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Question: 1

Which of the following is a key role of public health nurses in disaster preparedness and response?

- A. Administering medication to affected individuals
- B. Providing immediate emergency care to victims
- C. Conducting community health assessments after the disaster
- D. Coordinating with local authorities and organizations

Answer: D

Explanation: A key role of public health nurses in disaster preparedness and response is to coordinate with local authorities and organizations. Public health nurses play a crucial role in coordinating and collaborating with various stakeholders, including emergency management agencies, healthcare providers, community organizations, and volunteers, to ensure an effective and coordinated response during disasters. While administering medication and providing immediate emergency care may be part of their responsibilities during a disaster, their role in coordination and collaboration is essential to ensure a comprehensive and organized response.

Question: 2

Which of the following is NOT a fundamental principle of the Ottawa Charter for Health Promotion?

- A. Empowerment of individuals and communities
- B. Strengthening community action
- C. Reorienting health services
- D. Ensuring universal healthcare coverage

Answer: D

Explanation: The Ottawa Charter for Health Promotion outlines five fundamental principles for promoting health. These include: (1) building healthy public policy, (2) creating supportive environments, (3) strengthening community action, (4) developing personal skills, and (5) reorienting health services. Ensuring universal healthcare coverage is not explicitly mentioned as a principle in the Ottawa Charter. While universal healthcare coverage is an important aspect of public health, it is not specifically addressed in the Charter's principles, which focus more on broader strategies for health promotion and community empowerment.

Question: 3

Which of the following research designs is most appropriate for studying the effectiveness of a new public health intervention?

- A. Case-control study
- B. Cross-sectional study
- C. Randomized controlled trial
- D. Qualitative study

Answer: C

Explanation: A randomized controlled trial (RCT) is the most appropriate research design for studying the effectiveness of a new public health intervention. In an RCT, participants are randomly assigned to either the intervention group or the control group, and the outcomes are compared between the two groups. This design allows for a rigorous evaluation of the intervention's effectiveness by minimizing bias and providing a basis for causal inference. Case-control studies are typically used to study the association between exposures and outcomes, cross-sectional studies provide a snapshot of a population at a specific point in time, and qualitative studies focus on

understanding subjective experiences and meanings rather than evaluating intervention effectiveness.

Question: 4

Which of the following measures is used to determine the strength and direction of association between two variables in epidemiological studies?

- A. Odds ratio
- B. Relative risk
- C. Correlation coefficient
- D. Hazard ratio

Answer: C

Explanation: The correlation coefficient is used to determine the strength and direction of association between two variables in epidemiological studies. It quantifies the degree of linear relationship between the variables, ranging from -1 to +1. A value of -1 indicates a perfect negative correlation, 0 indicates no correlation, and +1 indicates a perfect positive correlation. The odds ratio and relative risk are measures used to assess the association between exposure and outcome in epidemiological studies, but they do not capture the strength of the linear relationship between variables. The hazard ratio, on the other hand, is used in survival analysis to estimate the risk of an event occurring over time in different groups, rather than measuring the association between variables directly.

Question: 5

Which of the following best describes the concept of cultural competence in public health nursing?

- A. Understanding and respecting cultural differences in the delivery of healthcare
- B. Providing equal access to healthcare services for all individuals
- C. Promoting awareness of cultural heritage in the community
- D. Incorporating traditional healing practices into nursing interventions

Answer: A

Explanation: Cultural competence in public health nursing refers to the ability to understand and respect the cultural differences and values of individuals and communities when delivering healthcare services. It involves recognizing and addressing the unique cultural needs and preferences of diverse populations to provide effective and culturally sensitive care. While providing equal access to healthcare services and promoting awareness of cultural heritage are important aspects of cultural competence, the core focus is on understanding and respecting cultural differences. Incorporating traditional healing practices into nursing interventions may be relevant in certain cultural contexts, but it is not the central concept of cultural competence.

Question: 6

Which of the following theories focuses on the interplay between biological, psychological, and social factors in human development?

- A. Freud's psychosexual theory
- B. Erikson's psychosocial theory
- C. Piaget's cognitive development theory
- D. Skinner's behaviorist theory

Answer: B

Explanation: Erikson's psychosocial theory emphasizes the integration of biological, psychological, and social factors in human development. According

to Erikson, individuals go through a series of psychosocial stages throughout their lives, and each stage presents a unique developmental task or challenge. These stages involve the interplay between biological maturation, psychological processes, and social interactions. In contrast, Freud's psychosexual theory focuses primarily on the influence of unconscious instincts and drives on human development, Piaget's cognitive development theory emphasizes cognitive processes and stages of intellectual growth, and Skinner's behaviorist theory places emphasis on the role of external stimuli and reinforcement in shaping behavior.

Question: 7

Which of the following is an example of a primary prevention strategy in public health nursing?

- A. Administering vaccinations to a community
- B. Providing counseling services to individuals with chronic diseases
- C. Conducting cancer screenings for early detection
- D. Offering rehabilitation programs for individuals with disabilities

Answer: A

Explanation: Primary prevention refers to interventions that aim to prevent the occurrence of a disease or health condition before it happens. Administering vaccinations to a community is an example of primary prevention, as it helps protect individuals from acquiring vaccine-preventable diseases. Providing counseling services to individuals with chronic diseases, conducting cancer screenings for early detection, and offering rehabilitation programs for individuals with disabilities are examples of secondary and tertiary prevention strategies, which focus on early detection, treatment, and management of diseases or conditions that have already occurred.

Question: 8

Which of the following is an example of a social determinant of health?

- A. Genetic predisposition to a disease
- B. Access to quality healthcare services
- C. Personal health behaviors
- D. Individual income level

Answer: D

Explanation: Social determinants of health are the social and economic conditions in which people are born, grow, live, work, and age. They influence an individual's health outcomes and include factors such as income, education, employment, housing, and social support networks. In the given options, individual income level is an example of a social determinant of health. Genetic predisposition to a disease is a biological determinant of health, access to quality healthcare services is a healthcare determinant, and personal health behaviors are individual lifestyle choices that can affect health outcomes.



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