

Mindful Continuing Education

Poverty Effects on Social Determinants of Health

1. Which of the following statements best differentiates absolute poverty from relative poverty?

- A. Absolute poverty is defined based on whether or not a person can meet their basic needs, while relative poverty is defined by a person's ability to engage in activities of daily living relative to their community's standards.
 - B. Absolute poverty is determined by comparing a person's income to the national average, while relative poverty considers local cost of living expenses.
 - C. Absolute poverty focuses on health outcomes, whereas relative poverty focuses on education outcomes.
 - D. Absolute poverty involves measuring discretionary income, and relative poverty considers overall economic stability.
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2. How does the social determinant of Economic Stability impact health outcomes for individuals living in poverty?

- A. It solely affects access to nutritious food and physical exercise routines.
 - B. It affects an individual's ability to earn a steady income, which directly influences their capacity to meet health-related needs.
 - C. It is primarily concerned with providing housing stability and transportation access.
 - D. It has minimal impact as long as health care services are available in the community.
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3. Why is 'teach back' an important practice for healthcare providers working with clients who may have low health literacy?

- A. Teach back ensures that the client can read and write at a high school level.
 - B. Teach back allows clients to verbalize their understanding, which helps ensure that they have comprehended important health information.
 - C. Teach back is a legal requirement before any medical procedures can be performed.
 - D. Teach back reduces the amount of paperwork a provider needs to complete.
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4. What is a significant barrier that prevents low income persons from accessing preventative care services, according to Healthy People 2030?

- A. Lack of basic literacy skills among healthcare providers.
 - B. The high cost of updating health care technology.
 - C. Limited timing of clinic appointments, which often forces low income families to choose between attending work and attending visits.
 - D. Insufficient medical training for healthcare providers working in low-income areas.
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5. What strategy could be used to improve healthcare service delivery to clients experiencing poverty?

- A. Assuming that clients with jobs do not need financial assistance programs.
 - B. Ensuring that financial assistance programs have accessible thresholds and avoiding stigmatizing program titles.
 - C. Limiting financial assistance to clients deemed non-compliant.
 - D. Offering health care services exclusively during standard working hours.
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6. How does relative poverty differ from absolute poverty in terms of its impact on individuals and families?

- A. Relative poverty impacts activities of daily living, while absolute poverty is strictly fiscal poverty.
 - B. Absolute poverty impacts activities of daily living, while relative poverty is strictly fiscal poverty.
 - C. Relative poverty mainly affects mental health, while absolute poverty affects physical health.
 - D. Absolute poverty primarily involves lack of social support, while relative poverty involves lack of financial resources.
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7. Which barrier to healthcare access is most directly related to transportation issues?

- A. Lack of evening and weekend hours.
 - B. Misconceptions about clients having transportation.
 - C. Lack of healthcare provider availability.
 - D. High cost of healthcare services.
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8. Which strategy can healthcare providers use to address the barrier of energy insecurity for telehealth services?

- A. Providing energy vouchers or subsidies to clients.
 - B. Setting up evening and weekend hours.
 - C. Offering free Wi-Fi access in the clinic.
 - D. Sending reminder messages about appointments.
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9. When assessing for digital equity to ensure access to telehealth, which factor is least relevant?

- A. Availability of a private, secure place for telehealth.
 - B. Proximity to public transportation.
 - C. Stable internet connection.
 - D. Access to a device capable of supporting telehealth.
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10. According to Healthy People 2030, what should be the primary focus to improve Neighborhood and Built Environment?

- A. Increasing internet availability for better health access.
 - B. Creating neighborhoods that promote health and safety.
 - C. Improving air quality ratings.
 - D. Reducing healthcare costs.
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