**Chapter 2**

**Health, Illness, and Settings of Care**

**Key Terms**

Match each term with its appropriate definition.

1. Health

2. Homeostasis

3. Disease

4. Manifestations

5. Illness

6. Acute illness

7. Remission

8. Acuity

9. Chronic illness

10. Rehabilitation

A. Maintaining a dynamic steady state or balance

B. Signs and symptoms

C. Disease that occurs rapidly and is self-limiting

D. The severity of illness and level of care required

E. Disruptions in the structure and function of the body or mind

F. Condition that requires continuing management over a long period

G. Process of achieving one’s maximum potential after acute illness

H. Period in which the patient is not experiencing symptoms even though disease is present

I. Response a person has to a disease

J. State of complete physical, mental, and social well-being

**Learning OutcomES**

1. What is the health–illness continuum?

2. List some leading health indicators for *Healthy People 2020*.

3. What is illness?

4. Name five characteristics of a chronic illness.

5. What is long-term care?

6. What is community-based nursing?

7. Name eight or more community-based nursing care settings.

8. What patients benefit from home health care services?

9. List safety concerns a home health nurse should assess.

10. Name five suggestions for effective home care.

**Apply What You Learned**

The nurse is assigned to care for a 72-year-old patient who has been experiencing falls and some cognitive issues. Upon entering the patient’s home, the nurse notices that the bathroom is on the second floor, and the house appears dark and poorly lit.

1. What safety issues should the nurse teach the patient?

2. What community resources could the nurse recommend?

**Multiple Choice**

Circle the answer that best completes the following statements.

1. The body’s tendency to maintain a dynamic steady state or balance under constantly changing conditions is:

A. homeostasis.

B. disease.

C. illness.

D. wellness.

2. A disease that can spread from one person to another is known as:

A. congenital.

B. idiopathic.

C. communicable.

D. latrogenic.

3. The nurse understands that the purpose of community-based care is to provide direct services to individuals to manage health problems and promote:

A. nursing.

B. medicine.

C. physicians.

D. self-care.

4. The process of learning to live to one’s maximum potential with a chronic impairment and the resulting functional disability is known as:

A. long-term care.

B. disability.

C. rehabilitation.

D. cognitive therapy.

5. The nurse is caring for a patient who presents with pain, nausea, and anxiety. These are known as:

A. assessments.

B. stressors.

C. manifestations.

D. disease.

6. A patient has been undergoing testing for complaints of abdominal pain. All tests have come back negative, and the patient is still experiencing pain. The nurse knows the class of disease with an unknown cause is known as:

A. congenital.

B. psychosomatic.

C. iatrogenic.

D. idiopathic.

7. A period of time where symptoms reappear during an illness is:

A. exacerbation.

B. remission.

C. end stage.

D. acute.

8. The severity of the patient’s illness and level of care required is referred to as:

A. illness.

B. acuity.

C. disease.

D. health care continuum.

9. The nurse is doing a home evaluation for a 72-year-old patient who lives alone. What would indicate an intervention by the nurse?

A. Current medications

B. Inadequate food supply

C. Absence of throw rugs

D. Open blinds

10. The purpose of a home health care nurse’s nursing assessment visit is to:

A. formulate a diagnosis for the physician.

B. submit to Medicare.

C. refer to the nursing home.

D. identify the patient’s needs.

11. The nurse understands that all of the following are community-based nursing care settings EXCEPT:

A. mental health centers.

B. senior centers.

C. hospitals.

D. free clinics.

12. A nurse who helps to bridge gaps between members of the church and the health care system is involved in:

A. mental health nursing.

B. home health nursing.

C. forensic nursing.

D. parish nursing.

13. The degree of observable and measurable impairment is known as:

A. impairment.

B. handicap.

C. rehabilitation.

D. disability.

14. A chronic illness is characterized by all of the following except it:

A. is permanent.

B. leaves a disability.

C. is reversible.

D. requires long periods of care.

15. The nurse understands that an acute illness is:

A. nonreversible.

B. self-limiting.

C. malignant.

D. congenital.