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**Nursing**

**AHN-BC**

*AHNCC Advanced Holistic Nurse - Board Certified*



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**Question: 912**

What is the impact of cultural competence on holistic communication?

- A. It complicates communication by introducing biases
- B. It primarily focuses on language translation
- C. It has no significant effect on patient interactions
- D. It enhances understanding and respect for diverse perspectives

Answer: D

Explanation: Cultural competence improves understanding and respect for diverse perspectives, facilitating more effective and holistic communication with patients from various backgrounds.

**Question: 913**

In holistic nursing, self-reflection is essential for developing \_\_\_\_\_ skills necessary for effective patient care.

- A. Administrative
- B. Technical
- C. Competitive
- D. Interpersonal

Answer: D

Explanation: Self-reflection enhances interpersonal skills, which are crucial for building trusting relationships with patients and providing effective holistic care.

**Question: 914**

Which of the following principles are foundational to holistic nursing ethics?

- A. Autonomy
- B. Non-maleficence
- C. Beneficence
- D. Justice

Answer: A, B, C, D

Explanation: Holistic nursing ethics is grounded in the principles of autonomy, non-maleficence, beneficence, and justice, which guide ethical decision-making and patient care.

**Question: 915**

Holistic nurses can improve their practice by engaging in \_\_\_\_\_ assessments that evaluate their competencies and areas for growth.

- A. superficial
- B. competitive
- C. passive
- D. self

Answer: D

Explanation: Self-assessments enable holistic nurses to identify strengths and weaknesses, guiding their professional development.

**Question: 916**

The term “culturally responsive teaching” refers to \_\_\_\_\_

- A. Ignoring cultural differences
- B. Enforcing a single cultural perspective
- C. Adapting teaching methods to meet the diverse cultural needs of students
- D. Standardizing curriculum for all students

Answer: C

Explanation: Culturally responsive teaching involves adapting methods and content to respect and include the diverse cultural backgrounds of students.

**Question: 917**

An ethical concern with \_\_\_\_\_ is that it may lead to unequal access to healthcare services.

- A. Community health programs
- B. Evidence-based practice
- C. Telehealth

D. Standardized protocols

Answer: C

Explanation: Telehealth can raise ethical concerns regarding unequal access, as not all patients may have the technology or resources to utilize these services effectively.

**Question: 918**

Which holistic theory argues that healing is influenced by both intention and consciousness?

- A. Humanistic Theory
- B. Quantum Healing
- C. Environmental Theory
- D. Biopsychosocial Model

Answer: B

Explanation: Quantum Healing posits that intention and consciousness play critical roles in the healing process, emphasizing the mind-body connection.

**Question: 919**

To foster professional growth, nurses should engage in \_\_\_\_\_ regularly.

- A. Team meetings
- B. Self-reflection
- C. Mandatory training
- D. Patient assessments

Answer: B

Explanation: Regular self-reflection is crucial for professional growth, allowing nurses to learn from their experiences and improve their practice.

**Question: 920**

In holistic nursing, which aspect is considered essential for patient assessment?

- A. Physical health status
- B. Emotional and mental well-being
- C. Spiritual beliefs
- D. Financial stability

Answer: A, B, C

Explanation: Holistic nursing assessments consider physical, emotional, and spiritual aspects of patients, while financial stability, although important, is not a primary focus.

**Question: 921**

Which aspect of the environment is most crucial for promoting healing in patients?

- A. Natural light exposure
- B. Temperature control
- C. Noise levels
- D. Color schemes

Answer: A

Explanation: Natural light exposure has been shown to enhance mood, reduce stress, and promote healing, making it a key factor in holistic healing environments.

**Question: 922**

Creating a holistic healing environment includes which of the following elements?

- A. Strict adherence to medical protocols
- B. A focus on patient-centered care
- C. Isolation from family and friends
- D. A sterile and impersonal atmosphere

Answer: B

Explanation: A patient-centered approach in a healing environment promotes comfort, healing, and supports the holistic care model.

**Question: 923**

In holistic nursing, the term "self-care" refers to \_\_\_\_\_

- A. The neglect of personal health
- B. Individual practices that promote one's own health and well-being
- C. Relying solely on healthcare providers
- D. Ignoring emotional needs

Answer: B

Explanation: Self-care encompasses practices individuals engage in to promote their health and well-being, crucial for holistic nursing.

**Question: 924**

Which practices can enhance the effectiveness of group therapy sessions?  
(Select All That Apply)

- A. Setting clear goals for the group
- B. Allowing only one person to speak
- C. Encouraging all participants to share
- D. Facilitating respectful interactions

Answer: A, C, D

Explanation: Setting clear goals, encouraging sharing, and facilitating respect enhance group therapy effectiveness. Allowing only one speaker limits participation and engagement.

**Question: 925**

Which of the following best describes the role of "narrative medicine" in holistic nursing?

- A. Listening to patients' stories to inform care
- B. Focusing on scientific data only
- C. Minimizing patient involvement
- D. Standardizing treatment protocols

Answer: A

Explanation: Narrative medicine involves listening to patients' stories to inform care, recognizing the importance of personal experiences in the healing process.

**Question: 926**

A key principle of holistic healing is \_\_\_\_\_

- A. Treating the patient as a whole
- B. Focusing solely on physical ailments
- C. Prescribing medications only
- D. Isolating patients

Answer: A

Explanation: Holistic healing emphasizes treating the patient as a whole, considering physical, emotional, social, and spiritual factors in health care.

**Question: 927**

The use of qualitative research in holistic education is beneficial because it \_\_\_\_\_

- A. Focuses only on statistical analysis
- B. Is less reliable than quantitative research
- C. Neglects participant voices
- D. Captures complex human experiences and perspectives

Answer: D

Explanation: Qualitative research captures the richness of human experiences and perspectives, providing valuable insights into educational practices.

**Question: 928**

In holistic nursing, which of the following is seen as a barrier to health?

- A. Community support
- B. Healthy relationships

- C. Personal resilience
- D. Environmental toxins

Answer: D

Explanation: Environmental toxins are viewed as barriers to health, as they negatively impact overall well-being and can hinder the healing process.

**Question: 929**

The term "bio-psycho-social model" in holistic practice refers to:

- A. Only biological factors
- B. A combination of biological, psychological, and social factors
- C. Exclusive focus on psychological aspects
- D. Social determinants of health only

Answer: B

Explanation: The bio-psycho-social model incorporates biological, psychological, and social factors, providing a comprehensive view of health and illness.

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