Population and Community Health Nursing, 6e (Clark)
Chapter 7   Health System Influences on Population Health

1) The client is experiencing nasal congestion from a cold. The client self-administers an over-the-counter cold product to alleviate symptoms. The best description of the health care system the client is using is:
2. Scientific health care.
3. Personal health care.
4. Popular health care.
Answer: 4
Explanation: 4. The popular health care subsystem is where care is provided by oneself, family, or friends. Complementary health care consists of providers and practices outside the mainstream health care system. The scientific health subsystem is care based on scientific research-derived evidence. Personal health care is the sector that provides health-related services to individual clients.
Nursing/Int.Conc: Nursing Process: Implementation
Client Need: Health Promotion and Maintenance
Cognitive Level: Application
Learning Outcome: 7-2

2) The client is being treated for chronic headache pain in a local clinic. In addition to the medical care the client is receiving, the client also visits an acupuncture clinic and states that both therapies help the headache pain. This type of health care subsystem the client is employing is:
1. Complementary.
2. Personal.
3. Popular.
Answer: 1
Explanation: 1. Using acupuncture therapy in conjunction with standardized medical care is an example of complementary therapy. Complementary health care practices are used in conjunction with scientific care to complement and enhance its effects. Personal health care provides health-related services to individual clients. Popular health care is what an individual does for oneself. Alternative health care is used in place of scientific interventions.
Nursing/Int.Conc: Nursing Process: Evaluation
Client Need: Physiological Integrity
Cognitive Level: Analysis
Learning Outcome: 7-2
3) West Nile virus has been diagnosed in the state. The state health department has ordered mosquito spraying in the affected area and public service announcements are being broadcast in the local media to alert the population to drain water from loose tires and other areas where there may be stagnant water. What obligations are being addressed by the state health department? (Select all that apply.)

1. Prevent epidemics and the spread of disease.
2. Protect the public from environmental hazards.
4. Promote healthy behavior and good mental health.
5. Respond to disasters and assist.

Answer: 1, 2, 3

Explanation: 1. By ordering the mosquito spraying and using the public service announcements, the state health department is preventing the spread of West Nile virus and protecting the public from environmental hazards, thus also preventing potential further injury. The actions are not geared to promoting healthy behavior and good mental health. This action is not responding to a disaster and assisting with recovery.

2. By ordering the mosquito spraying and using the public service announcements, the state health department is preventing the spread of West Nile virus and protecting the public from environmental hazards, thus also preventing potential further injury. The actions are not geared to promoting healthy behavior and good mental health. This action is not responding to a disaster and assisting with recovery.

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Nursing/Int.Conc: Nursing Process: Implementation
Client Need: Safe and Effective Care Environment
Cognitive Level: Application
Learning Outcome: 7-3

4) After a hurricane has devastated an area, the United States Public Health Service sends a group of health care workers to open satellite clinics in the area. This action is best considered:

1. Preventing epidemics and the spread of disease.
2. Preventing injury.
3. Ensuring quality and accessibility of needed health care services.
4. Promoting healthy behavior and good mental health.

Answer: 3

Explanation: 3. Sending health care personnel to staff and open clinics is ensuring accessibility of needed health care services to an area that has been devastated by a natural disaster. It is not preventing epidemics and spread of disease as such, nor does this action prevent injury. While having accessibility to health care services can promote healthy behavior, this is not the best answer.

Nursing/Int.Conc: Nursing Process: Implementation
Client Need: Safe and Effective Care Environment
Cognitive Level: Analysis
Learning Outcome: 7-3
5) The organizational structure of the United States health care delivery system can best be described by three subsystems:
1. Personal health system, popular health system, and scientific health system.
2. Popular health system, alternative health system, and scientific health system.
3. Scientific health system, complementary health system, and alternative health system.
4. Scientific health system, complementary health system, and popular health system.
Answer: 4
Explanation: 4. There are three health care subsystems that describe the organizational structure for the United States, which are the scientific, complementary/alternative, and popular. Complementary/alternative health system is a combined system, not divided into separate systems. Answers that have one without the other do not describe the full organizational structure of health subsystems in the United States.

Nursing/Int.Conc: Nursing Process: Assessment
Client Need: Health Promotion and Maintenance
Cognitive Level: Analysis
Learning Outcome: 7-1

6) The March of Dimes has instituted a public awareness campaign to decrease premature births. It has also conducted media campaigns to raise public awareness of this health problem in addition to research about prematurity and government lobbying efforts. Official government efforts to address prematurity include research and public awareness. As a voluntary agency the primary emphasis of the March of Dimes campaign is on:
1. Funding, research, and education.
2. Research, education, and policy development.
3. Education, policy development, and funding.
4. Policy development, research, and public health practice.
Answer: 2
Explanation: 2. The primary emphasis of voluntary agencies such as the March of Dimes is on research, education, and policy development, primarily through lobbying. Official health agencies can develop policy independently and do research. Education is one of the components of official health agencies. Voluntary health agencies are accountable to their supporters, whereas official health agencies are accountable to the population.

Nursing/Int.Conc: Nursing Process: Implementation
Client Need: Health Promotion and Maintenance
Cognitive Level: Analysis
Learning Outcome: 7-4
7) The “Tour for Cure” is an annual bike relay sponsored by the Multiple Sclerosis (MS) Society. Entrants are sponsored for each mile by voluntary donations, which go to the MS Society to fund research activities and provide services to those diagnosed with MS. The Tour highlights awareness and public education of the disease. As a voluntary health agency, which additional functions can the MS Society accomplish? (Select all that apply.)

1. Promote legislation through lobbying.
2. Health planning and organization.
3. Ensure sufficient health professionals to care for those with MS.
4. Enforce laws and regulations that help to diagnose and treat those with MS.
5. Hire individuals with chronic diseases to assist with fund-raising efforts.

Answer: 1, 2

Explanation: 1. The bike relay helps to fund research that specifically addresses multiple sclerosis. The mission of the MS Society is to find a cure for this disease. The awareness raised by the bike relay educates the public and health professionals about MS. Clients with MS can receive services funded by the MS Society. Though focused on one disease, lobbying efforts are directed to legislation that addresses those who have MS, which also advocates for the public health and can assist in planning and organization. A voluntary health agency is not responsible for providing sufficient health professionals to care for those diagnosed with this disease, though it can have funds to help train them. A voluntary health agency does not have the authority to enforce laws and regulations. Hiring individuals to assist with fund-raising efforts would be an operational action made by the leaders within the MS Society and not something that would be identified as being conducted by a voluntary health agency.

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Nursing/Int.Cone: Nursing Process: Implementation
Client Need: Safe and Effective Care Environment
Cognitive Level: Application
Learning Outcome: 7-4
8) The nurse has been monitoring the community's rates of cardiac disease and sees that they are increasing. The nurse holds a community forum to address the impact of cardiac disease on the community's health. Those attending are given information about cardiac disease including interventions related to diet and exercise to decrease risk. Several church groups who attend the forum offer to host health fairs to provide additional information to the community as well as transportation to physician visits for older community members. Public health services exemplified in this situation include: (Select all that apply.)
1. Monitoring health status to identify health problems.
2. Diagnosing and investigating health problems and hazards.
3. Informing, educating, and empowering people regarding health issues.
4. Mobilizing community partnerships to identify and solve health problems.
5. Engaging physicians to see older community members.
Answer: 1, 3, 4
Explanation: 1. While monitoring the community's health, the nurse has identified cardiac disease as a health problem in the community. Convening a community forum is informing, educating, and empowering the community. Community partnerships are mobilized and the church groups are offering to host health fairs and linking people to health services by providing transportation. Diagnosis and investigating health problems and hazards are not services utilized in this forum. Engaging physicians to see older community members is not a public health service.
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Nursing/Int.Conc: Nursing Process: Evaluation
Client Need: Health Promotion and Maintenance
Cognitive Level: Analysis
Learning Outcome: 7-3
9) The population health nurse is diagnosing and investigating health problems and hazards in the community. Which action did the nurse most likely complete?
1. Correlating pediatric asthma visits to the local ED with local emissions from a nearby fuel plant.
2. Providing asthma education programs to local elementary school teachers.
3. Informing the local health department about the increased rise in asthma attacks.
4. Lobbying the local fuel plant to decrease its emissions.
Answer: 1
Explanation: 1. Correlating pediatric asthma visits to the ED with emissions from the local fuel plant is linking health problems and is diagnosing a health problem within the community. Lobbying the fuel plant to decrease emissions is not diagnosing or investigating. Informing the health department is providing information, but not diagnosing or investigating. Providing asthma education programs to elementary school teachers informs and educates them as to asthma in the pediatric population.
Nursing/Int.Conc: Nursing Process: Assessment
Client Need: Health Promotion and Maintenance
Cognitive Level: Application
Learning Outcome: 7-3

10) A member of the community with tuberculosis (TB) refuses to be compliant with prescribed TB treatment protocol and is sent to a minimum security correctional facility to ensure that the TB medications are done with directly observed therapy (DOT) by the medical personnel. The client initiates legal action to prevent this from happening but is overruled by the judge. Which government level of authority authorizes this power?
1. Local government.
2. County government.
Answer: 3
Explanation: 3. The state, not the federal, county or local governments have primary authority in matters of health. The state government retains the ultimate responsibility for the health of the public and can enforce laws and regulations regarding health.
Nursing/Int.Conc: Nursing Process: Implementation
Client Need: Safe and Effective Care Environment
Cognitive Level: Application
Learning Outcome: 7-5
11) The population nurse is participating on a committee to improve the way health care is provided to individuals who live in the state. What characteristic of the population should the nurse identify to improve the organization and effectiveness of health care delivery? (Select all that apply.)
1. Technological advances.
2. Changes in delivery systems.
3. Changing population demographics.
4. More uninsured members in the state.
5. Reduced numbers of healthcare providers.
Answer: 1, 2, 3, 4
Explanation: 1. Health system observers have identified several forces that influence the technological advances, changes in delivery systems, changes in population demographics, and growing numbers of uninsured residents. The numbers of healthcare providers is not a characteristic of the population that impacts the organization and effectiveness of health care delivery.
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Nursing/Int.Conc: Nursing Process: Implementation
Client Need: Health Promotion and Maintenance
Cognitive Level: Application
Learning Outcome: 7-1
12) During a meeting held at the county health department the population health nurse learns that to change the culture of health care from one of disease treatment to health promotion three aims must be achieved. What actions should the nurse take to help achieve these aims? (Select all that apply.)

1. Teach the population ways to improve health.
2. Structure care delivery so that the patient experience is enhanced.
3. Critically analyze the utilization of resources when providing care.
4. Support the delivery of population health services at the state level.
5. Negotiate with voluntary agencies for grant moneys to help provide care.

Answer: 1, 2, 3

Explanation: 1. The "Triple Aim" identified by the Institute for Healthcare Improvement is to improve population health, enhance patient experience of care, and reduce or control costs. The population health nurse would help achieve these aims by teaching the population ways to improve health, structure care delivery so that the patient experience is enhanced, and critically analyze the utilization of health resources when providing care. Supporting the delivery of population health services at the state level and negotiating with voluntary agencies for grant money to help provide care are not actions that support the triple aim.

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Nursing/Int.Conc: Nursing Process: Implementation
Client Need: Health Promotion and Maintenance
Cognitive Level: Application
Learning Outcome: 7-2
13) The population health nurse is comparing the provisions of the Patient Protection and Affordable Health Care Act with the National Health Service approach used in the United Kingdom. What feature of both health care coverage approaches has been identified as a need?

1. Promote efficiency.
2. Implement research.
3. Reduce chronic illnesses.
4. Limit caregiver autonomy.

Answer: 1

Explanation: Out of the six nations studied, the United States ranked last on overall efficiency of its health system and proposed reforms to the National Health services include promote efficiency. Identify implementing research, reducing chronic illnesses, and limiting caregiver autonomy have not been identified as needs by these healthcare approaches.

Nursing/Int.Conc: Nursing Process: Assessment
Client Need: Health Promotion and Maintenance
Cognitive Level: Analysis
Learning Outcome: 7-6
14) The population health nurse is preparing an educational seminar to be provided during the next community health fair that focuses on preventive health services. What topics should the nurse include in this educational session? (Select all that apply.)

1. The need to explore emotional issues.
2. The need for school-age children to have an annual eye examination.
3. The need for annual blood pressure assessments for people with hypertension.
4. The importance for older community members to receive annual influenza inoculations.
5. The importance for people with diabetes to have a specific set of preventive measures.

Answer: 1, 3, 4, 5

Explanation: 1. The United States ranks lower than other countries on preventive measures such as flu shots for older citizens, recommended preventive measures for patients with diabetes, exploration of emotional issues, and annual blood pressure and cholesterol checks for people with hypertension. The need for an annual eye examination for school-age children is not a topic that is of high importance for the population health nurse to include in the community education session.

3. The United States ranks lower than other countries on preventive measures such as flu shots for older citizens, recommended preventive measures for patients with diabetes, exploration of emotional issues, and annual blood pressure and cholesterol checks for people with hypertension. The need for an annual eye examination for school-age children is not a topic that is of high importance for the population health nurse to include in the community education session.

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Nursing/Int.Conc: Nursing Process: Planning
Client Need: Health Promotion and Maintenance
Cognitive Level: Application
Learning Outcome: 7-6
15) While reviewing the indicators of healthy life the population health nurse decides that additional attention is needed on individuals in the community with specific health problems. On which community members should the nurse focus to help improve these indicators? (Select all that apply.)
1. Persons being treated for cancer.
2. Families with members identified with obesity.
3. Individuals who have had myocardial infarctions and strokes.
4. Individuals who continue to smoke after being advised to stop.
5. Individuals with arthritis who have received joint replacements.
Answer: 1, 2, 3, 4
Explanation: 1. Examining other indicators of healthy life, the United States has a considerably higher prevalence of obesity and greater numbers of productive years of life lost due to respiratory diseases, diabetes, heart disease, and cancer than many countries. Individuals with arthritis who have had joint replacements have not contributed to the low indicators of healthy life scores that the United States has received.
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Nursing/Int.Conc: Nursing Process: Implementation
Client Need: Health Promotion and Maintenance
Cognitive Level: Application
Learning Outcome: 7-6