State constitutions empower the states to establish state boards of health. Their duty is to protect the citizens, but quarantines are mostly managed at the local level.
3	Quarantines are mostly managed at the local level.
4	All levels of government are not needed or agile enough to handle local health crises.

PTS: 1   CON: Health-Care System

11. ANS: 3

Objective: 1. Describe public health in terms of current frameworks and organization from a local to a global perspective.
Page: 4-8
Heading: Introduction to Public Health > Public Health Organization and Management
Integrated Processes: Teaching/Learning
Client Need: Safe and Effective Care Environment: Safety and Infection Control
Cognitive Level: Application [Applying]
Concept: Nursing Roles; Health-Care System
Difficulty: Easy

	Feedback
1	Local agencies protect the health of the citizens that live in their county, municipality, or township. They are watchful for conditions that might spawn disease.
2	Once there is a disease outbreak, local health departments work to contain it.
3	Hospitals are licensed by state and federal agencies, not local health departments.
4	Local agencies monitor waste disposal and the water supply to assure quality.

PTS: 1   CON: Nursing Roles | Health-Care System

12. ANS: 3

Objective: 1. Describe public health in terms of current frameworks and organization from a local to a global perspective.
Page: 9-10
Heading: Public Health as a Component of Nursing Practice Across Settings and Specialties > Health From a Population Perspective
Integrated Processes: Nursing Process
Client Need: Safe and Effective Care Environment: Management of Care
Cognitive Level: Comprehension [Understanding]
Concept: Evidence-Based Practice; Nursing
Difficulty: Moderate

	Feedback
1	Although economics could be a useful tool to assess the impact of a health program, it is not considered one of the foundational subjects.
2	The humanities are not considered a key component of public health.
3	Many branches of social and behavioral sciences are useful for analysis of public health issues.
4	The study of man and his development is not considered one of the public health sciences.

PTS: 1   CON: Evidence-Based Practice | Nursing

13. ANS: 2

Objective: 2. Compare and contrast the terms commonly used within the context of public health.
Page: 10-11
Heading: Health Promotion, Risk Reduction, and Health Protection
Integrated Processes: N/A
Client Need: Health Promotion and Maintenance
Cognitive Level: Application [Applying]
Concept: Promoting Health; Nutrition; Sleep, Rest, and Activity
Difficulty: Easy

	Feedback
1	Both of these options are health promotions because they create opportunities to improve health through individual behavior change.
2	A health promotion intervention creates an opportunity to improve health through individual behavioral change, while a risk reduction refers to actions taken to reduce a person's risk for disease.
3	Free medication for the flu is a health benefit only to those who have the infection and a diet class is a health promotion program aimed at individual behavior change.
4	The hospital tour is educational, but not related to health promotion or protection and the relaxation techniques class is health promotion exercise aimed at individual behavior change.

PTS: 1   CON: Promoting Health | Nutrition | Sleep, Rest, and Activity

14. ANS: 4

Objective: 3. Discuss current issues related to health promotion and health protection.
Page: 10-11
Heading: Health Promotion, Risk Reduction, and Health Protection
Integrated Processes: Nursing Process
Client Need: Health Promotion and Maintenance
Cognitive Level: Application [Applying]
Concept: Nutrition; Sleep, Rest, and Activity; Promoting Health; Health-Care System
Difficulty: Moderate

	Feedback
1	Financial benefits or savings would promote behavioral change.
2	Health club memberships would facilitate the employees' ability for change.
3	Encouraging a good diet through incentives would promote healthy behavior.
4	All of the options listed above promote good health and reduce the risk for illness.

PTS: 1   CON: Nutrition | Sleep, Rest, and Activity | Promoting Health | Health-Care System

15. ANS: 4

Objective: 2. Compare and contrast the terms commonly used within the context of public health.
Page: 11-13
Heading: Health Promotion, Risk Reduction, and Health Protection > The Context of Health
Integrated Processes: Nursing Process
Client Need: Health Promotion and Maintenance
Cognitive Level: Application [Applying]
Concept: Diversity; Promoting Health
Difficulty: Moderate

	Feedback
1	Race continues to be used to identify groups and as a marker for diversity.
2	Culture refers to beliefs, values, and norms shared across a group of people and reflects diverse world views.
3	Ethnicity reflects diversity in that specific groups have shared geographic origin, language and dialect, religious faith, folklore, and food preferences.
4	Environment is an important factor in understanding the context of health but is separate from the concept of diversity.

PTS: 1 CON: Diversity | Promoting Health

MULTIPLE RESPONSE

16. ANS: 1, 2, 4, 5
Objective: 1. Describe public health in terms of current frameworks and organization from a local to a global perspective.
Page: 3-4
Heading: Introduction to Public Health > Public Health Frameworks: Challenges and Trends
Integrated Processes: N/A
Client Need: Health Promotion and Maintenance
Cognitive Level: Comprehension [Understanding]
Concept: Addiction; Promoting Health; Economics; Safety
Difficulty: Easy

	Feedback
1.	The problem is that for the growing number of poor people, there is less access to adequate health care, clean drinking water, and nutritious food. This creates even greater health disparities between rich and poor.
2.	With increased urbanization and pollution (environmental degradation), the human body ingests an increased amount of toxic chemicals.
3.	In public health, better strategies for managing health care and current resources are needed more than newer technology.
4.	The widespread availability of tobacco and alcohol increases the abuse of these substances and the problems that accompany it.
5.	Some of the diseases that have emerged or re-emerged as a result of globalization are HIV, AIDS, severe acute respiratory syndrome, hepatitis, malaria, diphtheria, cholera, and Ebola. There is a need for planning for these possible pandemics using limited resources.

PTS: 1 CON: Addiction | Promoting Health | Economics | Safety
17. ANS: 2, 3, 4, 5
Objective: 4. Investigate the role of environment and culture in the health of populations.
Page: 14
Heading: Health Promotion, Risk Reduction, and Health Protection > Population-Focused Care Across Settings and Nursing Specialties
Integrated Processes: Nursing Process
Client Need: Health Promotion and Maintenance
Cognitive Level: Application [Applying]
Concept: Infection; Assessment; Promoting Health

Difficulty: Moderate

	Feedback
1.	Antibiotics may not be a necessary route of treatment for the diagnosis.
2.	It would be important to note and compare symptoms, onset, and other information to ascertain whether this is the same illness.
3.	Grouping the patients according to diagnosis will allow the health-care team to give better care and help create a care map.
4.	Once the problem has been diagnosed, a class on avoiding infections would be a proper intervention.
5.	Evaluating the environment of the patients may create an understanding of why the illness occurred and prevent a re-occurrence of the illness.

    PTS: 1   CON: Infection | Assessment | Promoting Health

18. ANS: 1, 2, 4, 5
    Objective: 6. Identify the key roles and responsibilities of public health nurses (PHNs).
    Page: 19-22
    Heading: Public Health Nursing as a Specialty > Public Health Nursing Scope and Standards of Practice
    Integrated Processes: N/A
    Client Need: Safe and Effective Care Environment: Management of Care
    Cognitive Level: Comprehension [Understanding]
    Concept: Regulations; Legal
    Difficulty: Easy

	Feedback
1.	This is one of the regulatory activities of public health nursing and also includes identifying and implementing public health laws, regulations, and policies.
2.	This is one of the regulatory activities of public health nursing and also includes inspecting these entities.
3.	PHNs can help develop laws but the writing and legislating of laws is done by local/state and federal/legislative bodies.
4.	PHNs can participate in discussions about health care and bring valuable input.
5.	An important part of regulation is making sure the public understands the laws.

    PTS: 1   CON: Regulations | Legal

19. ANS: 1, 2, 3, 5
    Objective: 6. Identify the key roles and responsibilities of public health nurses (PHNs).
    Page: 19-22
    Heading: Public Health Nursing as a Specialty > Public Health Nursing Scope and Standards of Practice
    Integrated Processes: N/A
    Client Need: Health Promotion and Maintenance
    Cognitive Level: Application [Applying]
    Concept: Infection; Nutrition; Diversity; Violence; Nursing Roles
    Difficulty: Easy

	Feedback
1.	Policy development/program planning is an essential skill for a PHN.
2.	In order to reach a population that might not receive adequate health care, cultural competency and communication skills are needed to overcome any barriers.

3.	Financial and management skills are needed to maintain the sustainability of programs.
4.	Though PHNs utilize basic public health science to assist in providing interventions aimed at improving the welfare of the public they may only function within their scope of practice as mandated by state boards of nursing and the profession itself.
5.	One of the new challenges PHNs face is preparing the public for sudden, catastrophic health events, such as bioterrorism.

PTS: 1   CON: Infection | Nutrition | Diversity | Violence | Nursing Roles