PLAINWORK

NCLEX-RN Population and Community Health Practice App

Free sample: 10 of 296 questions

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Sample

1. A public health nurse wants to improve access to healthy food in a neighborhood with no grocery store and plans to use the Health in All Policies approach. Which action best applies this approach?

A. A. Ask the state to pay for additional nurse educators in the county
B. B. Hand out nutrition pamphlets at the neighborhood school and the community center
C. C. Work with zoning, transportation and economic development agencies on policies that bring food to the area
D. D. Open a nutrition counseling clinic at the health department

C. Work with zoning, transportation and economic development agencies on policies that bring food to the area — Health in All Policies integrates health considerations into decisions made across sectors such as housing, transportation and planning, because most influences on health lie outside the health care system. Access to food depends on zoning, transit and business development, so partnering with those agencies applies the approach.

Question and rationale by Plainwork. Reference: CDC, Public Health 101 Series, Health in All Policies; Healthy People 2030, Office of Disease Prevention and Health Promotion

2. A nurse is leading an effort to reduce teen vaping, and health department staff suggest forming a coalition rather than acting alone. What is the main advantage of a coalition?

A. A. Each partner gives up its own mission and shares one common budget
B. B. Pooled expertise, resources and credibility improve the odds of lasting change
C. C. The nurse no longer has to document or report the results of the program
D. D. Decisions are reached faster because fewer voices are involved in the process

B. Pooled expertise, resources and credibility improve the odds of lasting change — A coalition brings together people and organizations with a shared goal so they can combine skills, funding, reach and credibility. This broader base makes it more likely that a community change will succeed and last.

Question and rationale by Plainwork. Reference: Nies & McEwen, Community/Public Health Nursing; CDC, Public Health 101 Series

3. A nurse is explaining to new volunteers what a coalition is. Which description is accurate?

A. A. A committee inside one agency that decides on programs for the whole community and carries them out alone
B. B. Groups and individuals who keep their own identities but combine efforts for a shared aim
C. C. A temporary gathering of nurses who all share the same specialty
D. D. A group that meets only to hold social networking events

B. Groups and individuals who keep their own identities but combine efforts for a shared aim — A coalition is an alliance of organizations and individuals, often from different sectors, who stay independent but work together on a common goal such as a health issue. It is defined by shared purpose, not by one agency or one profession.

Question and rationale by Plainwork. Reference: Nies & McEwen, Community/Public Health Nursing; CDC, Public Health 101 Series

4. A nurse joins a state Action Coalition of the Future of Nursing Campaign for Action. Which activity fits the coalition's work?

A. A. Inspecting restaurants across the county for food safety violations and reporting the findings
B. B. Advocating at the state level for nurses to practice to the full extent of their training
C. C. Providing free blood pressure screenings at a farmers' market every Saturday morning
D. D. Conducting a windshield survey of neighborhoods and compiling the housing observations

B. Advocating at the state level for nurses to practice to the full extent of their training — State Action Coalitions bring together nurses and other stakeholders to carry out the recommendations of the Future of Nursing reports, such as removing barriers to full practice, strengthening nursing education and leadership, and promoting diversity and equity.

Question and rationale by Plainwork. Reference: Campaign for Action, AARP and Robert Wood Johnson Foundation; National Academy of Medicine, The Future of Nursing 2020-2030

5. A public health nurse at a clinic in a homeless shelter sees four clients in the waiting area. Which client should the nurse assess first?

A. A. A client with blood pressure of 168/98 mm Hg who denies headache, chest pain and vision changes
B. B. A client who is tearful and says it is hard to stay hopeful about finding stable housing
C. C. A client with audible wheezing and an oxygen saturation of 89%
D. D. A client with a random blood glucose of 210 mg/dL who feels well and is eating lunch

C. A client with audible wheezing and an oxygen saturation of 89% — Airway and breathing take priority over circulation and over chronic or psychosocial concerns. Audible wheezing with hypoxemia is the most life-threatening problem. The other clients need follow-up, but they have no acute threat to life.

Question and rationale by Plainwork. Reference: Nies & McEwen, Community/Public Health Nursing; Potter & Perry, Fundamentals of Nursing

6. A man living in a shelter has a red, swollen, warm foot with streaks climbing the leg and a temperature of 101.5 F (38.6 C). He has no insurance and no identification. Which referral should the nurse make first?

A. A. Social worker to begin enrollment in benefits and other assistance programs
B. B. Legal aid to help replace his lost identification documents
C. C. Housing authority to apply for long-term supportive housing
D. D. Provider for same-day evaluation and treatment of the infection

D. Provider for same-day evaluation and treatment of the infection — Spreading cellulitis with fever can progress to sepsis, so the urgent medical problem is addressed before social needs. Social work, housing and legal help are essential for the longer-term plan but do not treat the infection.

Question and rationale by Plainwork. Reference: Nies & McEwen, Community/Public Health Nursing; Infectious Diseases Society of America, Skin and soft tissue infection guideline

7. A nurse wants to advocate for a policy that will most improve health outcomes for people experiencing chronic homelessness. Which policy should the nurse support?

A. A. Permanent supportive housing with linked health services
B. B. Free bus passes that cover trips to health care appointments only
C. C. Fines for sleeping in public spaces to encourage use of shelters
D. D. One-time seasonal influenza vaccination events at shelters

A. Permanent supportive housing with linked health services — Stable housing with voluntary on-site health and social services addresses the root cause of poor health in chronic homelessness, and evidence from supportive housing programs shows better health and lower use of emergency services. Fines and one-time events do not change the underlying conditions.

Question and rationale by Plainwork. Reference: Healthy People 2030, Office of Disease Prevention and Health Promotion; U.S. Interagency Council on Homelessness, Housing First; Nies & McEwen, Community/Public Health Nursing

8. A new graduate nurse with limited free time wants a voice in health policy affecting the profession. Which action would a mentor recommend as a practical start?

A. A. Wait until several more years of clinical experience have been gained
B. B. Run for a seat in the state legislature in the next election cycle
C. C. Write a doctoral dissertation focused on health law and regulation
D. D. Join the state nurses association and respond to its legislative action alerts

D. Join the state nurses association and respond to its legislative action alerts — Professional associations pool the voices of many nurses, track legislation, and make it easy for members to contact legislators with little time. Responding to alerts is an accessible first step in political advocacy. Advocacy does not require waiting for seniority or an advanced degree.

Question and rationale by Plainwork. Reference: American Nurses Association, Code of Ethics for Nurses; Nies & McEwen, Community/Public Health Nursing

9. A nurse testifies at a legislative hearing on safe staffing in hospitals. Which statement is best supported by research?

A. A. Staffing affects nurse satisfaction but has no measurable effect on patient outcomes
B. B. Hospitals are best placed to set staffing without any outside standards
C. C. Every unit needs the same ratio regardless of client acuity
D. D. Higher client-to-nurse ratios are linked to higher mortality and more failure to rescue

D. Higher client-to-nurse ratios are linked to higher mortality and more failure to rescue — Multiple large studies link heavier nurse workloads with more deaths after complications, failure to rescue, longer stays and readmissions, as well as nurse burnout. The nurse can cite these outcomes to support staffing standards.

Question and rationale by Plainwork. Reference: Aiken et al., Hospital nurse staffing and patient mortality, JAMA; American Nurses Association, Principles for Nurse Staffing

10. A nurse has five minutes with a county commissioner to ask for funding for a school nurse program. Which approach is most effective?

A. A. Give a chronological history of school nursing in the county
B. B. State the request first, then add a local statistic and a brief de-identified story
C. C. Leave a thirty-page report for the commissioner to read later
D. D. Present only national statistics without any local examples

> **B.** State the request first, then add a local statistic and a brief de-identified story — Decision makers have limited time. Leading with a clear request, supported by a local number and a short story that puts a face on the problem, is concise and persuasive. Protecting client identity keeps the story ethical.
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> Question and rationale by Plainwork. Reference: American Nurses Association, Nursing Advocacy resources; Nies & McEwen, Community/Public Health Nursing

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