

# HN 520 - Holistic Nursing Practice & Theory III

## Exam Instructions

**Thank you for enrolling into HN 520 - Holistic Nursing Practice & Theory III. This is your online examination. Please follow these instructions:**

- Before attempting, carefully read the question text.
- Then choose the correct answer.
- Click on **"Next"** to go to the next question.
- Use the **"Next"** and **"Previous"** buttons to navigate between questions.
- Bookmark difficult questions to return to them later.
- Click the **"Submit All"** button to submit your exam for grading.
- Use the Question List in the upper left corner to view and jump to a certain question.
- Within 24-48 hours, you will receive from us via e-mail, a copy of your graded examination.

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**1.** Which of the following is accurate regarding the application of self-management courses in health care?

- A) they have not demonstrated usefulness in care
- B) the research results did not demonstrate statistical significance
- C) they are a useful adjunct to care
- D) none of the above are accurate statements

**2.** The research by Knaus, et. al., which used APACHE II scores as an outcome variable, the findings suggest what?

- A) Significant differences between the "best" and "worst" units were related to interaction and coordination of the care providers.
- B) Significant differences between the "best" and "worst" units were related to high APACHE II scores.
- C) Significant differences between the "best" and "worst" units were related to the level of Medical teaching status of the hospital.
- D) Significant differences between the "best" and "worst" units were related to the education status of the nurses.

**3.** Research studies demonstrate that the most effective way to promote healing is by what?

- A) using CAM modalities
- B) using energy healing touch in practice
- C) using a Primary Care Model

- D) allowing patients to become active in their own care
4. Which of the following is NOT a suggestion for becoming therapeutically present to patients?
- A) use the mission statement in planning care
  - B) call the patient by their preferred name
  - C) touch the patient on the arm
  - D) all of the above are appropriate suggestions
5. How does society generally view death?
- A) with acceptance
  - B) with curiosity
  - C) with denial
  - D) with fear
  - E) none of the above
6. The St. Charles Comfort Care Services has realized which of the following outcomes?
- A) cost reduction
  - B) eliminating unnecessary diagnostic tests
  - C) eliminating unnecessary diagnostic treatments
  - D) more emphasis on comfort for patients
  - E) all of the above
7. Which of the following is NOT considered as a significance for the use of the Arts in a hospital setting?
- A) Art can connect people to purpose and meaning
  - B) Art enriches environments
  - C) Art can influence healing
  - D) Art can cure hypertension
  - E) All of the above are significant
8. Which of the following is a desired outcome of the St. Charles Health Management Model?
- A) decreased mortality rates
  - B) improved discharge procedures
  - C) a 50% increase in yearly revenues
  - D) a 10% decrease in operating costs

- 9.** Of the following Care Policy goals of St. Charles Health Management Model of Care, which one best defines "whole person care?"
- A) pain management
  - B) self-care
  - C) spiritual support
  - D) patient education
- 10.** Which of the following is NOT considered a responsibility of the Integrative Nurse Clinician?
- A) prescribing pharmaceuticals to enhance health
  - B) quality initiatives and program development
  - C) patient, staff and community education
  - D) providing healing therapies for inpatients
- 11.** A comprehensive primary care system in which wellness and healing of the whole person are the major goals, is referred to as what?
- A) osteopathic medicine
  - B) alternative medicine
  - C) integrative medicine
  - D) chiropractic medicine
- 12.** What is a practical philosophy which supports people who choose to serve first, and then lead as a way of expanding service to individuals and institutions?
- A) organizational-leadership
  - B) servant-leadership
  - C) diverse-leadership
  - D) integrative-leadership
- 13.** In the integrative medicine model at Abbott Northwest Hospital, which of the following was considered a key program development principle?
- A) quality assurance is a continual process
  - B) fiscal responsibility
  - C) evidence-based care delivery
  - D) all of the above
- 14.** The nursing theorist, Henderson, believes which of the following is key to changing nursing practice?
- A) provide a vehicle to integrate holistic theory and allopathic treatments
  - B) provide a collaborative model between nursing and medical practice
  - C) provide a bridge between holistic theory and practice
  - D) provide a link between CAM modalities and holistic theory

**15.** Holistic communication incorporates which construct and process of therapeutic communication into its framework?

- A) the centrality of being heart-centered
- B) the theory of the holistic energy field
- C) the integration of centering-prayer
- D) the principle of systematic constructs

**16.** Which of the following best defines characteristics of an energy field?

- A) it is an abstract construct
- B) it is infinite
- C) it is comprised of intermittent motions
- D) it is a dis-unifying concept

**17.** Who was the first theorist to emphasize the nurse-client relationship as being the foundation of nursing practice?

- A) Rogers
- B) Newman
- C) Nightingale
- D) Peplau

**18.** Carl Jung introduced the concept of "spirituality being an integral part of the self."

- A) True
- B) False

**19.** Martha Rogers holds the belief that "man and environment" are continuously exchanging matter and energy with one another within closed systems.

- A) True
- B) False

**20.** Newman believed the responsibility of the nurse is not to make people well, but to realize that cure can only be manifested when the person has faith in a higher power.

- A) True
- B) False

**21.** One nursing theorist believes that "engaging with another at the transpersonal level is a technique that can be easily learned."

- A) True
- B) False

- 22.** There is a belief in nursing theory that having a "field" perspective adds a richer and more holistic approach to therapeutic communication.
- A) True
  - B) False
- 23.** In relation to holistic communication, the word "accessing" is preferred to use of the term "assessing."
- A) True
  - B) False
- 24.** From the perspective of holistic nursing theorists and models, people are both infinite and sacred in nature.
- A) True
  - B) False
- 25.** Soul-searching is one of the first processes the nurse engages in, prior to any interaction.
- A) True
  - B) False
- 26.** Research has demonstrated that the positive mental and physiological effects experienced by the nurse can be transmitted to the person.
- A) True
  - B) False
- 27.** In psychological terms, grounding helps establish a feeling of self-awareness and provides a connection to the consciousness of one's own self.
- A) True
  - B) False
- 28.** The process of creating an intention affects which of the following?
- A) the physical world
  - B) the mental realms
  - C) the emotional realms
  - D) all of the above
- 29.** Which of the following most distinguishes holistic communication from other types of communication?
- A) the depth and quality of presence
  - B) the strength and emotionality of intention
  - C) the use of psycho-social therapeutic modalities

D) the connection with an energy field

**30.** A process that is useful when confronting a situation or communication that is particularly difficult and emotionally charged is referred to as what?

- A) embracing your sacred-self
- B) enhancing your auric field
- C) engaging your observer
- D) none of the above

**31.** Communication constantly occurs on which level?

- A) energetic level
- B) emotional level
- C) mental level
- D) all of the above

**32.** Which of the following refers to the world view that places human beings as the central fact or final aim of the universe?

- A) chaos theory
- B) anthropocentrism
- C) ambience
- D) none of the above

**33.** A division of philosophy concerned with valuing the environment, primarily as it relates to humankind, is referred to as what?

- A) environmental ethics
- B) environmental justice
- C) ecominnea
- D) epistemology

**34.** Who is credited with the statement, "the art of nursing requires us to alter the environment safely."

- A) Rogers
- B) Nightingale
- C) Jung
- D) none of the above

**35.** Carcinogens have been identified where?

- A) in drinking water
- B) sprayed on crops

- C) emitted into the air
- D) all of the above

**36.** Which of the following has been identified as a "systems condition" that must be satisfied in order to move toward a more healthy environment?

- A) Synthetic compounds must not systematically increase in nature
- B) Synthetic compounds can increase in nature but in line with manufacturing growth
- C) Synthetic compounds must be banned for use in farming
- D) Synthetic compounds are not the issue, it is the mutation of organic compounds that is most important

**37.** Which of the following characterizes a Learning Community?

- A) openness
- B) safety
- C) support
- D) all of the above

**38.** Which of the following is NOT considered to be a chronic environmental stressor?

- A) noise
- B) asbestos
- C) air quality
- D) lighting

**39.** Which of the following regarding "noise" is NOT true?

- A) it is a highly recognized common modern health hazard
- B) its danger is a function of volume of sound heard over a period of time
- C) even low-frequency noise is a problem
- D) in instances, it can cause work impairment

**40.** Noise may cause the release of which hormone in the body?

- A) progesterone
- B) glucagon
- C) corticotropin releasing hormone
- D) thyroid releasing hormone

**41.** There is strong research evidence of an association between noise and what?

- A) cardiovascular risk
- B) depression

- C) anxiety disorder
- D) insulin resistance

**42.** Related to food irradiation, which of the following has been found to be most resistant?

- A) bacteria
- B) mold
- C) viruses
- D) parasites

**43.** Which of the following regarding women who smoke cigarettes is TRUE?

- A) men are the group at most risk
- B) smoking prevalence is lower among women than men in most countries
- C) the health effects of smoking for men are more serious than for women
- D) there are less women smokers in developing countries

**44.** Breathing second hand smoke may cause all of the following except what?

- A) heart disease
- B) impaired glucose function
- C) middle ear disease
- D) sudden infant death syndrome

**45.** The precautionary principle is related to which of the following?

- A) inquires about alternatives
- B) decision making is open
- C) the emphasis is on suspects
- D) all of the above

**46.** Which of the following is NOT a defined driving force for the development of healing environments?

- A) the increased utilization of CAM therapies
- B) preventative health teaching programs
- C) increase of persons living with chronic diseases
- D) holistic movement toward care vs cure

**47.** Which of the following is a good strategy to implement for reducing workplace noise?

- A) installing buffers in open space areas
- B) replace sound devices with flashing lights
- C) using bedside chairs with wheels in rooms with hard floors



D) all of the above

**48.** The belief that all others see the world as we do, is referred to as what?

- A) stereotyping
- B) ethnicity
- C) ethnocentrism
- D) acculturation

**49.** Which of the following regarding culture is TRUE?

- A) Anthropology is the study of cultures
- B) all cultures are inherently dynamic and changing
- C) culture is largely tacit
- D) all of the above

**50.** Which of the following best defines "cultural blindness?"

- A) treating all patients alike without regard to cultural differences
- B) believing that your own culture is more unique and socially adjusted
- C) defining individual care needs based on cultural assessments
- D) having a subconscious fear of other people's cultures

**51.** Adaptation involves the ability to articulate an issue from another's perspective with recognized and reduced resistance and defensiveness.

- A) True
- B) False

**52.** Humans are 99.9% identical at the DNA level.

- A) True
- B) False

**53.** There is a disproportionately high prevalence of diabetes in people of African and Mediterranean descent.

- A) True
- B) False

**54.** Socioeconomic status refers to one's social status, as well as occupation, education, economic status, or a combination of these factors.

- A) True
- B) False

- 55.** The concept of the "melting pot" assumes that in the process of acculturation and assimilation, everyone takes on some characteristics of each others cultures, while the original culture remains intact.
- A) True
  - B) False
- 56.** Monotheism is the belief in one God or Creator, who is separate from humans.
- A) True
  - B) False
- 57.** The researcher Astin found in studies that those how use CAM, generally have a higher education level.
- A) True
  - B) False
- 58.** The largest ethnic group in North America is made up of Hispanics.
- A) True
  - B) False
- 59.** Asian families tend to be patriarchal, revere their elders, and they place a high value on achievement and honor.
- A) True
  - B) False
- 60.** In the Hispanic population, many believe that illness is a punishment from a past reincarnated life.
- A) True
  - B) False
- 61.** In the Multiparadigm Model of Healing, using acupuncture would come under the model's paradigm of "balance."
- A) True
  - B) False
- 62.** Mindfulness is a mental discipline, a process of becoming detached and observing thoughts, feelings and perceptions while remaining fully attentive and in the present.
- A) True
  - B) False
- 63.** Warmth and humor are two communication factors that are interpreted the same in most all cultures.
- A) True

B) False

**64.** Cultural and linguistic competence has been included in many curriculums in medicine and nursing, but they have not been endorsed by professional organizations as of this time.

A) True

B) False

**65.** In a paternalistic relationship ( provider-centered), the provider has the control, directs care, makes decisions about treatments, and is submissive to the patient.

A) True

B) False

**66.** Which of the following is NOT a suggested area for a Cultural Assessment?

A) health and healing practices

B) financial decision making

C) communication style and relationship toward authority

D) nutritional patterns

E) all of the above are suggested

**67.** In the cultural domain, a client's needs typically involve which of the following?

A) distresses

B) biophysical disturbances

C) alterations

D) impairments

E) all of the above

**68.** Leininger speaks of modes of intervention which involve clinical decision making that focuses on cultural practices. According to Leininger, Cultural Repatterning/ Restructuring refers to which of the following?

A) professional actions which assist clients to make changes in harmful practices

B) professional actions to bridge the "gap" between the client's culture and biomedicine

C) professional actions which assists clients to integrate spiritual practices into health promotion habits

D) professional actions which assists clients to contemplate their life choices and health related decisions

E) professional actions which assists clients to face ideas and fears regarding their mortality

**69.** The major anatomic modulating link that connects the brain/mind and the autonomic, endocrine, immune and neuropeptide systems, is referred to as what?

A) the brain stem

- B) the hypothalamic-frontal cortex system
- C) limbic-hypothalamic system
- D) the limbic-pituitary system

**70.** Messenger molecules which transmit body-mind patterns of communication are referred to as what?

- A) neuropeptides
- B) catecholamines
- C) neurotransmitters
- D) anticholinergics

**71.** Systems Theory says what about "human beings?"

- A) they are organizationally closed
- B) they are structurally open
- C) they are living systems
- D) all of the above

**72.** Research studies utilizing imaging devices have revealed what regarding "mindfulness" meditation?

- A) re-routes neurological circuits
- B) increases brain activity that creates positive emotions
- C) produces an activation of the limbic-hypothalamic system
- D) reduces the release of acetylcholine from the brain synapses

**73.** Which of the following statements related to "Bell's Theorem" is a correct statement?

- A) cause and effect thinking has a before, an after, a now and a later sequence
- B) the whole determines the action of the parts
- C) all changes occur in a time-delay
- D) the parts will ultimately determine the action of the whole

**74.** Scientific studies on "forgiveness" have revealed what?

- A) when people forgive, areas in the emotional limbic center of the brain are activated
- B) when people forgive, there is an increase release of serotonin in the central nervous system
- C) when people forgive, brain wave activity remains stable
- D) when people forgive, the short-term memory centers in the frontal cortex are stimulated

**75.** In terms of brain anatomy/physiology, sensory impulses go directly to the \_\_\_\_\_, which then triggers an \_\_\_\_\_.

- A) medulla oblongata, startle

- B) amygdala, fear response
- C) amygdala, emotional response
- D) hypothalamus, flight-fight response

**76.** In the Stress Response, biochemical functions of the major organ systems are modulated by what?

- A) the brain
- B) the mind
- C) the subconscious
- D) the hypothalamus

**77.** The stress response is modulated by which of the following?

- A) personality
- B) coping skills
- C) disposition
- D) all of the above

**78.** When the parasympathetic nervous system is stimulated, all of the following will occur except what?

- A) dilation of bronchial tubes
- B) decreased sweat gland activity
- C) pupillary constriction of the eyes
- D) increased activity of stomach muscles

**79.** Which of the following regarding "hormones" of the endocrine system is/are TRUE?

- A) they produce both localized and general effects
- B) they bind to specific receptor sites on target cells
- C) a stress response hormone released from the adrenal gland is glucocorticoid
- D) all of the above

**80.** In a stress response, \_\_\_\_\_ is secreted quickly, and \_\_\_\_\_ is secreted over a long-term.

- A) epinephrine, glucagon
- B) cortisol, endorphin
- C) adrenaline, cortisol
- D) ACTH, glucagon

**81.** Which of the following statements describes the effects of endorphins on the immune system?

- A) they have enhancing effects on immune system cells
- B) they have suppressing effects on immune system cells

- C) they may elevate active T cells
- D) all of the above

**82.** Thoughts, emotions, and consciousness reside where?

- A) only in the brain
- B) in the soul
- C) in the brain, glands, immune, enteric and sexual systems
- D) in the brain, the mind and the spirit

**83.** Which of the following statements about spirituality is/are true?

- A) it is inherent in the human condition
- B) it is active and expressive
- C) it informs the way we live and experience life
- D) all of the above

**84.** Which of the following statements regarding "religion" is NOT a true statement?

- A) Life issues that are spiritual in nature do not relate to one's religion
- B) religion is not essential to existence
- C) religion is an organized system of shared beliefs
- D) religious expressions often related to one's culture

**85.** People may experience "the Sacred Source" as what?

- A) as a person
- B) as a presence
- C) as a mystery
- D) all of the above

**86.** An interpretation of "burn out" among health care professionals is that it represents the inability to find ways to tend the spirit as one suffers the suffering of another.

- A) True
- B) False

**87.** Studies have shown that prayer at a distance has not demonstrated alternation of processes in people.

- A) True
- B) False

- 88.** The important aspects of a "ritual" are two-fold: the behavior and the mindfulness that accompanies it.
- A) True
  - B) False
- 89.** An Aura is a subtle, whirling vortex of light.
- A) True
  - B) False
- 90.** You begin energy healing by first setting an intention for the healing of the recipient.
- A) True
  - B) False
- 91.** The use of flower essences is not considered to be a form of energy healing.
- A) True
  - B) False
- 92.** Chakras can receive and process information, but they are not able to release information.
- A) True
  - B) False
- 93.** The pineal gland corresponds to the crown chakra, it is violet or white in color and its nervous system function is spiritual.
- A) True
  - B) False
- 94.** Using aromatherapy with essential oils in energy work, it is believed they act to pull a person's electromagnetic field to a higher state.
- A) True
  - B) False
- 95.** The principle that observation of phenomena or objects changes the nature of what is studied is referred to as Heisenberg's Uncertainty Principle.
- A) True
  - B) False
- 96.** Regarding holistic nursing research it is found that many CAM modalities are highly testable under blinded conditions and appropriate control conditions have been easy to identify.
- A) True

B) False

**97.** In holistic nursing, the placebo response demonstrates the holistic communication between expectation and physiological response.

A) True

B) False

**98.** Evidence-based practice is often avoided in holistic nursing as it does not take into account the patient's preferences.

A) True

B) False

**99.** In the clinical scenario where holistic nurses used music for reducing dyspnea and anxiety in patients with COPD, based on the evaluation of the qualitative data, the clients in the study did benefit from music therapy, but solid outcomes related to reduced dyspnea and anxiety were not demonstrated.

A) True

B) False

**100.** The nurse's relating to the client as one whole being to another whole being, using all of the resources of body, mind, emotions and spirit is referred to as psychological presence.

A) True

B) False