

## **Edelman: Health Promotion Throughout the Life Span, 7th Edition**

### **Chapter 03: Health Policy and the Delivery System**

#### **Test Bank**

#### **MULTIPLE CHOICE**

1. The most autonomous form of insurance for the provider and the client perspective is:
- A fee-for-service plan
  - A health maintenance organization (HMO)
  - A preferred provider organization (PPO)
  - An independent practice association (IPA)

ANS: A

In the fee-for-service plan, a provider provides a service and bills the individual's insurance company. The individual is also allowed to choose his or her provider.

DIF: Cognitive Level: Application REF: 66-67

2. Which form of managed care restricts providers to caring for clients who are members of their organization?
- A fee-for-service plan
  - A health maintenance organization (HMO)
  - A preferred provider organization (PPO)
  - An independent practice association (IPA)

ANS: B

The traditional HMO was a group or staff model where a group of physicians and some specialty services provided care to its members. Providers generally spent all their time serving members of the HMO. Fee-for-service, IPAs, and PPOs are not restricted to serving clients for any one organization.

DIF: Cognitive Level: Knowledge REF: 67

3. A family of six includes two working parents. Neither employer provides health insurance for this family. The family does not meet the financial criteria for Medicaid. However, they may be eligible for which of the following federal programs?
- Medicare
  - Civilian Health Medical Program for Uniformed Services (CHAMPUS)
  - State Children's Health Insurance Program (SCHIP)
  - Veteran's Administration Program

ANS: C

The State Children's Health Insurance Program is a public state insurance program established to provide insurance to uninsured children whose family is typically described as the working poor and don't meet Medicaid requirements. In this case, both parents work but do not have access to insurance through their employers. Additionally, they do not meet the financial Medicaid requirement.

DIF: Cognitive Level: Application REF: 70

4. A nurse complies with the Patient Self-Determination Act when:
- She asks a client upon admission to the hospital if he has an advanced directive
  - She asks a client in the recovery room if he has an advanced directive
  - She asks a client before discharge from the hospital if he has an advance directive
  - She asks the family about an advanced directive after the client has been intubated

ANS: A

The Patient Self-Determination Act is designed to increase individual involvement in decisions about life-sustaining treatments. The nurse must ensure that advanced directives are available to physicians at the time the medical decision is being made. Therefore, the nurse complies with the act when she asks a client upon admission to the hospital if he or she has an advanced directive.

DIF: Cognitive Level: Application REF: 73

5. A nurse discussing the case of Mrs. Jones, a 60-year-old on the surgical unit s/p gastric bypass surgery, with her cardiologist husband is in violation of:
- The Patient Self-Determination Act
  - The Health Insurance Portability and Accountability Act of 1996
  - The American's Disabilities Act
  - The Civil Rights Act

ANS: B

The Health Insurance Portability and Accountability Act of 1996 (HIPAA) is a federal privacy standard that requires safeguards to protect the security and confidentiality of health information. Disclosures without individual authorization are allowed only to public health authorities authorized by law to collect and receive information for the purpose of preventing or controlling disease, injury, or disability.

DIF: Cognitive Level: Application REF: 73

6. Which is a violation of the Health Insurance Portability and Accountability Act of 1996?
- A nurse reporting a case of TB to the health department
  - A nurse reporting a case of child abuse to the Department of Children and Family Services
  - A nurse discussing the client's case with the provider of record

- d. An office nurse discussing the client's case with the client's school nurse

ANS: D

The Health Insurance Portability and Accountability Act of 1996 (HIPAA) is a federal privacy standard that requires safeguards to protect the security and confidentiality of health information. Disclosures without individual authorization are allowed only to public health authorities authorized by law to collect and receive information for the purpose of preventing or controlling disease, injury, or disability. Prior to speaking to the school nurse, the office nurse must obtain authorization from the client's parents.

DIF: Cognitive Level: Application REF: 73

7. Which could result in a change in a nurse practitioner's practice?

- a. She holds a master's degree or higher.
- b. She will be moving to another state when she gets married.
- c. She cares for Medicare clients.
- d. She moves to another office within the same practice.

ANS: B

Nurse practitioners generally hold master's degrees or higher. The nurse practice act within their states may be more comprehensive than the institutions for which they work. Legislation exists for reimbursement of nurse practitioners by Medicare. However, practice acts and prescriptive authority vary from state to state and thus influence practice patterns.

DIF: Cognitive Level: Application REF: 67 | 76

8. Which nurse is functioning as a care manager?

- a. A nurse working with a family to coordinate care after their child experiences his second hospitalization for an asthma exacerbation
- b. A nurse providing asthma education in the office setting to a child with moderate persistent asthma
- c. A nurse administering the appropriate anti-inflammatory medication to a child admitted to the hospital with an asthma exacerbation
- d. A nurse making a home visit for a respiratory assessment to a child s/p an admission for an asthma exacerbation

ANS: A

Care managers help determine what medical care is necessary, monitor care, and arrange for individuals to receive the most cost-effective care in the most appropriate settings. They must collaborate with providers and with the client/family. Care managers are especially helpful following a client after discharge and clients with complex needs. A nurse working with a family to coordinate service after a hospitalization is a good example of services provided by a care manager.

DIF: Cognitive Level: Application REF: 77

9. Which nurse is at risk of making a medical error?

- a. A nurse who is working overtime
- b. A nurse who works in a hospital that advocates multidisciplinary care
- c. A nurse who is caring for four clients during her shift
- d. A nurse who attends regular continuing education programs

ANS: A

Health care systems are the basic cause of medical errors. Organizational and workforce management, work design, and organizational culture are problem areas that contribute to medical errors. Poor management leads to increased nurse turnover, the need for increased client-to-nurse ratios, increased need for overtime, and decreased number of nurses; all of which can lead to medical errors. A nurse working overtime is at risk of making a medical error.

DIF: Cognitive Level: Application REF: 62

10. What is the most effective policy a staff nurse can implement to help decrease medical errors on her unit?

- a. Forgo any opportunity for continuing education so the unit is never understaffed
- b. Foster a collaborative working environment on her unit
- c. Check all medication a minimum of three times before administering them to a client
- d. Encourage a policy that mandates the firing of any nurse who commits two medical errors

ANS: B

Health care systems are the basic cause of medical errors. Organizational and workforce management, work design, and organizational culture are problem areas that contribute to medical errors. Creating a collaborative working environment helps improve organizational culture, thereby reducing the chance of medical errors.

DIF: Cognitive Level: Application REF: 10-11

11. Which health care provider represents a primary care provider?

- a. A psychiatric advanced practice nurse
- b. A clinical nurse specialist
- c. A pediatric nurse practitioner
- d. An acute care nurse practitioner

ANS: C

A primary care provider serves as a gatekeeper, coordinating care of clients by determining the need for referrals and procedures. A primary care provider can be a physician, physician's assistant, or advanced practice nurse in a primary care setting. The primary care provider provides basic and routine care usually in an office or a clinic. A pediatric nurse practitioner is an example of a primary care provider.

DIF: Cognitive Level: Application REF: 67-68 (Box 3-3)

12. Which person may be at risk for being uninsured?
- a. A 68-year-old retired mailman
  - b. A 48-year-old on renal dialysis
  - c. A 2-year-old whose parents work but do not have benefits through their employers and are considered working poor
  - d. A 20-year-old who doesn't attend college and works part-time as a waiter in a small pizza parlor

ANS: D

Young adults (19 years of age or older) are not eligible to be covered under their parents insurance if they are not full-time college students. Medicare is available for those over the age of 65 and people who require dialysis. Medicaid and SCHIP are available for children whose families meet the financial requirements. This child would likely meet criteria for either Medicaid or SCHIP because the parents are considered working poor. Because health care insurance is so expensive, it would be difficult for a 20-year-old to afford his own plan. Young adults often go without insurance due to the high costs.

DIF: Cognitive Level: Application REF: 70 | 79 | 82

13. Adoption of a Canadian-style health care system in the United States has the potential to:
- a. Decrease waiting times for tests/procedures
  - b. Create further health disparities
  - c. Increase the number of HMOs
  - d. Increase the amount of funding available for health care

ANS: B

Canadians with private health insurance and higher incomes have access to greater health care services and more expedient health care. This translates to a two-tier system of health care, which can contribute to health disparities in health care access and quality.

DIF: Cognitive Level: Synthesis REF: 60-61 | 884

14. A system used to monitor diagnoses, treatments, and billing practices, the purpose of which is to lower costs by discouraging unnecessary treatments is known as:
- a. Managed care
  - b. A gatekeeper
  - c. Utilization review
  - d. Capitation

ANS: C

A system used to monitor diagnoses, treatments, and billing practices, the purpose of which is to lower costs by discouraging unnecessary treatments, is known as utilization review.

DIF: Cognitive Level: Knowledge REF: 86

15. The country with the lowest infant mortality rate in 2005 was:

- a. Canada
- b. Mexico
- c. Sweden
- d. United States

ANS: C

Sweden had the lowest infant mortality in 2005 with a mortality rate of 3 per 1000 live births.

DIF: Cognitive Level: Knowledge REF: 61 (Table 3-1)

16. The country with the highest infant mortality rate in 2005 was:

- a. Canada
- b. Mexico
- c. Sweden
- d. United States

ANS: B

Mexico had the highest infant mortality rate in 2005 with 22 per 1000 live births.

DIF: Cognitive Level: Knowledge REF: 61 (Table 3-1)

17. The country with the highest life expectancy for males in 2005 was:

- a. France
- b. Germany
- c. Sweden
- d. United States

ANS: C

Sweden was the country with the highest life expectancy for males (79 years of age) in 2005.

DIF: Cognitive Level: Knowledge REF: 61 (Table 3-1)

18. The country with the highest life expectancy for females in 2005 was:

- a. France
- b. Germany
- c. Sweden
- d. United States

ANS: A

France was the country with the highest life expectancy for females (84 years of age) in 2005.

DIF: Cognitive Level: Knowledge REF: 61 (Table 3-1)

19. The person known as the father of British and American public health is:

- a. Lillian Wald
- b. Edwin Chadwick
- c. Lemuel Shattuck
- d. Paul Ehrlich

ANS: B

Edwin Chadwick is known as the father of British and American public health.

DIF: Cognitive Level: Knowledge REF: 63

20. The process of trying to persuade legislators to vote for or against measures important to the interest group represented is known as:

- a. Advocating
- b. Educating
- c. Bribing
- d. Lobbying

ANS: D

The process of trying to persuade legislators to vote for or against measures important to the interest group represented is known as lobbying.

DIF: Cognitive Level: Knowledge REF: 85

21. A community health nurse most effectively preserves the health of a person with TB and the community by:

- a. Placing and reading the PPD of all close contacts
- b. Providing DOT for the person with TB
- c. Isolating the person because he has drug-resistant TB
- d. Telling the person to wear a mask when leaving the home

ANS: B

Community health nursing practice promotes, preserves, and maintains the health of populations and the effect of their health status on that of the community as a whole through care provided to individuals, families, and groups. Thus, the most effective strategy of treating the individual and preventing the spread of TB is to provide DOT.

DIF: Cognitive Level: Synthesis REF: 62 | 64

22. Which best demonstrates the concept of the *Healthy People 2010* report?

- a. Addition of a new cardiothoracic intensive care unit at a major hospital in the community
- b. Addition of a new rehabilitation center in the community
- c. Addition of a new recreational health center
- d. Addition of a new children's hospital

ANS: C

The *Healthy People 2010* report promotes health care, not illness care. A hospital, ICU, and rehabilitation center emphasize episodic care after an illness. The recreation health center serves to preserve health in the community and helps meet the goals of the *Healthy People 2010* report.

DIF: Cognitive Level: Application REF: 60 (Think About It box) | 86

23. A 22-year-old pregnant woman with two children (2-year-old and 5-year-old) living at less than 135% of the federal poverty level would be eligible for:
- a. Medicare Part A
  - b. Medicare Part B
  - c. Medicaid
  - d. States Children's Health Insurance Program

ANS: C

State Medicaid programs must cover all pregnant women and children up to 6 years of age with a family income of less than 133% of the federal poverty level. SCHIP provides insurance coverage to children whose family income is below 200% of the federal poverty level or whose income is 50% higher than the state's Medicaid eligibility threshold. In this case, the woman is pregnant, her children are under the age of 6, and they meet the financial criteria for Medicaid but not SCHIP.

DIF: Cognitive Level: Application REF: 82

24. A major factor limiting health care services in the United States is:
- a. Lack of nurses
  - b. Lack of health care facilities
  - c. Lack of funding
  - d. Lack of client interest in health promotion

ANS: C

The lack of nurses may prevent health care providers from offering health promotional education activities. The cost of health care and prescription drugs is a major limitation to health care services. The United States has the highest proportion of population with no health insurance, thereby limiting health care services available to Americans.

DIF: Cognitive Level: Synthesis REF: 60 | 63 | 73-75 | 82



25. The best way for a nurse to support a bill to decrease the speed limit on highways is to:
- Call her legislator
  - Write a letter to her legislator
  - Join a nursing organization and lobby as a group
  - Provide testimony for the bill

ANS: C

Legislators are influenced by information they receive, and nurses have a wealth of information to share with legislators. Communicating with a legislator (calling, writing, personal visit, etc.) and providing testimony are helpful in influencing health policy. However, the collective voice of a group sends a more powerful message to policy makers.

DIF: Cognitive Level: Application REF: 85-86

26. Which of the following is a health plan consisting of hospitals and physician providers providing health care services to plan members usually at discounted rates in return for expedited claims payment?
- HMO
  - POS
  - PPO
  - IPA

ANS: C

A health plan consisting of hospitals and physician providers providing health care services to plan members usually at discounted rates in return for expedited claims payment is known as a PPO.

DIF: Cognitive Level: Knowledge REF: 68 (Box 3-3)

### **MULTIPLE RESPONSE**

1. Which scenarios represent a nurse advocating for health care delivery? Select all that apply.
- A nurse who supports a policy change that calls for all individuals admitted to the hospital to have a dietary consult
  - A nurse who signs a petition that calls for the elimination of smoking in all public areas
  - A nurse who keeps up-to-date on health policy issues at the local, state, and national level
  - A nurse who becomes an active member of the American Nurses Association

ANS: A, B, C, D

A major role of the nurse is to advocate. To do so, the nurse must be aware of the issues. Advocacy involves participation in policy decision making at the local, state, and national level. This can be accomplished through serving on committees, voting, joining organizations, running for office, or voting for candidates that support quality health care.

DIF: Cognitive Level: Application REF: 85

2. Select all who are considered part of the vulnerable population:

- a. A deaf man
- b. A cocaine-addicted teenage girl
- c. A 9-year-old boy
- d. A woman

ANS: A, B, C

Children, substance abusers, and those with communication difficulties are considered part of the vulnerable population in the United States.

DIF: Cognitive Level: Application REF: 61 (Box 3-1)