1. The prevention of disease and injury is a key concept of community-based nursing. Primary prevention is best described as
   A) early intervention and treatment of a disease or an injury to limit disability.
   B) minimizing the negative effects of an already present injury or health condition.
   C) preventing the initial occurrence of a disease or an injury.
   D) maximizing recovery after an illness or injury.

2. Health protection refers to
   A) strategies related to environmental or regulatory measures that confer protection on large population groups.
   B) strategies to repent the initial occurrence of a disease or an injury.
   C) lifestyle changes that allow basically healthy individuals to maintain a high level of health.
   D) strategies to promote health in the individual client.

3. A nurse's goal is to identify individuals with asymptomatic diverse conditions in her community. This is an example of which of the following types of nursing intervention?
   A) Collaboration
   B) Health teaching
   C) Case management
   D) Screening

4. The nurse's primary responsibilities include teaching and counseling individuals who have been diagnosed with a chronic condition about lifestyle changes such as diet, exercise, stress management, and home management. These activities fall under the category of
   A) primary prevention.
   B) secondary prevention.
   C) tertiary prevention.
   D) health protection.
5. The nurse works in a nursing center in a neighborhood where there are many individuals at risk to develop hypertension. She is holding blood pressure clinics in various community sites, doing follow-up teaching regarding diet, exercise, and other lifestyle changes with those identified with borderline hypertension or hypertension. The nurse is providing care at what level of prevention?
   A) Primary prevention
   B) Secondary prevention
   C) Tertiary prevention
   D) Health protection

6. A nurse is assessing how well a caregiver is able to assist her client with insulin injections. What is the preferred setting for this assessment to take place?
   A) A clinic
   B) The hospital
   C) The home
   D) The community center

7. In which one of the following interventions is the nurse being an advocate for her client?
   A) Assisting a client to ambulate the hallway following an injury
   B) Administering analgesics for a client following a surgery
   C) Helping an elderly client fill out an advanced directive form
   D) Giving a backrub to a client confined to bed rest

8. The United States health care system is
   A) the best in the westernized world.
   B) attentive to social determinants of health.
   C) expensive and of marginal quality.
   D) available to all in need.

9. Concepts central to a definition of health are
   A) resolution of illness and absence of disease.
   B) cost-effectiveness and treatment efficacy.
   C) ability to function and self-care.
   D) state of physical, mental, and social well-being.
10. The purpose of Healthy People 2020 is to
   A) provide a roadmap for the nation's health regarding promoting health and preventing disease.
   B) identify evidenced-based practice protocols.
   C) decrease community-based care in favor of acute care.
   D) determine congressional funding for health.

11. Which of the following actions would best assist in meeting the Healthy People 2020 goal of achieving health equity, eliminating disparities, and improving health of all groups?
   A) Advocacy for changing of inadequate institutional policies
   B) Diabetic screening for women at an area senior center
   C) Implementation of mandatory HIV testing for minority adolescents
   D) Promote colorectal screenings in rural areas

12. A law requiring the use of safety belts is an example of which kind of strategy?
   A) Health promotion
   B) Health protection
   C) Disease prevention
   D) Injury prevention

13. Which of the following is an example of a health promotion activity?
   A) Immunizations for 2 year olds
   B) Blood pressure screening at the senior center
   C) Pregnancy testing and counseling
   D) No smoking policies in the workplace

14. The school nurse plans to teach 5th grade students about hygiene. This activity is an example of
   A) primary prevention.
   B) secondary prevention.
   C) tertiary prevention.
   D) health promotion.

15. Which of the following activities would be considered secondary prevention?
   A) Chronic illness support group
   B) Breast self-exam
   C) Retirement planning
   D) Physical therapy poststroke
16. Nutrition education regarding low-sodium, low-fat diets for cardiac clients is considered
   A) health promotion.
   B) primary prevention.
   C) secondary prevention.
   D) tertiary prevention.

17. The American Cancer Society's Great American Smoke-out is an example of
   A) population-based practice.
   B) community-focused practice.
   C) systems-focused practice.
   D) individual-focused practice.

18. The home care nurse finds out that Mrs. Jones' family has not had their flu shots because
    they cannot afford them. She refers them to the area health department's free flu shot
    clinic. This intervention is an example of
    A) case finding.
    B) outreach.
    C) counseling.
    D) surveillance.

19. The majority of interventions done by the home care nurse are
    A) health protection.
    B) primary prevention.
    C) secondary prevention.
    D) tertiary prevention.

20. Nurses in ambulatory care settings play an important role in primary prevention. An
    example of primary prevention in ambulatory settings includes
    A) genetic and prenatal counseling.
    B) education on the performance of testicular self-exam (TSE).
    C) trending of client blood pressure readings over time.
    D) monitoring medication compliance.
Answer Key

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