

Lewis: Medical-Surgical Nursing, 7th Edition

Test Bank

Chapter 2: Health Disparities

MULTIPLE CHOICE

1. When interviewing a patient about health history, the nurse obtains information about all these areas. When developing a plan to promote the patient's health, the nurse's primary focus will be the patient's
 - a. family history of diabetes.
 - b. refined carbohydrate intake.
 - c. Hispanic/Latino ethnicity.
 - d. age and gender.

Correct Answer: B

Rationale: Because behavior is the major determinant of an individual's health, the nurse should focus on making changes in patient behavior. The other information is also useful but will not be the focus of the nurse's plan to improve the patient's health.

Cognitive Level: Comprehension

Text Reference: pp. 19-20

Nursing Process: Planning

NCLEX: Health Promotion and Maintenance

2. Which of these strategies should be a priority when the nurse is planning care for a hypertensive patient who is uninsured?
 - a. Follow evidence-based national guidelines.
 - b. Obtain less expensive antihypertensive medications.
 - c. Assist with dietary changes as the first action.
 - d. Teach about the impact of exercise on hypertension.

Correct Answer: A

Rationale: The use of standardized evidence-based guidelines will reduce the incidence of health care disparities among various socioeconomic groups. The other strategies may also be appropriate, but the priority concern should be that the patient receives care that meets the accepted standard.

Cognitive Level: Application

Text Reference: p. 24

Nursing Process: Planning

NCLEX: Health Promotion and Maintenance

3. When developing strategies to decrease health care disparities, the nurse working in a clinic located in a neighborhood with many Vietnamese individuals will include

- a. improving public transportation.
- b. obtaining low-cost medications.
- c. educating staff about Vietnamese health beliefs.
- d. updating equipment and supplies for the clinic.

Correct Answer: C

Rationale: Health care disparities are due to stereotyping, biases, and prejudice of health care providers; the nurse can decrease these through staff education. The other strategies also may be addressed by the nurse but will not impact health disparities.

Cognitive Level: Application

Text Reference: pp. 20-21, 24

Nursing Process: Planning

NCLEX: Health Promotion and Maintenance

4. Which information will the nurse need to collect when assessing the health status of a community?
 - a. Average income of community members
 - b. Morning traffic patterns in the community
 - c. Occupations of individuals in the community
 - d. Median life expectancy for the community

Correct Answer: D

Rationale: Health status is the aggregate of all health measures for individuals in a community and includes data such as life expectancy, birth and death rates, and mortality from various diseases. Although income, traffic patterns, and occupations are factors that impact a community's health status, they are not health measures.

Cognitive Level: Comprehension

Text Reference: p. 20

Nursing Process: Assessment

NCLEX: Health Promotion and Maintenance

5. The nurse working in a clinic in a primarily African-American community notes a higher incidence of uncontrolled hypertension in clinic patients than the national average. To correct this health disparity, which action should the nurse take first?
 - a. Survey community members about their perceptions of care at the clinic.
 - b. Schedule teaching sessions about hypertension at community events.
 - c. Obtain low-cost antihypertensive drugs using funding from government grants.
 - d. Initiate a regular home-visit program by nurses working at the clinic.

Correct Answer: A

Rationale: Before other actions are taken, additional assessment data are needed to determine the reason for the disparity. The other actions may also be appropriate, but additional assessment is needed the next action is selected.

Cognitive Level: Application

Text Reference: p. 23

Nursing Process: Assessment

NCLEX: Health Promotion and Maintenance