

Healthy Lifestyle Test Questions

1. The public health nurse who does Blood Pressure screening and related health education is conducting activities in the level of

- a. primary prevention
- *b. secondary prevention
- c. tertiary prevention
- d. focused prevention

2. The health educator who teaches proper body mechanics for bending and lifting is conducting activities in the level of

- *a. primary prevention
- b. secondary prevention
- c. tertiary prevention
- d. focused prevention

3. The clinic nurse who refers a client with Multiple Sclerosis to a support group and provides information about community resources for counseling is conducting activities in the level of

- a. primary prevention
- b. secondary prevention
- *c. tertiary prevention
- d. focused prevention

4. A home health nurse who provides skin care and repositioning of a client on bedrest is conducting activities in

- a. health promotion
- *b. health protection
- c. health prevention
- d. rehabilitation

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5. A 22 year old male client wants to start an exercise program, but he says he doesn't have the time or money to attend a fitness club. The nurse recognizes the behavior-specific cognitions and affect variable of

- a. perceived self-efficacy
- *b. perceived barriers to action
- c. interpersonal influences
- d. situational influences

6. Which of the following statements reflect the precontemplation stage of the behavior change model?

- a. "I stopped using butter on my sandwiches to help lower my cholesterol."
- *b. "I think I will join a fitness club next month because exercise is going to reduce my risk of having a heart attack."
- c. "I don't think I can change my cholesterol levels with my diet. High cholesterol runs in my family."
- d. "I don't worry about my cholesterol anymore. It has been controlled well with a low fat diet and exercise plan for 6 months."

7. Which of the following statements reflect the maintenance stage of the behavior change model?

- a. "I am learning more about low fat substitutions, and am trying them with my favorite recipes."
- b. "I quit my diet a few weeks ago, and I plan to start it again after the holidays."
- c. "I need to eat lots of fatty foods because I have a high metabolism."
- *d. I make low fat choices when I eat at home, but it is a little more difficult to find low fat meals when I dine out."

8. The nurse educator planning a smoking cessation program understands that the most basic type of health promotion program is

- *a. utilizing a variety of media for information dissemination
- b. conducting health risk surveys
- c. providing counseling for lifestyle and behavior change
- d. facilitating environmental control programs

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9. Information and discussion about child health and safety issues are appropriate for health fairs, including locations at

- a. clinics
- b. schools
- c. churches
- *d. all of the above
- e. none of the above

10. The health educator offering weight control and exercise programs is an example of

- a. information dissemination
- b. health risk appraisal and wellness assessment
- *c. lifestyle and behavior change
- d. environmental control program

11. Distributing stress management pamphlets and presenting a poster exhibit at a health fair is an example of

- *a. information dissemination
- b. health risk appraisal and wellness assessment
- c. lifestyle and behavior change
- d. environmental control program

12. Community groups who monitor changes in water and air quality are examples of

- a. information dissemination
- b. health risk appraisal and wellness assessment
- c. lifestyle and behavior change
- *d. environmental control program

13. The clinic nurse reviewing the use of cigarettes, drugs and alcohol is an example of

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- a. information dissemination
- *b. health risk appraisal and wellness assessment
- c. lifestyle and behavior change
- d. environmental control program

14. The clinic nurse who guides client's development in effective problem solving and decision making begins by

- *a. health history, health risk assessment, and health beliefs review
- b. emphasizing teaching self-care activities
- c. identifying health goals and behavior change options
- d. Asking the client to re-order priorities

15. The nurse educator recognizes that motivation for clients to learn new information or use new resources is most affected by

- a. poor support system
- b. increased physical limitations and transportation problems
- c. change in cognitive status
- *d. attitude of hopelessness and depression

16. "Readiness for enhanced self concept" is best described as a

- a. psychological diagnosis
- *b. wellness diagnosis
- c. spiritual diagnosis
- d. health perception diagnosis

17. When developing health promotion plans with clients, the nurse educator should take the role of

- a. advisor
- b. counselor

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*c. resource person

d. all of the above

e. none of the above

18. After developing a behavior change plan with a 50 year old woman who wants to decrease cardiac risk, the nurse helps the client by

a. anticipating and planning for barriers

b. discussing environmental and interpersonal factors that support positive change

c. provide reinforcement for the client's efforts to change lifestyle

*d. all of the above

19. To promote the client's committing to the behavior change goals, the nurse

a. encourages client to change her goals to what most people do

b. asks her to sign a formal, written behavioral contract

c. discusses the negative consequences that will occur if client doesn't follow through

e. none of the above

20. Before implementing the behavior change plan, the client should

*a. decide who can help them succeed and how to contact those resources

b. set up a follow-up contact in a few months

c. decide whether the behavior change goals were met

d. all of the above

e. none of the above

21. To enhance behavior change, when the nurse meets with the client in a private setting, she first

*a. asks about the client's current situation and problem behaviors

b. asks how the client feels about making lifestyle changes

c. expects client to independently identify concerns, problems, and plans

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d. insists on need for behavior change when client seems resistive

22. To develop effective behavior change plans for teenagers needing better management of their diabetes, the nurse

a. suggests a diabetic education plan she had developed for a similar client

b. sets the next contact for three month later, to see if goals are met and then give positive feedback

*c. schedule rewards for goals reached in two weeks or less, if BG readings decrease

d. work on several behavior changes at once, including diabetic diet, alcohol use, relaxation and exercise

23. The nurse who is using a strategy to promote change in the contemplation stage of a 20 year old pregnant woman who smokes might say

a. "Let's examine the pros and cons of quitting smoking."

b. "Ask yourself, and reflect on the question, "Why do I want to smoke?"

c. "How would you feel about yourself if you quit smoking?"

*d. all of the above

e. none of the above

24. Strategies for promoting behavior change in the maintenance stage may include

a. remind client of previous successes

b. discuss how to cope when increased stress occurs

c. encourage client to know the danger signs of relapse

*d. all of the above

e. none of the above

25. As the clinic nurse promotes behavior change in a teenager who resists using recommended diabetic self-care behaviors, the nurse examines the client's available personal strengths, which may include

a. ability to read instructional pamphlets if he chooses to

*b. spiritual/religious ties and extended family support

c. available testing supplies from prior referral to diabetic education

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- d. all of the above
- e. none of the above

26. Which group of problems on the Life Change Index predicts the most risk for illness?

- *a. divorce, change in responsibilities at work, and outstanding personal achievement
- b. death of spouse, change in recreation and sleeping habits
- c. marriage, pregnancy, and change in financial state
- d. marital separation, change in residence, personal injury or illness

27. Besides nutrition and dental care, the school nurse wants to add health focused programs. Appropriate topics for school health promotion may include prevention of

- a. pregnancy and STD's
- b. drug and alcohol abuse
- c. domestic violence and child abuse
- *d. all of the above
- e. none of the above