

**Chapter 16: Health and Wellness
Answers for Review Questions**

1. Which of the listed basic needs identified by Maslow must be addressed first when providing nursing care?
- a. Self-esteem
 - b. Love and belonging
 - c. Self-actualization
 - d. Nutrition and elimination

Answer: d

Nutrition and elimination must be addressed first before concerns about self-esteem, love and belonging, and self-actualization, according to Maslow's hierarchy of needs. According to Maslow, the lower-level needs must be fulfilled and maintained before the higher-level needs can be met.

LO: 16.2

Bloom's: Applying

NCLEX Client Needs: Physiological Integrity: Basic Care and Comfort

2. Which activity best illustrates the use of the Health Promotion Model (HPM) by the nurse to increase the level of well-being for a patient immediately after surgery?
- a. Holding a pillow across his chest when coughing and deep breathing
 - b. Encouraging the patient to eat his entire evening meal
 - c. Changing his surgical dressing daily as ordered by the physician
 - d. Asking his family to step out of the room during dressing changes

Health And Wellness For Life Chapter Answers

N Colangelo



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