

1. To enhance personal health practices, the most fundamental and effective approach to individual client assessment would be:
  - A) Ascertaining past and current use of health care services
  - B) Determining client stress levels related to lifestyle choices
  - C) Using reputable health-education strategies to reduce risk behaviours
  - D) Understanding the health problems that clients experience in everyday life
  
2. During the initial stages of working with a group of single, teenage mothers to improve their living circumstances, a community health nurse would begin by assessing the:
  - A) Availability of needed health education resources
  - B) Physical health status of the teens and their infants
  - C) Teens' identified lack of knowledge about birth control
  - D) Social and physical conditions that influence the teens' health
  
3. A few nursing students revealed to a faculty advisor that they were concerned about the effects of their program demands on their personal health practices. Follow-up with other students indicated that this was a common concern among the student group. Further assessment showed that the students expressed their belief in the importance of maintaining good health practices, but that most students had discontinued weekday efforts because of their focus on school-related stress and limited economic resources. Faculty members supported the concept of integrated health programs and were prepared to develop a program as a project. To assess the need for health promotion among the group of students, which of the following assessment methods would be most useful?
  - A) Physical assessment and health history
  - B) Individual student interview and questionnaire
  - C) Review of literature and consultation with faculty
  - D) Walk-through of education facility and faculty questionnaire
  
4. Program planners work with students and faculty to develop and implement a set of strategies that provide students with alternatives such as peer support, life skills counselling, fitness activity groups, and a social action student coalition. These strategies best reflect which of the *Ottawa Charter* strategies for health promotion?
  - A) Building healthy public policy
  - B) Creating supportive environments
  - C) Strengthening community action
  - D) Re-orienting health services

5. Program strategies consistent with a socioenvironmental approach to health and health promotion for nursing students would include:
- A) Promoting personal health practices such as nutrition and fitness
  - B) Advocating policies that ensure adequate financial support for students
  - C) Screening for occupationally induced physiological risk factors of disease
  - D) Supporting lifestyle change to manage stress with exercise and time management
6. During the initial assessment of a 61-year-old male client, the nurse uses the CAGE questionnaire as a screening tool for alcohol abuse. Which of the historical approaches to health is best exemplified by the nurse's action?
- A) Medical
  - B) Behavioural/lifestyle
  - C) Socioenvironmental
  - D) Preventative
7. Which of the following nursing actions best demonstrates a focus on the determinants of health?
- A) A nurse reviews the medication regimen of a client with chronic obstructive pulmonary disease.
  - B) A nurse performs client teaching on activity management for a client who has been diagnosed with congestive heart failure.
  - C) A nurse provides education on health promotion to a group of workers in an industrial setting.
  - D) A nurse discusses the health activities that a client's income can accommodate.
8. A nurse is helping a group of parents advocate for a more stringent food-inspection framework in Canada. This strategy best reflects which of the *Ottawa Charter* strategies for health promotion?
- A) Building healthy public policy
  - B) Creating supportive environments
  - C) Strengthening community action
  - D) Re-orienting health services
9. Which of the following statements best captures the essence of the *settings* approach to health?
- A) Educational and economic considerations profoundly affect health.
  - B) The health of individuals is a product of their social and physical environment.
  - C) Health-promotion activities should be chosen based on individuals' geographical locations.
  - D) Adequate primary health care is essential to achieving adequate health outcomes.

10. Which of the following statements best conveys the rationale for health promotion in a school setting?
- A) Health promotion in a school setting can yield improved health outcomes for the student's siblings and parents.
  - B) Children younger than 13 years are some of the most common consumers of acute health care services.
  - C) Children contract numerous communicable diseases in the school environment.
  - D) Healthy child development is a critical health determinant because of its implications for lifelong health.

## **Answer Key**

1. C
2. D
3. B
4. B
5. C
6. B
7. D
8. A
9. B
10. D