

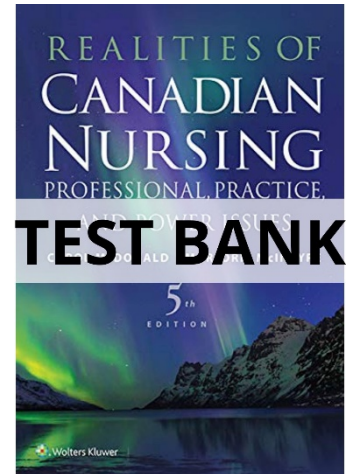
1. A nurse wishes to take political action to influence healthcare policy. How can the nurse **best** take political action?
 - A) Begin an active letter-writing campaign to policy creators.
 - B) Encourage colleagues to promote quality client care.
 - C) Address unit-level issues to create short-term change.
 - D) Speak to the nursing union representative about the policy.

2. A nurse wants to address chronic nursing shortages in a region. In what order should the nurse complete the steps for an inductive approach to addressing this issue?
 1. Articulate the issue.
 2. Analyze the issue.
 3. Identify barriers to resolution.
 4. Create strategies for resolution.
 5. Create a lobbying approach.
 - A) 1, 2, 3, 4, 5
 - B) 1, 5, 3, 2, 4
 - C) 2, 3, 4, 1, 5
 - D) 2, 1, 3, 4, 5

3. How can individual nurses **best** assist in the clear articulation of nursing issues?
 - A) Speak in unison and be collectively organized.
 - B) Support union activities that promote nursing's image.
 - C) Speak out on a wide variety of healthcare issues.
 - D) Write letters and lobby the government.

4. In considering the importance of political action on the quality of healthcare delivered in Canada, the nurse should prioritize what? Select all that apply.
 - A) Healthcare in Canada is publicly funded.
 - B) Educational standards are directed by public policy.
 - C) Legislation governs scope of healthcare practice.
 - D) Nursing comprises primarily female practitioners.
 - E) Canada is a diverse nation with a wide variety of client needs.

5. A nurse is concerned about the quality of education being delivered and the preparedness of new graduate nurses. What should the nurse do **first** in addressing these concerns?
 - A) Speak to a nurse who teaches in a nursing program.
 - B) Investigate the issue exploring various contexts.
 - C) Write a letter to the Minister of Health outlining the concerns.
 - D) Survey other nurses to determine if they share the same concerns.



6. What should nurses do to improve the chances for the success of a lobbying campaign? Select all that apply.
- A) Research the topic thoroughly and be well informed prior to meeting with key figures.
 - B) Include complex statistics consisting of percentages to reduce any challenge of the data.
 - C) Only include members of political parties that favour the initiative being lobbied.
 - D) Follow up with meeting attendees with a written summary of the meeting.
 - E) Be aware of the meeting attendees' public position on the topic being discussed.
7. A nurse is performing a political analysis of the nursing shortage in Canada's northern regions. What questions should the nurse ask? Select all that apply.
- A) Who benefits from keeping the nursing shortage in place?
 - B) Who is currently advocating for change and who is resisting this change?
 - C) What are the financial implications related to the nursing shortage?
 - D) Are there any hidden agendas of the stakeholders involved?
 - E) How does the nursing shortage compare to past nursing shortages in the area?
8. A nursing colleague tells the nurse that being politically active is not something worth the effort since there is no extra pay for this involvement. How should the nurse respond?
- A) "You could lobby for increased nursing pay and better working conditions by being politically active, so it could pay off!"
 - B) "You are obligated to be politically active according to the provincial standards of practice so you are jeopardizing your license if you are not."
 - C) "Being politically active is the most effective way for nurses to address health-related issues in a significant and lasting way."
 - D) "It is up to you if you want to be involved, but money should not be a motivating factor in how you use your time as a nurse."
9. A nurse educator is creating a presentation about the nursing profession's obligation to address social justice issues in order to promote health and well-being. What would be **best** for the educator to cite in the presentation?
- A) News articles about local social justice issues linked to poor health
 - B) First-hand accounts from people whose health has been affected by social issues
 - C) The official provincial/territorial Nursing College's Standards of Practice
 - D) Canadian Nurses Association's Code of Ethics for Registered Nurses
10. A group of nurses have decided to address an issue of health inequity in their community. What should the group's first step be?
- A) Speak to those directly affected.
 - B) Identify the topic of interest.
 - C) Determine if it is a nursing issue.
 - D) Determine if it is a priority.

11. A nurse who is attempting to take political action to address the nursing shortage has been told by a manager that the shortage exists as the direct result of provincial funding cuts. While situating the topic, the nurse considers the information to be:
 - A) an assumption.
 - B) an opinion.
 - C) a fact.
 - D) misinformation.

12. A committee of nurses is engaged in addressing an important workplace issue and is currently trying to articulate the issue. How can the nurses **best** meet this goal?
 - A) By eliciting input from outsiders.
 - B) By seeking legal counsel.
 - C) By asking “what and who” questions.
 - D) By identifying the barriers to change.

13. As nurses work to address health-related issues through political action, what advantages should they consider when choosing an inductive over a deductive approach?
 - A) An inductive approach simplifies the process, allowing for timelier addressing of the issue.
 - B) The inductive approach enables the nurse to better understand the complexity of the issue.
 - C) Inductive approaches involve an established framework with a single, clear path to follow.
 - D) Induction guarantees greater compliance with existing rules and norms compared to deduction.

14. A nurse educator has been interviewing stakeholders who have been involved in previous attempts to resolve a healthcare issue that has existed for decades. While gathering this information, what should the nurse remember related to historical contexts?
 - A) History is a partial and incomplete interpretation.
 - B) History is completely subjective and unreliable.
 - C) The information will be most reliable if taken from a single stakeholder.
 - D) History recounted by individuals is far less reliable than written records.

15. A nurse has noticed that many of the clients in a particular area of the city have poor control of their diabetes and suffer a disproportioned amount of complications. What area of intervention should the nurse focus on to **best** address this issue?
 - A) Social determinants of health
 - B) Education of the individual clients
 - C) The quality of nursing care
 - D) Cost of medication and equipment

16. A nurse is investigating the social and cultural influences on a health issue affecting the Indigenous population in a large urban setting. What questions should the nurse ask? Select all that apply.
- A) How are Indigenous residents generally depicted in local media?
 - B) How do the values of the dominant population align with Indigenous values?
 - C) What economic limitations are linked to the creation of this issue in this population?
 - D) What are the attitudes of the Indigenous people about the issue being investigated?
 - E) Who benefits from this issue not being addressed in this community?
 - F) How did this issue for Indigenous people originate and evolve in this community?
17. A nurse is exploring a critical feminist approach to an issue. Which line of inquiry should the nurse employ?
- A) How is male privilege over women contributing to this issue?
 - B) How do gender-related assumptions influence this issue?
 - C) How can resolution of this issue benefit women in society?
 - D) Does the prevailing attitude of women perpetuate this issue?
18. A political action committee made up of nurses and members of other health disciplines is working to resolve an issue. What is **most** important for the committee to address prior to devising strategies for resolution?
- A) Ensuring there is a collaborative group process
 - B) Creating a focus for a letter campaign
 - C) Creating a wide social media network
 - D) Identifying the barriers to resolution
19. A group has drafted a resolution to an issue that they wish to submit to the Canadian Nurses Association (CNA) for adoption. The group will increase the likelihood of adoption if they adhere to what guidelines? Select all that apply.
- A) Submit the resolution in writing prior to the annual general meeting.
 - B) Prepare an informative presentation for the group.
 - C) Include both a preamble and the resolution in the submission.
 - D) Only submit the resolution once it has the support of the provincial regulatory body.
 - E) Be sure the resolution advances the mission of the CNA.
20. A group has completed their analysis of a health issue and is planning a lobbying campaign. What should the group employ as lobbying approaches? Select all that apply.
- A) Writing letters to those who are in a position to address the issue
 - B) Informing the affected population via social media campaigns
 - C) Holding regular meetings with group members to discuss progress
 - D) Posting flyers in the community about the issue and the group's goals
 - E) Drafting appropriate resolutions for the group to present to the Canadian Nurses Association

Answer Key

1. A
2. A
3. A
4. A, B, C
5. B
6. A, D, E
7. A, B, D
8. C
9. D
10. B
11. A
12. C
13. B
14. A
15. A
16. A, B, D
17. B
18. D
19. A, C, E
20. A, B, D

1. One of the significant barriers to reducing racism in healthcare and nursing practice is:
 - A) racism exists everywhere and will continue to exist.
 - B) concepts of race and racism are not integral aspects of nursing knowledge development.
 - C) everyone is treated the same.
 - D) dominant culture and values are the same for all people within the culture.

2. Racialization refers to:
 - A) identifying people with similar values and beliefs.
 - B) putting people into categories that help with decision making for health and well-being.
 - C) categorizing people with similar behaviours.
 - D) placing people into categories based upon their skin colour and physical attributes.

3. There are numerous health inequities resulting from racism which occur because of the following (select all that apply):
 - A) People within a race have hereditary predisposition to certain illnesses.
 - B) Chronic, long-term stresses of racism result in intergenerational traumatic experiences.
 - C) The negative effects of racism experienced by families are transmitted throughout the family system.
 - D) Chronic, long-term stresses of racism result in challenges with coping and development of illnesses.

4. Evidence shows that racism is a root cause of health inequities for racialized peoples. Select the following causes that have been noted (select all that apply):
 - A) Environmental impact on health as a result of toxic landfill sites located near racialized populations
 - B) Delays in diagnostic testing for racialized populations
 - C) Longer treatment delays for racialized populations
 - D) Racialized populations often refuse prescribed treatment plans
 - E) Lifestyle choices of racialized populations result in more health challenges

5. When compared with their White counterparts, all of the following are true for racialized peoples in healthcare settings EXCEPT:
 - A) Receive less clinical attention and intervention
 - B) Have less frequent assessments
 - C) Feel ignored
 - D) Receive higher doses of analgesics to counteract tolerance to opioids

6. The cycle of oppression has multiple negative consequences for racialized peoples in healthcare settings. These negative consequences result from:
 - A) nurses and other healthcare professionals feeling pressured to attend to nonracialized peoples first.
 - B) lack of understanding of the healthcare needs of racialized peoples.
 - C) long-term stereotyping of racialized people which leads to prejudice and discrimination.
 - D) complex healthcare needs of racialized peoples require specialized care that takes longer to access and deliver.

7. The concept of the “invisible knapsack” refers to:
 - A) the needs of racialized peoples being ignored.
 - B) the challenges affecting racialized peoples who are not being acknowledged.
 - C) White privileges with unearned advantages and opportunities.
 - D) disempowerment of racialized peoples.

8. The progress of integrating racial and racialization concepts in nursing education has primarily been hindered by which of the following:
 - A) Nurse educators are predominately racist
 - B) The focus on Florence Nightingale and her views on nursing practice
 - C) Reliance on nursing theories which are generally colonial based
 - D) Lack of leadership examples from racialized peoples

9. A significant barrier to integrating and changing attitudes to racism and racialization in nursing education is:
 - A) lack of understanding of the issues.
 - B) lack of evidence that racialized nursing students exist.
 - C) lack of funding for nursing education.

- D) silence of nursing educators.
10. The campaign titled, "Idle No More" refers to:
- A) increasing physical activities for Indigenous peoples.
 - B) increasing funding and opportunities for team sports for Indigenous children.
 - C) increasing education for prevention of diabetes in Indigenous peoples.
 - D) increasing emphasis on eliminating economic and social inequities for Indigenous peoples.
11. A White nursing student makes the comment, "it seems like the Indigenous students get a lot of breaks when it comes to getting assignments marked," is an example of:
- A) discrimination.
 - B) prejudice.
 - C) White privilege.
 - D) egocentrism.
12. Which statement is an example of allyship?
- A) "I am hoping to become friends with one of my classmates from a different race."
 - B) "I invite students from other races to work on my class projects with me."
 - C) "I have learned so much from my friends from all races."
 - D) "I think we should have recognized spaces for non-White students."
13. Which statement demonstrates understanding of allyship with oppressed peoples?
- A) "We need to have weekly meetings to support oppressed peoples."
 - B) "We should have a celebration for oppressed people at the end of term when exams are finished."
 - C) "Sometimes I feel oppressed."
 - D) "Let's set up an online discussion group that's available 24/7 with resources and support for people to learn and talk about oppression."
14. Racialized students experience substantial barriers in nursing education because:
- A) they have a different belief system regarding wellness.
 - B) nursing education is still immersed in colonial and Eurocentric ideas.
 - C) there are no examples of the issues that racialized students face.
 - D) racialized students often aren't prepared for advanced studies.
15. Race refers to any group of people who share the same physical characteristics, such as:
- A) height.
 - B) skin colour.
 - C) culture.
 - D) religion.

16. The major health outcomes that result from racial health inequities include which of the following:
1. Cancer
 2. Cardiovascular
 3. Reproductive
 4. Diabetes
 5. Asthma
- A) 1, 2, 4
B) 1, 3, 5
C) 2, 3, 4
D) 3, 4, 5
E) All of the above
17. Racialized peoples have increased incidence of immunosuppression, diabetes, heart disease, obesity, and depression because these conditions are related to:
- A) lack of available resources to accurately diagnose these conditions.
 - B) lower availability of healthy food choices in rural areas.
 - C) fewer options for physical activities for racialized youth.
 - D) chronic states of stress due to the relentlessness of racism and other issues.
18. Indigenous peoples are more likely to die from cancer than their White counterparts because:
- A) they refuse contemporary treatment regimens.
 - B) Indigenous treatment regimens counteract contemporary treatments.
 - C) they are genetically disposed to poor prognoses with cancer.
 - D) they are often in later stages of cancer when they are diagnosed.
19. Which of the following statements by a White person **best** describes “White privilege”?
- A) “I don't have a race. You do.”
 - B) “I'm happy to use the privileges I have to help others.”
 - C) “I'm a kind person. I'm not racist.”
 - D) “I treat everyone the same.”
20. Racialization still exists in nursing education and society. An important indicator that racism is truly a thing of the past is:
- A) racial slurs and comments are never uttered.
 - B) White students go out of their way to help non-White students with writing essays.
 - C) White faculty provide free learning workshops to assist non-White faculty learn nursing theories.
 - D) faculty and students are all prepared equally to educate and learn.

Answer Key

1. B
2. D
3. B, C, D
4. A, B, C
5. D
6. B
7. C
8. C
9. D
10. D
11. C
12. C
13. D
14. B
15. B
16. A
17. D
18. D
19. A
20. D

1. Consider the following statement. "Homelessness is an issue affecting many Canadians which can be easily resolved with more resources." What is the **best** response to that statement?
 - A) People who are homeless are a homogenous group that are easy to identify.
 - B) More emergency shelters can be developed to provide homes for homeless people.
 - C) Homelessness is not an easy issue to resolve.
 - D) Additional resources would resolve all homelessness in Canada.

2. The group of people that represent the largest population of homeless in Canada are:
 - A) single women.
 - B) Indigenous people.
 - C) immigrants to Canada.
 - D) people with disabilities.

3. The health inequities affecting people who are homeless are outcomes from all, EXCEPT:
 - A) power imbalances.
 - B) structural conditions.
 - C) systemic processes.
 - D) educational programming.

4. Consider the following statements. Select all that apply to homelessness in Canada.
 - A) Over 200,000 people in Canada experience homelessness.

- B) Less than 200,000 people in Canada experience homelessness.
 - C) People experiencing homelessness are in rural and urban settings.
 - D) There are more people experiencing homelessness in urban settings.
 - E) One in 15 Indigenous peoples experience homelessness compared to 1 in 128 of the general population.
 - F) Homelessness is more visible in rural settings.
5. The **best** approach for resolving issues affecting homeless people includes:
- A) ensuring enough emergency shelter space for everyone in need.
 - B) tax reforms to ensure resources are allocated to build housing.
 - C) healthcare reform to offer all aspects of healthcare to homeless people.
 - D) a systematic approach that addresses multiple aspects of homelessness.
6. The term “couch surfing” refers to the experience of:
- A) locating furniture that has been thrown away and using it as a bed.
 - B) sneaking into and hiding in office buildings or stores and sleeping on the furniture.
 - C) staying with different people night after night and sleeping on their furniture.
 - D) sleeping on different park benches each night to stay safe.
7. Homelessness primarily affects which population?
- A) Male youth
 - B) Immigrant adults
 - C) Single seniors
 - D) None of the above
8. In Canada, Indigenous peoples are overrepresented in homeless populations because of:
- A) colonization.
 - B) cultural beliefs.
 - C) population numbers in rural settings.
 - D) few economic opportunities.
9. People who are homeless experience higher rates of all, EXCEPT:
- A) substance use.
 - B) infectious diseases.
 - C) unplanned pregnancy.
 - D) poor mental health.
10. The commitment to ensuring everyone's right to “an adequate standard of living with adequate food, clothing, and housing” came from what?
- A) Toronto Disaster Relief Committee for Homelessness, 1998
 - B) New York Tenements Act for housing reforms
 - C) National Housing Act, 1985
 - D) International Covenant on Economic, Social and Cultural Rights, 1976