

# Cheap Nursing CEUs

## Racial and Ethnic Disparities in Health Care

**1. A fellow health care professional has questions regarding the four major ethic principles of health care. Which of the following informational points of interest should be communicated to the health care professional?**

- A. Patient autonomy may refer to a patient's right to make decisions regarding his or her own personal health care, without the direct influence of a health care professional.
  - B. Beneficence, as it relates to health care, may refer to the obligation of the health care professionals to act in a manner that does not cause harm to the individual patient.
  - C. Nonmaleficence, as it relates to health care, may refer to the obligation of the health care professional to act in the best interest of the patient.
  - D. Justice, as it relates to health care, refers to the fair and equitable distribution of health care resources to patients based on age.
- 

**2. According to the course, the Affordable Care Act requires insurance plans to cover people with pre-existing health conditions, including pregnancy, without charging more.**

- A. True
  - B. False
- 

**3. According to the course, which of the following statements is most accurate?**

- A. The Affordable Care Act and related laws indicate that coverage for treatment of all pre-existing conditions begins the day the coverage starts.
  - B. The Affordable Care Act and related laws indicate that coverage for treatment of all pre-existing conditions begins 30 days after the coverage starts.
  - C. The Affordable Care Act and related laws indicate that coverage for treatment of all pre-existing conditions begins 60 days after the coverage starts.
  - D. The Affordable Care Act and related laws indicate that coverage for treatment of all pre-existing conditions begins 90 days after the coverage starts.
- 

**4. According to the course, REACH works to identify culturally appropriate programs to address a wide range of health issues among African Americans, American Indians, Hispanics/Latinos, Asian Americans, Alaska Natives, and Pacific Islanders.**

- A. True
  - B. False
-

**5. A male patient suffering from type 2 diabetes has questions regarding metformin. Which of the following educational points should be expressed to the patient?**

- A. Metformin is an oral blood-glucose-increasing drug belonging to the meglitinide medication class.
  - B. Metformin is indicated as an adjunct to diet and exercise to improve glycemic control in older adults with type 1 diabetes mellitus.
  - C. The recommended adult starting dose of metformin tablets is 500 mg orally twice a day.
  - D. Metformin is not recommended for use by individuals over the age of 65.
- 

**6. According to the course, what is the maximum recommended adult daily dose for Glucophage XR?**

- A. 1000 mg
  - B. 2000 mg
  - C. 4000 mg
  - D. 8000 mg
- 

**7. A fellow health care professional has questions regarding Metaglip. Which of the following informational points of interest should be communicated to the health care professional?**

- A. Metaglip in a combination product containing repaglinide and metformin.
  - B. Metaglip is indicated as monotherapy to improve glycemic control in adults with type 1 diabetes mellitus.
  - C. Metaglip must be individualized on the basis of both effectiveness and tolerance while not exceeding the maximum recommended daily dose of 20 mg glipizide/2000 mg metformin.
  - D. Potential side effects of Metaglip do not include: diarrhea and hypoglycemia.
- 

**8. Which of the following statements is most accurate?**

- A. An individual may be considered to be underweight if his or her BMI is less than 20.5 kg/m<sup>2</sup>.
  - B. An individual may be considered to be at a normal weight if his or her BMI is between 22.5 - 28.9 kg/m<sup>2</sup>.
  - C. An individual may be considered to be overweight if his or her BMI is between 29.0 - 32 kg/m<sup>2</sup>.
  - D. An individual may be considered to be obese if his or her BMI is greater than or equal to 30.0 kg/m<sup>2</sup>.
- 

**9. A 28-year-old African American overweight, male patient has questions regarding weight loss. Which of the following educational points should be expressed to the patient?**

- A. Reducing dietary fat alone without reducing calories is sufficient for weight loss.
  - B. Reducing dietary fat alone without reducing calories is not sufficient for weight loss.
  - C. Portion control does not typically help individuals lose weight.
  - D. Portion control does not typically help individuals under the age of 40 lose weight.
-

**10. A 30-year-old Native American patient has questions regarding physical activity. Which of the following educational points should be expressed to the patient?**

- A. For substantial health benefits, adults should do at least 150 minutes a week of moderate-intensity, or 75 minutes a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity.
  - B. For substantial health benefits, adults should do at least 100 minutes a week of moderate-intensity, or 60 minutes a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity.
  - C. For substantial health benefits, adults should do at least 80 minutes a week of moderate-intensity, or 50 minutes a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity.
  - D. For substantial health benefits, adults should do at least 60 minutes a week of moderate-intensity, or 100 minutes a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity.
- 

**11. A 50-year-old male patient has questions regarding adequate nutrition. Which of the following educational points should be expressed to the patient?**

- A. The recommended amount of vegetables in the Healthy U.S.-Style Eating Pattern at the 2,000-calorie level is 1½ cup-equivalents of vegetables per day.
  - B. The recommended amount of fruits in the Healthy U.S.-Style Eating Pattern at the 2,000-calorie level is 1 cup-equivalents per day.
  - C. The recommended amounts of dairy for adults is 1 cup-equivalents per day.
  - D. The recommendation for protein foods in the Healthy U.S.-Style Eating Pattern at the 2,000-calorie level is 5½ ounce equivalents of protein foods per day.
- 

**12. According to information presented in the course, fewer non-Hispanic black infants are ever breastfed compared with non-Hispanic white infants and Hispanic infants.**

- A. True
  - B. False
- 

**13. A 24-year-old Hispanic mother has questions regarding breast milk storage. Which of the following educational points should be expressed to the patient?**

- A. Freshly expressed breast milk may be stored in the freezer for up to 12 months.
  - B. Individuals should use breast milk within 48 hours of thawing in the refrigerator.
  - C. Once breast milk is brought to room temperature after storing in the refrigerator or freezer, it should be used within 8 hours.
  - D. If a child does not finish his or her breast milk, the leftover breast milk may still be used within 12 hours after the child is finished feeding.
- 

**14. Which of the following statements is most accurate?**

- A. Breast engorgement typically only occurs between 2 - 10 days after a woman gives birth.
  - B. Breast engorgement does not affect women under the age of 30.
  - C. Women can prevent breast engorgement by breastfeeding less often after giving birth.
  - D. Women can overcome breast engorgement by removing breast milk by hand or with a breast pump.
- 

**15. A fellow health care professional has questions regarding the use of telehealth in addressing racial and ethnic disparities. Which of the following informational points of interest should be communicated to the health care professional?**

- A. Telehealth services cannot provide patients and health care professionals the opportunity to communicate in real time.
  - B. Store-and-forward telehealth technologies can transmit recorded health care information through electronic communication systems to health care professionals.
  - C. Remote patient monitoring may only be used for patients over the age of 65.
  - D. Patient prescriptions may not be ordered via telehealth.
- 

Copyright © 2026 Cheap Nursing CEUs

Visit us at <https://www.cheapnursingceus.com>