

1. Health may be defined as which of the following?
 - A) Being disease free
 - B) Having fulfilling relationships
 - C) Having a clean drinking source and nutritious food
 - D) Being connected in body, mind, and spirit

2. Which of the following characteristics would an effective nurse have?
 - A) Sensitivity to cultural differences
 - B) Mainly team nursing approach
 - C) Strict adherence to routine
 - D) One set cultural practice

3. What is the most common type of health problem seen in the health care system?
 - A) Poor prenatal care
 - B) Lack of information available to clients
 - C) Immobility
 - D) Increased rate of chronic disease

4. The need for self-fulfillment fits in which level of Maslow's Hierarchy of basic needs?
 - A) Physiologic
 - B) Safety and security
 - C) Love and belonging
 - D) Self-actualization

5. What has been the main focus of health care providers in the last 50 years?
 - A) Treatment of disease
 - B) Promotion
 - C) Prevention
 - D) Treatment of childhood disease

6. Which of the following is the best type of disease prevention?
 - A) Immunizations
 - B) Yearly physicals
 - C) Community social events
 - D) Behaviour that promotes health

7. Continuous Quality Improvement programs exist for what purpose?
- A) To establish accountability on the part of health care professionals
 - B) To focus on the process used to provide care
 - C) To identify incidents rather than processes
 - D) To justify health care costs
8. The following principles are principles of the Canada Health Act except one. Which one is not?
- A) Universality
 - B) Portability
 - C) Appropriate technology
 - D) Public administration
9. Which of the following information sources is most important in the development of a clinical pathway?
- A) Current literature and professional expertise
 - B) Legal responsibilities of the health care institution
 - C) The health and wellness philosophy of the caregivers
 - D) Cost considerations of hospitals and health authorities
10. A nurse researcher is conducting a study about the effects of noise on client pain levels while hospitalized. The primary purpose of nursing research is to:
- A) involve clients in their care while hospitalized
 - B) contribute to the scientific base of nursing practice
 - C) draw conclusions about the quality of client care
 - D) explain ongoing medical studies to clients
11. Home health care is becoming one of the largest practice areas for nursing. What has contributed to this?
- A) Chronic nursing shortage
 - B) Focus on treatment of disease
 - C) Increase in hospital stays
 - D) More critically ill clients being released home

12. A nurse is practicing in an oncology clinic. The role of this nurse includes clinical practice, education, management, consultation, and research. Which of the following would most accurately describe this nurse's title?
- A) Midwife
 - B) Clinical nurse specialist
 - C) Independent practice nurse
 - D) General duty nurse
13. Which of the following would be an example of an interdisciplinary, advanced practice model?
- A) The nurse and the physician discussing and jointly making clinical decisions
 - B) The nurse accompanying the physician on rounds
 - C) The nurse making a referral on behalf of the client
 - D) The nurse attending an appointment with the client
14. The nurse is caring for a client dying of lung cancer. According to Maslow's Hierarchy of needs, which dimension of care is considered primary in importance when caring for a dying client?
- A) Spiritual
 - B) Social
 - C) Physiologic
 - D) Emotional
15. When prioritizing a client's care plan based on Maslow's Hierarchy of needs, the nurse's first priority would be:
- A) allowing the family to see a newly admitted client
 - B) ambulating the client in the hallway
 - C) administering pain medication
 - D) using two nurses to transfer the client
16. Which of the following statements best captures the way in which responsibility for health care is organized in Canada?
- A) The federal government is responsible for health care but normally consults with the provinces.
 - B) Health care is under federal jurisdiction, with daily operations delegated to the provinces.
 - C) The provinces are responsible for health care, but coordination on a federal level is necessary to ensure national policies.
 - D) Jurisdiction over health is shared equally between the provincial and the federal governments.

17. Which of the following events runs contrary to the principles of the Canada Health Act?
- A) A client is billed for his physiotherapy during his recovery from an ankle injury.
 - B) A woman from British Columbia is denied coverage in Alberta after she has moved there owing to a job transfer.
 - C) Health services are less accessible to a remote village in northern Saskatchewan than to residents living in Saskatoon.
 - D) Administrative responsibility for a province's health care system lies with a public body.
18. How are patterns of disease currently changing in Canada?
- A) Chronic diseases are declining as a result of primary health and health promotion.
 - B) Infectious diseases are more common than in the past owing to economic disparities.
 - C) Most noncommunicable diseases are being eradicated.
 - D) Some previously treatable conditions now have fewer treatment options.
19. For which of the following clients would a clinical pathway be most appropriate?
- A) A newly admitted client whose medical diagnosis is not yet confirmed
 - B) An elderly client who has just had open heart surgery
 - C) A client who is receiving treatment for a rare hematologic disorder
 - D) A group of junior high school students who will be receiving sexual health education
20. Which of the following principles underlies case management?
- A) Cost containment supersedes individual client preferences.
 - B) Responsibility for meeting client needs rests with one person or team.
 - C) Case management is available only for certain common diagnoses and procedures.
 - D) A physician, designated as case manager, has ultimate responsibility for a client's care over time.
21. Which of the following factors has most contributed to the public's increasing demand for quality care?
- A) Many individuals' knowledge of health problems and health care has increased.
 - B) Health outcomes and overall life expectancy continue to decline in Canada.
 - C) Infectious diseases are more common than they were one to two generations earlier.
 - D) Cultural differences in Canadian society have heightened awareness of differing health practices.

22. The nurse has assumed 24-hour responsibility for the planning and implementation of the nursing care of a newly admitted client. She liaises with the family and the team of caregivers to ensure that communication and quality of care are optimized. What nursing care delivery model is most likely in place at Carla's workplace?
- A) Community-based nursing
 - B) Primary nursing
 - C) Advanced nursing practice
 - D) Team nursing
23. A nurse practitioner provides care in an isolated community in the Northwest Territories and rarely has additional professionals to consult with or refer to. Which of the following actions is most likely beyond the nurse's scope of practice?
- A) Adjusting the dosage of a client's antihypertensives
 - B) Interpreting the results of a client's abdominal radiograph
 - C) Diagnosing a child with otitis media
 - D) Performing a lumbar puncture on a client to reduce cerebrospinal fluid pressure
24. Which of the following groups played a salient role in the early provision of nursing care in Canada?
- A) Roman Catholic nuns
 - B) British military medics
 - C) Aboriginals
 - D) Laypeople
25. Which of the following is an integral component of evidence-based practice?
- A) Safe and appropriate client-nurse ratios
 - B) Commitment to quality care by health institutions and government
 - C) Valid and current research
 - D) Adequate health promotion and primary health initiatives

Answer Key

1. D
2. A
3. D
4. D
5. A
6. D
7. B
8. C
9. A
10. B
11. D
12. B
13. A
14. C
15. C
16. C
17. B
18. D
19. B
20. B
21. A
22. B
23. D
24. A
25. C