

HN 510 – Holistic Nursing: Theory & Practice II

Exam Instructions

Thank you for enrolling into HN 510 – Holistic Nursing: Theory & Practice II. 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.
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- Within 24-48 hours, you will receive from us via e-mail, a copy of your graded examination.

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Full Name:

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1. Which of the following is true of the hormone leptin?

- A) It interferes with healthy fat cell signaling.
- B) It reduces appetite and stimulates fat burning.
- C) Overweight individuals are more sensitive to leptin.
- D) It increases appetite.

2. When do the results of a nutrient-deficient diet become apparent?

- A) As soon as levels of the nutrient have dropped below critical values
- B) When enzymes that are dependent on those nutrients become depleted
- C) When the lack of enzymes that depend on the nutrient causes changes in the cell
- D) When the body's compensation mechanisms can no longer adapt or when the body has become more vulnerable to disease

3. Many important phytonutrients can be distinguished by:

- A) flavor.
- B) density.
- C) color.
- D) global sourcing.

4. Which of the following is *not* one of the major minerals and trace elements?

- A) Sodium

- B) Magnesium
- C) Chromium
- D) Uranium

5. Which of the following is true of dietary fiber?

- A) Eating too much fiber can lead to constipation.
- B) Fiber is digested into simple sugars that can raise blood glucose.
- C) Dietary fiber makes the passage of waste products more efficient.
- D) Dietary fiber feeds undesired intestinal flora.

6. In trying to boost bone health, which of the following vitamins may be useful?

- A) Vitamin E
- B) Vitamin K
- C) Vitamin B₃
- D) Vitamin B₆

7. Which of the following is true as a piece of eating with awareness?

- A) Eat in a setting where you will finish quickly and not want to linger.
- B) Digestion begins in the stomach, so chewing is minimally important.
- C) Eat mindfully to become aware of what nurtures your body.
- D) What you eat is much less important than how you eat it.

8. The effect of diet on health is the same for everyone.

- A) True
- B) False

9. Consuming the standard American diet is correlated with increased mortality rates for some cancers and increased cardiovascular disease.

- A) True
- B) False

10. As people age, diet becomes less important compared to the history of the patient.

- A) True
- B) False

11. Which of the following is a common lipid abnormality among individuals with visceral obesity, metabolic syndrome, and type 2 diabetes?

- A) Hypercholesterolemia

- B) Hypertriglyceridemia
- C) Gaucher's disease
- D) Tay-Sachs disease

12. What is one reason why whole foods may lead to a longer, healthier life?

- A) They tend to be low glycemic.
- B) They are less expensive.
- C) They contain antibiotics.
- D) They are light colored.

13. Which of the following is true of exercise and Americans?

- A) Most Americans get enough exercise.
- B) Primary care providers frequently and comfortably discuss exercise with their patients.
- C) Patients who are given an exercise plan by their primary care provider are more likely to exercise.
- D) Primary care providers should avoid discussing exercise with their patients so they do not inadvertently end up fat shaming.

14. If a person is trying to make daily activities become less strenuous, which of the following should they be mindful of incorporating into their exercise routine?

- A) Flexibility
- B) Muscle strength
- C) Cardiorespiratory endurance
- D) Postural stability

15. High-intensity interval training is an effective and efficient way to get which of the following types of exercise?

- A) Flexibility
- B) Muscle strength
- C) Cardiorespiratory endurance
- D) Postural stability

16. When starting an exercise plan:

- A) the nurse tells the client what to do.
- B) the nurse gives the client a few options to choose from.
- C) the nurse and client partner together.
- D) the client researches different approaches and submits them to the nurse for approval.

- 17.** If an adult patient wants to incorporate strength training as recommended, you should guide them towards doing it how often?
- A) Once a week
 - B) Twice a week
 - C) Three times a week
 - D) Five times a week
- 18.** What has happened with the practice of yoga in the last decade?
- A) Steadily increased
 - B) Declined sharply
 - C) Increased then decreased
 - D) Remained steady
- 19.** Which of the following is a barrier to exercise?
- A) Living in a city
 - B) Being overweight
 - C) High income
 - D) Perceiving oneself to be in good health
- 20.** Exercise causes inflammation and thus should not be practiced too frequently.
- A) True
 - B) False
- 21.** The current biomedical model routinely addresses exercise for most adults.
- A) True
 - B) False
- 22.** Exercising affects only the physical aspect of the individual.
- A) True
 - B) False
- 23.** According to the text, a holistic nurse needs to give what to a patient's work on exercise, no matter the result?
- A) Unconditional acceptance
 - B) Qualified criticism
 - C) Demonstrations
 - D) An ultimatum

- 24.** When planning an exercise program for a 30-year-old paraplegic patient, when does the program begin?
- A) At buy-in
 - B) While discussing it
 - C) On reaching the gym
 - D) After the first practice session
- 25.** What is true of extra certifications, nurses, and holistic patient care?
- A) Some states require these certifications for exercise regimens.
 - B) Certifications are helpful but not always necessary.
 - C) Certifications violate the holistic spirit.
 - D) Holistic nurses have unique certification programs for exercise training.
- 26.** Which of the following is true about the holistic caring process?
- A) It is focused on the treatment of disease.
 - B) It represents a small subset of the activities within the nurse–person relationship.
 - C) It is the process of nurse and client coming together in a professional interaction.
 - D) It is fundamentally different than the nursing process.
- 27.** Compared to the linear nursing model, the circular nursing model is:
- A) best for teaching novice nurses.
 - B) best for solving problems.
 - C) a framework to help nurses identify their contributions to care.
 - D) more related to the subjective experience of “being a nurse.”
- 28.** Which way of knowing flows from the basic underlying concept of the unity and integral wholeness of all people and of all nature?
- A) Empirical
 - B) Ethical
 - C) Aesthetic
 - D) Personal
- 29.** Physiological assessment and care fall within which standard used in holistic nursing?
- A) Assessment
 - B) Diagnosis
 - C) Outcomes Identification
 - D) Planning

30. Which of the following standards includes work with both physicians and physical therapists to promote better patient care?

- A) Assessment
- B) Coordination of Care
- C) Evaluation
- D) Planning

31. When the holistic nurse develops a therapeutic care plan and interventions that address internal processes expressed by the client, the nurse satisfies which standard of holistic nursing?

- A) Assessment
- B) Coordination of Care
- C) Outcomes Identification
- D) Health Teaching and Health Promotion

32. When a holistic nurse gradually encourages a patient to new, healthier behaviors, that is known as:

- A) coaching.
- B) motherly direction.
- C) caring control.
- D) practiced assistance.

33. There is no place for intuition within the holistic caring process—everything must be evidence based.

- A) True
- B) False

34. The standards of holistic nursing are based solely on the patient and are independent of the nurse.

- A) True
- B) False

35. Research helps to make holistic nursing valid and reliable.

- A) True
- B) False

36. Holistic caring can be traced back to:

- A) Nightingale.
- B) Rogers.
- C) Piaget.
- D) Chinn.

- 37.** In a general sense, caring began when in nursing?
- A) With Nightingale
 - B) With more professionalism
 - C) From the beginning
 - D) From about 1900
- 38.** What is the relationship between standard and holistic nursing?
- A) The latter is preferred by almost every nurse.
 - B) The latter completely remakes the former.
 - C) The former is superior in most ways.
 - D) The former has strengths, but the latter improves on them.
- 39.** Traditional Chinese medicine thinks of energy as:
- A) Qi.
 - B) prana.
 - C) neutrons.
 - D) Ayurveda.
- 40.** The book defines an aura as:
- A) a sign of excellence.
 - B) a vague luminous glow.
 - C) light emanating from the eyes.
 - D) the same as prana.
- 41.** Some have tried to connect chakras, as discussed in Eastern religious systems, with:
- A) prana.
 - B) Maslow's hierarchy of needs.
 - C) radioactivity.
 - D) disease entry sites.
- 42.** Long-term exposure to magnetic fields can cause:
- A) fertility problems.
 - B) measles.
 - C) ALS.
 - D) loss of prana.

43. If you want to transfer energy via vibrations, you need to use:

- A) resonant frequencies.
- B) chakras.
- C) Qi.
- D) nuclei.

44. Meridian lines are a concept central to:

- A) intention.
- B) drums.
- C) acupuncture.
- D) homeopathy.

45. Living organisms are complex, open systems.

- A) True
- B) False

46. Intention can be connected with caring.

- A) True
- B) False

47. The electromagnetic spectrum includes visible light.

- A) True
- B) False

48. We lack tools to connect quantum-level changes and healing.

- A) True
- B) False

49. Which form of touch therapy involves working with the auras and the chakras?

- A) Therapeutic touch
- B) Healing touch
- C) Acupressure
- D) Reflexology

50. Which form of touch therapy involves applying pressure to points on the feet, hands, and ears thought to correspond to other structures and organs throughout the body?

- A) Acupressure
- B) Reflexology

- C) M technique
- D) Therapeutic massage

51. Which of the following is the use of an image, word, or phrase to represent something else?

- A) Synchronicity
- B) Metaphor
- C) Storytelling
- D) Journaling

52. Which of the following are filled with items from the realms of our unconscious?

- A) Prayers
- B) Chants
- C) Dreams
- D) Mantras

53. Which of the following is the central concept of Traditional Chinese Medicine and is considered the life essence and the vital energy that is behind all physiological processes and flows through animals, plants, people, the Earth, and the sky?

- A) Qi
- B) Yin and yang
- C) Chakra
- D) Tao

54. The basic concepts of which intricate, complex system are founded on the belief that there is a fundamental connection between the microcosm and the macrocosm and that people are created by the universe and contain everything that comprises the surrounding world?

- A) Traditional Chinese Medicine
- B) Ayurveda
- C) Holistic medicine
- D) Ancient Greek medicine

55. Which of the following is the best known meridian technique and involves inserting sterile needles into specific points along the meridian lines and points?

- A) Reiki
- B) Acupressure
- C) Acupuncture
- D) Touch therapy

56. The best-known meridian technique is:

- A) aromatherapy.
- B) acupuncture.
- C) tai chi.
- D) yoga.

57. According to thinking about systems:

- A) persons and their environments make up an interconnected dynamic system.
- B) change in one point does not effect change in another point.
- C) the world is hierarchical and each level is organized separately.
- D) people are organizationally open and structurally closed.

58. Stress can affect:

- A) those in a physiologically suboptimal state.
- B) anyone.
- C) few people.
- D) the economically disadvantaged.

59. According to principles of self-organization:

- A) living systems rest in a steady state of balance.
- B) the activity of living systems is under the direction of an overall design or purpose.
- C) a living system can keep on going if its patterns are destroyed, as long as the components remain intact.
- D) a living system can be restored by re-creating the pattern it held while alive.

60. From where are the major stress hormones released?

- A) Adrenal medulla
- B) Amygdala
- C) Cerebral cortex
- D) Brain stem

61. The emotional component of learning and memory is due to information traveling directly from the sensory organs to the:

- A) thalamus.
- B) locus ceruleus.
- C) neocortex.
- D) amygdala.

62. In which of the following is the stress response integrated?

- A) Nervous system
- B) Endocrine system
- C) Immune system
- D) Excretory system

63. A gland of the endocrine system that mediates the stress response is the:

- A) pituitary.
- B) thyroid.
- C) pineal body.
- D) pancreas.

64. Memories are independent of emotion.

- A) True
- B) False

65. All memories are stored in the hippocampus of the brain.

- A) True
- B) False

66. Signals sent out by the nervous system and endocrine systems can directly affect the immune system.

- A) True
- B) False

67. Which of the following is a major endocrine hormone in the stress response?

- A) Prolactin
- B) Testosterone
- C) Estrogen
- D) Epinephrine

68. Which of the following stimulates gluconeogenesis, increasing blood glucose levels and resulting in protein breakdown, which leads to loss of muscle, negative nitrogen balance, increased gastrointestinal secretion, and suppression of the immune system?

- A) Epinephrine
- B) Growth hormone
- C) Prolactin
- D) Cortisol

69. Which of the following may be most useful for patients needing to relax before a difficult procedure?

- A) Bibliotherapy
- B) Music therapy
- C) Therapeutic touch
- D) Psychotherapy

70. The effects of an aroma depend on:

- A) the chemical makeup of the essential oil.
- B) the individual's previous experience.
- C) the shape of the odor receptors in the individual's nose.
- D) both the chemical makeup of the essential oil and the individual's previous experience.

71. Lavender is:

- A) effective against MRSA.
- B) helps skin regenerate after burns.
- C) an analgesic.
- D) effective for asthma.

72. Peppermint essential oil can be used to treat:

- A) irritable bowel syndrome.
- B) cancer.
- C) athlete's foot.
- D) insomnia.

73. Which of the following is true about somatic and musculoskeletal touch therapies?

- A) They do not require licensing.
- B) They only affect well-being.
- C) They are fundamentally different from massage.
- D) They stimulate circulation of blood and lymph.

74. When using imaging for positive images, it is important to carefully select an image with no negative associations; otherwise, it will not be as effective.

- A) True
- B) False

75. Imagery is the same as thinking.

- A) True

B) False

76. Touch therapies can elicit emotional responses.

A) True

B) False

77. Aromatherapy has its roots in herbal medicine.

A) True

B) False

78. Touch therapies can only offer improvements in overall wellness, and not relief of symptoms.

A) True

B) False

79. Which of the following is true of movement in healing?

A) Movement is the same as exercise.

B) Movement benefits only on the body.

C) Movement can be a pathway to self-reflection.

D) Only the most physically able can benefit from movement.

80. Sound:

A) has little power over our bodies.

B) is exclusively positive.

C) is exclusively negative.

D) can be either negative or positive, depending on the sound and situation.

81. Which of the following is true of listening?

A) If the listener is looking for the greater message beyond the words, he or she will miss interpreting.

B) If the listener is interpreting the meaning of words through his or her own lens, then he or she will miss the greater message beyond the words.

C) If the listener is attempting to listen without judging, he or she will miss the greater message beyond the words.

D) Listening can take place at multiple levels simultaneously.

82. Which of the following is true regarding gazing upon art?

A) It has no effect on the body.

B) It can stimulate endorphin release.

C) It activates the right side of the brain only.

D) It can engage the stress response.

83. The text relies on the dream theories of:

- A) Jung.
- B) Freud.
- C) Malthus.
- D) Jack.

84. Aesthetic practices should be used as alternatives to standards of care.

- A) True
- B) False

85. In order for time spent in nature to be healing, that time must be physically spent outside.

- A) True
- B) False

86. Drumming allows for the release of stress and negative emotions.

- A) True
- B) False

87. Mandalas come from the ancient culture of Indian subcontinent.

- A) True
- B) False

88. Reflective writing generally excludes the creation of journals.

- A) True
- B) False

89. The beauty of movement invites us to explore _____ through our bodies.

- A) wholeness
- B) life
- C) fulfillment
- D) health

90. Sound is _____ energy.

- A) trapped
- B) pulsating
- C) primal

D) atavistic

91. Art as therapy can be:

- A) active.
- B) passive.
- C) both active and passive.
- D) neither active nor passive.

92. Which of the following is a patient's internal rhythm, related to music?

- A) Heartbeat
- B) Syncope
- C) Blood
- D) Retinal vibration

93. For which of the following is grief a necessary process?

- A) The significant other and the family of the dying
- B) The significant other of the dying
- C) The person who is dying
- D) The person who is dying, their significant other, and their family

94. Which of the following is true of dying at home?

- A) The support of family, friends, and pets is more continuously available.
- B) It reduces quality of time because household chores must be attended to.
- C) It is emotionally more difficult because of fewer interruptions.
- D) There is increased support for coping with care needs.

95. The most common factor complicating the pursuit of peaceful death is:

- A) money.
- B) pain.
- C) family fights.
- D) being at home.

96. Nearing death awareness is:

- A) the same as near-death experiences.
- B) a time for the dying to request what they need for a peaceful death.
- C) an abrupt transition from one place to another.
- D) only seen in cancer patients.

97. Which of the following is the least accurate sign of approaching death?

- A) Cessation of movement
- B) Talkativeness
- C) Declining blood pressure
- D) Death rattle

98. A sense of transcendence is helpful when approaching death because it brings about a greater ability to cope with grief.

- A) True
- B) False

99. Spiritual resources are key for coping with approaching death.

- A) True
- B) False

100. During dying, very little can be done to alleviate pain.

- A) True
- B) False

101. Prayer is a universal tool for help with approaching death.

- A) True
- B) False

102. When breathing stops or slows near the end of life, this is called Technique breathing.

- A) True
- B) False

103. Being _____ at death is a critical part of holistic nursing.

- A) a witness
- B) present.
- C) faithful.
- D) observant.

104. Perhaps the most important holistic interventions at the end of life involve control of:

- A) arm movement.
- B) thought processes.
- C) drinking.
- D) breathing.

105. Which of the following introduced the idea of a therapeutic relationship as a human connection that heals?

- A) Martin Buber
- B) Carl Jung
- C) Carl Rogers
- D) Harry Stack Sullivan

106. According to which of the following does the nurse help by awareness of being rather than by doing?

- A) Martha Rogers
- B) Margaret Newman
- C) Jean Watson
- D) Hildegard Peplau

107. According to Jean Watson:

- A) communication is a pan-dimensional energetic process.
- B) communication is a field phenomenon.
- C) the soul must be considered in communication.
- D) patterns must be recognized in communication.

108. In holistic communication, before engaging in a healing interaction, the nurse must:

- A) be centered and create an intention.
- B) be centered and be actively observing.
- C) create an intention and be actively observing.
- D) create an intention and interpret.

109. When nurses focus their intention on the heart prior to an interaction, this is referred to as:

- A) whole person caring.
- B) heart-centering.
- C) heart coherence.
- D) intuitive heart.

110. What term does the text use for connecting to the earth before treating a patient?

- A) Centering
- B) Active listening
- C) Grounding
- D) Interpreting

111. According to Peplau, the nurse and the client have a shared experience in which the nurse can take on many different roles.

- A) True
- B) False

112. Mastering therapeutic communication skills is quickly accomplished.

- A) True
- B) False

113. From the perspective of holistic nursing theories, people are sacred and infinite in nature.

- A) True
- B) False

114. Meditation increases self-awareness, which helps create a healing presence.

- A) True
- B) False

115. Information about therapeutic communication in holistic nursing comes from nursing, psychology, and:

- A) sociology.
- B) biology.
- C) physics.
- D) criminal science.

116. The idea that both the patient and the nurse learn from the process of holistic nursing comes from:

- A) Buber.
- B) Freud.
- C) Sullivan.
- D) Rogers.

117. Engaging the observer in holistic nursing originates with:

- A) Hinduism.
- B) Taoism.
- C) Buddhism.
- D) Atheism.

118. A good amount of time for a first meditation session would be:

- A) 30 seconds.
- B) 5 minutes.
- C) 30 minutes.
- D) 2 hours.

119. Abraham Maslow expanded holistic thinking by:

- A) identifying a hierarchy of needs with self-actualization at the top.
- B) developing a test for personality types.
- C) identifying archetypes.
- D) identifying eight psychosocial stages of life.

120. The Theory of Integral Nursing was originated by:

- A) Dossey.
- B) Maslow.
- C) Piaget.
- D) Boggs.

121. The relationship-enhancing property most associated with a Higher Power is:

- A) forgiveness.
- B) trust.
- C) defense.
- D) boundaries.

122. Maslow suggested that self-actualization led one closer to the:

- A) Home.
- B) Warrior.
- C) Source.
- D) Ultimate.

123. The first use of "therapeutic relationship" connected that term with:

- A) psychology.
- B) physical therapy.
- C) allopathic medicine.
- D) yoga.

124. Nurses must also consider relationships with:

- A) animals.
- B) animals and nature.
- C) nature and the Divine.
- D) animals, nature, and the Divine.

125. Historically, human beings formed relationships with other humans, the Divine, and the earthly environment, such that no one lived alone.

- A) True
- B) False

126. According to relationship theory, self-care is independent of healthy interpersonal relationships.

- A) True
- B) False

127. According to Hagerty and Patusky, good relationships involve synchrony.

- A) True
- B) False

128. Relationships are damaged by boundaries.

- A) True
- B) False

129. Historically discussed relationships include those between/among humans, the environment, and the:

- A) Divine.
- B) clock.
- C) cosmos.
- D) troposphere.

130. When a nurse and a nurse coach are engaged in cognitive reframing together, which portion of the coaching conversation are they engaged in?

- A) Beginning
- B) Middle
- C) Intermediate
- D) End

131. When the nurse coach and the client together explore assessment data to determine areas for change, they are involved in:

- A) assessment.
- B) diagnosis.
- C) outcomes.
- D) assessment.

132. During the evaluation phase of nurse coaching, the nurse coach may:

- A) evaluate the client's progress.
- B) aid the client in evaluating his or her progress.
- C) determine the outcomes.
- D) review assessment data.

133. As clients make changes:

- A) they disregard their old stories and the transforming self emerges.
- B) they change their old stories to make room for the transforming self.
- C) they keep their old stories and transcend into the transforming self.
- D) they transform old stories so that the transforming self can come into being.

134. For nurse coaching to be successful, which of the following must be true prior to the first meeting?

- A) The client must have clearly identified a topic on which to work.
- B) The client has clearly articulated goals.
- C) The client has precontemplated his or her practices to identify areas of concern.
- D) The client need not have goals, clearly articulated topics, or assessments.

135. The nurse coaching process is based on which of the following?

- A) Holistic caring process
- B) Transtheoretical Model
- C) Healing, Energy, Resiliency, and Transformation Theory
- D) Transformative Theory

136. Nurse coaching may involve interventions such as aromatherapy, play, prayer, and visioning.

- A) True
- B) False

137. When a client is in the midst of nurse coaching, change can only occur during the session with the nurse coach.

- A) True

B) False

138. The goal of the nurse coach is to fix the client.

A) True

B) False

139. Nurse coaching services are primarily intended for those who have made serious nursing errors and violations.

A) True

B) False

140. All of the following are one of the five components of integrative nurse coaching, *except*:

A) awareness and choice.

B) integrity and ethics.

C) listening with HEART.

D) integral perspectives and change.

141. All of the following are steps in the Nurse Coach Five-Step Process, *except*:

A) connecting to the story.

B) deep listening and skillful questioning.

C) guiding and supporting the transforming self.

D) influencing and directing the method of change.

142. Which of the following is true of motivational interviewing?

A) It inspires motivation for change.

B) The nurse becomes the motivation for change.

C) It elicits motivation for change.

D) It forces the client to change.

143. When practicing motivational interviewing, the nurse must:

A) impose solutions on the client.

B) push the client to change.

C) listen with sympathy.

D) understand and explore the client's motivation.

144. Which of the following might a nurse express during motivational interviewing?

A) Exploring what change would mean

B) Deemphasizing the patient's feelings

- C) Repeating the client's story in simple, direct statements
- D) Acknowledging that the decision is in the control of a higher power

145. Which of the following is true of appreciative inquiry?

- A) It assumes all people have flaws to be fixed.
- B) It assumes all people have basic goodness.
- C) It works independently of relationships.
- D) It changes inherent flaws into strengths.

146. Which of the following is a foundation of appreciative inquiry?

- A) There is only one reality.
- B) What we focus on becomes our reality.
- C) Question asking in and of itself has no power.
- D) People have more confidence in the future when they completely leave behind the past.

147. In the 4-D cycle of appreciative inquiry, which of the following questions might a nurse ask during the dream phase?

- A) What do you do well in managing your diabetes?
- B) What would it take for you to make that change in your diet?
- C) What is the most important thing you have learned about your diabetes?
- D) What has been most helpful to you in managing your diabetes?

148. Motivational interviewing was initially developed to improve adherence to medication regimens.

- A) True
- B) False

149. A typical outcome of motivational interviewing for someone trying to stop smoking would be to recommend they smoke two fewer cigarettes a day and provide them a referral to a smoking cessation specialist.

- A) True
- B) False

150. Appreciative inquiry follows the traditional model for disease management: diagnose the problem, select change options, and suggest strategies to implement change.

- A) True
- B) False

151. The aim of the 4-D appreciative inquiry cycle is transformational change.

- A) True
- B) False

152. Motivational interviewing has been shown repeatedly to help:

- A) obese adolescents lose weight.
- B) elderly adults eat more calories.
- C) undernourished children eat supplements.
- D) Baby Boomers take statin drugs.

153. Individuals within a culture may vary based on their:

- A) religion.
- B) socioeconomic status and age.
- C) religion and age.
- D) age, socioeconomic status, and religion.

154. Social organization of a culture is aligned with:

- A) geographic patterns.
- B) acculturation.
- C) migration.
- D) fear of cultural differences.

155. The development of communication technology has:

- A) encouraged the oral tradition.
- B) had no effect on cultures.
- C) impaired recording of detail.
- D) given patients access to much more information.

156. Which of the following cross-cultural paradigms could believe that a breach of taboo could cause illness?

- A) Magico-religious
- B) Holistic
- C) Scientific
- D) Deterministic

157. A provider who considers a patient's culture will improve:

- A) payment percentage.
- B) communication.

- C) online ratings.
- D) CME credits.

158. The most culturally competent way a nurse can act is to:

- A) not discriminate.
- B) integrate cultural knowledge into individualized client-centered care.
- C) develop health education aimed at specific cultural groups.
- D) treat all patients alike.

159. It is difficult to make generalizations about members of a culture because cultures are inherently dynamic and changing.

- A) True
- B) False

160. Variations between ethnic groups are always greater than those within ethnic groups.

- A) True
- B) False

161. The use of medical technology may challenge existing cultural values.

- A) True
- B) False

162. Cultural competency is a destination.

- A) True
- B) False

163. Which of the following is a worldview that is based to a great degree on the socialization of individuals within their own culture, to the extent that such individuals believe that all others see the world as they do?

- A) Acculturation
- B) Ethnocentrism
- C) Race
- D) Ethnicity

164. Folk ways tend to list things as:

- A) near and far.
- B) us and them.
- C) natural and unnatural.
- D) black and white.

