

# Assessment Tool 2 – Written Questions and Answers

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CanMEDS Health Advocate

## Short-answer and essay questions for the Health Advocate Role

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Name: \_\_\_\_\_

Date: \_\_\_\_\_

### Short answer questions

1. List five determinants of health.

2. What are three main purposes (i.e. areas of influence) for health advocacy in day-to-day practice?

Purpose
1.
2.
3.

3. Describe two examples from day-to-day practice in our discipline for each of the three purposes of health advocacy.

Purpose	Example of this from our specialty	Example of this from our specialty

4. List five resources (e.g. health care professionals, organizations, educational resources, etc.) that can assist you in advocating with patients in our discipline. Describe the role of each resource.

#	Resource	Role in our discipline
1.		
2.		
3.		
4.		
5.		

## Essay questions

5. What are three challenges you face when balancing your patients' health, preferences, needs, and values with the reality of finite resources and the need to provide equitable access to health care?

6. Provide one example of a situation where you had to focus yourself or the team on the patient's health, preferences, needs, and values rather than your (i.e. the physician's) preferences, needs, and values, or those of the team.

7. Why do the determinants of health matter to our discipline?

8. Describe an example of the impact of determinants of health in our discipline.

9. Describe potential interventions to influence a determinant of health in our discipline.

## Answer Key – short answer questions

1. List five determinants of health.

**Determinants of health** are the social and physical factors that impact the health outcomes of people and populations (e.g. the conditions in which we live and work). The health of individuals is closely related to the broader community and the environmental context in which we live.<sup>i</sup>

The U.S. Office of Disease Prevention and Health Promotion provides the following examples:<sup>ii</sup>

Examples of **social determinants of health** include:

- Availability of resources to meet daily needs, such as educational and job opportunities, living wages, or healthful foods;
- Social norms and attitudes, such as discrimination;
- Exposure to crime, violence, and social disorder, such as the presence of trash;
- Social support and social interactions;
- Exposure to mass media and emerging technologies, such as the Internet or cell phones;
- Socio-economic conditions, such as concentrated poverty;
- Quality schools;
- Transportation options;
- Public safety;
- Residential segregation.

Examples of **physical determinants of health** include:

- Natural environment, such as plants, weather, or climate change;
- Built environment, such as buildings or transportation;
- Work sites, schools, and recreational settings;
- Housing, homes, and neighbourhoods;
- Exposure to toxic substances and other physical hazards;
- Physical barriers, especially for people with disabilities;
- Aesthetic elements, such as good lighting, trees, or benches.

2. What are three main purposes (i.e. areas of influence) for health advocacy in day-to-day practice?

1. Advocate for health care services or resources.
2. Advocate for healthy behaviours.
3. Incorporate disease prevention, health promotion, or health surveillance into the patient's care.

4. Describe two examples from day-to-day practice in our discipline for each of the three purposes of health advocacy.

Purpose	Example of this in our specialty	Example of this in our specialty
1. Advocate for health care services or resources.		
2. Advocate for healthy behaviours.		
3. Incorporate disease prevention, health promotion, or health surveillance into the patient's care.		

*Resources at each institution, site or program may be different than those at others. For this reason, teachers will need to identify appropriate answers and scoring for questions 4-9.*

<sup>i</sup> Raphael D. 2009. Social determinants of health: Canadian perspectives. 2nd ed. Toronto: Canadian Scholars' Press.

<sup>ii</sup> U.S. Office of Disease Prevention and Health Promotion. Determinants of health. Last retrieved May 4, 2015, from [www.healthypeople.gov/2020/about/foundation-health-measures/Determinants-of-Health](http://www.healthypeople.gov/2020/about/foundation-health-measures/Determinants-of-Health)