

## Chapter 02: Health Promotion in the Context of Health Assessment

### Jarvis: Physical Examination & Health Assessment, 3rd Canadian edition

#### MULTIPLE CHOICE

1. A new family is attending the clinic for their first appointment. To practise primary prevention, the nurse will:
  - a. Discuss the need for smoking cessation.
  - b. Share information on nutrition and approaches to maintaining present health.
  - c. Provide patient education on diabetes management.
  - d. Encourage weight loss strategies for obesity.

ANS: B

Primary prevention aims to provide health information to individuals, families, and communities to sustain present health and prevent known health problems.

DIF: Cognitive Level: Understanding (Comprehension)

MSC: Client Needs: Health Promotion and Maintenance

2. To implement primary prevention during the influenza season, the nurse will promote:
  - a. Hospitalization for the individual with influenza.
  - b. Medication to prevent complications with influenza.
  - c. Monitoring the individual with influenza-like symptoms.
  - d. Consistent hand washing and influenza vaccination.

ANS: D

Hand washing (hygiene) and immunization (with influenza vaccination) are examples of primary prevention in protecting individuals and populations from acquiring certain diseases (influenza) in the first place.

DIF: Cognitive Level: Analyzing (Analysis)

MSC: Client Needs: Health Promotion and Maintenance

3. Why is the concept of health being more than the absence of disease important in nursing practice?
  - a. It is a reminder that being healthy is not being sick.
  - b. It supports the perspective that having access to health care services is sufficient for good health.
  - c. It reinforces the need to consider physical and social environmental influences on health.
  - d. It promotes consideration of the presence of disease as an indicator of health.

ANS: C

It is important to include understanding of the importance of the physical and social environments in defining health.

DIF: Cognitive Level: Remembering (Knowledge)

MSC: Client Needs: Health Promotion and Maintenance

4. When discussing primary prevention, the nurse recognizes that it is *best* exemplified as:
  - a. Recommending lipid screening for the 55-year-old individual.

- b. Providing counselling to overcome alcohol addiction.
- c. Preventing further deterioration for the individual with congestive heart failure.
- d. Promoting healthy eating and regular exercise.

ANS: D

The definition of *primary prevention* refers to the promotion of health and the prevention of illness by assisting individuals, families, and communities to prevent known health problems, protect existing states of health, and promote psychosocial wellness.

DIF: Cognitive Level: Understanding (Comprehension)

MSC: Client Needs: Health Promotion and Maintenance

5. When reviewing the inequities in health of certain populations in Canada, the nurse recognizes that social and health inequities can increase morbidity as a result of infectious diseases among:
- a. The Indigenous population
  - b. The African Canadian population
  - c. The South-East Asian Canadian population
  - d. The Middle-Eastern Canadian population

ANS: A

First Nations and Inuit peoples have shorter life expectancies and higher rates of morbidity from infectious diseases, such as tuberculosis, compared with the rest of Canadians because of growing social and health inequities.

DIF: Cognitive Level: Remembering (Knowledge)

MSC: Client Needs: General

6. The nurse is working with a five-member family of recent refugees from Afghanistan. During assessment, what information shared by the family might cause the nurse to be concerned about their health?
- a. The family is currently living in a two-bedroom apartment with another refugee family of five.
  - b. The father states that he gets good income from his job.
  - c. The family recently moved into their new three-bedroom house with a yard.
  - d. The mother describes recipes of the nutritious meals she cooks for the family.

ANS: A

Health inequities for refugees resulting from poor social and economic conditions, such as overcrowding and inadequate housing, have been connected to poor health.

DIF: Cognitive Level: Applying (Application)

MSC: Client Needs: Psychosocial Integrity

7. A committee of health care professionals is discussing the need for an upstream approach to decrease homelessness in the city. Which statement *best* describes the concept of an upstream approach?
- a. Negotiating lower, more affordable rent for homeless individuals
  - b. Building more homeless shelters so that the homeless have a place to sleep in
  - c. Providing homes to homeless individuals who are unable to afford them
  - d. Focusing on the social and economic factors that put groups at risk for homelessness

ANS: D

An upstream approach is aligned with primary prevention and strives to act to prevent a problem before it occurs. Focusing upstream is to determine and take action on the root causes of health conditions that impact individuals. An upstream approach would be to target groups at risk for becoming homeless because of such factors as abuse, addiction, and unemployment.

DIF: Cognitive Level: Analyzing (Analysis)

MSC: Client Needs: Psychosocial Integrity

8. The nurse teaches a 65-year-old patient about using medication safely to prevent polypharmacy. The nurse is promoting health through:
- Screening.
  - Health education.
  - Sanitation.
  - Cultural sensitivity.

ANS: B

The use of health education is one intervention strategy that is used by nurses to promote patients' health.

DIF: Cognitive Level: Understanding (Comprehension)

MSC: Client Needs: Health Promotion and Maintenance

9. During the first meeting with a new patient, the nurse asks the patient about family history to gather information on which social determinant of health?
- Income
  - Gender
  - Biology and genetics
  - Culture and social considerations

ANS: C

Information about the social determinants of health can be acquired when taking a patient's health history. Inquiring about a patient's family history can provide information about the social determinant biology and genetics.

DIF: Cognitive Level: Applying (Application)

MSC: Client Needs: Psychosocial Integrity

10. To gain information about a patient's use of health services, the nurse can inquire about the patient's:
- Work environment hazards.
  - Perception of health.
  - Schedule of medical and dental appointments.
  - Health promotion approaches.

ANS: C

Inquiring about a patient's most recent medical and dental examinations can yield information about the patient's access and use of health services.

DIF: Cognitive Level: Applying (Application)

MSC: Client Needs: Psychosocial Integrity

11. When working with young families in a community with limited health services, the nurse uses the Population Health Promotion Model and considers the need to:
- Reorient health services.
  - Acculturate the families.
  - Build new schools.
  - Develop family counselling groups.

ANS: A

The Population Health Promotion Model can help the nurse integrate the social determinants of health during patient interactions and guide health promotion strategies when working with individuals, families, and communities. For young families in a community with limited access to health services, reorienting health services to provide easier access in that community would be a strategy to promote the health of these young families.

DIF: Cognitive Level: Applying (Application)

MSC: Client Needs: Health Promotion and Maintenance

12. During a health encounter with a patient, which statement by the patient demonstrates readiness for a health education intervention?
- “I visit the dentist annually for a checkup.”
  - “I would really like to quit smoking.”
  - “My immunizations are up to date.”
  - “I really enjoy having a smoke with my beer.”

ANS: B

One of the factors health education interventions need to consider is the individual’s readiness to engage in discussions related to the health information. Other factors include the developmental level and the cultural, social, and economic contexts of the individual; the availability of resources; and prevalent health conditions the individual may be at risk for.

DIF: Cognitive Level: Applying (Application)

MSC: Client Needs: Psychosocial Integrity

13. What are some conditions for which the nurse would normally screen a 75-year-old patient?
- Literacy and communication skills
  - Falls and loss of hearing and visual acuity
  - Using a helmet when riding a motorcycle
  - Injuries from rock climbing activities

ANS: B

The nurse would screen the older adult patient for risks, such as falls, loss of hearing, and visual acuity loss. Screening is based on the higher prevalence of these risks in the older adult population.

DIF: Cognitive Level: Understanding (Comprehension)

MSC: Client Needs: Health Promotion and Maintenance

14. The nurse is reviewing health history information with the 48-year-old Indigenous patient. What is a condition for which the nurse might want to screen the patient?
- Malaria
  - Tuberculosis
  - Sickle cell anemia
  - Breast cancer

ANS: B

Screening is based on the prevalence of a disease in a population. Tuberculosis is highly prevalent among Indigenous populations which supports screening for it.

DIF: Cognitive Level: Applying (Application)

MSC: Client Needs: Psychosocial Integrity

15. The nurse is working with families with newborns. What should the nurse include when assessing the babies?
- Fall risk screening
  - Developmental screening
  - Cancer screening
  - Alcohol use

ANS: B

Considering the effects of environment on early childhood development, the Canadian Paediatric Society has endorsed the systematic use of a developmental screening tool (e.g., NDDS, ASQ, PEDS) at each 18-month well-baby visit.

DIF: Cognitive Level: Understanding (Comprehension)

MSC: Client Needs: Health Promotion and Maintenance

## **MULTIPLE RESPONSE**

1. To implement primary prevention in practice. The nurse will: (*Select all that apply.*)
- Promote routine childhood immunizations.
  - Provide teaching on heart failure management.
  - Encouraging the use of helmets when bicycling.
  - Recommend a mammography for the 55-year-old patient.
  - Discuss weight loss strategies for children diagnosed with obesity.

ANS: A, C

Immunization is an example of primary prevention in protecting individuals and populations from acquiring certain diseases in the first place. Encouraging the use of bicycle helmets is primary prevention in helping patients prevent injury to stay healthy. Mammography is an example of screening to detect disease early in secondary prevention. Teaching on heart failure management would be tertiary prevention to decrease the potential for complications when a disease is already present. Weight loss strategies for individuals with obesity would be tertiary prevention to help avoid or reduce complications associated with obesity.

DIF: Cognitive Level: Analyzing (Analysis)

MSC: Client Needs: Health Promotion and Maintenance

2. The nurse is working with a population of refugees from Syria. What concerns might the nurse have regarding their health? (*Select all that apply.*)
  - a. The negative influence of low income on their health
  - b. The challenges of improved nutrition leading to obesity
  - c. Health disparities resulting in longer life expectancy
  - d. The challenges of accessing health care services leading to poor health outcomes
  - e. Health inequities resulting in higher instances of poor health

ANS: A, D, E

Health disparities occur as a result of the differences in health status between segments of the population as influenced by the social determinants of health. Health inequities result from unavoidable disparities and can negatively influence the health of certain populations, such as refugees.

DIF: Cognitive Level: Applying (Application)

MSC: Client Needs: Psychosocial Integrity

3. What are some of the factors the nurse should consider when deciding whether to screen the 48-year-old female patient for breast cancer? (*Select all that apply.*)
  - a. The prevalence of the disease in the adult female population
  - b. The patient's family history
  - c. The patient's presenting symptoms of breast cancer
  - d. The patient's current diagnosis of breast cancer
  - e. The benefits of early detection of breast cancer

ANS: A, B, E

Screening is based on the relatively high prevalence of a disease in a specific age, gender, or ethnic population; the individual's risk as assessed through the health history; and the availability of a screening tool and acceptable treatment interventions.

DIF: Cognitive Level: Applying (Application)

MSC: Client Needs: Psychosocial Integrity