

**MULTIPLE CHOICE**

1. The purpose of *Healthy People 2030* is to:
  - a. examine world health needs.
  - b. evaluate accomplishments for years 2020–2030.
  - c. focus primarily on infant health and mortality.
  - d. examine funding issues for health care.

ANS: B

*Healthy People 2030* is an evidence-based 10-year report card describing health-care accomplishments in the United States between the years of 2020 and 2030.

DIF: Cognitive Level: Comprehension REF: p. 1 OBJ: 1  
TOP: Healthy People 2030 KEY: Nursing Process Step: Intervention  
MSC: NCLEX: Health Promotion and Maintenance: prevention and early detection of disease

2. A health-care worker planning a research project related to teenage pregnancy in his community would include in the initial assessment the health status of the target population. Health status could be best evaluated by the examination of the:
  - a. birth rate, disease morbidity, and life expectancy.
  - b. birth rate, access to health care, and death rate.
  - c. disease morbidity, life expectancy, and health insurance coverage.
  - d. health insurance coverage, death rate, and access to health care.

ANS: B

Birth rate statistics identify age of mother; death rates include infant mortality and age of mother; access to health care may affect a teenager's ability to obtain adequate prenatal care.

DIF: Cognitive Level: Comprehension REF: p. 6 OBJ: 3  
TOP: Health status KEY: Nursing Process Step: Planning  
MSC: NCLEX: Health Promotion and Maintenance: prevention and early detection of disease

3. The health-care worker teaches a group of new parents about the “back to sleep” program, which is directed toward the reduction of sudden infant death syndrome (SIDS) by:
  - a. positioning the baby on a small flat pillow.
  - b. placing the baby on its back in the crib.
  - c. gently rocking the baby before returning it to bed.
  - d. tucking infant snugly in the crib with a light blanket.

ANS: B

The back to sleep program helps reduce the incidence of SIDS by placing the infant on its back rather than on its stomach.

DIF: Cognitive Level: Application REF: p. 8 OBJ: 5  
TOP: Back to sleep program KEY: Nursing Process Step: Intervention  
MSC: NCLEX: Health Promotion and Maintenance: prevention and early detection of disease

4. *Healthy People 2030* endorses the completion of a high school education primarily to enable a person to:
- secure a better job.
  - increase the quality of life.
  - make healthy lifestyle choices.
  - maintain the family unit.

ANS: C

One of the goals of *Healthy People 2030* is to increase the number of persons graduating from high school so that they have a better education basis on which to make healthy lifestyle choices.

DIF: Cognitive Level: Comprehension  
TOP: Health indicators  
MSC: NCLEX: NA

REF: p. 10 OBJ: 4  
KEY: Nursing Process Step: NA

5. *Healthy People 2030* is published by the:
- Centers for Disease Control and Prevention.
  - Department of the Interior.
  - World Health Organization.
  - Department of Health and Human Services.

ANS: D

*Healthy People 2030* is published by the U.S. Department of Health and Human Services.

DIF: Cognitive Level: Knowledge  
TOP: Healthy People 2030

REF: p. 2 OBJ: 1  
KEY: Nursing Process Step: NA

6. Infant mortality rates are based on infant deaths that occur:
- at birth, per 1000 deliveries.
  - before one year of age, per 1000 live births.
  - from infection and congenital disorders, per 1000 live births.
  - from unexplained causes, per 1000 live births.

ANS: B

Infant mortality is reported on deaths occurring before the age of one year per 1000 live births.

DIF: Cognitive Level: Knowledge  
TOP: Infant mortality  
MSC: NCLEX: Health Promotion and Maintenance: growth and development

REF: p. 9 OBJ: 4  
KEY: Nursing Process Step: Planning

7. Although the life expectancy has increased, *Healthy People 2030* will focus on the older adult's need for:
- better pharmacy insurance coverage.
  - improved extended care facilities.
  - increased compliance to medical protocols.
  - maintenance of independent lifestyles.

ANS: D

The maintenance of independent lifestyles is an ongoing problem for the older adult.

DIF: Cognitive Level: Comprehension REF: p. 11 OBJ: 4  
TOP: Older adults KEY: Nursing Process Step: Planning  
MSC: NCLEX: Health Promotion and Maintenance: prevention and early detection of disease

8. Information about morbidity and mortality gives the health-care worker data to identify:
- lifespan statistics.
  - high-risk age groups for certain diseases or hazards.
  - effectiveness of treatment.
  - cost-effective treatment for the general population.

ANS: B

Evaluating specific details of the determinants of health help health-care workers develop an understanding of the health status of the population. Morbidity and mortality statistics can identify risks for disease or health hazard by age group.

DIF: Cognitive Level: Knowledge REF: p. 6 OBJ: 3  
TOP: Morbidity KEY: Nursing Process Step: Planning  
MSC: NCLEX: Health Promotion and Maintenance: prevention and early detection of disease

9. A major cause of death for children under the age of 1 year is:
- congenital abnormalities.
  - infection.
  - cancer.
  - injuries.

ANS: A

The Centers for Disease Control and Prevention has identified congenital abnormalities as a leading cause of death for children under the age of 1 year.

DIF: Cognitive Level: Knowledge REF: p. 7, Box 1-1 OBJ: 1  
TOP: Health status KEY: Nursing Process Step: Intervention  
MSC: NCLEX: Health Promotion and Maintenance: prevention and early detection of disease

10. The health-care worker advises a young woman who is 7 weeks pregnant to include folic acid supplements in her diet in order to:
- strengthen muscles in preparation for effective labor.
  - help control excessive weight gain during pregnancy.
  - reduce incidence of congenital malformations.
  - enhance the probability of carrying the pregnancy to full term.

ANS: C

One of the goals of *Healthy People 2030* is to promote use of folic acid supplements early in pregnancy. Ideally, folic acid supplements, or adequate dietary folic acid, should be recommended early in the pregnancy to help prevent congenital malformations, especially spina bifida.

DIF: Cognitive Level: Application REF: p. 10 OBJ: 4  
TOP: Folic acid KEY: Nursing Process Step: Intervention  
MSC: NCLEX: Health Promotion and Maintenance: prevention and early detection of disease

11. Guidelines for “baby-friendly” hospitals include:
- information about immunizations.

- b. active support of parent–baby bonding.
- c. control of peri-delivery infection.
- d. encouragement to breastfeed for the first year of life.

ANS: D

Baby-friendly hospitals encourage breastfeeding during the first year of life.

DIF: Cognitive Level: Comprehension REF: p. 10 OBJ: 4  
 TOP: Baby-friendly hospitals KEY: Nursing Process Step: Planning  
 MSC: NCLEX: Health Promotion and Maintenance: growth and development

12. The statistic widely used to compare the health status of different populations is:
- a. incidence of specific infections such as AIDS or smallpox.
  - b. maternal mortality rate.
  - c. infant mortality rate.
  - d. health insurance coverage.

ANS: C

Infant mortality rates are used worldwide as an indicator of the health of a nation.

DIF: Cognitive Level: Knowledge REF: p. 12 OBJ: 3  
 TOP: Healthy People progress KEY: Nursing Process Step: Intervention  
 MSC: NCLEX: Health Promotion and Maintenance: prevention and early detection of disease

13. A health-care worker who is planning a health education program for geriatric adults based on the goals of *Healthy People 2030* would include:
- a. smoking cessation.
  - b. drug and alcohol abuse.
  - c. education about medications.
  - d. fall prevention.

ANS: D

Reducing falls will reduce the incidence of hip fracture, which continues to be a problem, especially among elderly females.

DIF: Cognitive Level: Application REF: p. 11 OBJ: 4  
 TOP: Health education KEY: Nursing Process Step: Planning  
 MSC: NCLEX: Health Promotion and Maintenance: prevention and early detection of disease

14. The role of the professional nurse has evolved to include:
- a. providing direct care to patients at the bedside.
  - b. managing care to cure health problems once they have occurred.
  - c. planning patient care to cover longer hospital stays.
  - d. forming legislation for policies and practices related to health care.

ANS: D

Nurses are no longer simply providing bedside care. Their role now includes policymaking, global health education planning, working as change agents for traditional health-care systems, and so on.

DIF: Cognitive Level: Comprehension REF: p. 12 OBJ: 5  
 TOP: World health KEY: Nursing Process Step: NA MSC: NCLEX: NA

15. Adults over the age of 65 can significantly reduce their health risk by:
- using herbal remedies.
  - getting annual vaccines for influenza and pneumonia.
  - engaging in a mild exercise regimen.
  - eating three large, well-balanced meals a day.

ANS: B

Annual immunizations against pneumonia and influenza significantly reduce morbidity from these diseases.

DIF: Cognitive Level: Comprehension REF: p. 11 OBJ: 4  
TOP: Issues and goals related to phases of the life cycle  
KEY: Nursing Process Step: Planning  
MSC: NCLEX: Health Promotion and Maintenance: prevention and early detection of disease

## MULTIPLE RESPONSE

1. The new topic areas in the *Healthy People* guidelines established in 2017 for consideration for *Healthy People 2030* include: (*Select all that apply.*)
- remove obstacles to health.
  - address structural and systemic prejudice and discrimination..
  - develop policies and practices that promote health equity including preventative care.
  - create healthy physical, social and economic environments.
  - teen pregnancies.

ANS: A, B, C, D

The new topics initiated by the *Healthy People 2030* guidelines in 2017 include removal of obstacles to health, addressing structural and systemic prejudice and discrimination, develop policies and practices that promote health equity including preventative care, create healthy physical, social and economic environments and give children and youth opportunities to allow attainment of highest level of health and well-being throughout their lifespan.

DIF: Cognitive Level: Comprehension REF: p. 2 OBJ: 1  
TOP: New Healthy People topics KEY: Nursing Process Step: NA  
MSC: NCLEX: NA

## COMPLETION

1. Criteria used to measure health-related concepts are referred to as\_\_\_\_\_.

ANS:

Health indicators

Health indicators are measurements of health-related concepts such as increased availability to health care and changing level of tobacco use.

DIF: Cognitive Level: Knowledge REF: p. 2 OBJ: 3  
TOP: Health indicators KEY: Nursing Process Step: NA  
MSC: NCLEX: NA

2. The life expectancy at birth in the United States is above \_\_\_\_\_ years.

ANS:

80

eighty

The life expectancy at birth in the United States is 80.3 years.

DIF: Cognitive Level: Knowledge

REF: p. 7, Table 1-2

OBJ: 3

TOP: Life expectancy in the United States

KEY: Nursing Process Step: Intervention

MSC: NCLEX: Health Promotion and Maintenance: growth and development

3. In addition to injuries, the leading causes of death in adolescents and young adults aged 15 through 24 years are \_\_\_\_\_ and \_\_\_\_\_.

ANS:

unintentional injuries, suicide

homicide, suicide

According to the *Healthy People* review, unintentional injuries and suicide are among the leading causes of death in this age-group.

DIF: Cognitive Level: Knowledge

REF: p. 7, Box 1-1 OBJ: 4

TOP: Issues and goals related to phases of the life cycle (adolescent and young adult)

KEY: Nursing Process Step: NA

MSC: NCLEX: NA

**MULTIPLE CHOICE**

1. Changes in health-care delivery systems have been influenced primarily by:
  - a. institution of various systems to provide cost-effective health care.
  - b. governmental regulation of the cost of all health-care services.
  - c. the need to meet the health-care needs of an aging population.
  - d. development of medical technology that has reduced the incidence of illness.

ANS: A

Increasing health-care costs have led to initiation of health-care delivery systems to contain cost while providing care. Cost control addressing national health goals, entitlements, use of available sources, and identification of changing health-care needs is the basic goal of these systems.

DIF: Cognitive Level: Comprehension  
TOP: Health-care reform  
MSC: NCLEX: NA

REF: p. 26 OBJ: 5  
KEY: Nursing Process Step: NA

2. The purpose of the state/national government program of Medicaid is to provide:
  - a. immunizations for preschool children.
  - b. prescription drugs at a lower cost.
  - c. medical care on the basis of need or poverty.
  - d. community clinics for women and children.

ANS: C

Medicaid is similar to a welfare program in which benefits are provided on the basis of need or poverty.

DIF: Cognitive Level: Comprehension  
OBJ: 5 TOP: Medicaid  
MSC: NCLEX: NA

REF: p. 22, Box 2-3  
KEY: Nursing Process Step: NA

3. A student is preparing a report on the history of the Women, Infants, and Children (WIC) program would acquire the most useful information from:
  - a. *Health, United States*.
  - b. the Department of Health and Human Services.
  - c. the *Federal Register*.
  - d. the Centers for Disease Control and Prevention.

ANS: C

Federal legislation related to health care is recorded and published in the *Federal Register*.

DIF: Cognitive Level: Comprehension  
TOP: Department of Health and Human Services  
KEY: Nursing Process Step: NA  
MSC: NCLEX: NA

REF: p. 23 OBJ: 1

4. The Human Genome Project has the potential to reduce health-care costs by assisting health-care providers to:
- detect illnesses before they become chronic.
  - prevent chromosomal related illnesses.
  - identify the most effective drugs for specific diseases.
  - design low cost complementary and alternative medicine (CAM) remedies.

ANS: A

The Human Genome Project gives health-care providers the potential to detect illnesses before they become chronic.

DIF: Cognitive Level: Comprehension  
TOP: Human Genome Project  
MSC: NCLEX: NA

REF: p. 26 OBJ: 5  
KEY: Nursing Process Step: NA

5. The Tax Equity Fiscal Responsibility Act of 1982 (TEFRA) established the development of:
- diagnosis-related groups (DRGs).
  - Medicaid access for the poor.
  - aid to families with dependent children.
  - maternal and child health services block grants.

ANS: A

TEFRA amended the Social Security Act to establish the development of DRGs in 1982.

DIF: Cognitive Level: Knowledge  
OBJ: 2 TOP: Diagnosis-related groups  
KEY: Nursing Process Step: NA MSC: NCLEX: NA

REF: p. 24, Box 2.1

6. The scope of practice for nursing is stipulated by the:
- American Nurses Association.
  - Board of Nurse Examiners.
  - Nursing Licensure Pact.
  - Nurse practice act.

ANS: D

Nurse practice acts of each state establish the scope of practice for nursing in that state.

DIF: Cognitive Level: Knowledge  
TOP: Nurse Practice Acts  
MSC: NCLEX: NA

REF: p. 18 OBJ: 6  
KEY: Nursing Process Step: NA

7. The roles of the nurse have changed as a result of the national health-care focus on:
- illness prevention and health maintenance.
  - increased accountability to professional codes and international standards of care.
  - treatment of disease or disability.
  - planning for nationalized health care.

ANS: A

Prevention and early intervention appear to be critical to reducing health-care costs and are at the heart of the objectives of *Healthy People 2030*.

DIF: Cognitive Level: Comprehension

REF: p. 27

OBJ: 6



TOP: Illness prevention  
MSC: NCLEX: NA

KEY: Nursing Process Step: NA

8. An informed consent form requires that:
- the patient is informed of all adverse problems of a procedure.
  - the nurse signs as a witness that the patient received the necessary information.
  - the nurse questions the patient to confirm that all aspects of treatment are understood.
  - the nurse documents that the consent has been signed.

ANS: B

The nurse is required to sign the informed consent form as witness that the patient received pertinent information. Extra documentation is not required.

DIF: Cognitive Level: Comprehension  
TOP: Informed consent  
MSC: NCLEX: NA

REF: p. 18  
OBJ: 2  
KEY: Nursing Process Step: NA

9. A diagnosis-related group (DRG) is:
- a standard used by health-care facilities to determine charges for health-care services.
  - a medical condition classification system that determines what Medicare will pay for health-care services.
  - the method that health-care agencies use to decide what health-care services are needed for patients.
  - a system used by all insurance companies to determine what health-care services will be covered.

ANS: B

DRGs are a government-mandated program that radically changed the face of health care by establishing strict rules for reimbursement.

DIF: Cognitive Level: Comprehension  
TOP: Policy setting

REF: p. 23  
KEY: Nursing Process Step: NA

OBJ: 2  
MSC: NCLEX: NA

10. Prospective payment systems for health-care services:
- reimburse only preapproved treatments.
  - pay only health-care providers under contract with the system to provide the lowest-priced services.
  - require that health care be provided by preapproved health professionals.
  - provide payment based on flat predetermined rates regardless of actual cost.

ANS: D

Prospective payment systems are part of the efforts of managed care organizations to standardize and control costs of health care.

DIF: Cognitive Level: Comprehension  
TOP: Delivery of health care

REF: p. 28  
KEY: Nursing Process Step: NA

OBJ: 4

11. To conform to the national trend in health care, health-care agencies of the future may need to depend on:

- a. accountants to implement cost-saving measures.
- b. legislators to set limits on health-care funding.
- c. nurses to plan and implement self-care education programs.
- d. insurance companies to provide more coverage for high-technology procedures.

ANS: C

The focus of health care has changed from treatment to prevention. Health-care agencies may depend on self-care education to promote health and prevent disease as an effective cost-containment strategy. Nurses are ideally suited through education and experience to develop and implement these programs.

|                                     |                               |                |
|-------------------------------------|-------------------------------|----------------|
| DIF: Cognitive Level: Comprehension | REF: p. 27                    | OBJ: 6         |
| TOP: Self-care                      | KEY: Nursing Process Step: NA | MSC: NCLEX: NA |

12. Standards of practice are the foundations for:
- a. plans of care.
  - b. insurance reimbursement.
  - c. licensure.
  - d. consumer protection laws.

ANS: D

Standards of practice, which have evolved over the years, have been used as the foundation of laws relative to consumer protection.

|                                     |                               |        |
|-------------------------------------|-------------------------------|--------|
| DIF: Cognitive Level: Comprehension | REF: p. 18                    | OBJ: 2 |
| TOP: Standards of care              | KEY: Nursing Process Step: NA |        |
| MSC: NCLEX: NA                      |                               |        |

13. The Health Insurance Portability and Accountability Act (HIPAA) provides for:
- a. health insurance for emergency treatment.
  - b. confidentiality of medical information.
  - c. payment for home health care.
  - d. medical care for single mothers and their children.

ANS: B

HIPAA provides for portability of health insurance, confidentiality of medical information, and coverage for preexisting conditions.

|                                     |  |
|-------------------------------------|--|
| DIF: Cognitive Level: Comprehension | REF: p. 24, Table 2.1  |
| OBJ: 5                              | TOP: Health Insurance Portability and Accountability Act (HIPAA) |
| KEY: Nursing Process Step: NA       | MSC: NCLEX: NA   |

14. The Patient Protection and Affordable Care Act of 2010 caused controversy because it mandated:
- a. limited treatment for specified illnesses.
  - b. all recipients must have a picture identification card.
  - c. strict confidentiality of all medical records and medical communications.
  - d. health-care coverage for 32 million uninsured persons.

ANS: D

The Patient Protection and Affordable Care Act of 2010 mandated care to 32 million uninsured persons, which would be financed from Medicare payroll taxes.