**Question 1**

1.

In acupuncture, why are the needles inserted at predetermined points or the meridians?

|  |  |  |
| --- | --- | --- |
|  |  | They represent specific *yin* and *yang* points. |
|  |  | They help to restore *yin* and *yang* balance. |
|  |  | It will achieve the best anesthetic response.  |
|  |  | This is where the bones and muscles intersect.  |

1 points

**Question 2**

1.

A patient is asking for "cupping" to be done to help treat a cough. In the Asian heritage, what is cupping?

|  |  |  |
| --- | --- | --- |
|  |  | Massaging an acupuncture site with a cup to treat neurological conditions |
|  |  | Using moxibustion to treat conditions related to heat |
|  |  | Bleeding in a special cup in order to decrease heat from the body |
|  |  | Placing a glass with a vacuum in on the patient's back to draw blood and lymph to the surface |

1 points

**Question 3**

1.

A patient of an Asian heritage tells the nurse than an alteration in *yin* and *yang* will lead to disease. Which variable can affect the body's *yin* and *yang*?

|  |  |  |
| --- | --- | --- |
|  |  | Social class |
|  |  | Clothing |
|  |  | The weather |
|  |  | Improper food preparation |

1 points

**Question 4**

1.

A belief of Ayurvedic medicine is the concept of *doshas*. What is a characteristic of the *dosha*?

|  |  |  |
| --- | --- | --- |
|  |  | Uses water and earth to regulate hormonal balance  |
|  |  | Combines space and air to control nutritional preferences |
|  |  | Controls activities of the body |
|  |  | Blends fire and water to balance mental capacities |

1 points

**Question 5**

1.

Aromatherapy can be used to (select all that apply)

|  |  |  |
| --- | --- | --- |
|  |  | decrease and manage stress |
|  |  | aid restful sleep |
|  |  | treat infections and illness |
|  |  | cure depression and anxiety |
|  |  | reduce weight |

1 points

**Question 6**

1.

Why does poor health continue to occur among immigrant Asian populations?

|  |  |  |
| --- | --- | --- |
|  |  | Low number of health care workers of Asian origin |
|  |  | Refusal of Western medicine to treat Asian immigrants |
|  |  | Poor working environments and crowded living conditions |
|  |  | Inability to tolerate Western medications |

1 points

**Question 7**

1.

Benefits of yoga include all of the following EXCEPT

|  |  |  |
| --- | --- | --- |
|  |  | raises blood pressure |
|  |  | increases flexibility of joints and muscles |
|  |  | improves digestion and elimination |
|  |  | increases mental acuity |

1 points

**Question 8**

1.

Yin and Yang are opposite that attract and compliment each other. Which of the following is a characteristic of Yin?

|  |  |  |
| --- | --- | --- |
|  |  | passive |
|  |  | warm |
|  |  | young |
|  |  | light |

1 points

**Question 9**

1.

Which action would a patient who practices Ayurvedic medicine take to reestablish harmony and balance in the body?

|  |  |  |
| --- | --- | --- |
|  |  | Cleanse the body of substances that cause disease. |
|  |  | Sit in the sun. |
|  |  | Do yoga. |
|  |  | Meditate.  |

1 points

**Question 10**

1.

What does Chinese medicine teach about HEALTH?

|  |  |  |
| --- | --- | --- |
|  |  | It is the way to ultimate reality. |
|  |  | It is the prevention of ILLNESS. |
|  |  | It is based in Confucian philosophy. |
|  |  | It is a state of spiritual and physical harmony with nature.  |

1 points

**Question 11**

1.

Which is a concept of holism in traditional Chinese medicine?

|  |  |  |
| --- | --- | --- |
|  |  | Harmonic balance that creates illness |
|  |  | Local pathology as separate from the body |
|  |  | Integration of the body with the external environment |
|  |  | Energy fields that create health or disease  |

1 points

**Question 12**

1.

There is evidence to support the use of aromatherapy as an adjunct therapy to

|  |  |  |
| --- | --- | --- |
|  |  | antiemetic drug therapy to prevent postoperative nausea and vomiting |
|  |  | pain management therapy to decrease pain in cancer patients |
|  |  | diet and exercise to decrease blood pressure in patient with hypertension |
|  |  | prescribed inhaler management to decrease attacks in asthma patients |

1 points

**Question 13**

1.

Yoga is equal to or superior to exercise or usual care in decreasing pain and decreasing pain medication use from musculoskeletal disorders.

True

False

1 points

**Question 14**

1.

What actions would the nurse take when communicating with a patient of Asian heritage?

|  |  |  |
| --- | --- | --- |
|  |  | Nonverbal and contextual cueing should be understood and expected.  |
|  |  | Conversation should be initiated whenever the nurse is with the patient. |
|  |  | Questions should be phrased to be answered as yes or no.  |
|  |  | Silence indicates a negative reaction to the person giving care. |

1 points

**Question 15**

1.

Other than China, from which countries did the largest numbers of Asian residents identify as their nation of origin?

|  |  |  |
| --- | --- | --- |
|  |  | India |
|  |  | Vietnam |
|  |  | South Korea |
|  |  | Indonesia |

1 points

**Save and Submit**

*Click Save and Submit to save and submit. Click Save All Answers to save all answers.*