

## Chapter 03: Community Care Test Bank

### MULTIPLE CHOICE

1. Which of the following represents a public health intervention that has contributed to increased health in the perinatal continuum of care?
  - a. Weight loss clinic
  - b. Caesarean birth support group
  - c. Campaign to highlight the importance of folic acid intake
  - d. Reductions in length of hospital stay for the woman's birth

ANS: C

Educating women about the importance of folic acid intake prior to and during pregnancy has contributed to healthy behaviours during pregnancy, leading to a healthier perinatal population. A weight loss clinic is not an example of contributing to an increase in perinatal health. A Caesarean birth support group occurs after the birth of the baby, therefore it does not encompass the perinatal continuum of care. Reductions in length of hospital stay are not a public health intervention.

DIF: Cognitive Level: Application      REF: page 28      OBJ: 3  
TOP: Nursing Process: Intervention      MSC: CRNE: HW-1

2. Which health care service represents the primary level of prevention?
  - a. Immunizations
  - b. Breast self-examination
  - c. Home care for high-risk pregnancies
  - d. Blood pressure screening

ANS: A

*Primary prevention* involves health promotion and disease prevention activities to reduce the occurrence of illness and enhance general health and quality of life; an example of this would be immunizations. Breast self-examination is an example of *secondary prevention*, which involves early detection of health problems. Home care for a high-risk pregnancy is an example of *tertiary prevention*. This level of care follows the occurrence of a defect or disability. Blood pressure screening is an example of secondary prevention. It is a screening tool for early detection of a health care problem.

DIF: Cognitive Level: Comprehension      REF: page 29      OBJ: 1  
TOP: Nursing Process: Implementation      MSC: CRNE: HW-4

3. Which of the following generally rise with greater socioeconomic disadvantage?
  - a. Length of hospital stay
  - b. Intrauterine growth restriction
  - c. Prenatal clinic visits and screening tests
  - d. Weight gain in the mother in excess of the recommended gain for her stature

ANS: B

Adverse pregnancy outcomes, such as preterm birth and especially intrauterine growth restriction, generally rise with greater socioeconomic disadvantage. Length of hospital stay has not been documented to rise with greater socioeconomic disadvantage. An increase in the number of prenatal visits and screening tests has not been documented to rise with greater socioeconomic disadvantage. Weight gain in the mother in excess of the recommended gain for her stature is not true with greater socioeconomic disadvantage; in fact, the opposite is true—mothers tend to experience low-gestational weight gain.

DIF: Cognitive Level: Comprehension REF: page 28 OBJ: 3  
TOP: Nursing Process: Implementation MSC: CRNE: CH-7

4. Which situation would be considered safe by a nurse who is making a home visit?
  - a. A group of teens is sitting on the stairs in front of the patient's apartment.
  - b. Parking is only possible 3 blocks from the patient's house.
  - c. The family dog is on a chain in the front yard.
  - d. The door of the home is open when the nurse arrives.

ANS: C

Home care nurses should not enter a yard that has an unrestrained dog. While walking to the patient's home, nurses should not walk near groups of strangers who are in doorways or alleys. Home care nurses should park and lock their cars in a safe place that is visible from the street and the patient's home. The home should not be entered if the nurse has any safety concerns, such as an open front door.

DIF: Cognitive Level: Analysis REF: page 37 OBJ: 7  
TOP: Nursing Process: Evaluation MSC: CRNE: PP-17

5. Which of the following represent a critical community indicator of perinatal health?
  - a. Breastfeeding rates
  - b. First-trimester prenatal care
  - c. Spontaneous and therapeutic abortion rate
  - d. Availability of telephonic nursing care in the community

ANS: B

First-trimester prenatal care is one of the most critical community indicators of perinatal health. Breastfeeding rate is not specific to whether it means breastfeeding when discharged from hospital or at 6 months of age; thus, is not the most critical indicator. The abortion rate is not related to perinatal health. The goal of telephonic nursing is to provide information and encouragement to new families but is not the most critical community indicator of perinatal health.

DIF: Cognitive Level: Analysis REF: page 30 OBJ: 3  
TOP: Nursing Process: Planning MSC: CRNE: HW-3

6. What would a breastfeeding mother who is concerned that her baby is not getting enough to eat find most helpful on the day after discharge?
  - a. Visiting a pediatric screening clinic at the hospital
  - b. Placing a call to the "warm line"
  - c. Calling the pediatrician for a lactation consult referral
  - d. Requesting a home visit

ANS: B

*Warm lines* are telephone lines offered as a community service to provide new parents with support, encouragement, and basic parenting education. Visiting a pediatric screening clinic may not be possible, and the family will incur financial cost for travel. Calling the pediatrician for a referral may take some time to arrange; this mother needs assistance immediately. Requesting a home visit would not be as helpful as immediate assistance from calling the warm line.

DIF: Cognitive Level: Analysis REF: page 36 OBJ: 6  
TOP: Nursing Process: Assessment | Nursing Process: Planning  
MSC: CRNE: HW-1

7. Which area would be appropriate to include in a physical assessment of the home?
- Bathtub, toilets, sinks, countertops, inside china cabinet drawers
  - Baby's bed, changing table, baby's clothes, inside diaper bag, inside keepsake box
  - Bedroom closets, inside jewellery boxes, under beds
  - Electrical wall outlets, telephones, bathroom sink and faucets, stove, and refrigerator

ANS: D

Physical assessment of the home environment is an essential element of the home care assessment. The major areas of the home environment assessment include physical features of the home, access to the home, sanitary conditions, the presence of utilities (phone, electricity, and plumbing), safety features, and access to transportation and emergency support. The purpose of a physical assessment does not include accounting for the patient's possessions or looking inside drawers.

DIF: Cognitive Level: Application REF: page 38, Box 3-2  
OBJ: 7 TOP: Nursing Process: Assessment MSC: CRNE: HW-15

8. Which health promotion activity is an example of the secondary level of prevention?
- Approved infant car seats
  - Breast self-examination (BSE)
  - Immunizations
  - Support groups for parents of children with Down syndrome

ANS: B

BSE is an example of secondary prevention, which includes health screening measures for early detection of health problems. Infant car seats and immunizations are examples of primary prevention. Support groups are an example of tertiary prevention, which follows the occurrence of a defect or disability (e.g., Down syndrome).

DIF: Cognitive Level: Comprehension REF: page 30 OBJ: 1  
TOP: Nursing Process: Planning MSC: CRNE: HW-2

9. Which health care service represents an example of tertiary level prevention?
- Stress management seminars
  - Childbirth education classes for single parents
  - A breast self-examination (BSE) pamphlet and teaching
  - A premenstrual syndrome (PMS) support group

ANS: D

A PMS support group is an example of tertiary prevention, which follows the occurrence of a defect or disability. Stress management seminars are a primary prevention technique for preventing health care issues associated with stress. Childbirth education is a form of primary prevention. BSE information is a form of secondary prevention, which is geared toward early detection of health problems.

DIF: Cognitive Level: Comprehension    REF: page 30    OBJ: 1  
TOP: Nursing Process: Implementation    MSC: CRNE: HW-2

10. A primipara woman delivered a 2200 g baby girl 10 days ago. During a home visit, the nurse discovers that the baby has lost 360 g since birth. She suspects that the woman may be having difficulty with breastfeeding. The nurse inquires how breastfeeding is proceeding. The woman replies, "I don't think my milk is going to come in. My breasts are too big. I'm going to wait a few more days and then try to breastfeed again." The nurse asks the woman if she is bottle feeding the baby and how much formula the baby is taking every day. The woman replies, "Oh, I don't want to bottle-feed the baby. I'm just going to wait until my milk comes in." On the basis of this information, what nursing diagnosis would take priority in planning care?
- Pain
  - Ineffective coping
  - Caregiver role strain
  - Deficient knowledge

ANS: D

The woman is displaying a lack of knowledge about proper nutrition for her newborn. The baby has lost almost 10% of her body weight and is not receiving any form of intake. Furthermore, the woman has incorrect, preconceived notions about milk production and breastfeeding. Although the woman may be experiencing pain, it is not indicated in the information provided. Although the woman may be experiencing ineffective coping, it is not indicated in the information provided. The woman appears to show signs of role strain related to being a first-time mother. However, this is not the priority.

DIF: Cognitive Level: Analysis    REF: page 38, Box 3-2  
OBJ: 9    TOP: Nursing Process: Planning    MSC: CRNE: CH-1

11. Which of the following is one of the three broad areas that the community health assessment wheel focuses on?
- Pollutants
  - Food supply
  - Health and disease status
  - Health care delivery system

ANS: D

The health care delivery system, people, and environment are the three broad areas that the community health assessment wheel focuses on for assessment. Pollutants are an example of the broad area of environment. Food supply is an example of the broad area of environment. Health and disease status is an example of the broad area of people.

DIF: Cognitive Level: Knowledge    REF: page 31, Fig. 3-1  
OBJ: 2    TOP: Nursing Process: Assessment    MSC: CRNE: CH-1

12. The nurse is implementing which level of health promotion when providing recommended immunizations and school health education?
- Primary
  - Secondary
  - Tertiary
  - Primordial

ANS: A

Immunizations and school health education are all examples of primary prevention.

DIF: Cognitive Level: Comprehension REF: page 29 OBJ: 1  
TOP: Nursing Process: Implementation MSC: CRNE: HW-2

13. The nurse is implementing which level of health promotion when providing various methods of health screening for early detection of disease?
- Primary
  - Secondary
  - Tertiary
  - Primordial

ANS: B

Health screening for early detection of health problems is part of secondary prevention.

DIF: Cognitive Level: Comprehension REF: page 29 OBJ: 1  
TOP: Nursing Process: Planning MSC: CRNE: HW-2

14. Which level of health promotion is reflected when the nurse is providing treatment and rehabilitation for people with chronic diseases?
- Primary
  - Secondary
  - Tertiary
  - Primordial

ANS: C

*Tertiary prevention* is the treatment or rehabilitation of those who have disease.

DIF: Cognitive Level: Comprehension REF: page 30 OBJ: 1  
TOP: Nursing Process: Implementation MSC: CRNE: HW-2

15. Why is clinical integration of services along the perinatal continuum of care important?
- It focuses on results, not patient or provider satisfaction.
  - It is not concerned with cost containment.
  - It is designed to improve services and care outcomes.
  - It focuses on the individual patient.

ANS: C

Clinical integration provides health promotion and disease prevention interventions along the perinatal health continuum and is thus designed to improve services and patient care outcomes. As maternity care consists of frequent and brief contacts with health care providers during the prenatal and postpartum periods, services that link maternity patients throughout the perinatal continuum of care are of great importance. The perinatal continuum is focused on the patient and her family, not results. Within the current health care climate, all services are concerned with cost containment.

DIF: Cognitive Level: Knowledge REF: page 35 OBJ: 9  
TOP: Nursing Process: Implementation MSC: CRNE: HW-11

16. Which statement reflects the well-known program “warm lines”?
- The program was developed as a reaction to impersonal telephonic nursing care.
  - The program was set up to assist vulnerable populations in the postpartum period.
  - This is the second option when 911 hot lines are busy for new parents.
  - These are telephone lines to provide new parents with encouragement and basic information.

ANS: D

Warm lines are one aspect of telephonic nursing specifically designed to provide new parents with encouragement and basic information. Warm lines are not a second option when 911 is busy. Warm lines are for all new families not just vulnerable populations.

DIF: Cognitive Level: Knowledge REF: pages 35-36 OBJ: 6  
TOP: Nursing Process: Assessment MSC: CRNE: HW-26

17. When weighing the advantages and disadvantages of home care versus hospital-based clinics for perinatal services, what should the nurse keep in mind in relation to home care perinatal services?
- It is more dangerous for vulnerable neonates at risk of acquiring an infection from the nurse.
  - It is more cost-effective for the nurse than office visits.
  - Home care allows the nurse to interact with and include family members in teaching.
  - It is made possible by the ready supply of nurses with expertise in maternity care.

ANS: C

Treating the whole family is an advantage of home care. Making neonates go out in weather and in public is more risky for the child, and it is more costly for the family because of travel costs. Office visits are more cost-effective for providers such as nurses because less travel time is involved. Unfortunately, home care options are limited by the lack of nurses with expertise in maternity care.

DIF: Cognitive Level: Application REF: page 35 OBJ: 9  
TOP: Nursing Process: Implementation MSC: CRNE: CH-1

18. Which behaviour is appropriate for a nurse during an in-home visit?
- Smoke if the expectant mother smokes.
  - Ask to have the volume on the TV turned down or move to a quiet room.
  - Give ample advice and reassurance to establish a relationship.
  - Freely move whatever furniture and belongings the nurse feels necessary.

ANS: B

The nurse must respect the patient's home but must also find a place to talk that is free of distractions. Modeling healthy behaviour such as not smoking without being preachy is an important responsibility of the nurse. Giving too much advice and false assurances creates barriers to communication. The nurse should always ask permission to move things and should take care to avoid moving personal belongings not affected by care.

DIF: Cognitive Level: Application REF: page 38, Box 3-2  
OBJ: 9 TOP: Nursing Process: Implementation MSC: CRNE: HW-11

19. When preparing for maternal home visits, what should the nurse be aware of?
- The patient's safety is more important than the nurse's safety.
  - Infection control is less important at home than at the hospital.
  - Hospital policies for name tags and guidelines for rubber gloves are inappropriate.
  - Nurses should wash their hands thoroughly before and after each visit.

ANS: D

Thorough handwashing is still one of the best ways to fight infections; this is especially important for nurses who provide care in patients' homes. Nurses should ensure their own safety first. Fighting infections is important and can be done by washing hands thoroughly. Infection control is just as important at home as in the hospital, especially for the nurse. Name tags are professional, and rubber gloves are a reasonable precaution.

DIF: Cognitive Level: Comprehension REF: page 40 OBJ: 7  
TOP: Nursing Process: Implementation MSC: CRNE: HW-2

20. Which health-related issue is on the rise currently in Canada?
- Post-mature birth
  - Teenage pregnancy
  - Sexually transmitted infections
  - Maternal morbidity and mortality

ANS: C

Sexually transmitted infections are on the rise in Canada. Post-mature birth is not on the rise in Canada. Teenage pregnancy rates are declining in Canada. Maternal mortality and morbidity rates are not on the rise in Canada.

DIF: Cognitive Level: Knowledge REF: page 34 OBJ: 3  
TOP: Nursing Process: Planning MSC: CRNE: HW-26

21. Which sexually transmitted infection is currently increasing in prevalence in Canada?
- Syphilis
  - Gonorrhoea
  - Genital herpes
  - Human papillomavirus

ANS: B

Gonorrhoea and *Chlamydia* are two STIs that are currently on the rise in Canada. The prevalence of syphilis is not increasing. The prevalence of genital herpes is not increasing. The prevalence of human papillomavirus is not increasing.

DIF: Cognitive Level: Knowledge  
TOP: Nursing Process: Planning

REF: page 34      OBJ: 3  
MSC: CRNE: HW-26