



Benha University
Faculty of Nursing
Third Year



Date: 15/1/2015
Time: 2 hours
Total Marks: 40

Health Education & Learning Strategies Final 1st Term Written Exam

I- Choose the best answer from the following:

(20marks)

- 1) Which of the following is the correct order for the four major steps in designing a health education lesson plan:
- Developing instructional objectives and evaluation measures that are congruent.
 - Identifying several teaching strategies that encourage teacher modeling and students' participation.
 - Setting scope and sequence parameters for the topic
 - Determining the general focus for the lesson plan.
- I, IV, III, II
 - II, I, III, IV
 - III, I, IV, II
 - IV, I, III, II**
- 2) Complete, health is:
- Free from disease
 - Able to run fast
 - Able to win in combat
 - Physically and mentally balanced**
- 3) The short term effects of health education interventions are most often directed toward:
- Achieving changes in health knowledge, attitudes, skills or behavior**
 - Reducing health care costs
 - Increasing contraceptive use
 - Decreasing morbidity and mortality rates
- 4) The components of wellness include all of the following, except:
- Intellectual.
 - Social
 - Physical
 - psychological**
- 5) _____ includes all purposeful activities designed to improve personal and public health.
- Health education
 - Health
 - Health promotion**
 - Wellness

- 6) **Which action best indicates that learning has occurred?**
- A nurse presents information about diabetes.
 - A patient demonstrates how to inject insulin.
 - A family member listens to a lecture on diabetes.
 - A primary care provider hands a diabetes pamphlet to the patient.
- 7) **Regarding behavior promoting health, the nurse works to implement programs within the community that provide opportunities for clients to recognize early symptoms and prompt self-referral for treatment. This is an example of:**
- Healthy behavior
 - Utilization behavior
 - Illness behavior
 - Compliance behavior

8) **A 75-year-old woman shows signs of abuse that appears to be inflicted by her husband. As he is her primary caregiver, she feels dependent on him and pleads with you not to say anything to him about it.**

In the light of confidentiality, how would you handle this situation?

- This is a case of elder abuse and the doctor is required to always report incidents of abuse to the authorities.
 - The doctor is not permitted under HIPAA (Health Insurance Portability and Accountability Act) to report the abuse.
 - The laws supporting reporting elder abuse allow the doctor to break confidentiality and report suspected abuse.
 - The patient should not be reported. Instead, she should obtain support and access to other services in order to maintain her primary caregiver.
- 9)..... is a statement of proposed change over a fixed time period. It should be measurable, relevant and possible to achieve:
- An Objective
 - Goal
 - Health belief
 - Practice

10) **Your 36-years-old patient has just tested positive for HIV. He asks that you not inform his wife of the results and claims he is not ready to tell her yet.**

In the light of confidentiality, what would you say to your patient?

- Encourage the patient to share the information with his wife on his own, giving him a bit more time if necessary.
- Tell the patient that his wife is at serious risk for being infected with HIV and that you have a duty to ensure that she knows of the risk.
- Tell the patient that public health law requires reporting both the patient and any known sexual partners to local health officers.
- All the above.

- 11) **The current emphasis in health education is on _____.**
- Promotion
 - Prevention
 - Detection
 - Rehabilitation
- 12) **A nurse is asked about the goal of patient education. What is the nurse's best response? The goal of educating others is to help people**
- Meet standards of the Nurse Practice Act.
 - Achieve optimal levels of health.
 - Become dependent on the health care team.
 - Provide self-care only in the hospital.
- 13) **Which statement indicates that the nurse has a good understanding of teaching/learning?**
- "Teaching and learning can be separated."
 - "Learning is an interactive process that promotes teaching."
 - "Learning consists of a conscious, deliberate set of actions designed to help the teacher."
 - "Teaching is most effective when it responds to the learner's needs."
- 14) **While preparing a teaching plan, the nurse described what the learner will be able to accomplish after the teaching session. Which action did the nurse complete?**
- Developed learning objectives
 - Provided positive reinforcement
 - Implemented interpersonal communication
 - Develop educational objectives
- 15) **A nurse wants the patient to begin to accept the chronic nature of diabetes. Which teaching method should the nurse use to enhance learning?**
- Lecture
 - Demonstration
 - Role play
 - Group discussion
- 16) **A nurse is going to teach a patient about hypertension. Which action should the nurse implement first?**
- Set mutual goals for knowledge of hypertension.
 - Teach what the patient wants to know about hypertension.
 - Assess what the patient already knows about hypertension.
 - Evaluate the outcomes of patient education for hypertension.

- 17) A patient has been taught how to cough and deep breathe. Which evaluation method is most appropriate?
- Return demonstration
 - Proverbs
 - Role-playing
 - Close test
- 18) A nurse educator begins the unit with an entirely new concept to students. In assessing the health education needs of the students, this educator must first:
- Develop objectives.
 - Identify learning goals.
 - Find out what the students understand about the concept.
 - Prioritize learning needs.
- 19) A home health patient tells the nurse he has been researching his newest medication on the Internet. In assisting this client and evaluating the information he received, which of the following is the best response by the nurse?
- "I think your doctor should explain any questions you might have."
 - "Information from the Internet is usually not reliable."
 - "Show me the material you found."
 - "It's better to receive this type of information from your pharmacist."
- 20) A group of new immigrants in an urban community has an outbreak of measles among their children. They resist immunization. The health educator's job is to quickly develop an education and recruitment campaign to forestall a serious epidemic. Which of the following is the first step in the implementation process for this program?
- Gain acceptance for the program
 - Specify tasks and estimate resources
 - Develop plans for program activities
 - Put the plans into action

II. State True or False within the brackets given below:

(5 marks)

- 1) The basic aim of health education is to provide knowledge about the health services. **(T F)**
- 2) When implementing the aims of the health education, it should not be in keeping with the needs of the country, districts and the community. **(T F)**
- 3) Health for all people all over the world in the future is considered SMART objective. **(T F)**
- 4) If the teaching of health is to be more effective, the physical capabilities of children should be considered. **(T F)**
- 5) Complete communication model should include; sender, channel, receiver and feedback. **(T F)**

III- Match the correct descriptions with each of the common methods that used for group education: (5 marks)

1) Group discussions	a) Are highly effective, can be developed in any situation or culture, and requires no money or equipment.
2) Meetings	b) Allows people to work with familiar materials available in the locality
3) Clubs	c) encourage each other to solve problems and change their behavior
4) Demonstrations	d) Provide an opportunity for a systematic way of teaching over an extended period of time
5) Stories	e) Is an important part of successful self-help projects

The answer:

1	2	3	4	5
c	e	d	b	a

IV- List common barriers of effective communication: (4 marks)

1. Competition for attention (noise)
2. Language difference and vocabulary use
3. Age difference
4. Attitudes and Beliefs

V- Enumerate different methods of communication: (3 marks)

1. Intra - Personal communication
2. Inter - Personal communication
3. Mass communication

VI- mention three basic principles of health education: (3 marks)

1. Interest
2. Participation
3. Comprehension
4. Reinforcement
5. Motivation
6. Learning by doing
7. Known to unknown

With My Best Wishes