

Chapter 3. Health Promotion

Multiple Choice

1. Which of the following is a primary prevention measure for a 76-year-old man newly diagnosed with a testosterone deficiency?

- A. Calcium supplementation
- B. Testicular self-examination
- C. Bone density test
- D. Digital rectal examination

Answer: A

Feedback: Primary prevention refers to efforts to prevent disease from occurring. In this case, calcium supplementation is an example of primary prevention.

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Difficulty: Moderate

2. Which of the following is an example of secondary prevention in a 50-year-old woman?

- A. Yearly mammogram
- B. Low animal fat diet
- C. Use of seat belt
- D. Daily application of sunscreen

Answer: A

Feedback: Secondary prevention consists of early screening and detection of disease, such as having a yearly mammogram.

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Difficulty: Moderate

3. Which of the following is an example of tertiary prevention in a patient with chronic renal failure?

- A. Fluid restriction
- B. Hemodialysis 4 days a week
- C. High-protein diet
- D. Maintenance of blood pressure at 120/80

Answer: B

Feedback: Tertiary prevention is the restoration of health after illness or disease has occurred. Undergoing hemodialysis to treat chronic renal failure is an example of tertiary prevention.

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Difficulty: Moderate

4. Immunizations are an example of which type of prevention?

- A. Primary
- B. Secondary
- C. Tertiary
- D. Quaternary

Answer: A

Feedback: Immunizations are an example of primary prevention. They seek to prevent the occurrence of disease.

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Difficulty: Moderate

5. The nurse is speaking to a patient regarding endemic diseases. Which of these choices describes an endemic statistic?

- A. The typical incidence of influenza in a country
- B. The surprise outbreak of malaria in new regions
- C. Higher levels of Ebola in a country when compared to the previous year
- D. Abnormal outbreak of measles in pockets of a country

Answer: A

Feedback: Because influenza rates are occurring at the same frequency as expected based on past history, this is an example of an endemic disease.

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Difficulty: Moderate

6. The nurse is reviewing old and current trends in disease history. Which of these would be considered an example of a sporadic outbreak?

- A. The number of people diagnosed with rabies virus in 2017
- B. The number of people diagnosed with chlamydia in Texas over a 1-month period
- C. The number influenza cases diagnosed from 1918 to 1919
- D. The number of common cold cases diagnosed in Washington between October 2016 and March 2017

Answer: A

Feedback: A sporadic outbreak occurs when there are occasional cases of an event unrelated in space or time. The best example of this is the number of people diagnosed with rabies virus in 2017.

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Difficulty: Moderate

7. Which accurately defines *incidence rate*?

- A. The number of old cases of a disease at a point in time
- B. The number of cases of a disease at a point in time divided by the percentage of the population at a point in time
- C. The number of total cases of a disease diagnosed at a point in time
- D. The number of new cases of a disease diagnosed at a point in time

Answer: D

Feedback: The incidence rate is the number of new cases of a disease diagnosed at a point in time.

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Difficulty: Easy

8. What describes a pandemic?

- A. An event more than epidemic magnitude affecting a single community or country over a long period of time
- B. An event of epidemic magnitude affecting a single community or country in a short period of time
- C. An event of epidemic magnitude affecting multiple communities and countries in a short period of time
- D. An event less than epidemic magnitude affecting multiple communities and countries over a long period of time

Answer: C

Feedback: A pandemic is defined as the presence of an event in epidemic proportions affecting many communities and countries in a short period of time.

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Difficulty: Easy

9. Which test of health literacy can be completed quickly and provide results comparable to more time-consuming tests?

- A. Test of Functional Health Literacy in Adults (TOFHLA)
- B. Patient Health Questionnaire (PHQ-9)
- C. Rapid Estimate of Adult Literacy in Medicine-Short Form (REALM-SF)
- D. Newest Vital Scale (NVS)

Answer: D

Feedback: The NVS can provide results comparable to more time-consuming literacy tests such as the TOFHLA or REALM-SF.

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Difficulty: Easy

10. The nurse is working with a 65-year-old patient who was recently diagnosed with hypertension. The patient is concerned about their optimal health with their new diagnosis.

Which nursing action is necessary for health promotion with the patient?

- A. Discussing appropriate stress management techniques
- B. Sharing with the patient how to increase sodium consumption
- C. Discussing with the patient exercises that increase heart rate
- D. Emphasizing the importance of avoiding flu vaccinations

Answer: A

Feedback: Applying appropriate stress management techniques will help keep blood pressure within normal limits. This is the primary goal of managing hypertension.

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Difficulty: Moderate