



## الإجابة النموذجية

**مقرر : مهارات واستراتيجيات التثقيف الصحي**

البرنامج القائم بالتدريس : البرنامج المكثف

نوع المقرر : رعيسي الفصل دراسي الثاني دور أول عدد الساعات المعتدة: 2

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## Model answer of Final Exam (Intensive program)

### Health Education skills and Strategies in Nursing

Code: **NURA123**

Date 20 / 9/ 2022

Time: 2 hour

Total degree: (60 marks)

#### 1- Choose the correct answer :

**1-Maslow's theory is often portrayed in the shape of:**

- a) Rectangle **b) Pyramid**  
c) Square d) Circle

**2-The original hierarchies of Maslow's needs are**

- a) Five-stage mode** b) Four-stage model  
c) Three-stage model d) Two stages model

**3-The need for self-actualization at**

- a) The top** b) The middle  
c) The bottom d) In between

**4-The first and basic need in the Maslow's hierarchy is :**

- a) Physiological need** b) Safety needs  
c) Love and belongingness needs d) Self-esteem needs

**5-The second need in the Maslow's hierarchy is :**

- a) Physiological need **b) Safety needs**  
c) Love and belongingness needs d) Self-esteem needs

**6- The third need in the Maslow's hierarchy is :**

- a) Physiological need b) Safety needs  
**c) Love and belongingness needs** d) Self-esteem needs

**7- If Maslow's needs are not met, the individual will feel :**

- a) Anxious and tense or stress.** b) Happy  
c) Calm d) Relax

**8) If Maslow's needs are not satisfied the human body:**

- a) Cannot do its function optimally** b) Can do its function optimally  
c) Failure to do its function d) Absence of its function

**9) Personal security & freedom from fear refers to:**

- a) Physiological need **b) Safety needs**



- c) Love and belongingness needs      d) Self-esteem needs
- 10) The need for interpersonal relationships motivates behavior**
- a) Physiological needs      b) Safety needs
- c) Love and belongingness needs**      d) Self-esteem needs
- 11- A systematic process to gather the information required to bring about change beneficial to the health of the population means:**
- a) Health Needs Assessment (HNA)**      b) Community needs assessment
- c) Needs assessment      d) Environmental assessment
- 12- A state of complete physical, mental and social wellbeing and not merely an absence of disease or infirmity & the ability to lead a socially and economically productive life. this means**
- a) WHO Definition**      b) Traditional definition
- c) Update definition      d) Old definition
- 13- Health education strategies aimed to**
- a) Promoting health outcomes.**      b) Deterioration of health
- c) Unhealthy behavior      d) Bad health habits
- 14- Health education activities should enhance**
- a) Prevention of Disease**      b) Occurrence of disease
- c) Delay of recovery      d) Deterioration of health
- 15- Understand the process of rehabilitation & Positive thinking is:**
- a) intellectual dimension of health**      b) Social dimension of health
- c) Physical dimension of health      d) emotional dimension of health

**11- Circle the litter (a) corresponding to the true answer & Circle the litter (b) corresponding to false answer**

16	Physical survival is the first thing that motivates our behavior	(a)	(b)
17	Self-actualization refers to an individual does capable of doing, and peak experiences	(a)	(b)
18	The basic needs must be met before the individual will strongly desire for the next level need	(a)	(b)
19	The basic need is physiological needs	(a)	(b)
20	Taking responsibility and working hard is a behavior leading to self-actualization	(a)	(b)
21	Esteem needs are the first and basic need in the hierarchy	(a)	(b)
22	A Needs Assessment Survey is done by interview, phone, or written response	(a)	(b)
23	Biomedical concept of health has a basis on the "germ theory of the disease."	(a)	(b)
24	Holistic concept of Health means specific definition of health	(a)	(b)
25	The ability to memorize reason, analyze and make rational decisions this refers to emotional dimension	(a)	(b)



**111- Matching the statement in column (1) with the corresponding meaning in column (2)**

**(A):**

	Column (1)	Column (2)
26	Biological requirements for human survival as air, food, drink, shelter, and sleep means	a) safety needs
27	Protection from elements, stress & against accidents/illness means	b) physiological needs
28	Realizing personal potential, self-fulfillment, seeking personal growth and peak experiences refers to	c) love & belonging needs
29	Ego needs which are related to importance, and respect from others in the society refers to	d) self-actualization needs
30	Friendship, acceptance, affiliating, being part of a group means	e) self-esteem needs

Questions No.	26	27	28	29	30
Answer	<b>b</b>	<b>a</b>	<b>d</b>	<b>e</b>	<b>c</b>

**(B)**

	Column (1)	Column (2)
31	A Needs Assessment Survey has results that are	a) Tabulated & analysis
32	It is a conversation with purpose, this means	b) Interview
33	Ethics that ensuring the HCEC process is fair refers to	c) Promote Just Health Care
34	Facilitating respectful interactions during moral deliberation refers to	d) to Preserve Integrity
35	One strategy for implementing health promotion and disease prevention programs. Refers to	e) health Education strategy

Questions No.	31	32	33	34	35
Answer	<b>c</b>	<b>e</b>	<b>d</b>	<b>a</b>	<b>b</b>

**1V- Answer the following questions**

**( 25 Marks)**

➤ **1) List the stage model of original hierarchies of Maslow's needs?**

- a) Physiological need
- b) Safety needs
- c) Love and belongingness needs
- d) Self-esteem needs
- e) Self-actualization needs



>

## > 2) List Characteristics of self-actualizers?

- They perceive reality efficiently and can tolerate uncertainty;
- Accept themselves and others for what they are;
- Spontaneous in thought and action;
- Problem-centered (not self-centered);
- Able to look at life objectively;
- Highly creative;
- Concerned for the welfare of humanity;
- Capable of deep appreciation of basic life-experience;
- Establish deep satisfying interpersonal relationships with a few people;
- Peak experiences;
- Democratic attitudes;
- Strong moral/ethical standards.

## > 3) Why should you do a needs assessment survey?

- To learn more about your group or community needs
- To get a more honest and objective description
- To become aware of needs you never knew about
- To document your needs
- To make sure your future actions are in line community needs
- To garner greater support
- To involve more people in the subsequent action

## 4) How do you carry out a needs assessment survey?

- Identify reasons for choosing to do the survey.
- Identify survey goals.
- Decide how much time you have to do the survey.
- Decide how many people you are going to question.
- Decide who will be asked.
- Decide what questions will be asked.
- Decide who will ask the questions Create a draft of the survey.
- Try out the survey on a test group.
- Revise the survey.
- Administer the survey.
- Tabulate your results.
- Interpret your results.
- Plan future actions.
- Implement your actions.
- Repeat your assessment.

## 5) How to Conduct a Focus Group( Before the meeting- -When Before the meeting:

- Recheck your goals
- Consider other methods
- Find a good leader
- Find a recorder
- Decide who should be invited



- Decide about incentives
- Decide on the meeting particulars.
- Prepare your questions.
- Recruit your members.
- Review the arrangements.
- **When the group meets:**
- Thank people for coming.
- Review the group's purpose and goals.
- Explain how the meeting will proceed and how members can contribute.
- Set the tone by asking an opening question and making sure all opinions on that question are heard.
- Ask further questions in the same general manner.
- When all your questions have been asked, ask if anyone has any other comments to make.
- Tell the group about any next steps that will occur and what they can expect to happen now.
- Thank the group for coming!
- **After the meeting meets:**
- Make a transcript or written summary of the meeting.
- Examine the data for patterns, themes, new questions, and conclusions.
- Share the results with the group.
- Use the results.

#### **6) List dimensions of health?**

**Health is multidimensional and is interrelated; each has its own nature:**

- Physical Dimension
- Mental Dimension
- Social Dimension
- Spiritual Dimension
- Emotional Dimension
- Vocational Dimension
- Others
- A few other dimensions have also been suggested such as philosophique dimension, cultural dimension, socio- économique dimension, environmental dimension, educational dimension, nutritional dimension, and so on.

#### **7) List principles of health care ethics Consultants?**

- Be Competent
- Preserve Integrity
- Manage Conflicts of Interest and Obligation
- Respect Privacy and Maintain Confidentiality
- Contribute to the Field
- Communicate Responsibly
- Promote Just Health Care



## 8) List Five strategies for patient education success ( effective

### Patient education)

- Take advantage of educational technology
- Determine the patient's learning style
- Stimulate the patient's interest
- Consider the patient's limitations and strengths
- Include family members in health care management

## 9) List Examples of health education activities? Examples of health education activities include:

- Lectures
- Courses
- Seminars
- Webinars
- Workshops
- Classes

## List benefits of various teaching strategies?

- Improved student engagement
- Stronger student relationships
- Unique opportunities to build nursing soft skills | Enhanced clinical skills.
- Increased likelihood of retention
- Promotion of self-guided learning
- Appeal to different learning styles

**Good Luck**

**Prof. Amel Ahmed Hassan Omran**

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كلية التمريض

جامعة بنها

