

1. When developing programs to assist in improving maternal mortality, fetal mortality, and infant mortality rates in Canada, which factor would most likely need to be addressed as having the greatest impact?
 - A) Resolving all languages and cultural differences
 - B) Assuring early and adequate prenatal care
 - C) Providing more extensive women's shelters
 - D) Encouraging all women to eat a balanced diet

2. When integrating the principles of family-centred care, the nurse would include which of the following?
 - A) Childbirth is viewed as a procedural event
 - B) Families are unable to make informed choices
 - C) Childbirth results in changes in relationships
 - D) Families require little information to make appropriate decisions

3. When preparing a teaching plan for a group of first-time pregnant women, the nurse plans to briefly review how maternity care has changed over the years. Which of the following would the nurse include when discussing events of the 20th century?
 - A) Epidemics of puerperal fever
 - B) Performance of the first cesarean birth
 - C) Development of the X-ray to assess pelvic size
 - D) Creation of freestanding birth centres

4. After teaching a group of students about pregnancy-related mortality, the instructor determines that additional teaching is needed when the students identify which condition as a leading cause?
 - A) Hemorrhage
 - B) Embolism
 - C) Obstructed labour
 - D) Infection

5. The nurse is working with a group of community health members to develop a plan to address the special health needs of women. Which of the following conditions would the group address as the most pressing problem?
 - A) Smoking
 - B) Heart disease
 - C) Diabetes
 - D) Cancer

6. When assessing a family for possible barriers to health care, the nurse would consider which factor to be the most important?
- A) The fact that most Canadian women experience language barriers while seeking care
 - B) The fact that Canadian health care systems do not cover most aspects of prenatal care
 - C) The fact that women typically have a limited understanding of the factors that influence their health
 - D) The fact that women often have diverse responsibilities in the home and at work
7. After teaching a group of nursing students about the issue of informed consent. Which of the following, if identified by the student, would indicate an understanding of a violation of informed consent?
- A) Performing a procedure on a 15-year-old without consent
 - B) Serving as a witness to the signature process
 - C) Asking whether the client understands what she is signing
 - D) Getting verbal consent over the phone for emergency procedures
8. The nurse is trying to get consent to care for an 11-year-old boy with diabetic ketoacidosis. His parents are out of town on vacation, and the child is staying with a neighbour. Which action would be the priority?
- A) Contacting the parents with two people listening to the verbal consent
 - B) Providing emergency care without parental consent
 - C) Contacting the child's aunt or uncle to obtain their consent
 - D) Advocating for termination of parental rights for this situation
9. After teaching nursing students about the basic concepts of family-centred care, the instructor determines that the teaching was successful when the students state which of the following?
- A) "Childbirth affects the entire family, and relationships will change."
 - B) "Families are not capable of making health care decisions for themselves."
 - C) "Mothers are the family members affected by childbirth."
 - D) "Childbirth is basically considered to be a medical procedure."

10. A nursing instructor is preparing a class discussion on the trends in health care and health care delivery over the past several centuries. When discussing the current priorities in the study of health, which of the following would the instructor be least likely to include?
- A) Disease prevention
 - B) Health promotion
 - C) Wellness
 - D) Analysis of mortality
11. A nurse is assigned to care for a client from an Asian cultural background. The nurse develops a plan of care with the understanding that based on this client's cultural background, the client may view illness as which of the following?
- A) Caused by supernatural forces
 - B) A punishment for sins
 - C) An indication of a need for prayer and laying on of hands
 - D) Resulting from an imbalance of yin and yang
12. A nurse is developing a plan of care for a woman to ensure continuity of care during pregnancy, labour, and childbirth. Which of the following would be the most important for the nurse to incorporate into that plan?
- A) Adhering to strict, specific routines
 - B) Involving a social worker
 - C) Educating the client about using a support person
 - D) Assigning several nurses as a support team
13. A nursing instructor is preparing a class discussion on case management in maternal and newborn health care. Which of the following would the instructor include as a key component?
- A) The use of a medical focus when planning care
 - B) Coordination between members of different disciplines
 - C) Having families pay privately for prenatal care
 - D) Limiting care to in-home settings
14. After teaching a group of students about the concept of maternal mortality, the instructor determines that additional teaching is needed when the students state which of the following?
- A) "The rate includes accidental causes for deaths."
 - B) "It excludes pregnancy-related causes."
 - C) "The rate only includes deaths in the first two trimesters."
 - D) "The rate only includes preventable causes of death."

15. A group of students are reviewing the historical aspects about childbirth. The students demonstrate understanding of the information when they identify the use of twilight sleep as a key event during which time frame?
- A) 1700s
 - B) 1800s
 - C) 1900s
 - D) 2000s
16. A nurse is providing care to a woman who has just delivered a healthy newborn. Which action is inconsistent with the concept of family-centred care?
- A) Focusing on the birth as a normal healthy event for the family
 - B) Creating opportunities for the family to make informed decisions
 - C) Encouraging the woman to keep her other children at home
 - D) Fostering a sense of respect for the mother and the family
17. When discussing fetal mortality with a group of students, a nurse addresses maternal factors. Which of the following would the nurse most likely include?
- A) Chromosomal abnormalities
 - B) Ethnicity
 - C) Preterm cervical dilation
 - D) Poor placental attachment
18. A nurse is preparing a presentation for a local community group about health status and children's health. Which of the following would the nurse include as one of the most significant measures?
- A) Fetal mortality rate
 - B) Neonatal mortality rate
 - C) Infant mortality rate
 - D) Maternal mortality rate
19. A nurse is preparing a presentation for a local women's group about heart disease and women. Which of the following would the nurse expect to address when discussing measures to promote health?
- A) Women have similar symptoms as men for a heart attack.
 - B) Heart disease is no longer viewed as a "man's disease."
 - C) Women experiencing a heart attack are at greater risk for dying.
 - D) Heart attacks in women are more easily diagnosed.

20. A group of nurses have proposed a community-based intervention for children and families that addresses some of the adverse health effects of poverty. In Canada, what proportion of children currently lives in poverty?
- A) One-quarter
 - B) Ten percent
 - C) One-sixth
 - D) One-third
21. A 27-year-old woman who is pregnant for the first time has chosen to use the services of a midwife for her prenatal care and delivery. Which of the following statements about the role of midwives in Canada is the most accurate?
- A) A midwife has specialty training in managing high-risk pregnancy and delivery.
 - B) A midwife is obliged to consult with a physician before implementing educational interventions.
 - C) A midwife is a registered nurse or licensed practical nurse with extensive obstetrical experience.
 - D) A midwife is a person who has certification in the management of normal pregnancy and delivery.
22. Canada's current Medicare program was created in 1966 under the Canada Health Act. Which of the following statements best describes an aspect of the organization of Medicare?
- A) Medicare is a provincial responsibility but is partly funded by the federal government.
 - B) Medicare is organized and delivered on a local level using transfer payments from provincial governments.
 - C) Medicare is funded and delivered by the federal government, but provincial ministries of health are consulted.
 - D) Medicare is funded by a combination of local governments, provincial governments, and private insurers.
23. A public health campaign has been proposed that has multiple purported benefits, including a reduction in the infant mortality rate. In which of the following settings is there the greatest need for improvement in infant mortality?
- A) In the central business districts of most large Canadian cities
 - B) In rapidly growing suburban areas
 - C) In Canadian Aboriginal communities
 - D) In inner-city neighbourhoods with large numbers of immigrants

24. A community health nurse has observed an upward trend in the numbers of homeless people in the community. Which of the following groups is known to be the faster growing segment of the homeless population?
- A) Recent university graduates
 - B) Former homeowners
 - C) Substance users with mental illness
 - D) Families with young children
25. A series of suicide attempts in an isolated community has prompted a call from territorial politicians to initiate programs aimed at promoting mental health among youth. Community health nurses have encouraged the members of the community to take ownership and leadership in the choice of interventions. Mobilizing and engaging the community rather imposing interventions promote which of the following?
- A) Effective use of the community's social capital
 - B) Increased accountability of the nurse for success or failure
 - C) More efficient use of financial resources
 - D) Evidence-based practice
26. A nurse is creating an interdisciplinary plan of care for a woman who experienced a severe postpartum hemorrhage following the delivery of a healthy baby. The nurse's interactions with the client suggest that spirituality and religion are both major parts of her life. What statement best describes the concepts of spirituality and religion?
- A) Spirituality generates enlightenment; religion results in a narrower world view.
 - B) Spirituality usually has Eastern origins; religion has Western origins.
 - C) Spirituality is a belief in something greater; religion is an organized system of beliefs.
 - D) Spirituality has a place in health care delivery; religion should not be integrated into public health care.
27. A public health nurse has recognized the need to make health promotion activities accessible and relevant to recent immigrants. According to Statistics Canada, which of the following individuals could be characterized as a "typical" Canadian immigrant?
- A) A woman who has joined her daughter and son-in-law from India
 - B) A man who is from the United States but who has taken a job in Canada
 - C) A woman who has chosen to move from Germany to Canada because she finds the lifestyle appealing
 - D) A man from sub-Saharan Africa who has fled political unrest and poverty

28. A hospital nurse is conscientious about protecting patient confidentiality and consistently adheres to the province's privacy legislation. In what situation would the nurse be justified in making an exception to privacy norms?
- A) The nurse is providing care for a woman whose employer is paying for aspects of her care.
 - B) The nurse suspects that a 90-year-old client has been experiencing elder abuse.
 - C) The nurse is providing care for a client whose family lives in another province.
 - D) The nurse suspects that a client may be experiencing delusional thinking or psychosis.

Answer Key

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