



NR-222– HEALTH & WELLNESS YEAR ONE LATEST VERSION 3 QUESTIONS AND ANSWERS GUARANTEED PASS ALREADY GRADED A PLUS 2024-2025

1. Which of the following is a key feature of person-centered communication?


- A) Ignoring patient concerns
 - B) Using medical jargon only
 -  C) Actively listening and respecting patient's perspective
 - D) Focusing exclusively on the disease
-

2. What is a common barrier to effective communication in nursing?


- A) Active listening
 -  B) Cultural differences
 - C) Empathy
 - D) Clear speech
-

3. How does physical activity promote wellness?


- A) Causes fatigue

-  B) Improves cardiovascular health and mental well-being
 - C) Increases stress levels
 - D) Reduces immunity
-

4. What is the recommended minimum amount of moderate aerobic exercise per week for adults?


- A) 30 minutes once a week
 - B) 75 minutes once a week
 -  C) 150 minutes spread across the week
 - D) 300 minutes spread across the week
-

5. Which domain of wellness includes spiritual beliefs and values?


- A) Physical
 -  B) Spiritual
 - C) Social
 - D) Emotional
-

6. What is the most important reason for nurses to promote health and wellness?


- A) To reduce hospital profits

-  B) To prevent illness and enhance quality of life
 - C) To increase medication use
 - D) To limit patient education
-


7. What age group is most at risk for depression according to Healthy People 2020?

- A) Children under 5
 -  B) Adults aged 18-25
 - C) Adults over 65
 - D) Adolescents under 12
-

8. How does sleep impact wellness?


- A) Sleep has no effect on health
 - B) Sleep increases vulnerability to infections
 -  C) Adequate sleep supports immune function and cognitive health
 - D) Sleep reduces energy
-

9. What is a key indicator of mental health wellness?


- A) Absence of stress
-  B) Ability to cope with daily stresses and maintain relationships

- C) Lack of emotions
 - D) Isolation
-


10. Which of the following is a primary prevention strategy?

- A) Rehabilitation after stroke
 -  B) Immunization against infectious diseases
 - C) Treatment of chronic conditions
 - D) Surgery
-

11. What is health restoration?

- A) Preventing disease
 - B) Maintaining current health status
 -  C) Helping patients regain health after illness or injury
 - D) Ignoring chronic conditions
-

12. What role does nutrition play in health promotion?

- A) Is irrelevant
-  B) Supports immune function and disease prevention
- C) Causes disease