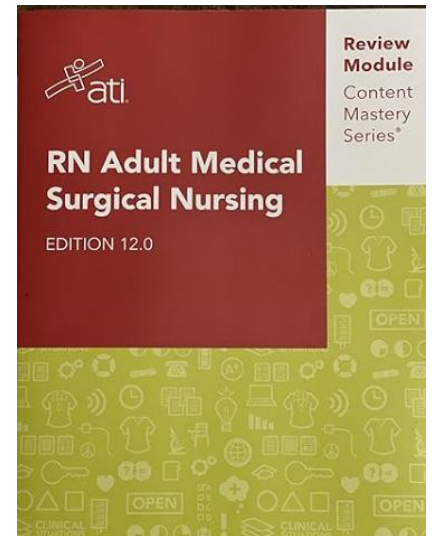


TEST BANK FOR

ATI RN Adult Medical Surgical Nursing Edition 12.0
Content Mastery Series Review Module

Units 1-14



UNIT 1 – Foundations of Nursing Care for Adult Clients

1 Health, Wellness, and Illness

2 Emergency Nursing Principles and Management

1: Health, Wellness, and Illness

25 MCQs with Rationales

1. Which statement best describes *health* according to current nursing concepts?

- A. Absence of disease
- B. Ability to perform activities of daily living
- C. A dynamic state of physical, mental, and social well-being
- D. Genetic resistance to illness

Correct Answer: C

Rationale: Health is a dynamic state encompassing physical, mental, and social well-being, not merely the absence of disease.

2. Which factor has the greatest influence on a client's health status?

- A. Access to healthcare
- B. Lifestyle choices
- C. Environmental exposure
- D. Genetic inheritance

Correct Answer: B

Rationale: Lifestyle choices (diet, exercise, smoking) are the most significant determinants of health.

3. A nurse is assessing a client's *primary prevention* needs. Which action is appropriate?

- A. Teaching insulin administration
- B. Administering influenza vaccination
- C. Monitoring blood glucose
- D. Providing physical therapy

Correct Answer: B

Rationale: Primary prevention aims to prevent disease before it occurs, such as through immunizations.

4. Which example demonstrates *secondary prevention*?

- A. Smoking cessation counseling
- B. Mammography screening
- C. Chemotherapy administration
- D. Stroke rehabilitation

Correct Answer: B

Rationale: Secondary prevention focuses on early detection of disease.

5. Which client statement indicates understanding of the *illness-wellness continuum*?

- A. "I am healthy only if I have no symptoms."
- B. "Once diagnosed, health cannot improve."

- C. "Health can change throughout my life."
- D. "Wellness is the same for everyone."

Correct Answer: C

Rationale: The continuum reflects a dynamic, changing state of health.

6. Which factor is considered a *modifiable risk factor*?

- A. Age
- B. Gender
- C. Family history
- D. Diet

Correct Answer: D

Rationale: Diet is modifiable, while age, gender, and genetics are nonmodifiable.

7. A nurse uses Maslow's hierarchy when planning care. Which need is the priority?

- A. Self-esteem
- B. Safety
- C. Love and belonging
- D. Physiological

Correct Answer: D

Rationale: Physiological needs (airway, breathing, circulation) are always the highest priority.

8. Which behavior reflects *health promotion*?

- A. Treating hypertension
- B. Screening for colon cancer
- C. Exercising regularly
- D. Managing chronic pain

Correct Answer: C

Rationale: Health promotion focuses on activities that improve well-being.

9. Which client is at greatest risk for illness?

- A. Active adult with balanced diet
- B. Older adult with strong social support
- C. Client with poor nutrition and high stress
- D. Client who receives routine checkups

Correct Answer: C

Rationale: Poor nutrition and stress increase vulnerability to illness.

10. A nurse explains the role of *homeostasis*. Which statement is correct?

- A. It prevents disease
- B. It maintains internal balance
- C. It eliminates pathogens
- D. It promotes immunity

Correct Answer: B

Rationale: Homeostasis refers to maintaining stable internal conditions.

11. Which factor most directly affects a client's perception of illness?

- A. Socioeconomic status
- B. Cultural beliefs
- C. Age
- D. Education level

Correct Answer: B

Rationale: Cultural beliefs strongly influence how illness is perceived and managed.

12. Which nursing action supports *tertiary prevention*?

- A. Vaccination
- B. Blood pressure screening
- C. Cardiac rehabilitation
- D. Nutritional counseling

Correct Answer: C

Rationale: Tertiary prevention focuses on reducing complications of existing disease.
