

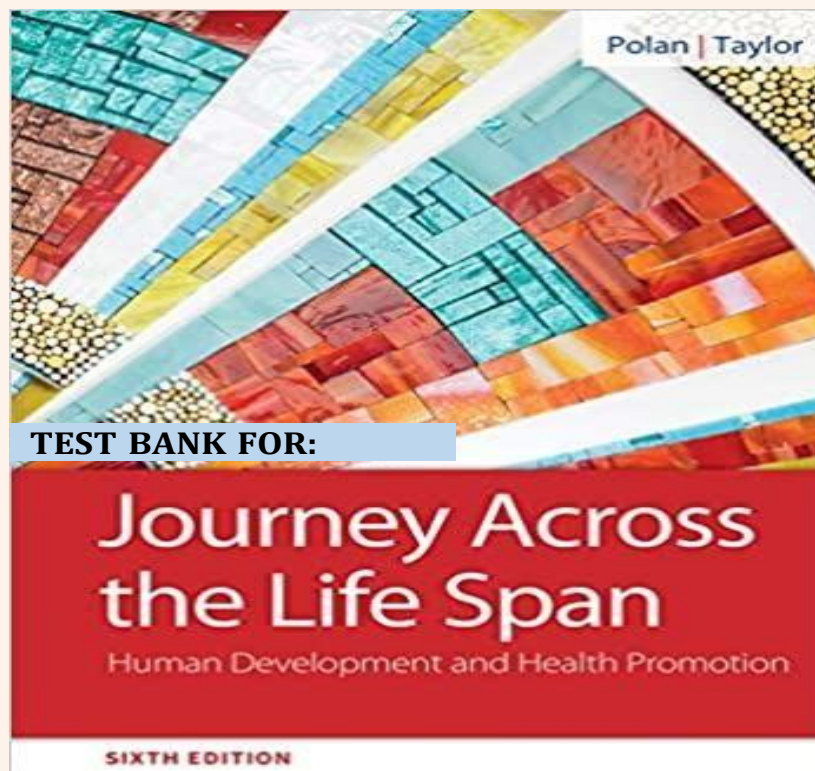
# TEST BANK

## JOURNEY ACROSS THE LIFE SPAN:

*Human Development and Health Promotion*

6TH EDITION

By: Polan|Taylor



# TEST BANK

Test Bank: Journey Across The Life Span: *Human Development and Health Promotion*, 6th Edition Polan

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**Journey Across the Life Span, 6<sup>th</sup> Edition Polan Test Bank****Chapter 1: Healthy Lifestyles – Questions With Answers and Rationales**

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1. In early civilization, the cause of illness was attributed to:

- a. Infectious disease
- b. Microorganisms
- c. Contaminated food and water
- d. Natural and supernatural forces

Answer: d

Rationale: In early civilization, illness was attributed to natural and supernatural forces.

Nursing Process: Assessment

Client Needs: Physiological Integrity

2. The first understanding of disease processes occurred in (the):

- a. Early civilization
- b. 21st century
- c. 19th century
- d. Middle Ages

Answer: c

Rationale: In the 19th century, the development of bacteriology helped in the understanding of disease processes.

Nursing Process: Assessment

3. Despite all of the improvements and advancements in health care, several infectious diseases have recently resurfaced, including:

- a. Strep throat
- b. Tuberculosis
- c. Polio
- d. Mononucleosis

Answer: b

Rationale: Tuberculosis is one of several diseases that have recently resurfaced.

Nursing Process: Planning

Client Needs: Psychosocial Integrity

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4. Healthy People 2020 identifies two major goals—eliminating health disparities and:

- a. Increasing peace and prosperity
- b. Eliminating all diseases
- c. Increasing the quality and years of healthy living
- d. Limiting population growth

Answer: c

Rationale: Increasing the quality and years of healthy living is one major goal set by Healthy People 2020.

Nursing Process: Planning

Client Needs: Psychosocial Integrity

5. An external force that can affect one's health is (the):

- a. Mind
- b. Culture
- c. Heredity
- d. Hormones

Answer: b

Rationale: Culture is an external force that can have many influences on an individual, including effects on health.

Nursing Process: Planning

Client Needs: Psychosocial Integrity

6. Health promotion is:

- a. Goal oriented
- b. Natural
- c. Unplanned
- d. Special

Answer: a

Rationale: Health promotion sets goals leading toward optimal wellness.

Nursing Process: Planning

Client Needs: Psychosocial Integrity

Polan, Journey Across the Life Span, 6e

7. Mrs. Jackson brings her 6-month-old infant to the clinic for immunization. This action demonstrates which of the following levels of disease prevention?

- a. Primary
- b. Secondary
- c. Tertiary
- d. Rehabilitative

Answer: a

Rationale: Primary prevention is aimed at disease prevention.

Nursing Process: Implementation

Client Needs: Health Promotion and Maintenance

8. A future national goal for health care is the:

- a. Reduction of services
- b. Decrease in managed care
- c. Increase in Medicaid contribution
- d. Elimination of disparities in health care

Answer: d

Rationale: The national goal for the next decade is health care for all.

Nursing Process: Planning

Client Needs: Psychosocial Integrity

9. Inadequate nutrition contributes to diseases such as:

- a. Arthritis
- b. Lupus
- c. Cancer
- d. Hearing loss

Answer: c

Rationale: Cancer has been linked to poor nutritional practices.

Nursing Process: Planning

Client Needs: Psychosocial Integrity

10. In health promotion, the most important nursing role is:

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- a. Teaching safe health practices
- b. Assessing the individual's health needs
- c. Reducing potential health risk factors
- d. Changing established lifestyle

Answer: a

Rationale: An important goal of health promotion is helping individuals learn to make safe health choices.

Nursing Process: Implementation

Client Needs: Health Promotion and Maintenance

11. A healthy person generally:

- a. Lacks stability
- b. Lacks energy
- c. Is in denial
- d. Is in harmony

Answer: d

Rationale: Being in harmony, or homeostasis, means that the body can balance healthy and unhealthy forces.

Nursing Process: Planning

Client Needs: Psychosocial Integrity

12. In a health model, the nurse, as a collaborator, is responsible for:

- a. Teaching patients about their disease process
- b. Sharing and exchanging information with other health professionals
- c. Demonstrating desired health behavior
- d. Performing daily care needs

Answer: b

Rationale: The nurse acts as a collaborator with other health professionals to promote positive patient outcomes.

Nursing Process: Implementation

Client Needs: Health Promotion and Maintenance

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13. Jennifer Joseph, a 60-year-old client, has been instructed by the public health nurse to begin a program of exercise. You can further explain to Mrs. Joseph that the benefits of exercise are:

- a. An increase in blood supply to muscles and nerves
- b. An increase in heart rate and rhythm
- c. A decrease in the size of the heart muscle
- d. A decrease in blood volume and oxygen demands

Answer: a

Rationale: Exercise helps stimulate increased blood supply, which nourishes muscles and nerves.

Nursing Process: Implementation

Client Needs: Physiological Integrity

14. Holistic health:

- a. Excludes one's physical well-being
- b. Limits consideration of one's social standing
- c. Excludes environmental impact
- d. Considers one's mental well-being

Answer: d

Rationale: Holistic practices consider the whole person's well-being.

Nursing Process: Planning

Client Needs: Psychosocial Integrity

15. Which of the following is an example of health restoration?

- a. Rehabilitation after surgery to replace a knee joint
- b. Immunization against the hepatitis B virus
- c. Surgical excision of a breast cyst
- d. Closure of an abdominal stoma

Answer: a

Rationale: Health restoration implies rehabilitation to one's optimal functioning.

Nursing Process: Planning

Client Needs: Psychosocial Integrity