

Chapter 01: Community- and Prevention-Oriented Practice to Improve Population Health

Stanhope: Foundations for Population Health in Community/Public Health Nursing, 5th Edition

MULTIPLE CHOICE

1. Which of the following best describes *community-based nursing*?
 - a. A practice in which care is provided for individuals and families
 - b. Providing care with a focus on the group's needs
 - c. Giving care with a focus on the aggregate's needs
 - d. A value system in which all clients receive optimal care

ANS: A

By definition, community-based nursing is a setting-specific practice in which care is provided for "sick" individuals and families where they live, work, and attend school. The emphasis is on acute and chronic care and the provision of comprehensive, coordinated, and continuous care. These nurses may be generalists or specialists in maternal–infant, pediatric, adult, or psychiatric mental health nursing. Community-based nursing emphasizes acute and chronic care to individuals and families, rather than focusing on groups, aggregates, or systems.

2. Which of the following best describes *community-oriented nursing*?
 - a. Focusing on the provision of care to individuals and families
 - b. Providing care to manage acute or chronic conditions
 - c. Giving direct care to ill individuals within their family setting
 - d. Having the goal of health promotion and disease prevention

ANS: D

By definition, community-oriented nursing has the goal of preserving, protecting, or maintaining health and preventing disease to promote the quality of life. All nurses may focus on individuals and families, give direct care to ill persons within their family setting, and help manage acute or chronic conditions. These definitions are not specific to community-oriented nursing.

3. Which of the following is the primary focus of public health nursing?
 - a. Families and groups
 - b. Illness-oriented care
 - c. Individuals within the family unit
 - d. Health care of communities and populations

ANS: D

In public health nursing the primary focus is on the health care of communities and populations rather than on individuals, groups, and families. The goal is to prevent disease and preserve, promote, restore, and protect health for the community and the population within it. Community-based nurses deal primarily with illness-oriented care of individuals and families across the life span. The aim is to manage acute and chronic health conditions in the community, and the focus of practice is on individual or family-centered illness care.

4. Which of the following is responsible for the dramatic increase in life expectancy during the 20th century?
 - a. Technology increases in the field of medical laboratory research
 - b. Advances in surgical techniques and procedures
 - c. Sanitation and other population-based prevention programs
 - d. Use of antibiotics to fight infections

ANS: C

Improvements in control of infectious diseases through immunizations, sanitation, and other population-based prevention programs led to the increase in life expectancy from less than 50 years in 1900 to more than 78 years in 2013. Although people are excited when a new drug is discovered that cures a disease or when a new way to transplant organs is perfected, it is important to know about the significant gains in the health of populations that have come largely from public health accomplishments.

5. A nurse is developing a plan to decrease the number of premature deaths in the community. Which of the following interventions would most likely be implemented by the nurse?
 - a. Increase the community's knowledge about hospice care.
 - b. Promote healthy lifestyle behavior choices among the community members.
 - c. Encourage employers to have wellness centers at each industrial site.
 - d. Ensure timely and effective medical intervention and treatment for community members.

ANS: B

Public health approaches could help prevent premature deaths by influencing the way people eat, drink, drive, engage in exercise, and treat the environment. Increasing knowledge of hospice care, encouraging on-site wellness centers, and ensuring timely treatment of medical conditions do not address the focus of improving overall health through health promotion strategies. This is the major method that is suggested to decrease the incidence of premature death.

6. Which of the following is a basic assumption of public health efforts?
 - a. Health disparities among any groups are morally and legally wrong.
 - b. Health care is the most important priority in government planning and funding.
 - c. The health of individuals cannot be separated from the health of the community.
 - d. The government is responsible for lengthening the life span of Americans.

ANS: C

Public health practice focuses on the community as a whole, and the effect of the community's health status (resources) on the health of individuals, families, and groups. The goal is to prevent disease and disability and promote and protect the health of the community as a whole. Public health can be described as what society collectively does to ensure that conditions exist in which people can be healthy. The basic assumptions of public health do not judge the morality of health disparities. The focus is on prevention of illness not on spending more on illness care. Additionally, individual responsibility for making healthy choices is the directive for lengthening life span not the role of the government.

7. Which of the following actions would most likely be performed by a public health nurse?
 - a. Asking community leaders what interventions should be chosen
 - b. Assessing the community and deciding on appropriate interventions
 - c. Using data from the main health care institutions in the community to determine