

Cultural Diversity In Health And Illness 9th Edition By Spector

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Description

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Cultural Diversity In Health And Illness 9th Edition By Spector

Cultural Diversity in Health and Illness, 9e (Spector)

Chapter 6 HEALING Traditions

1) The nurse is reading about ancient forms of HEALING. Which method focuses on removing evil from the body?

1. Casting blame on another person in the community
2. Drinking special herbal mixtures
3. Eating special foods
4. Punishing the person who had the sickness

Answer: 1

Explanation: 1. Looking for a causative agent for sickness beyond internal reasons could lead to the blame being placed on another person in the community, especially if they were perceived to be different from others.

2. Drinking herbal mixtures to remove the illness-causing evil was not a routine event.
3. Eating special foods was not a consideration for treating illness in an attempt to remove its evil.
4. Punishing the person who had the sickness was not a method to rid the person of the illness-causing evil.

Cognitive Level: Remembering

Patient Need: Physiological Integrity

Patient Need Sub: Physiological Adaptation

Nursing/Integrated Concepts: Nursing Process: Assessment

Learning Outcome: LO01 – Identify practices that were part of ancient forms of HEALING.

2) Why would the nurse assess a patient's religion when completing the health history process?

1. Religion plays a role in the perception of HEALTH and ILLNESS.
2. Religion helps explain recreational habits.
3. Religion provides information about the patient's geographic location.
4. Religion explains nutritional preferences.

Answer: 1

Explanation: 1. Religion strongly affects the way people interpret and respond to the signs and symptoms of illness.

2. Religion does not provide information about the patient's recreational habits.
3. Religion does not provide information about the patient's geographic location.
4. Religion does not explain nutritional preferences.

Cognitive Level: Analyzing

Patient Need: Psychosocial Integrity

Nursing/Integrated Concepts: Nursing Process: Assessment

Learning Outcome: LO02 – Distinguish the relationship between faith traditions and HEALING.

3) A patient with a severe illness is reading the Bible. Which section of the Bible would help the patient with HEALING illnesses and suffering?

1. New Testament
2. Genesis
3. Old Testament.
4. Leviticus

Answer: 1, 3

Explanation: 1. The New Testament focuses on HEALING.

2. Genesis is a part of the Old Testament, which does not focus on HEALING to the extent of the New Testament.
3. The Old Testament addresses HEALING in the form of God having the power of life and death.
4. Leviticus is a part of the Old Testament, which does not focus on HEALING to the extent of the New Testament.

Cognitive Level: Understanding

Patient Need: Psychosocial Integrity

Nursing/Integrated Concepts: Nursing Process: Implementation

Learning Outcome: LO02 – Distinguish the relationship between faith traditions and HEALING.

4) The nurse is determining how a patient is going to respond to prescribed medical treatment for an illness. What factors will influence the patient's response? Select all that apply.

1. Religion
2. Ethnicity
3. Culture
4. Family structure

Answer: 1, 2, 3, 4

Explanation: 1. Religion is woven into the fabric of each person's response to treatment and HEALING.

2. Ethnicity is woven into the fabric of each person's response to treatment and HEALING.
3. Culture is woven into the fabric of each person's response to treatment and HEALING.
4. Family structure is considered a factor that influences a person's response to treatment and healing.

Cognitive Level: Analyzing

Patient Need: Psychosocial Integrity

Nursing/Integrated Concepts: Nursing Process: Evaluation

Learning Outcome: LO02 – Distinguish the relationship between faith traditions and HEALING.

5) Which action would the nurse take when assessing the impact of religion, culture, and ethnicity on a patient's illness?

1. Recognize religious preferences may differ between members of an ethnic group.
2. Recognize all members of an ethnic group will follow the same dietary practices.
3. Recognize certain ethnic groups practice the same religion.
4. Recognize certain ethnic groups always practice the same cultural rituals.

Answer: 1

Explanation: 1. While many members of an ethnic group may practice the same religion, it is not appropriate to assume that all of them do. This is stereotyping.

2. Not all members of an ethnic group will follow the same dietary practices.
3. Not all members of the same ethnic groups have the same religious affiliation.
4. Cultural rituals can vary within an ethnic group.

Cognitive Level: Applying

Patient Need: Psychosocial Integrity

Nursing/Integrated Concepts: Nursing Process: Assessment

Learning Outcome: LO02 – Distinguish the relationship between faith traditions and HEALING.

6) A female patient tells the nurse that she prayed to one saint to become pregnant, and now that she is, she is going to pray to a different saint to help her through the pregnancy. To which saint is this patient praying? Select all that apply.

1. St. Anthony of Padua
2. St. Raymond Nonnatus
3. St. Lucy
4. St. John of God

Answer: 1, 2

Explanation: 1. St. Anthony of Padua is prayed to for the problem of barrenness.

2. St. Raymond Nonnatus is prayed to while pregnant.
3. St. Lucy is prayed to for eye disease.
4. St. John of God is prayed to for heart disease.

Cognitive Level: Analyzing

Patient Need: Psychosocial Integrity

Nursing/Integrated Concepts: Nursing Process: Evaluation

Learning Outcome: LO03 – Identify selected saints related to HEALTH problems.

7) The nurse overhears a patient ask a family member to bring the Lourdes water to the hospital. The nurse recalls this water is believed to cure which health problem?

1. Bodily ills
2. Blindness
3. Mental Illness
4. Cancer

Answer: 1

Explanation: 1. The presence of Lourdes water in the home is for use when a person is experiencing bodily ills.

2. St. Odilia is the patron saint for blindness.
3. St. Dymphna is the patron saint for those who are mentally ill.
4. St. Peregrine is considered the patron saint for cancer.

Cognitive Level: Remembering

Patient Need: Psychosocial Integrity

Nursing/Integrated Concepts: Nursing Process: Implementation

Learning Outcome: LO03 – Identify selected saints related to HEALTH problems.

8) The family member of a patient with bipolar disorder is sitting quietly in the waiting room praying. To which saint would the family member most likely be praying for help with mental illness?

1. St. Dymphna
2. St. Odilia
3. St. Lucy
4. St. Peregrine

Answer: 1

Explanation: 1. St. Dymphna is the patron saint for those with mental illness.

2. St. Odilia is the patron saint for blindness
3. St. Lucy is the patron saint for those with eye diseases.
4. St. Peregrine is the patron saint for those with cancer.

Cognitive Level: Analyzing

Patient Need: Psychosocial Integrity

Nursing/Integrated Concepts: Nursing Process: Assessment

Learning Outcome: LO03 – Identify selected saints related to HEALTH problems.

9) The family of a blind patient is sitting in the waiting room with their parish priest praying for the patient to have their sight restored. To which saint is the family most likely addressing their prayers?

1. St. Dymphna
2. St. Odilia
3. St. Lucy
4. St. Peregrine

Answer: 2

Explanation: 1. St. Dymphna is the patron saint for those with mental illness.

2. St. Odilia is the patron saint for blindness
3. St. Lucy is the patron saint for those with eye diseases.
4. St. Peregrine is the patron saint for those with cancer.

Cognitive Level: Applying

Patient Need: Psychosocial Integrity

Nursing/Integrated Concepts: Nursing Process: Implementation

Learning Outcome: LO03 – Identify selected saints related to HEALTH problems.

10) A family member tells a patient with terminal cancer not to worry since special prayers have been said in church. To which saint is prayed for help with cancer?

1. St. Dymphna
2. St. Odilia
3. St. Lucy
4. St. Peregrine

Answer: 4

Explanation: 1. St. Dymphna is the patron saint for those with mental illness.

2. St. Odilia is the patron saint for those who are blind.
3. St. Lucy is the patron saint for those with eye diseases.
4. St. Peregrine is the patron saint of those with cancer.

Cognitive Level: Applying

Patient Need: Psychosocial Integrity

Nursing/Integrated Concepts: Nursing Process: Implementation

Learning Outcome: LO03 – Identify selected saints related to HEALTH problems.

11) A Jewish patient with a progressive neurological disease wants to visit a shrine in the United States to offer prayers for HEALING. Which shrine would be available for the patient to visit? Select all that apply.

1. The Tomb of Menachem Mendel Schneerson
2. Shrine of Our Lady of San Juan

3. Shrine of our Lord of Esquipulas
4. The National Shrine of Our Lady of the Snows

Answer: 1

Explanation: 1. The Tomb of Menachem Mendel Schneerson in New York is a holy shrine where Jewish people from around the world gather to leave petitions and seek HEALING.

2. The Shrine of Our Lady of San Juan in Texas houses a statue of the Virgin, who is responsible for causing a miracle. Pilgrims arrive daily to ask for HEALING.
3. The Shrine of our Lord of Esquipulas in New Mexico has reported countless instances of HEALING.
4. The National Shrine of Our Lady of the Snows in Illinois is a site for people to pray for HEALING and hope.

Cognitive Level: Applying

Patient Need: Psychosocial Integrity

Nursing/Integrated Concepts: Nursing Process: Planning

Learning Outcome: LO04 – Discuss the various destinations and purposes of popular piety and spiritual journeys.

12) A patient tells the nurse about visiting a number of shrines over the years and has found the experiences valuable for HEALTH. What are the common characteristics of shrines? Select all that apply.

1. Feeling of peacefulness and serenity to the visitor
2. Calm, soothing atmosphere
3. Place where petitions are left for HEALING
4. Expression of religious beliefs

Answer: 1, 2, 3, 4

Explanation: 1. A characteristic that shrines have in common is a feeling of peacefulness and serenity to the visitor.

2. A characteristic that shrines have in common is a calm, soothing atmosphere.

3. A characteristic that shrines have in common is they are places where petitions are left for HEALING.
4. Shrines are usually considered a place where religious beliefs are expressed.

Cognitive Level: Analyzing

Patient Need: Psychosocial Integrity

Nursing/Integrated Concepts: Nursing Process: Evaluation

Learning Outcome: LO04 – Discuss the various destinations and purposes of popular piety and spiritual journeys.

13) A patient with muscular dystrophy is planning a trip to Lourdes, France, the site of a revered Roman Catholic shrine. What is the significance of visiting this shrine?

1. The hope for receiving a cure through a miracle
2. The hope being able to live a long life
3. Becoming more prosperous
4. Gaining insight about the cause of disease

Answer: 1

Explanation: 1. Many ill people make a pilgrimage to Lourdes to ask intercession for a cure for their illness.

2. Lourdes is associated with illness and the cures obtained from Our Lady of Lourdes.
3. Prosperity is not associated with the Lourdes shrine's reputation.
4. Gaining insight about the cause of disease is not associated with the reputation of the shrine at Lourdes.

Cognitive Level: Analyzing

Patient Need: Psychosocial Integrity

Nursing/Integrated Concepts: Nursing Process: Evaluation

Learning Outcome: LO04 – Discuss the various destinations and purposes of popular piety and spiritual journeys.

14) A patient is interested in learning more about HEALING. What types of HEALING would the nurse suggest the patient focus this study? Select all that apply.

1. Spiritual
2. Inner
3. Physical
4. Deliverance

Answer: 1, 2, 3

Explanation: 1. Spiritual HEALING occurs when a person is experiencing an ILLNESS of the spirit.

2. Inner HEALING is used when a person is suffering from an emotional or mental illness.
3. Physical HEALING is used when a person is suffering from a disease, or has been in an accident that has caused some form of bodily damage.
4. Deliverance is used when the body and mind are victims of evil from the outside world. Evil is exorcised from the body.

Cognitive Level: Applying

Patient Need: Psychosocial Integrity

Nursing/Integrated Concepts: Nursing Process: Planning

Learning Outcome: LO05 – Discuss the relationship of HEALING to today's health/HEALTH beliefs and practices.

15) What would be alternative treatment modalities used during an illness?

1. Consultation of a HEALER outside the medical establishment
2. Willingness to seek a second medical opinion

3. Refusal to allow any medical treatment to be performed
4. Strict adherence to the prescribed medical regimen

Answer: 1

Explanation: 1. Alternative treatment modalities may include the consultation of a HEALER outside of the medical establishment.

2. Seeking a second medical opinion is not an alternative treatment.
3. Refusing to allow any medical treatment is not an alternative treatment.
4. Strict adherence to the prescribed medical regimen is not an alternative treatment.

Cognitive Level: Understanding

Patient Need: Psychosocial Integrity

Nursing/Integrated Concepts: Nursing Process: Implementation

Learning Outcome: LO05 – Discuss the relationship of HEALING to today's health/HEALTH beliefs and practices.

16) An adolescent patient is having a moral conflict because an abortion is desired, but it is against the patient's religion. Which religions forbid or restrict abortions? Select all that apply.

1. Roman Catholicism
2. Christian Science
3. Church of Jesus Christ of Latter-day Saints
4. Unitarian Church

Answer: 1, 2, 3

Explanation: 1. Abortion is prohibited in Roman Catholicism.

2. Abortion is incompatible with the faith of Christian Science.
3. Abortion is forbidden in the Church of Jesus Christ of Latter-day Saints.
4. Abortion is acceptable as a therapeutic option or on demand within the Unitarian Church.

Cognitive Level: Analyzing

Patient Need: Psychosocial Integrity

Nursing/Integrated Concepts: Nursing Process: Assessment

Learning Outcome: LO05 – Discuss the relationship of HEALING to today's health/HEALTH beliefs and practices.

17) A patient adheres to the teachings of Islam. What dietary practice is followed?

1. Follow a vegetarian diet.
2. Pork is prohibited.
3. Fasting once a month
4. Abstinence from alcohol

Answer: 2

Explanation: 1. Seventh-day Adventists are encouraged to follow a vegetarian diet.

2. Pork is prohibited in Islam.
3. Fasting is a practice within the Church of Jesus Christ of Latter-day Saints.
4. Christian Scientists are encouraged to abstain from alcohol, coffee, and tea.

Cognitive Level: Applying

Patient Need: Health Promotion and Maintenance

Nursing/Integrated Concepts: Nursing Process: Implementation

Learning Outcome: LO05 – Discuss the relationship of HEALING to today's health/HEALTH beliefs and practices.

18) A patient tells the nurse she is pregnant and unable to attend the funeral of her grandfather because of her religious heritage.

1. She is a Jehovah's Witness

2. She is a Roman Catholic
3. She is a Hindu.
4. She is a Buddhist.

Answer: 4

Explanation: 1. Jehovah's Witnesses allow adherents to attend the funeral of a loved one.

2. Roman Catholics permit adherents to attend the funeral of a loved one.
3. Church of Jesus Christ of Latter-day Saints has no restrictions regarding the attendance of the funeral of a loved one.
4. Buddhists may not allow a pregnant woman to attend a funeral.

Cognitive Level: Analyzing

Patient Need: Physiological Integrity

Patient Need Sub: Basic Care and Comfort

Nursing/Integrated Concepts: Nursing Process: Planning

Learning Outcome: LO05 – Discuss the relationship of HEALING to today's health/HEALTH beliefs and practices.

19) A patient follows the teachings of Christian Science and will not take any medications, but for which health problem *will* medications be used by members of this religion?

1. Immunizations to comply with civil law
2. Chemotherapy to treat cancer
3. Antibiotics
4. Narcotics for pain relief

Answer: 1

Explanation: 1. Christian Science does not allow the use of medications in treating disease or illness, but will allow immunizations and vaccines to comply with civil law.

2. Chemotherapy to treat cancer is not allowed.
3. Antibiotics are not allowed.
4. Narcotics for pain relief are not allowed.

Cognitive Level: Analyzing

Patient Need: Health Promotion and Maintenance

Nursing/Integrated Concepts: Nursing Process: Planning

Learning Outcome: LO05 – Discuss the relationship of HEALING to today's health/HEALTH beliefs and practices.

20) A patient tells the nurse she is a member of a religion where birth control is either permitted or up to the choice of the couple. Which religions have this belief regarding the use of birth control? Select all that apply.

1. Buddhist Church of America
2. Judaism
3. Hinduism
4. Mennonite

Answer: 1, 2, 3, 4

Explanation: 1. Birth control within Buddhist Churches of America is acceptable.

2. Birth control in Judaism is permitted for therapeutic purposes.
3. Birth control within Hinduism is acceptable.
4. Birth control within the Mennonite religion is acceptable.

Cognitive Level: Analyzing

Patient Need: Health Promotion and Maintenance

Nursing/Integrated Concepts: Nursing Process: Planning

Learning Outcome: LO05 – Discuss the relationship of HEALING to today's health/HEALTH beliefs and practices.

21) Why would a patient use a traditional HEALER over a traditional allopathic physician for a health problem?

1. Willingness to be available at any time
2. Use of a unique language that is characteristic of their calling
3. Exclusive dialogue with the person who is ill
4. Formal relationship with the patient

Answer: 1

Explanation: 1. HEALERS are willing to come day or night to the house where they are needed.

2. Traditional medical personnel generally have a medical language they use, and may not share the worldview of the patient.
3. Medical personnel generally deal only with the patient, and do not interact with the family as a whole.
4. HEALERS maintain an informal, affective relationship with the entire family.

Cognitive Level: Analyzing

Patient Need: Psychosocial Integrity

Nursing/Integrated Concepts: Nursing Process: Implementation

Learning Outcome: LO05 – Discuss the relationship of HEALING to today's health/HEALTH beliefs and practices.

22) A patient is planning to see a spiritual HEALER that practices *Santeria*. What is this type of HEALING?

1. Spiritual HEALING
2. A method that separates the physical from the spiritual

3. The expression of divine intervention
4. The optimal method for HEALING

Answer: 1

Explanation: 1. *Santeria* is spiritual HEALING.

2. Spiritual HEALING can combine elements of the physical and spiritual.
3. Spiritual HEALING is not just an expression of divine intervention.
4. Spiritual HEALING is one component of healing, but does not address all aspects of healing, such as the physical, which does not make it the optimal method for healing.

Cognitive Level: Analyzing

Patient Need: Psychosocial Integrity

Nursing/Integrated Concepts: Nursing Process: Planning

Learning Outcome: LO06 – Describe various forms of HEALING.

23) A person has an ILLNESS of the spirit. What method of treatment will this person receive?

1. Repentance
2. Heal the memory
3. Laying of hands
4. Exorcism

Answer: 1

Explanation: 1. The treatment method for spiritual healing is repentance.

2. The treatment method for inner healing is healing the memory.
3. One method of treatment for physical healing is the laying of hands.
4. The treatment method for deliverance is an exorcism.

Cognitive Level: Applying

Patient Need: Psychosocial Integrity

Nursing/Integrated Concepts: Nursing Process: Implementation

Learning Outcome: LO06 – Describe various forms of HEALING.

24) A patient is planning to participate in a physical HEALING session. What activities will occur during this session? Select all that apply.

1. Laying on hands
2. Speaking in tongues
3. Having blood drawn
4. Releasing muscle tension through massage

Answer: 1, 2

Explanation: 1. Laying on hands is performed during a physical HEALING session.

2. Speaking in tongues is performed during a physical HEALING session.
3. Having blood drawn is not performed during a physical HEALING session.
4. The release of muscle tension through massage is not performed during a physical healing session.

Cognitive Level: Applying

Patient Need: Psychosocial Integrity

Nursing/Integrated Concepts: Nursing Process: Planning

Learning Outcome: LO06 – Describe various forms of HEALING.

25) Which type of healing is most appropriate for a person who is possessed by external evil?

1. Deliverance
2. Physical HEALING

3. Inner HEALING
4. Spiritual HEALING

Answer: 1

Explanation: 1. Deliverance, or exorcism, is used to treat a person whose body and mind are the victims of evil from the outside.

2. Physical HEALING is used for those who have bodily injury.
3. Inner HEALING is used when a person is suffering from an emotional or mental illness.
4. Spiritual HEALING is used for those who are repenting their personal sin.

Cognitive Level: Analyzing

Patient Need: Psychosocial Integrity

Nursing/Integrated Concepts: Nursing Process: Planning

Learning Outcome: LO06 – Describe various forms of HEALING.

26) For which HEALTH problems would physical HEALING be the most appropriate to treat?

1. A disease is present
2. Someone afflicted with a bodily and mental evil
3. Spiritual distress from personal sin
4. An emotional or mental illness

Answer: 1

Explanation: 1. Physical HEALING is done when there is an illness.

2. Bodily and mental evil is treated with deliverance or exorcism.
3. Spiritual HEALING is done when personal sin has caused spiritual distress.
4. Inner HEALING is used for those who have an emotional or mental illness.

Cognitive Level: Applying

Patient Need: Physiological Integrity

Patient Need Sub: Basic Care and Comfort

Nursing/Integrated Concepts: Nursing Process: Implementation

Learning Outcome: LO06 – Describe various forms of HEALING.

27) A patient approaching delivery of her first child tells the nurse that many things need to be done prior to delivery, because she will not be permitted activity for 40 days after the birth. The nurse realizes that many countries of national origin practice a 40-day waiting period after the delivery of a baby? Select all that apply.

1. Bangladesh
2. Cuba
3. Ethiopia
4. Jordan
5. Thailand

Answer: 1, 2, 3, 4

Explanation: 1. In Bangladesh, the mother remains indoors for 40 days.

2. In Cuba, the mother will stay home for 40 days.
3. In Ethiopia, the mother will be confined for 14 to 40 days postpartum.
4. In Jordan, the mother has a 40-day confinement period postpartum.
5. There are no restricted periods of maternal confinement after the birth of a child in Thailand.

Cognitive Level: Analyzing

Patient Need: Psychosocial Integrity

Nursing/Integrated Concepts: Nursing Process: Planning

Learning Outcome: LO07 – Differentiate rituals of birth and death among people of selected faith traditions.

28) What is the significance of using water during baptism ceremonies in some religions?

1. Cleanses the child from evil or other maladies
2. Signifies the relationship of the child to God
3. Dedicates the child to a family group
4. Protects the child from illness

Answer: 1

Explanation: 1. The use of water is a symbolic representation of cleansing of sin for Christians, as well as for other maladies in other religions.

2. Baptism is a symbol, but does not formally tie the child to God.
3. Water use in baptism does not dedicate a child to a family group.
4. The use of water in baptism does not protect the child from illness.

Cognitive Level: Understanding

Patient Need: Psychosocial Integrity

Nursing/Integrated Concepts: Nursing Process: Evaluation

Learning Outcome: LO07 – Differentiate rituals of birth and death among people of selected faith traditions.

29) A baby in the newborn nursery has several charms pinned to the outer blanket. What is the significance of these charms?

1. Ritual to protect the infant during the first few days of life
2. Protection against specific illnesses during this time
3. Respect for the new life of the infant
4. Declaration of the child belonging to a particular ethnic group

Answer: 1

Explanation: 1. The use of amulets, charms, and medals represents rituals that have ancient roots and confer protection against evil as well as other problems during the early days of the infant's life.

2. The use of amulets, charms, and medals is not specific for a particular illness for an infant.
3. The use of amulets, charms, and medals is not meant to convey respect for the infant's newness.
4. While some ethnic groups utilize particular charms or amulets, their use does not specifically assign ethnicity to an infant.

Cognitive Level: Analyzing

Patient Need: Psychosocial Integrity

Nursing/Integrated Concepts: Nursing Process: Evaluation

Learning Outcome: LO07 – Differentiate rituals of birth and death among people of selected faith traditions.

30) A patient who is Buddhist is wearing white clothes. What does this color symbolize in this religion?

1. Mourning the death of a relative
2. Joy for the birth of an infant
3. Recognition of a religious holiday
4. Celebration of a marriage

Answer: 1

Explanation: 1. The wearing of white clothes signifies mourning in the Buddhist faith.

2. No specific color is worn for the birth of an infant.
3. No specific colors are seen for specific religious holidays.
4. Celebrating a marriage is not done with white clothes in the Buddhist tradition.

Cognitive Level: Analyzing

Patient Need: Psychosocial Integrity

Nursing/Integrated Concepts: Nursing Process: Evaluation

Learning Outcome: LO07 – Differentiate rituals of birth and death among people of selected faith traditions.

Cultural Diversity in Health and Illness, 9e (Spector)

Chapter 7 Familial HEALTH Traditions

1) An older patient talks about being given preparations as a child that were considered patent medications. The nurse recalls these medications included which items? Select all that apply:

1. Alcohol
2. Opium
3. Cocaine
4. Aspirin

Answer: 1, 2, 3

Explanation: 1. Throughout most of history, patent medicines contained alcohol.

2. Throughout most of history, patent medicines could contain opium.
3. Throughout most of history, patent medicines could contain cocaine.
4. Patent medicines did not contain aspirin.

Cognitive Level: Analyzing

Patient Need: Physiological Integrity

Patient Need Sub: Pharmacological and Parenteral Therapies

Nursing/Integrated Concepts: Nursing Process: Implementation

Learning Outcome: LO01 – Trace your family's heritage.

2) A patient desires to learn more about his or her family's heritage. On which research topic would the nurse suggest the patient focus?

1. The origin of a family's surname
2. Historical events occurring within the United States
3. How members of a family lived their lives
4. Events leading to desire to research a family background

Answer: 1

Explanation: 1. Researching the origin of a family's surname begins to provide background information about the family's heritage.

2. Historical events occurring within the United States may or may not have bearing on a family's heritage background.
3. How members of a family lived their lives may or may not provide information about a heritage background.
4. Events leading to the decision to research a family background may or may not be indicators of its heritage.

Cognitive Level: Applying

Patient Need: Psychosocial Integrity

Nursing/Integrated Concepts: Nursing Process: Assessment

Learning Outcome: LO01 – Trace your family's heritage.

3) Why is the understanding of family heritage important? Select all that apply:

1. Knowing the methods of socialization passed down among families can explain social behaviors today.
2. It can provide answers to questions regarding why family members behaved as they did.
3. New traditions can be discovered and incorporated into daily life.
4. Health practices can be altered as a result of understanding heritage.

Answer: 1, 2

Explanation: 1. Drawing attention to ethnocultural traditions within a family heritage can explain familial behaviors today, as socialization practices were passed on by parents or other significant family members.

2. Many answers about family behaviors are obtained through exploring family heritage.
3. New traditions can be discovered through exploration of heritage, but heritage is explored more to understand why certain behaviors and practices are done.
4. Health/HEALTH practices may be understood better within the context of understanding heritage, but not necessarily for the purpose of change.

Cognitive Level: Analyzing

Patient Need: Psychosocial Integrity

Nursing/Integrated Concepts: Nursing Process: Evaluation

Learning Outcome: LO01 – Trace your family's heritage.

4) A female patient recalls being told about various childhood health/HEALTH practices by her mother. Why is heritage exploration often done through women?

1. Women are the guardians of the family's health/HEALTH and nurturance.
2. Women live longer than men and can remember events better.
3. Women have a better recall of events within a family context.
4. Women are the authority figures within families.

Answer: 1

Explanation: 1. Women are the traditional authority figures for guarding a family's health/HEALTH and nurturing the family. Therefore, heritage exploration is within their purview.

2. While women traditionally live longer than men, this does not mean they have a better recall of events.
3. Women may or may not have a better recall of family events.

4. Within some cultures women are the authority figures in the family, but not in others, so heritage exploration may not be done through them.

Cognitive Level: Analyzing

Patient Need: Psychosocial Integrity

Nursing/Integrated Concepts: Nursing Process: Assessment

Learning Outcome: LO01 – Trace your family's heritage.

5) Why is it important to examine individual familial health/HEALTH practices?

1. Helps a person become knowledgeable about the role that ethnocultural and religious heritage has played within a family
2. Identifies what HEALING practices need to be used when one is ill
3. Rejects those health/HEALTH traditions if they differ from those of the same ethnocultural group
4. Generalizes to all members of the same ethnocultural group the various health/HEALTH practices that are implemented.

Answer: 1

Explanation: 1. The exploration of familial health/HEALTH practices allows one to become sensitized to a particular ethnocultural group's cultural and religious practices related to their HEALTH beliefs and practices.

2. Knowing HEALING practices of a particular ethnocultural group may not be beneficial to a particular individual when ill.
3. Rejecting health traditions if they differ from those of an ethnocultural group is not accepting the variety of health/HEALTH traditions that are unique to groups.
4. Generalizing to all members of an ethnocultural group regarding health/HEALTH practices does not allow for understanding of differences within the same group.

Cognitive Level: Analyzing

Patient Need: Psychosocial Integrity

Nursing/Integrated Concepts: Nursing Process: Evaluation

Learning Outcome: LO01 – Trace your family's heritage.

6) When talking about health/HEALTH care practices, what would be the cause of cognitive dissonance? Select all that apply:

1. Conflict in healthcare attitudes
2. Using different names for a health care practice
3. Shame
4. Confusion over health care approaches

Answer: 1, 2

Explanation: 1. A conflict in attitudes, or the inability to decide whether to believe the old ways or drop them, contributes to cognitive dissonance.

2. The use of different names for a healthcare practice would not contribute to cognitive dissonance.
3. Shame is a feeling that can occur when talking about healthcare practices, but this does not contribute to cognitive dissonance.
4. Confusion over healthcare approaches does not contribute to cognitive dissonance.

Cognitive Level: Applying

Patient Need: Psychosocial Integrity

Nursing/Integrated Concepts: Nursing Process: Evaluation

Learning Outcome: LO02 – Describe your and your family's beliefs and practices in a) health/HEALTH maintenance, b) health/HEALTH protection, c) health/HEALTH restoration, and d) curing/HEALING.

7) What is the value of sharing family health/HEALTH practices among people?

1. Encourages feelings of nostalgia for past times with family
2. Supports the rejection of all types of family health practices
3. Recognizes autonomy for the efficacy of the health/HEALTH practices

4. Provides an awareness of the differences between various groups

Answer: 1

Explanation: 1. Sharing family health/HEALTH practices with others can awaken feelings of nostalgia for the old times.

2. Rejecting family health/HEALTH practices is not an aim when sharing family health/health practices with others in a sharing atmosphere.
3. Autonomy for efficacy of practices implies a superiority of a family's health/HEALTH practices.
4. Develops an awareness of similarities between various groups regarding health/HEALTH beliefs and practices.

Cognitive Level: Analyzing

Patient Need: Psychosocial Integrity

Nursing/Integrated Concepts: Nursing Process: Planning

Learning Outcome: LO02 – Describe your and your family's beliefs and practices in a) health/HEALTH maintenance, b) health/HEALTH protection, c) health/HEALTH restoration, and d) curing/HEALING.

8) An older patient recalls family members using garlic for medicine. What purpose does garlic serve as a healthcare practice? Select all that apply:

1. Forces other people to stay away
2. Belief that garlic keeps the evil spirits away
3. Cures a sore throat
4. Helps indigestion

Answer: 1, 2

Explanation: 1. The strong odor of garlic would cause others to stay away, which would reduce the spread of disease and germs.

2. There is a health care belief that wearing garlic keeps evil spirits away.
3. Garlic is not usually used for a sore throat.

4. Garlic is not usually used for indigestion.

Cognitive Level: Applying

Patient Need: Health Promotion and Maintenance

Nursing/Integrated Concepts: Nursing Process: Implementation

Learning Outcome: LO02 – Describe your and your family's beliefs and practices in a) health/HEALTH maintenance, b) health/HEALTH protection, c) health/HEALTH restoration, and d) curing/HEALING.

9) Through a health history, the nurse learns a patient's parents were of Austrian-Jewish heritage. Which health practices would the nurse most likely assess in this patient? Select all that apply:

1. Baking bread
2. Eating homegrown fruits and vegetables
3. Wearing camphor around the neck
4. Gargling with salt water

Answer: 1, 2, 3, 4

Explanation: 1. Baking their own bread is a health maintenance practice for individuals of Austrian heritage.

2. Eating homegrown fruits and vegetables is a health maintenance practice for individuals of Austrian Jewish heritage.
3. Wearing camphor around the neck is a health protection practice for individuals of Austrian heritage.
4. Gargling with salt water is a health restoration practice for a sore throat for individuals of Austrian heritage.

Cognitive Level: Analyzing

Patient Need: Health Promotion and Maintenance

Nursing/Integrated Concepts: Nursing Process: Assessment

Learning Outcome: LO02 – Describe your and your family's beliefs and practices in a) health/HEALTH maintenance, b) health/HEALTH protection, c) health/HEALTH restoration, and d) curing/HEALING.

10) Which health protection action would the nurse assess in a patient who is of Black-American heritage?

1. Drinking blackstrap molasses
2. Wearing camphor around the neck in the winter
3. Taking a daily shot of whiskey
4. Eating fresh lemons

Answer: 1

Explanation: 1. Drinking blackstrap molasses is a HEALTH protection practice among Black American Baptists and is thought to keep one healthy.

2. Wearing camphor around the neck as protection is an Austrian HEALTH protection tradition.
3. Taking a daily shot of whiskey is a HEALTH protection practice among Canadians.
4. Eating fresh lemons is an Ethiopian HEALTH protection practice.

Cognitive Level: Analyzing

Patient Need: Health Promotion and Maintenance

Nursing/Integrated Concepts: Nursing Process: Assessment

Learning Outcome: LO02 – Describe your and your family's beliefs and practices in a) health/HEALTH maintenance, b) health/HEALTH protection, c) health/HEALTH restoration, and d) curing/HEALING.

11) Which actions are considered to be HEALTH restoration practices for individuals of Eastern European heritage? Select all that apply:

1. Chicken soup
2. Glass of wine

3. Alcohol massage
4. Shot of whiskey

Answer: 1, 2, 3

Explanation: 1. Chicken soup is considered a health restoration practice for people of Eastern European heritage.

2. A glass of wine is used for insomnia as a health restoration practice for people of Eastern European heritage.
3. An alcohol massage is used for muscle aches as a health restoration practice for people of Eastern European heritage.
4. A shot of whiskey is used for a cough as a health restoration practice for people of Canadian heritage.

Cognitive Level: Analyzing

Patient Need: Health Promotion and Maintenance

Nursing/Integrated Concepts: Nursing Process: Assessment

Learning Outcome: LO02 – Describe your and your family’s beliefs and practices in a) health/HEALTH maintenance, b) health/HEALTH protection, c) health/HEALTH restoration, and d) curing/HEALING.

12) A patient tells the nurse about using cod liver oil every day. Which heritages may utilize cod liver oil as a health maintenance practice? Select all that apply:

1. English
2. French
3. Norwegian
4. Polish

Answer: 1, 2, 3, 4

Explanation: 1. Cod liver oil may be used as a HEALTH maintenance practice for individuals of English heritage.

2. Cod liver oil may be used as a HEALTH maintenance practice for individuals of French heritage.

3. Cod liver oil may be used as a HEALTH maintenance practice for individuals of Norwegian heritage.
4. Cod liver oil may be used as a HEALTH maintenance practice for individuals of Polish heritage.

Cognitive Level: Analyzing

Patient Need: Health Promotion and Maintenance

Nursing/Integrated Concepts: Nursing Process: Assessment

Learning Outcome: LO02 – Describe your and your family's beliefs and practices in a) health/HEALTH maintenance, b) health/HEALTH protection, c) health/HEALTH restoration, and d) curing/HEALING.

13) Which health restoration practice for a cold would the nurse assess in a patient of English heritage?

1. Rubbing the chest with Vicks
2. Drinking honey and vinegar
3. Gargling with water and vinegar
4. Drinking brandy with warm milk

Answer: 1

Explanation: 1. Using Vicks is a HEALTH restoration practice that is common among those with an English tradition.

2. Drinking honey and vinegar is a German-American tradition.
3. Gargling with water and vinegar is a sore throat remedy among Iranian-Americans.
4. Drinking brandy with warm milk is a practice among the French.

Cognitive Level: Analyzing

Patient Need: Health Promotion and Maintenance

Nursing/Integrated Concepts: Nursing Process: Assessment

Learning Outcome: LO02 – Describe your and your family's beliefs and practices in a) health/HEALTH maintenance, b) health/HEALTH protection, c) health/HEALTH restoration, and d) curing/HEALING.

14) During an assessment, the nurse asks a patient of Irish heritage to identify a health protection practice that is ingested. What practice is this patient most likely follow?

1. Senna tea
2. Yeast
3. Wine
4. Hot peppermint tea

Answer: 1

Explanation: 1. Drinking senna tea has laxative effects, which is important among Irish-American as a HEALTH protection tradition.

2. Drinking yeast is found to be a Swedish-American HEALTH mechanism for lumbago.
3. Drinking wine daily is found to be an Italian-American HEALTH maintenance practice.
4. Drinking hot peppermint tea is found to be a HEALTH restoration practice for Norwegian-Americans.

Cognitive Level: Applying

Patient Need: Health Promotion and Maintenance

Nursing/Integrated Concepts: Nursing Process: Assessment

Learning Outcome: LO02 – Describe your and your family's beliefs and practices in a) health/HEALTH maintenance, b) health/HEALTH protection, c) health/HEALTH restoration, and d) curing/HEALING.

15) A patient of Spanish descent wants a specific HEALTH protection intervention to maintain throat health. Which action will the patient most likely request?

1. Having the throat blessed on St. Blaise Day

2. Gargling with salt and taking honey with milk
3. Ingesting baking soda
4. Staying in a steamy bathroom when the throat is sore

Answer: 1

Explanation: 1. Having the throat blessed on St. Blaise Day is a HEALTH protection tradition practiced among the Spanish.

2. Gargling with salt and taking honey with milk is a HEALTH restoration practice among this group.
3. Ingesting baking soda is recommended for an upset stomach.
4. Staying in a steamy bathroom is a HEALTH restoration practice for congestion.

Cognitive Level: Applying

Patient Need: Psychosocial Integrity

Nursing/Integrated Concepts: Nursing Process: Implementation

Learning Outcome: LO02 – Describe your and your family’s beliefs and practices in a) health/HEALTH maintenance, b) health/HEALTH protection, c) health/HEALTH restoration, and d) curing/HEALING.

16) The nurse asks a patient of Italian-American heritage to describe HEALTH protection activities. What will this patient most likely reply to the nurse? Select all that apply.

1. Keeping feet warm
2. Keeping warm in cold weather
3. Never washing hair at night
4. Staying out of drafts

Answer: 1, 2, 3, 4

Explanation: 1. Keeping the feet warm is a HEALTH protection activity for individuals of Italian-American heritage.

2. Keeping warm in cold weather is a HEALTH protection activity for individuals of Italian-American heritage.
3. Never washing the hair at night is a HEALTH protection activity for individuals of Italian-American heritage.
4. Staying out of drafts is a HEALTH protection activity for individuals of Italian-American heritage.

Cognitive Level: Applying

Patient Need: Health Promotion and Maintenance

Nursing/Integrated Concepts: Nursing Process: Assessment

Learning Outcome: LO02 – Describe your and your family’s beliefs and practices in a) health/HEALTH maintenance, b) health/HEALTH protection, c) health/HEALTH restoration, and d) curing/HEALING.

17) A heritage consistent patient tells the nurse that camphor is used as a practice to ward off evil spirits. From what heritage is this patient?

1. Canadian
2. English-American
3. German-American
4. Native American

Answer: 1

Explanation: 1. Canadians may observe this practice.

2. English-Americans do not generally wear camphor.
3. German-Americans do not generally wear camphor.
4. Native Americans do not generally wear camphor,

Cognitive Level: Analyzing

Patient Need: Health Promotion and Maintenance

Nursing/Integrated Concepts: Nursing Process: Implementation

Learning Outcome: LO02 – Describe your and your family's beliefs and practices in a) health/HEALTH maintenance, b) health/HEALTH protection, c) health/HEALTH restoration, and d) curing/HEALING.

18) A patient of an Irish tradition tells the nurse how to treat acne. What will this patient most likely explain to the nurse?

1. Apply a fried chopped onion compress to the area.
2. Press cold tea bags to the area.
3. Apply baby's urine to the area.
4. Place hot Epsom salts on the area.

Answer: 3

Explanation: 1. Frying chopped onions, making a compress of it, and applying it to the area maybe a HEALTH restoration practice for those of Austrian-Jewish heritage.

2. Applying cold teabags to the area is a practice for some German-Americans.
3. Applying baby's urine to the area may be a practice of Irish people who are heritage consistent.
4. Placing hot Epsom salts on the area is done among some Canadians.

Cognitive Level: Applying

Patient Need: Health Promotion and Maintenance

Nursing/Integrated Concepts: Nursing Process: Implementation

Learning Outcome: LO02 – Describe your and your family's beliefs and practices in a) health/HEALTH maintenance, b) health/HEALTH protection, c) health/HEALTH restoration, and d) curing/HEALING.

19) What would a patient from Norway use to colds? Select all that apply.

1. Hot milk sprinkled with ginger
2. Shot of whiskey

3. Glass of warm wine
4. Hot peppermint tea

Answer: 4

Explanation: 1. Hot milk sprinkled with ginger is used to treat menstrual cramps for individuals of Irish Catholic heritage.

2. A shot of whiskey is used to treat menstrual cramps for individuals of Irish Catholic heritage.
3. A glass of warm wine is used to treat menstrual cramps for individuals of Irish Catholic heritage.
4. A hot water bottle on the stomach is used to treat menstrual cramps for individuals of Irish Catholic heritage.

Cognitive Level: Applying

Patient Need: Health Promotion and Maintenance

Nursing/Integrated Concepts: Nursing Process: Implementation

Learning Outcome: LO02 – Describe your and your family's beliefs and practices in a) health/HEALTH maintenance, b) health/HEALTH protection, c) health/HEALTH restoration, and d) curing/HEALING.

20) What will the nurse most likely assess as a HEALTH maintenance activity for a patient of Swedish-American heritage?

1. Eat fresh vegetables
2. A daily teaspoon of cod liver oil
3. Dressing appropriately for the weather
4. Good personal hygiene

Answer: 2

Explanation: 1. Eating fresh vegetables may be a HEALTH maintenance practice for Austrians.

2. Starting each day with prayer is a teaspoon of cod liver oil may be a health maintenance practice for Swedish-Americans.

3. Dressing appropriately for the weather is a HEALTH maintenance practice for Native Americans.
4. Good personal hygiene may be a HEALTH maintenance practice for Polish-Americans.

Cognitive Level: Analyzing

Patient Need: Health Promotion and Maintenance

Nursing/Integrated Concepts: Nursing Process: Assessment

Learning Outcome: LO02 – Describe your and your family's beliefs and practices in a) health/HEALTH maintenance, b) health/HEALTH protection, c) health/HEALTH restoration, and d) curing/HEALING.

21) Which heritage group boils a beef bone, breaks up toast in the broth, and drinks as a HEALTH restoration practice for a headache?

1. German-Americans
2. Polish-Americans
3. Irish-Americans
4. Canadians

Answer: 1

Explanation: 1. German-Americans may drink toast in beef broth as a HEALTH restoration practice for headaches.

2. Polish-Americans may take aspirin as a restoration practice for headaches.
3. Irish-Americans may have many HEALTH restoration practices for headaches but none that involve a specific drinking of beef broth.
4. A Canadian HEALTH restoration practice for a headache may be to lie down in a dark room.

Cognitive Level: Analyzing

Patient Need: Health Promotion and Maintenance

Nursing/Integrated Concepts: Nursing Process: Implementation

Learning Outcome: LO02 – Describe your and your family’s beliefs and practices in a) health/HEALTH maintenance, b) health/HEALTH protection, c) health/HEALTH restoration, and d) curing/HEALING.

22) For which heritage is applying a red scarf around the chest performed for a cold or a sore throat?

1. English tradition
2. Norwegian tradition
3. Polish tradition
4. Eastern European tradition

Answer: 1

Explanation: 1. The use of a red scarf applied to a chest for HEALTH restoration for a cold is in the English tradition.

2. Norwegian tradition employs peppermint tea and Vicks as its HEALTH restoration practice for colds.
3. Polish tradition uses hot liquids, honey, and chicken soup for its cold HEALTH restoration practices.
4. Eastern European traditions may use fluids, aspirin, and rest for its HEALTH restoration tradition for colds.

Cognitive Level: Applying

Patient Need: Health Promotion and Maintenance

Nursing/Integrated Concepts: Nursing Process: Implementation

Learning Outcome: LO02 – Describe your and your family’s beliefs and practices in a) health/HEALTH maintenance, b) health/HEALTH protection, c) health/HEALTH restoration, and d) curing/HEALING.

23) Which HEALTH restoration practice could a person from an Austrian heritage use to treat deep cuts?

1. Applying leeches to decrease the bruising
2. Placing heat on the affected area
3. Making a poultice of chopped onions
4. Applying ice to the affected area

Answer: 3

Explanation: 1. Leeches may be applied to the deep cut to decrease the bruising and swelling.

2. Placing heat on the affected area is not a HEALTH restoration practice for black eyes.
3. Making a poultice to decrease the swelling of a cut is within the HEALTH restoration practice of Austrian-Americans.
4. Applying ice to deep cut is not among the HEALTH restoration practice of Austrian-Americans.

Cognitive Level: Applying

Patient Need: Health Promotion and Maintenance

Nursing/Integrated Concepts: Nursing Process: Implementation

Learning Outcome: LO02 – Describe your and your family's beliefs and practices in a) health/HEALTH maintenance, b) health/HEALTH protection, c) health/HEALTH restoration, and d) curing/HEALING.

24) Which HEALTH protection activity would a patient of a Native American heritage practice?

1. Dressing appropriately for the weather.
2. Prevent evil spirits by not looking at a mirror at night.
3. Eat sorghum molasses.
4. Keep onions under the bed to keep nasal passages clear.

Answer: 1

Explanation: 1. Dressing appropriately for the weather is among the HEALTH protection practices of many Native Americans.

2. Preventing evil spirits by not looking at a mirror at night is a HEALTH protection practice for Irish Americans.
3. Eating sorghum molasses is a HEALTH protection practice for Swedish-Americans.
4. Keeping onions under the bed to keep nasal passages clear is a HEALTH protection practice for Irish-Americans.

Cognitive Level: Applying

Patient Need: Health Promotion and Maintenance

Nursing/Integrated Concepts: Nursing Process: Implementation

Learning Outcome: LO02 – Describe your and your family’s beliefs and practices in a) health/HEALTH maintenance, b) health/HEALTH protection, c) health/HEALTH restoration, and d) curing/HEALING.

25) How may people of a Swedish heritage treat insect bites?

1. Applying boric acid to the bite
2. Applying alcohol to the bite
3. Applying a poultice
4. Applying ashes

Answer: 3

Explanation: 1. Applying boric acid is not a Swedish practice.

2. Applying alcohol is not a Swedish practice
3. Applying a poultice has been reported to be a Swedish practice
4. Applying ashes is not a Swedish practice.

Cognitive Level: Applying

Patient Need: Health Promotion and Maintenance

Nursing/Integrated Concepts: Nursing Process: Implementation

Learning Outcome: LO02 – Describe your and your family's beliefs and practices in a) health/HEALTH maintenance, b) health/HEALTH protection, c) health/HEALTH restoration, and d) curing/HEALING.

26) What would a patient of French-Canadian heritage use a HEALTH restoration practice to treat an eye infection?

1. Apply ice to the eye.
2. Make a hot poultice for the eye.
3. Apply a mustard pack to the eye.
4. Rub a potato around the eye.

Answer: 1

Explanation: 1. An oatmeal bath is a HEALTH restoration practice for French-Canadian for a rash.

2. A hot poultice is used for colds.
3. A mustard pack is used for back pain.
4. Rubbing a potato around the affected area may be used for eye infections.

Cognitive Level: Applying

Patient Need: Health Promotion and Maintenance

Nursing/Integrated Concepts: Nursing Process: Implementation

Learning Outcome: LO02 – Describe your and your family's beliefs and practices in a) health/HEALTH maintenance, b) health/HEALTH protection, c) health/HEALTH restoration, and d) curing/HEALING.

27) Which action would a mother from an Italian-American heritage perform on their child to protect HEALTH?

1. Never washing hair before going outdoors
2. Place garlic on a string around their neck

3. Drinking water with meals
4. Taking regular vitamin tonics

Answer: 2

Explanation: 1. Italian-Americans believe hair should not be washed before going outdoors as a HEALTH protection practice.

2. An Italian American mother may place garlic on a string and put it around the neck of a child to prevent colds.
3. Drinking water at meals is a HEALTH protection practice among German-Americans.
4. Vitamin tonics are not within the Italian-American tradition for HEALTH protection.

Cognitive Level: Applying

Patient Need: Health Promotion and Maintenance

Nursing/Integrated Concepts: Nursing Process: Implementation

Learning Outcome: LO02 – Describe your and your family's beliefs and practices in a) health/HEALTH maintenance, b) health/HEALTH protection, c) health/HEALTH restoration, and d) curing/HEALING.

28) A patient who is of Greek Orthodox heritage is a new widow. What will the patient do after the death of her spouse?

1. Wear black and remain in mourning for the remainder of her life.
2. Hire a professional mourner to cry for the deceased.
3. Wash the body and prepare it for the wake.
4. Pray the Rosary aloud as part of the burial ritual.

Answer: 1

Explanation: 1. When a husband dies, the Greek Orthodox woman wears black, and is considered in mourning for the spouse for the remainder of her life.

2. Hiring a professional mourner to cry for the deceased is an Irish tradition.

3. Washing the body of the deceased before the wake is an Irish death custom.
4. A Rosary is prayed aloud as a person is dying in the Irish tradition.

Cognitive Level: Applying

Patient Need: Psychosocial Integrity

Nursing/Integrated Concepts: Nursing Process: Implementation

Learning Outcome: LO03 – Compare and contrast the difference and similarities between you and your peers in respect to beliefs and practices in a) health/HEALTH maintenance, b) health/HEALTH protection, c) health/HEALTH restoration, and d) curing/HEALING.

29) Which action is a birth belief among Shintos?

1. Saving the umbilical cord as a lasting bond between mother and child
2. Never setting up a crib for an infant until after the birth
3. Wearing white and blue bead charms on the wrist as a protection from evil
4. Hoping that a newborn is not a female baby because it will decrease the mother's looks

Answer: 1

Explanation: 1. Shintos save the umbilical cord as it represents the lasting bond between the mother and child.

2. Setting up a crib after the infant's birth is an Irish belief.
3. White and blue beads are worn on the wrist of Greek Orthodox infants as a ward against evil.
4. Taking away from the mother's looks if the infant is female is a Portuguese belief.

Cognitive Level: Analyzing

Patient Need: Psychosocial Integrity

Nursing/Integrated Concepts: Nursing Process: Implementation

Learning Outcome: LO03 – Compare and contrast the difference and similarities between you and your peers in respect to beliefs and practices in a) health/HEALTH maintenance, b) health/HEALTH protection, c) health/HEALTH restoration, and d) curing/HEALING.

30) A group of nurses is talking about different ethnocultural practices regarding HEALTH that are followed within each of the nurses' families. What purpose will this discussion serve? Select all that apply.

1. Reawaken the types of HEALTH practices within each nurse's family
2. Make known the similarities and differences across ethnic and religious groups
3. Help to realize that all people practice a certain amount of traditional medicine
4. Understand that nurses often delay in seeking professional healthcare

Answer: 1, 2, 3, 4

Explanation: 1. A discussion on ethnocultural health practices reawakens the participant to the type of health practices within individual families.

2. A discussion on ethnocultural health practices helps to make known the similarities and differences that exist across ethnic and religious groups.
3. A discussion on ethnocultural health practices helps the participants realize that all people practice a certain amount of traditional medicine.
4. A discussion on ethnocultural health practices helps the participants realize that nurses also often delay in seeking profession health care.

Cognitive Level: Analyzing

Patient Need: Health Promotion and Maintenance

Nursing/Integrated Concepts: Nursing Process: Evaluation

Learning Outcome: LO03 – Compare and contrast the difference and similarities between you and your peers in respect to beliefs and practices in a) health/HEALTH maintenance, b) health/HEALTH protection, c) health/HEALTH restoration, and d) curing/HEALING.
