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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