

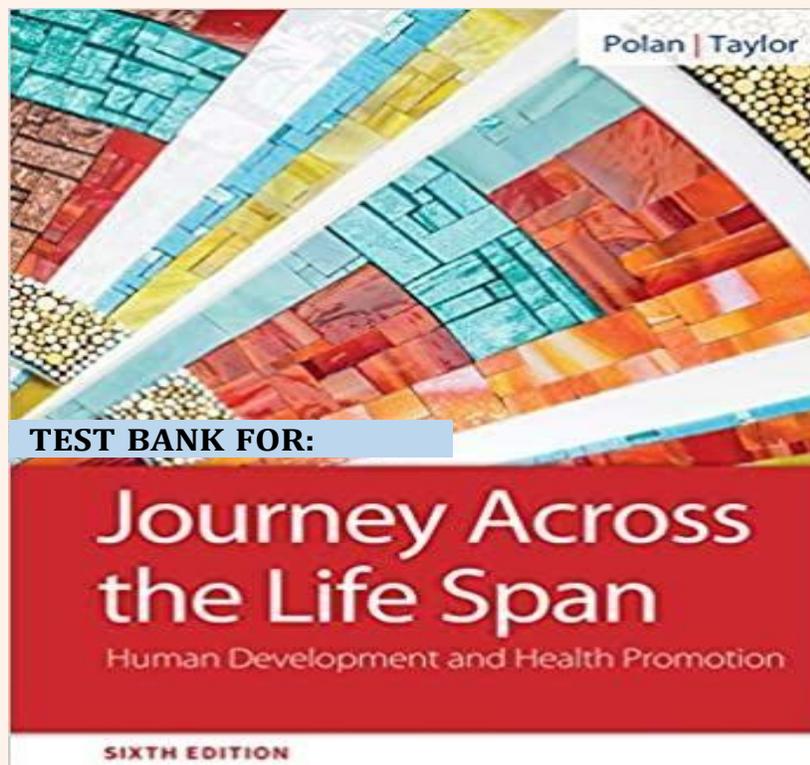
TEST BANK

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

Table of Contents:

Chapter 1. Healthy Lifestyles

Chapter 2. Communication

Chapter 3. Culture

Chapter 4. The Family

Chapter 5. Theories of Growth and Development

Chapter 6. Prenatal Period to 1 Year

Chapter 7. Toddlerhood

Chapter 8. Preschool

Chapter 9. School Age

Chapter 10. Puberty and Adolescence

Chapter 11. Early Adulthood

Chapter 12. Middle Adulthood

Chapter 13. Late Adulthood

Chapter 14. Death and Dying

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

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

Polan, Journey Across the Life Span, 6e

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:

Polan, Journey Across the Life Span, 6e

- 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

Polan, Journey Across the Life Span, 6e

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