

Chapter 01: Community Health Nursing
MacDonald/Jakubec: Stanhope and Lancaster's Community Health Nursing in
Canada, 4th Edition

MULTIPLE CHOICE



1. Which of the following *best* describes *community health nursing*?
- a. Giving care with a focus on the aggregate's needs
 - b. Giving care with a focus on the group's needs
 - c. Focusing on the health care of individual clients in the community
 - d. Working with an approach of unique client care

ANS: C

By definition, community health nursing is the health care of individual clients in the community.

PTS: 1 DIF: Cognitive Level: Knowledge/Remember
REF: Introduction OBJ: 1.6 TOP: Safe and Effective Care Environment

2. Which of the following *best* describes *primary health care*?
- a. A comprehensive way to address issues of social justice
 - b. Giving care to manage acute or chronic conditions
 - c. Giving direct care to ill individuals within their family setting
 - d. Having the goal of health promotion and disease prevention

ANS: A

By definition, primary health care is comprehensive and addresses issues of social justice and equity. Social justice in the context of health refers to ensuring fairness and equality in health services so that vulnerable individuals in society have easy access to health care.

PTS: 1 DIF: Cognitive Level: Knowledge/Remember
REF: Primary Health Care OBJ: 1.4
TOP: Health Promotion and Maintenance

3. The health of which of the following is the primary focus of public health nurses (PHNs)?
- a. Families
 - b. Groups
 - c. Individuals
 - d. Populations

ANS: D

PHNs use knowledge of nursing, social sciences, and public health sciences for the promotion and protection of health and for the prevention of disease among populations.

PTS: 1 DIF: Cognitive Level: Knowledge/Remember
REF: Public Health Practice OBJ: 1.5
TOP: Health Promotion and Maintenance

4. Which change is the primary explanation for life expectancy increasing so notably since the early 1900s?
- An increase in findings from medical laboratory research
 - Incredible advances in surgical techniques and procedures
 - Improved sanitation and other public health activities
 - Increased use of antibiotics to fight infections

ANS: C

Improvement in control of infectious diseases through immunizations, sanitation, and other public health activities led to the increase in life expectancy since the early 1900s.

PTS: 1 DIF: Cognitive Level: Knowledge/Remember
REF: Public Health Practice OBJ: 1.5
TOP: Health Promotion and Maintenance

5. Which community health nursing practice area receives funding from the private sector?
- Telenurses
 - Corrections nurses
 - Nurse entrepreneurs
 - Street or outreach nurses

ANS: C

The nurse entrepreneur receives private funding, whereas all of the other community health nurse (CHN) roles are with provincially or federally funded positions.

PTS: 1 DIF: Cognitive Level: Knowledge/Remember
REF: Community Health Nursing Roles and Functions OBJ: 1.1 | 1.6
TOP: Safe and Effective Care Environment

6. A public health nurse (PHN) strives to prevent disease and disability, often in partnership with other community groups. Which statement is an appropriate summary of the PHN's role?
- The PHN asks the political leaders what interventions should be chosen.
 - The PHN assesses the community and decides on appropriate interventions.
 - The PHN uses data from the main health care institutions in the community to determine needed health services.
 - The PHN works with community members to carry out public health functions.

ANS: D

It is crucial that the PHN work *with* members of the community to carry out core public health functions.

PTS: 1 DIF: Cognitive Level: Application/Apply
REF: Public Health Practice OBJ: 1.5
TOP: Health Promotion and Maintenance

7. Which of the following is used as a measurement of population health?

- a. Health status indicators
- b. The levels of prevention
- c. The number of memberships at the local fitness centre
- d. Reported provincial alcohol and tobacco sales in any given month

ANS: A

Population health refers to the health outcomes of a population as measured by determinants of health and health outcomes.

PTS: 1 DIF: Cognitive Level: Knowledge/Remember
REF: Populations and Aggregates OBJ: 1.2
TOP: Health Promotion and Maintenance

8. A registered nurse (RN), has just been employed as a community health nurse (CHN). Which question would be most relevant to practice as the nurse begins her position?
- a. "Which community groups are at greatest risk for problems?"
 - b. "Which patients should I see first as I begin my day?"
 - c. "With which physicians will I be collaborating most closely?"
 - d. "Who is the nursing assistant to whom I can refer patients?"

ANS: A

CHNs apply the nursing process to the entire community; asking which groups are at greatest risk reflects a community-oriented perspective. The other possible responses focus on particular individuals.

PTS: 1 DIF: Cognitive Level: Application/Apply
REF: Populations and Aggregates OBJ: 1.6
TOP: Health Promotion and Maintenance

9. The community health nurse (CHN) who is working with women at the senior citizens' centre reminds them that the only way the centre will be able to afford a driver and a van service for those who cannot drive themselves is to continue to write letters to their local city council representatives, requesting funding for such a service. What is the CHN doing?
- a. Ensuring that the women do not expect the CHN herself to do anything about their problem
 - b. Demonstrating that she understands the women's concerns and needs
 - c. Expressing empathy, support, and concern
 - d. Helping the women engage in political action locally

ANS: D

CHNs have an imperative to work *with* the members of the community to carry out public health functions such as political action.

PTS: 1 DIF: Cognitive Level: Application/Apply
REF: Public Health Practice OBJ: 1.5 | 1.6
TOP: Safe and Effective Care Environment

10. Which activity is an example of the "advocate" role of the community health nurse?
- a. Organizing home care support for a newly discharged older client
 - b. Acting as a member of a community action group for provision of accessible transit choices
 - c. Doing prenatal assessments
 - d. Facilitating a self-help group for smoking cessation

ANS: B

An advocate provides a voice to client concerns when acting as a member of a community action group for provision of accessible transit choices.

PTS: 1 DIF: Cognitive Level: Application/Apply
REF: Community Health Nursing Roles and Functions OBJ: 1.6
TOP: Safe and Effective Care Environment

11. In which scenario is the public health nurse (PHN) most comprehensively practising interprofessional collaboration?
- The PHN meets with several groups about community recreation issues.
 - The PHN spends the day attending meetings at various health agencies.
 - The PHN talks to several people about their particular health concerns.
 - The PHN watches television, including a telecast of a city council meeting on the local cable station.

ANS: B

Any of these might represent a public health nurse (PHN) communicating, cooperating, or collaborating with community residents or groups about health concerns. However, the PHN who spends the day attending meetings at various health agencies is most comprehensively fulfilling requirements effectively, since health is broader than recreation, individual concerns are not as important as aggregate priorities, and watching television is only one-way communication.

PTS: 1 DIF: Cognitive Level: Synthesis/Synthesize
REF: Collaborating in Interprofessional Teams OBJ: 1.5
TOP: Safe and Effective Care Environment

12. A community health nurse (CHN) often has to make resource allocation decisions. In such cases, which approach will most help the CHN to arrive at the decision?
- Choosing a moral or ethical principle
 - Choosing the cheapest, most economical approach
 - Choosing the most rational outcome
 - Choosing the needs of the aggregate, rather than the needs of a few individuals

ANS: D

Although all of the answers represent components of the CHN's decision-making process, the predominant needs of the population outweigh the expressed needs of one person or a few people.

PTS: 1 DIF: Cognitive Level: Application/Apply
REF: Social Justice OBJ: 1.3
TOP: Safe and Effective Care Environment

13. Which situation most closely represents the focus of public health nursing?
- Assessing the services and effectiveness of the school health clinic
 - Caring for patients after their outpatient surgeries
 - Giving care to schoolchildren at the school clinic and to the children's families
 - Treating pediatric patients at an outpatient clinic

ANS: A

A public health or population-focused approach would consider the entire group of children receiving care, to see if services are effective in achieving the goal of improving the health of the school population.

PTS: 1 DIF: Cognitive Level: Application/Apply
REF: Community Health Nursing Roles and Functions OBJ: 1.5
TOP: Health Promotion and Maintenance

14. Which public health service best represents *primary* prevention?
- Developing a health education program about the dangers of smoking
 - Providing a diabetes clinic for adults in low-income neighbourhoods
 - Providing an influenza vaccination program in a community retirement village
 - Teaching school-aged children about the positive effects of exercise

ANS: C

Although all the services listed are appropriate and valuable, providing influenza vaccines to healthy adults represents the primary level of health prevention.

PTS: 1 DIF: Cognitive Level: Application/Apply
REF: Principles of Public Health Practice: Levels of Intervention and Prevention
OBJ: 1.5 TOP: Health Promotion and Maintenance

15. What term is used interchangeably with the term *subpopulations*?
- Groups
 - Aggregates
 - Clients
 - Communities

ANS: B

Generally, *subpopulations* are referred to as aggregates within the larger community population.

PTS: 1 DIF: Cognitive Level: Knowledge/Remember
REF: Populations and Aggregates OBJ: 1.2
TOP: Health Promotion and Maintenance

16. Which public health service best represents *secondary* prevention?
- Administering the influenza vaccine to a community of seniors
 - Initiating an infant car seat safety screening program for parents in low-income housing
 - Starting a rehabilitation clinic for middle-aged adults residing in low-income housing
 - Setting up a support group for teenage mothers of infants with Down syndrome

ANS: B

Secondary prevention seeks to detect disease early in its progression—for example, through mass screening programs.

PTS: 1 DIF: Cognitive Level: Application/Apply
REF: Principles of Public Health Practice: Levels of Intervention and Prevention
OBJ: 1.5 TOP: Health Promotion and Maintenance

17. Which type of thinking is most reflective of looking at a macroscopic, big-picture population focus?
- Collaborative thinking
 - Upstream thinking
 - Holistic thinking
 - Downstream thinking

ANS: B

Upstream thinking uses a macroscopic, big-picture population focus, whereas downstream thinking is a microscopic, individual curative focus.

PTS: 1 DIF: Cognitive Level: Knowledge/Remember
REF: Principles of Public Health Practice: Levels of Intervention and Prevention
OBJ: 1.5 TOP: Health Promotion and Maintenance

18. Which is a requirement for reaching the goal of “health for all”?
- Self-actualization
 - A system for health
 - Elimination of lower- and upper-class categories
 - Total compliance with immunizations and vaccines with all groups

ANS: B

The requirements identified to reach the “health for all” goal include (1) basic needs, (2) belonging and engagement, (3) healthy living, and (4) a system for health.

PTS: 1 DIF: Cognitive Level: Knowledge/Remember
REF: Public Health Practice OBJ: 1.2
TOP: Safe and Effective Care Environment

19. Which is the simplest definition of *primary health care*?
- It is based on a multidisciplinary group of health care providers working as a team.
 - It provides essential care that is universally accessible to persons in a community and encourages self-management, self-reliance, and competence.
 - It focuses on health promotion and disease prevention among those who can afford to engage in behaviours that facilitate them.
 - It is based on local efforts to meet the Declaration of Alma-Ata, known as Health for All.

ANS: B

Primary health care is generally defined as essential care made universally accessible to individuals and families in a community with their full participation and at a cost that the community can afford.

PTS: 1 DIF: Cognitive Level: Knowledge/Remember
REF: Primary Health Care OBJ: 1.4
TOP: Safe and Effective Care Environment

20. Which public health service best represents *primary prevention*?
- Administering the influenza vaccine to a group of seniors
 - Initiating an infant car seat safety screening program for parents in low-income housing
 - Starting a rehabilitation clinic for middle-aged adults who reside in low-income housing

- d. Setting up a blood pressure screening clinic at the local mall

ANS: A

Primary prevention activities seek to prevent the occurrence of a disease (based on the natural history of a disease) or an injury.

PTS: 1 DIF: Cognitive Level: Application/Apply

REF: Principles of Public Health Practice: Levels of Intervention and Prevention

OBJ: 1.5 TOP: Health Promotion and Maintenance

Chapter 02: The Evolution of Community Health Nursing in Canada
MacDonald/Jakubec: Stanhope and Lancaster's Community Health Nursing in Canada, 4th Edition

MULTIPLE CHOICE

1. Which one of the following is a reason to study nursing history?
- To fulfill provincial/territorial nursing requirements
 - To help fill up the necessary credit hours for graduation
 - To meet accreditation requirements
 - To understand the present and plan for tomorrow

ANS: D

One of the best ways to make plans for today and tomorrow is to look at the past to see what did or did not work. Lessons learned through history provide direction for current and future community health nursing practice.

PTS: 1 DIF: Cognitive Level: Knowledge/Remember

REF: Introduction OBJ: 2.1 TOP: Safe and Effective Care Environment

2. Which group was the first to establish hospitals?
- Feudal lords, to keep their peons working
 - Small towns, to care for their own citizens
 - The military, to enable soldiers to keep fighting
 - Religious orders, to care for the sick, poor, and neglected

ANS: D

Historically, most people were responsible for their own health care services. However, during the Middle Ages, religious convents and monasteries established hospitals to care for the aged, disabled, orphaned, sick, poor, and neglected.

PTS: 1 DIF: Cognitive Level: Knowledge/Remember

REF: The Global Historical Roots of Public Health OBJ: 2.1

TOP: Safe and Effective Care Environment

3. The Industrial Revolution caused earlier caregiving approaches—where care was provided by families, friends, and neighbours—to become inadequate because of constantly increasing demand. Which situation also contributed to the inadequacy of caregiving approaches at this time?
- Ongoing wars, which caused frequent deaths and injuries
 - Horrible plagues that swept through Europe
 - Migration and urbanization
 - The need to pay caregivers

ANS: C

Older forms of care became inadequate because of the social changes in Europe, with great advances in transportation, communication, and other technologies. Increased mobility led to increased demand for health care, migration, and urbanization.

PTS: 1 DIF: Cognitive Level: Knowledge/Remember
REF: The Global Historical Roots of Public Health OBJ: 2.1
TOP: Safe and Effective Care Environment

4. Which event most notably changed health care?
- The creation of the discipline of nursing by Florence Nightingale
 - The formation of sisterhoods by nuns who gave care
 - The establishment of the Sisters of Mercy in Dublin
 - The formation of the Dames de la Charité by Saint Vincent de Paul

ANS: A

Many innovations in health care led to improvements in care, but Florence Nightingale revolutionized health care by establishing the discipline of nursing.

PTS: 1 DIF: Cognitive Level: Knowledge/Remember
REF: Evidence Informed Practice box OBJ: 2.1
TOP: Safe and Effective Care Environment

5. Eunice Dyke was a public health nursing pioneer in Canada. In which area did she play a key role at the beginning of the twentieth century?
- Decentralization of public health nursing
 - Specialization of public health nursing
 - Inclusion of powerful citizens on health department boards to ensure adequate funds to pay for care
 - Development of a system for accurate records of births and deaths

ANS: A

Eunice Dyke played a key role in the decentralization of public health nursing in 1914. Before this time, public health nurses (PHNs) had been working in specialized areas of nursing, such as tuberculosis (TB) care, but now they became generalists (though they did not provide bedside nursing care in the home as community health nurses [CHNs] or visiting nurses would).

PTS: 1 DIF: Cognitive Level: Knowledge/Remember
REF: Eunice Dyke OBJ: 2.2 TOP: Safe and Effective Care Environment

6. Which was a very important factor in the success of early visiting nurses?
- The care they provided that served as a model for all later hospitals
 - The more economical care they provided to families
 - Their role model, Edna Moore
 - The superb publicity campaign that was created by the health departments

ANS: B

Visiting nurses, who provided care wherever the client was located—at home, work, or school—took care of several families in one day (rather than taking care of only one patient or family as the private duty nurse did), which made their care more economical.

PTS: 1 DIF: Cognitive Level: Knowledge/Remember

REF: The Late 1800s to the Early 1900s OBJ: 2.2
TOP: Safe and Effective Care Environment

7. Which public health nurse leader was instrumental in establishing the first integrated basic nursing degree program in Canada?
- Florence Nightingale
 - Kathleen Russell
 - Edna Moore
 - Lillian Wald

ANS: B

In 1920, Kathleen Russell, Director of the Department of Public Health Nursing at the University of Toronto, was instrumental in establishing the first integrated basic degree nursing program, a major milestone in nursing education, including public health nursing education.

PTS: 1 DIF: Cognitive Level: Knowledge/Remember
REF: Post-World War I: 1918 to the Early 1940s OBJ: 2.2
TOP: Safe and Effective Care Environment

8. Which argument was used to convince the Metropolitan Life Insurance Company to establish the first community health nursing program for workers in 1909?
- Creating such a service was the morally right thing to do.
 - Employing nurses directly would be less expensive than paying taxes to the city to provide nursing services.
 - Having the company's nurses make home visits would increase morale among workers.
 - Using PHNs would keep workers healthier, which would increase worker productivity.

ANS: D

Lillian Wald argued that it would be more economical to use the services of a PHN than to employ the company's own nurses and that keeping workers healthier would increase their productivity.

PTS: 1 DIF: Cognitive Level: Knowledge/Remember
REF: Lillian Wald OBJ: 2.2 TOP: Safe and Effective Care Environment

9. What is the main achievement of the Community Health Nurses Association of Canada (CHNAC)?
- Licensed practical nurses (LPNs) as well as registered nurses (RNs) were allowed to join the association.
 - Nurses who were not PHNs were encouraged to join.
 - National standards of practice were developed.
 - A process was developed to choose the organization's leaders and officers.

ANS: C

In 1987, the CHNAC, an interest group of the Canadian Nurses Association (CNA), was formed. This association developed the national standards of practice (published in 2003) for CHNs. These standards of practice have helped establish the term *community health nursing* as the umbrella term for all nurses working in and with communities and defined the minimum scope of practice for CHNs.

PTS: 1 DIF: Cognitive Level: Knowledge/Remember
REF: 2000 to the Present OBJ: 2.3
TOP: Safe and Effective Care Environment

10. Following the release of the Romanow Report in 2002, which type of care was identified as the most rapidly growing area of community health care?
- Home care
 - Community problems
 - Immunization
 - Women's issues

ANS: A

The Romanow Report (2002) identified home care as the most rapidly growing area of community health care.

PTS: 1 DIF: Cognitive Level: Knowledge/Remember
REF: 2000 to the Present OBJ: 2.3
TOP: Safe and Effective Care Environment

11. In which practice area were the first public health nurses (PHNs) in Canada employed?
- Healthy baby clinics
 - Outpost nursing
 - School health programs
 - Tuberculosis education, prevention, and treatment

ANS: D

From the 1920s to the 1940s, nurses specializing in tuberculosis (TB) care were replaced by PHNs, as it was believed that visiting nurses would be more effective and efficient if they moved to general nursing care. Therefore, PHNs became specialists in TB education, prevention, and treatment.

PTS: 1 DIF: Cognitive Level: Knowledge/Remember
REF: Post-World War I: 1918 to the Early 1940s OBJ: 2.3
TOP: Safe and Effective Care Environment

12. What was the main reason for the brief existence of the nurse practitioner-model educational program?
- Inadequate assessment and planning in the local area
 - Insufficient provincial/territorial funding
 - The large number of primary care physicians practising in urban areas
 - The need for nursing expertise and skills in other practice settings

ANS: C

In Ontario, the nurse practitioner model for alternative health care delivery was initiated with the educational program offered by McMaster University. However, its existence was short-lived because of a perceived duplication of services and a lack of career opportunities for nurse practitioners, partly because there were too many primary care physicians practising in urban areas.

PTS: 1 DIF: Cognitive Level: Knowledge/Remember
REF: 1970 to 1999 OBJ: 2.3
TOP: Safe and Effective Care Environment