Learning zone assessment

Climate change

TEST YOUR KNOWLEDGE AND WIN A £50 BOOK TOKEN

1. Climate change is occurring due to:
   a) Sustainable working practices
   b) A low carbon lifestyle
   c) Greenhouse gas production
   d) Melting Arctic ice

2. Which of the following has a negative effect on climate change?
   a) Walking
   b) Cycling
   c) Driving
   d) Eating less red meat

3. Future health challenges arising from climate change include:
   a) Changing patterns and increases in infectious diseases
   b) Increased exposure to ultraviolet radiation
   c) Reduced air quality
   d) All of the above

4. To reduce personal carbon footprints, individuals could:
   a) Use bottled water
   b) Eat locally sourced food
   c) Increase car use
   d) Turn up the heating

5. Which of the following is not one of the ‘Five Ways to Well-Being’?
   a) Consume
   b) Connect
   c) Keep learning
   d) Be active

6. A target of the green action plan at the Royal Cornwall Hospital renal unit is:
   a) Reduce physical waste outputs
   b) Carbon reduction by better managed patient transport
   c) Establishing patients as partners in self-care
   d) All of the above

7. By what percentage was food waste reduced as a result of the green action plan?
   a) 5
   b) 35
   c) 55
   d) 70

8. Annual cost savings on food and linen waste reduction as a result of the green action plan were:
   a) £3,000
   b) £5,000
   c) £8,000
   d) £10,000

9. Which of Falk’s potential categories of global citizens is most applicable to nurses?
   a) A man or woman of transnational affairs
   b) Manager of environmental and economic order
   c) Global reformer
   d) Potentially conscious regionalist

10. Nurses acting as transnational activists:
    a) Can join online campaigns
    b) Do not become politically aware of climate justice
    c) Misunderstand health inequalities
    d) Do not consider intellectually their actions

This self-assessment questionnaire was compiled by Noreen Begley.

The answers to this questionnaire will be published on May 15

The answers to SAQ 689 on asthma, which appeared in the April 17 issue, are:
1. d   2. b   3. c   4. c   5. d
6. c   7. a   8. b   9. a   10. d

How to use this assessment

This self-assessment questionnaire (SAQ) will help you to test your knowledge. Each week you will find ten multiple-choice questions that are broadly linked to the learning zone article. Note: There is only one correct answer for each question.

Ways to use this assessment

› You might like to read the article to update yourself before attempting the questions.

Prize draw

Each week there is a draw for correct entries. Please send your answers on a postcard to Zena Latcham, Nursing Standard, The Heights, 59-65 Lowlands Road, Harrow-on-the-Hill, Middlesex HA1 3AW, or send them by email to zena.latcham@rcnpublishing.co.uk.

Subscribers can complete the assessment at www.nursing-standard.co.uk by clicking on the Learning zone CPD questionnaire tab.

Ensure you include your name and address and the SAQ number. This is SAQ 691.

Entries must be received by 10am on Tuesday May 14 2013.

When you have completed your self-assessment, cut out this page and add it to your professional portfolio. You can record the amount of time it has taken.

Space has been provided for comments.

You might like to consider writing a practice profile, see page 60.

Report back

This activity has taken me ______ hours to complete.
Other comments:

Now that I have read this article and completed this assessment, I think my knowledge is:
   Excellent
   Good
   Satisfactory
   Unsatisfactory
   Poor

As a result of this I intend to:

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