

## Chapter 1: Healthy Lifestyles

### Multiple Choice

*Identify the choice that best completes the statement or answers the question.*

- \_\_\_\_\_ 1. You are reviewing the history of bacterial infections for a community health fair. Which information would you include in the presentation about bacteriology?
  - 1. Medical students during the 6th century focused their study on bacteria.
  - 2. Few people were killed during plagues and epidemics during the Middle Ages.
  - 3. Diet, exercise, and hygiene were incorporated into medical treatment during the 21st century.
  - 4. Improvements in sanitation enhanced the quality of life in people with bacterial infections during the 20th century.
  
- \_\_\_\_\_ 2. You receive notice of an endemic in one country in South America. In which way would you describe this disease outbreak?
  - 1. The disease affects only a particular country.
  - 2. There is an illness that spreads over several countries.
  - 3. There is an illness that spreads over several continents.
  - 4. The disease affects a large number of people living in a community.
  
- \_\_\_\_\_ 3. You are reviewing the leading health indicators for Healthy People 2030. Which indicator would you identify as applicable for patients of all ages?
  - 1. Increase employment
  - 2. Reduce cigarette smoking
  - 3. Reduce food insecurity and hunger
  - 4. Increase treatment for depression
  
- \_\_\_\_\_ 4. The Community Health Nurse is reviewing the social determinants of health. Which action would the nurse take to address neighborhoods and built environments?
  - 1. Prepare information on the use of telehealth
  - 2. Incorporate a job fair with the next community health event
  - 3. Provide financial aid information to the parents of students in high school
  - 4. Attend a city council meeting to advocate for sidewalks in the new housing communities
  
- \_\_\_\_\_ 5. A patient with new health problems reports not having health insurance. Which action would you take to help this patient?
  - 1. Suggest the patient consider contacting the state to enroll in Medicaid
  - 2. Explain that the hospital follows a preferred provider organization structure
  - 3. Review the benefits of obtaining health insurance through a health maintenance

organization

4. Ask social services to help the patient use the state health care exchange to shop for health insurance coverage

- \_\_\_\_\_ 6. A patient states that living with in-laws and grandchildren is creating financial issues. As which type of health status would you categorize this information?
  1. Social
  2. Cognitive
  3. Psychological
  4. Environmental
  
- \_\_\_\_\_ 7. The Public Health Nurse receives a report on the number of adults in the state who were admitted for substance abuse treatment. Which location would the nurse recommend for education to address this health concern?
  1. Churches
  2. Workplaces
  3. High schools
  4. Senior living centers
  
- \_\_\_\_\_ 8. You are discussing treatment options with a patient who has been diagnosed with a new health problem. Which statement would indicate that the patient is empowered to make an informed decision?
  1. "I can't deal with this right now."
  2. "I will do whatever my doctor suggests."
  3. "I am so confused with everything that is happening."
  4. "I think taking the medication would be the best treatment for me."
  
- \_\_\_\_\_ 9. You are caring for patients in a community health clinic. Which intervention would you categorize as primary prevention?
  1. Mammogram
  2. Immunization
  3. Physical therapy treatment
  4. Adjusting blood pressure medication
  
- \_\_\_\_\_ 10. You visit the home of an adolescent patient with obesity. Which action would you take to promote the health of this patient?
  1. Involve the entire family in healthy eating
  2. Provide the adolescent with an eating plan
  3. Explain the health problems the adolescent is going to develop
  4. Review ways for the family to provide separate meals for the adolescent

- \_\_\_\_\_ 11. A patient has a spouse with a chronic condition and two children with different health issues. Which recommendation would you make to help the patient create a healthy meal plan for the entire family?
  - 1. Select a variety of foods from the major food groups
  - 2. Use the spouse's diet as the base and alter it for the children
  - 3. Make one meal that includes a protein, carbohydrate, and fat
  - 4. Encourage the family members to eat the foods they prefer
  
- \_\_\_\_\_ 12. A patient seeks medical attention for an injury obtained while participating in an extreme sport over the weekend. Which teaching would you provide to support the patient's need for regular exercise?
  - 1. Plan to exercise 60 minutes every day
  - 2. Consider a different sport to participate in during the weekends
  - 3. Wait until the injury heals before engaging in any physical activity
  - 4. Schedule 30 minutes of moderate physical activity most days of the week
  
- \_\_\_\_\_ 13. A patient is having a routine physical examination. Which emotional response would cause you to check the patient for stress?
  - 1. Irritability
  - 2. Weight loss
  - 3. Forgetfulness
  - 4. Increased blood pressure
  
- \_\_\_\_\_ 14. A parent is concerned because their hospitalized 7-year-old child is wetting the bed. In which way would you categorize the child's incontinence?
  - 1. Protest
  - 2. Despair
  - 3. Regression
  - 4. Detachment
  
- \_\_\_\_\_ 15. A patient is informed that a biopsy has tested positive for a terminal illness. Which finding indicates to you that the patient is experiencing moderate anxiety?
  - 1. Confusion
  - 2. Restlessness
  - 3. Heart palpitations
  - 4. Inability to communicate
  
- \_\_\_\_\_ 16. You are visiting the home of a pediatric patient with a chronic condition. Which action will you take when serving as an advocate for the patient?
  - 1. Instruct the patient and family about the condition
  - 2. Measure the patient's vital signs and observe for new symptoms
  - 3. Help the patient and family choose between available treatment options

4. Share information about the patient and family with the Health Care Provider

### Multiple Response

*Identify one or more choices that best complete the statement or answer the question.*

- \_\_\_\_\_ 17. You are talking with colleagues about the actions the health care organization supported during the COVID-19 pandemic. Which actions would you identify as having helped to reduce the spread of the virus? *Select all that apply.*
1. Isolation
  2. Screening
  3. Disinfecting
  4. Prescribing prophylactic medication
  5. Use of personal protective equipment
- \_\_\_\_\_ 18. You review the Healthy People 2030 objectives for a community health presentation. On which health behaviors would you focus during the presentation? *Select all that apply.*
1. Nutrition
  2. Healthy eating
  3. Pregnancy and childbirth
  4. Increasing physical activity
  5. Avoiding tobacco and nicotine
- \_\_\_\_\_ 19. You are planning care for a patient with several conditions. When using the holistic model of health, you identify which internal forces as impacting the patient's health? *Select all that apply.*
1. Mind
  2. Family
  3. Heredity
  4. Body systems
  5. Neurochemistry
- \_\_\_\_\_ 20. You are completing a health history with a patient. On which social determinants of health will you focus to promote the patient's health? *Select all that apply.*
1. Type of housing
  2. Average daily diet
  3. Daily use of substances
  4. Access to transportation
  5. General hygiene practices
- \_\_\_\_\_ 21. You are reviewing information on a patient who reports exercising for 30 minutes every day. Which findings would indicate to you that the exercise plan has had positive effects on the patient's health? *Select all that apply.*

1. Lower blood pressure
2. Weight gain of 2.2 lb (1 kg)
3. Reduced cholesterol level
4. Resting heart rate 8 beats lower
5. Respiratory rate 24 breaths per minute

- \_\_\_\_ 22. You are caring for a patient whose spouse passed away a year ago. Which findings indicate that the patient is experiencing maladaptive responses to stress? *Select all that apply.*
1. Smoking 2 ppd of cigarettes
  2. Walking the dog in the morning
  3. Meeting friends for lunch over the weekend
  4. Drinking a bottle of wine after work each day
  5. Attending spiritual services on Wednesday evenings

## Chapter 1: Healthy Lifestyles

### Answer Section

#### MULTIPLE CHOICE

1. ANS: 4

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Page: 2

Integrated Processes: Teaching and Learning

Patient Need: Health Promotion and Maintenance

Cognitive Level: Application [Applying]

Concept: Health Promotion

Difficulty: Moderate

	Feedback
1.	That is not correct. Medical schools were established in Greece during the 6th century. Medical students did not study bacteria during that time.
2.	That is not correct. Throughout the Middle Ages, plagues and epidemics killed millions of people.
3.	That is not correct. Diet, exercise, and hygiene became important to treatment during the 6th century.
4.	That is correct. Improvements in sanitation enhanced the quality of life in people with bacterial infections during the 20th century.

2. ANS: 1

Chapter: Chapter 1, Healthy Lifestyles

Page: 2

Integrated Processes: Communication and Documentation

Patient Need: Safe and Effective Care Environment: Safety and Infection Control

Cognitive Level: Application [Applying]

Concept: Health Promotion

Difficulty: Easy

	Feedback
1.	That is correct. An endemic disease affects only a particular population or country.
2.	That is not correct. An illness that spreads over several countries is referred to as a pandemic.

3.	That is not correct. An illness that spreads over several continents is referred to as a pandemic.
4.	That is not correct. A disease that affects a large number of people living in a community is referred to as an epidemic.

3. ANS: 3

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Page: 5

Integrated Processes: Clinical Problem-Solving Process (Nursing Process)

Patient Need: Health Promotion and Maintenance

Cognitive Level: Application [Applying]

Concept: Health Promotion

Difficulty: Moderate

	Feedback
1.	That is not correct. The Leading Health Indicators in Healthy People 2030 are a subset of objectives that are priorities for improving health and well-being. Increasing employment would be a leading health indicator for adults and older adults.
2.	That is not correct. The Leading Health Indicators in Healthy People 2030 are a subset of objectives that are priorities for improving health and well-being. Increasing employment would be a leading health indicator for adults and older adults. Reducing cigarette smoking would be a leading health indicator for adults and older adults. A leading health indicator for children and adolescents is reducing the use of tobacco products in adolescents. This leading health indicator would not be applicable for clients of all ages.
3.	That is correct. The Leading Health Indicators in Healthy People 2030 are a subset of objectives that are priorities for improving health and well-being. Increasing employment would be a leading health indicator for adults and older adults. Reducing food insecurity and hunger is a leading health indicator applicable for people of all ages.
4.	That is not correct. The Leading Health Indicators in Healthy People 2030 are a subset of objectives that are priorities for improving health and well-being. Increasing employment would be a leading health indicator for adults and older adults. Increasing treatment for depression would be a leading health indicator for adolescents.

4. ANS: 4

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Page: 4

Integrated Processes: Communication and Documentation

Patient Need: Health Promotion and Maintenance

Cognitive Level: Application [Applying]

Concept: Social Determinants of Health

Difficulty: Difficult

	Feedback
1.	That is correct. The social determinants of health are conditions that affect health and well-being. Preparing information on the use of telehealth would be appropriate as a social determinant of health care access and quality.
2.	That is not correct. The social determinants of health are conditions that affect health and well-being. Incorporating a job fair with the next community health event would be appropriate as a social determinant of economic stability.
3.	That is not correct. The social determinants of health are conditions that affect health and well-being. Providing financial aid information to the parents of students in high school would be appropriate as a social determinant of education access and quality.
4.	That is correct. The social determinants of health are conditions that affect health and well-being. Attending a city council meeting to advocate for sidewalks in the new housing communities would be appropriate as a social determinant of neighborhood and built environments.

5. ANS: 4

Chapter: Chapter 1, Healthy Lifestyles

Page: 6

Integrated Processes: Communication and Documentation

Patient Need: Safe and Effective Care Environment: Coordinated Care

Cognitive Level: Application [Applying]

Concept: Health Policy

Difficulty: Difficult

	Feedback
1.	That is not correct. Medicaid is a state-run health coverage plan for individuals of low income. There is no evidence that the patient would qualify for Medicaid.



2.	That is not correct. A preferred provider organization is a type of managed care in which established network Health Care Providers deliver services to the private sector for a discounted fee. This is not a type of organization structure.
3.	That is not correct. Health maintenance organizations are managed care structures responsible for the financing, organization, and delegation of services for their members. Reviewing the benefits of a health maintenance organization is not a part of the nurse's role.
4.	That is correct. The Affordable Care Act was created to offer health insurance to those who are uninsured and to improve the coverage of those who have insurance. Because the patient does not have insurance, social services should be contacted to help the patient use the state health care exchange program to shop for health insurance coverage.

6. ANS: 1  
Chapter: Chapter 1, Healthy Lifestyles  
Page: 7  
Integrated Processes: Communication and Documentation  
Patient Need: Health Promotion and Maintenance  
Cognitive Level: Application [Applying]  
Concept: Health Promotion  
Difficulty: Easy

	Feedback
1.	That is correct. Social health focuses on everyday issues of economics, religion, culture, and the interactions of people living together. The patient's family members creating financial issues would be categorized as impacting the patient's social health.
2.	That is not correct. Cognitive health encompasses a person's ability to learn and develop.
3.	That is not correct. Psychological health refers to how a person feels and expresses emotions.
4.	That is not correct. Environmental health includes issues such as water and air quality, noise, and biochemical pollution.

7. ANS: 2  
Chapter: Chapter 1, Healthy Lifestyles  
Page: 8

Integrated Processes: Teaching and Learning  
Patient Need: Health Promotion and Maintenance  
Cognitive Level: Application [Applying]  
Concept: Health Promotion  
Difficulty: Easy

	Feedback
1.	That is not correct. Health promotion is most successful when placed in a supportive environment. Churches are considered a community location for health promotion, but there is a more effective location for education to reach the affected population.
2.	That is correct. More than 85% of American adults spend the greater part of the day in the workplace. Because adults are the population being admitted for substance abuse treatments, the workplace would be the ideal location for education to address substance abuse issues.
3.	That is not correct. High schools would be ideal locations if the admissions for substance abuse treatment were increased for the adolescent population.
4.	That is not correct. Adults are the population being admitted for substance abuse treatment. Senior living centers would not be ideal locations for education on this health problem.

8. ANS: 4  
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Integrated Processes: Teaching and Learning  
Patient Need: Health Promotion and Maintenance  
Cognitive Level: Analysis [Analyzing]  
Concept: Health Promotion  
Difficulty: Moderate

	Feedback
1.	That is not correct. The patient being unable to deal with the health problem and treatment does not indicate empowerment to make an informed decision.
2.	That is not correct. The patient wanting the Health Care Provider to make the treatment decision does not indicate the patient is empowered to make an informed decision.
3.	That is not correct. The patient being confused does not support their being empowered to make an informed decision.

4.	That is correct. The patient deciding to take medication as treatment indicates the person is empowered and is making an informed decision.
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9. ANS: 2

Chapter: Chapter 1, Healthy Lifestyles

Page: 10

Integrated Processes: Clinical Problem-Solving Process (Nursing Process)

Patient Need: Health Promotion and Maintenance

Cognitive Level: Application [Applying]

Concept: Health Promotion

Difficulty: Moderate

	Feedback
1.	That is not correct. A mammogram is obtained through a screening process, which would be a secondary prevention intervention.
2.	That is correct. Immunizations are categorized as primary prevention interventions.
3.	That is not correct. Physical therapy treatments are categorized as tertiary prevention.
4.	That is not correct. Adjusting blood pressure medication is disease control, which is categorized as a secondary prevention intervention.

10. ANS: 1

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Page: 11

Integrated Processes: Teaching and Learning

Patient Need: Health Promotion and Maintenance

Cognitive Level: Application [Applying]

Concept: Health Promotion

Difficulty: Moderate

	Feedback
1.	That is correct. One health promotion action focuses on nutrition. For the family with one member with obesity, it would be beneficial to involve the entire family in healthy eating.
2.	That is not correct. Giving the adolescent an eating plan would not be health promotion because the child is most likely not preparing the meals at home. The

	entire family needs to be involved.
3.	That is not correct. Explaining the health problems the adolescent could develop because of the obesity would not help motivate the patient or empower them to take action.
4.	That is not correct. Singling out the adolescent by providing separate meals is not supportive and may be viewed as punishment. It would be more supportive if the entire family participated in health eating approaches.

11. ANS: 1

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Page: 12

Integrated Processes: Teaching and Learning

Patient Need: Health Promotion and Maintenance

Cognitive Level: Application [Applying]

Concept: Health Promotion

Difficulty: Moderate

	Feedback
1.	That is correct. Because it is not possible to design one diet for everyone, another approach would be needed. Because most nutrients are widely distributed in a variety of foods, it is possible to design a healthy diet or meal plan that addresses individual preferences and health conditions.
2.	That is not correct. The spouse's diet might contain food items that would not support the health conditions of the children.
3.	That is not correct. Meal planning needs to take personal and cultural preferences into consideration in addition to health conditions.
4.	That is not correct. The family members might develop nutritional deficiencies if the only foods eaten are the ones they prefer.

12. ANS: 4

Chapter: Chapter 1, Healthy Lifestyles

Page: 12

Integrated Processes: Teaching and Learning

Patient Need: Health Promotion and Maintenance

Cognitive Level: Application [Applying]

Concept: Health Promotion

Difficulty: Moderate

	Feedback
1.	That is not correct. Children should get at least 60 minutes of physical activity every day.
2.	That is not correct. The patient should not limit physical activity to the weekends.
3.	That is not correct. The type and extent of injury were not provided. There would be other types of activities that the patient could participate in while the injury heals.
4.	That is correct. It is recommended that adults receive at least 30 minutes of moderate physical exercise daily or on most days. The patient should be encouraged to get exercise daily and not just over the weekends.

13. ANS: 1

Chapter: Chapter 1, Healthy Lifestyles

Page: 14

Integrated Processes: Clinical Problem-Solving Process (Nursing Process)

Patient Need: Psychosocial Integrity

Cognitive Level: Analysis [Analyzing]

Concept: Stress and Coping

Difficulty: Difficult

	Feedback
1.	That is correct. Responses to stress may be physiological, emotional, or intellectual. Irritability is an emotional response to stress.
2.	That is not correct. Responses to stress may be physiological, emotional, or intellectual. Weight loss would be a physiological response to stress.
3.	That is not correct. Responses to stress may be physiological, emotional, or intellectual. Forgetfulness is an intellectual response to stress.
4.	That is not correct. Responses to stress may be physiological, emotional, or intellectual. Increased blood pressure is a physiological response to stress.

14. ANS: 3

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Integrated Processes: Clinical Problem-Solving Process (Nursing Process)

Patient Need: Psychosocial Integrity

Cognitive Level: Analysis [Analyzing]  
Concept: Psychosocial Integrity  
Difficulty: Moderate

	Feedback
1.	That is not correct. Protest is the first stage of separation anxiety that occurs during childhood. Protest is evidenced by loud crying, restlessness, and dissatisfaction with substitute caregivers.
2.	That is not correct. Despair is the second stage of separation anxiety. Despair produces a sense of hopelessness and is seen as a period of quiet.
3.	That is correct. Regression is the return to an earlier stage of development that occurs when a child is adapting to stress. After the period of stress ends, the child will return to the previous level of accomplished behavior.
4.	That is not correct. Detachment is the final stage of separation anxiety. This is a stage of withdrawal and apathy or a lack of interest in the surroundings.

15. ANS: 3  
Chapter: Chapter 1, Healthy Lifestyles  
Page: 17  
Integrated Processes: Clinical Problem-Solving Process (Nursing Process)  
Patient Need: Psychosocial Integrity  
Cognitive Level: Analysis [Analyzing]  
Concept: Stress and Coping  
Difficulty: Moderate

	Feedback
1.	That is not correct. Confusion is a symptom associated with severe anxiety.
2.	That is not correct. Restlessness is a symptom associated with mild anxiety.
3.	That is correct. Heart palpitations are a symptom associated with moderate anxiety.
4.	That is not correct. The inability to communicate is a symptom associated with panic.

16. ANS: 3  
Chapter: Chapter 1, Healthy Lifestyles  
Page: 18  
Integrated Processes: Caring

Patient Need: Health Promotion and Maintenance  
Cognitive Level: Application [Applying]  
Concept: Health Promotion  
Difficulty: Moderate

	Feedback
1.	That is not correct. Instructing the patient and family about the condition would be acting in the role of teacher.
2.	That is not correct. Measuring the patient's vital signs and assessing for new symptoms would be acting in the role of caregiver.
3.	That is correct. Helping the patient and family choose between available treatment options would be acting in the role of advocate.
4.	That is not correct. Sharing information about the patient and family with the Health Care Provider would be acting in the role of collaborator.

## MULTIPLE RESPONSE

17. ANS: 1, 2, 3, 5

Chapter: Chapter 1, Healthy Lifestyles

Page: 2

Integrated Processes: Communication and Documentation

Patient Need: Safe and Effective Care Environment: Safety and Infection Control

Cognitive Level: Comprehension [Understanding]

Concept: Health Promotion

Difficulty: Easy

	Feedback
1.	That is correct. Health care systems around the world were coping with the numbers of cases of COVID-19 and their severity. Lives were being saved by implementing isolation.
2.	That is correct. Health care systems around the world were coping with the numbers of cases of COVID-19 and their severity. Lives were being saved by implementing screening.
3.	That is correct. Health care systems around the world were coping with the numbers of cases of COVID-19 and their severity. Lives were being saved by implementing disinfection.
4.	That is not correct. Health care systems around the world were coping with the numbers of cases of COVID-19 and their severity. However, prophylactic

	medication was not prescribed to prevent the spread of the virus.
5.	That is correct. Health care systems around the world were coping with the numbers of cases of COVID-19 and their severity. Lives were being saved by implementing the use of personal protective equipment.

18. ANS: 1, 2, 4, 5

Chapter: Chapter 1, Healthy Lifestyles

Page: 3

Integrated Processes: Teaching and Learning

Patient Need: Health Promotion and Maintenance

Cognitive Level: Application [Applying]

Concept: Health Promotion

Difficulty: Moderate

	Feedback
1.	That is correct. Healthy People 2030 places the objectives in five different categories. Health Behaviors objectives focus on the topics that can be taught to patients and includes nutrition.
2.	That is correct. Healthy People 2030 places the objectives in five different categories. Health Behaviors objectives focus on the topics that can be taught to patients and includes healthy eating.
3.	That is not correct. Healthy People 2030 places the objectives in five different categories. Health Behaviors objectives focus on specific topics. Pregnancy and childbirth are categorized as a Health Condition, with the focus of improving the quality of life.
4.	That is correct. Healthy People 2030 places the objectives in five different categories. Health Behaviors objectives focus on the topics that can be taught to patients and includes increasing physical activity.
5.	That is correct. Healthy People 2030 places the objectives in five different categories. Health Behaviors objectives focus on the topics that can be taught to patients and includes avoiding tobacco or nicotine.

19. ANS: 1, 3, 4, 5

Chapter: Chapter 1, Healthy Lifestyles

Page: 8

Integrated Processes: Clinical Problem-Solving Process (Nursing Process)

Patient Need: Health Promotion and Maintenance

Cognitive Level: Application [Applying]



Concept: Health Promotion  
Difficulty: Easy

	Feedback
1.	That is correct. The mind is categorized as being an internal force in the holistic model of health.
2.	That is not correct. Family is categorized as being an external force in the holistic model of health.
3.	That is correct. Heredity is categorized as being an internal force in the holistic model of health.
4.	That is correct. Body systems are categorized as being internal forces in the holistic model of health.
5.	That is correct. Neurochemistry is categorized as being an internal force in the holistic model of health.

20. ANS: 1, 2, 4, 5

Chapter: Chapter 1, Healthy Lifestyles

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Integrated Processes: Clinical Problem-Solving Process (Nursing Process)

Patient Need: Health Promotion and Maintenance

Cognitive Level: Application [Applying]

Concept: Health Promotion

Difficulty: Moderate

	Feedback
1.	That is correct. The type of housing is a social determinant of health.
2.	That is correct. Good nutrition is a social determinant of health.
3.	That is not correct. Daily use of substances is not a social determinant of health.
4.	That is correct. Access to transportation is a social determinant of health.
5.	That is correct. General hygiene practices are a social determinant of health.

21. ANS: 1, 3, 4

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Integrated Processes: Clinical Problem-Solving Process (Nursing Process)

Patient Need: Health Promotion and Maintenance  
Cognitive Level: Analysis [Analyzing]  
Concept: Health Promotion  
Difficulty: Difficult

	Feedback
1.	That is correct. Exercise effects the cardiovascular system. A lower blood pressure would be a positive effect of exercise.
2.	That is not correct. A weight gain would not be a positive effect of exercise.
3.	That is correct. A reduction in cholesterol level would be a positive effect of exercise on the cardiovascular system.
4.	That is correct. A reduction in the resting heart rate would be a positive effect of exercise on the cardiovascular system.
5.	That is not correct. Positive effects of exercise on the respiratory system include an increase in blood supply, an increase in the exchange of oxygen and carbon dioxide, and an increase in functional capacity. A respiratory rate of 24 breaths per minute is above normal limits. Additional assessment of this respiratory rate would be required.

22. ANS: 1, 4

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Integrated Processes: Clinical Problem-Solving Process (Nursing Process)

Patient Need: Psychosocial Integrity

Cognitive Level: Analysis [Analyzing]

Concept: Stress and Coping

Difficulty: Moderate

	Feedback
1.	That is correct. Maladaptive responses to stress include the abuse of substances. Smoking 2 ppd of cigarettes would be a maladaptive response to stress.
2.	That is not correct. Taking a walk with the dog would be an action to reduce stress.
3.	That is not correct. Meeting with friends would be an action to reduce stress.
4.	That is correct. Maladaptive responses to stress include the abuse of substances. Ingesting a bottle of wine after work each day would be a maladaptive response to stress.

5.	That is not correct. Meeting spiritual needs would be an action to reduce stress.
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