

## Chapter 01: Trends and Issues

### Williams: Basic Geriatric Nursing, 7th Edition

#### MULTIPLE CHOICE

1. What fact explains the shift of health care focus toward the older adult?
  - a. Disability was viewed as unavoidable.
  - b. Complications from disease increased mortality.
  - c. Older adults' needs are similar to those of all adults.
  - d. Preventive health care practices increased longevity.

ANS: D

2. To what age group does the term "aged" apply?
  - a. 55–64 years of age
  - b. 65–74 years of age
  - c. 75–84 years of age
  - d. 85 and older

ANS: C

3. Which is true of ageism?
  - a. It is discrimination against persons solely on the basis of age.
  - b. It causes a person to fear aging.
  - c. It involves the use of cultural sensitivity to address concerns of aging.
  - d. It focuses on resources for the older adult.

ANS: A

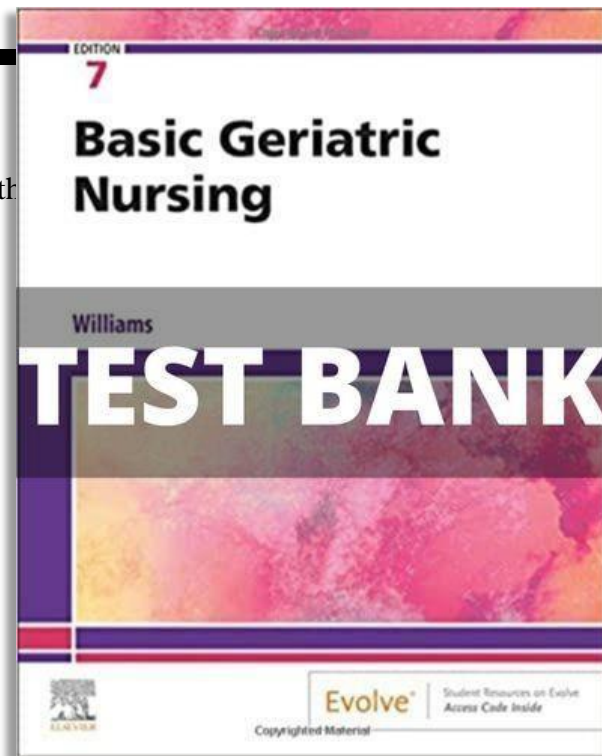
4. What is the most beneficial legislation that has influenced health care for the older adult?
  - a. Medicare and Medicaid
  - b. Elimination of the mandatory retirement age
  - c. The Americans with Disabilities Act
  - d. The Drug Benefit Program

ANS: A

5. What housing option for the older adult offers the privacy of an apartment with restaurant-style meals and some medical and personal care services?
  - a. Government-subsidized housing
  - b. Long-term care facility
  - c. Assisted-living center
  - d. Group housing plan

ANS: C

6. The 75-year-old man who has been hospitalized following a severe case of pneumonia is concerned about his mounting hospital bill and asks if his Medicare coverage will pay for his care. What would be the most helpful response by the nurse?
  - a. Medicare Part C pays 50% of all medical costs for persons older than 65.



- b. Medicare Part B pays hospital costs and physician fees.
- c. Medicare Part A pays for inpatient hospital costs.
- d. Medicare Part D pays 80% of the charges made by physicians.

ANS: C

7. The daughter of a patient who has been diagnosed with terminal cancer asks which documents are required to allow her to make health care decisions for her parent. Which response would provide the most accurate information to the daughter?
- a. Advance directives indicate the degree of intervention desired by the patient.
  - b. A 'Do Not Resuscitate' document signed by the patient transfers authority to the next of kin.
  - c. A durable power of attorney for health care transfers decision-making authority for health care to a designated person.
  - d. A living will transfers authority to the physician.

ANS: C

8. The daughter of a resident in a long-term care facility is frustrated with her 80-year-old mother's refusal to eat. Which response would be the most appropriate?
- a. The refusal to eat is an effort to maintain a portion of independence and self-direction.
  - b. The refusal to eat is an indication of approaching Alzheimer disease.
  - c. The refusal to eat is an effort to gain attention.
  - d. The refusal to eat is an indication of the dislike of the institutional food.

ANS: A

9. When do the conditions of a living will go into effect?
- a. When the patient declares that desire in writing
  - b. When a family member indicates the desire for curative therapy to cease
  - c. When two physicians agree in writing that the criteria in the living will have been met
  - d. When the physician and a family member agree that the criteria in the living will have been met

ANS: C

10. In the 1980s, Medicare initiated a program of diagnosis-related groups (DRGs) to reduce hospital costs. How did the DRGs reduce hospital costs?
- a. By classifying various diagnoses as ineligible for hospitalization
  - b. By allotting a set amount of hospital days and prospective payment on the basis of the admitting diagnosis
  - c. By specifying particular physicians to treat specified diagnoses
  - d. By using frequency of a particular diagnosis to set a payment schedule

ANS: B

11. Which facility would be recommended for a patient who has had a hip replacement and needs physical therapy?
- a. Basic care facility

- b. Skilled care facility
- c. Subacute care facility
- d. Assisted-living residence

ANS: B

12. The 80-year-old woman who is recovering from a stroke is being sent to a skilled care facility. She is concerned about the expense. The nurse can decrease anxiety by explaining that Medicare will cover extended-care facility costs for what period of time?
- a. A period of 30 days
  - b. A period of 45 days for physical therapy
  - c. A period of 100 days for needed skilled care
  - d. Until she is able to be discharged home

ANS: C

13. Which senior citizen political action group uses volunteers and lobbyists to advance the interests of older adults?
- a. American Association of Retired Persons (AARP)
  - b. National Council of Senior Citizens (NCSC)
  - c. National Alliance of Senior Citizens (NASC)
  - d. Gray Panthers

ANS: A

14. Which caregiver could be found guilty of elder abuse?
- a. A daughter who uses her mother's Social Security money to purchase her mother's medication
  - b. A son who puts an alarm on the front door to prevent his mother from wandering out of the house
  - c. A wife who allows her mentally competent husband to refuse to take a bath for a week
  - d. A son who uses his mother's checking account funds to purchase alcohol for himself

ANS: D

15. What is the most frequent response to elder abuse by the abused older adult?
- a. Anger
  - b. Physical retaliation
  - c. Notification of authorities
  - d. Nothing at all

ANS: D

16. What reason is often stated by nurses today for not seeking careers in gerontology?
- a. The physical work is too difficult.
  - b. Their technical skills are not used.
  - c. There is too much challenge.
  - d. There are limited options for employment.

ANS: B

17. "Baby boomers" is a term used to classify which of the following persons?
- Those who entered school in 1945
  - Those who served in the military in World War II
  - Those who were born between 1946 and 1964
  - Those who were eligible for Social Security benefits in 2000

ANS: C

18. What type of abuse is demonstrated by restraining an older adult in a recliner?
- Physical abuse
  - Neglect
  - Emotional abuse
  - Self-neglect

ANS: A

19. Which type of elder abuse is demonstrated by the nonprovision of medical care?
- Physical abuse
  - Neglect
  - Emotional abuse
  - Self-neglect

ANS: B

20. Which type of elder abuse is demonstrated by a health care worker telling a nursing home resident she will be left without a call light if she continues to use it excessively.
- Physical abuse
  - Neglect
  - Emotional abuse
  - Self-neglect

ANS: C

## MULTIPLE RESPONSE

1. The nurse is aware that a person's attitude about aging is influenced mainly by his or her \_\_\_\_\_. (Select all that apply.)
- life experiences
  - income level
  - level of education
  - current age
  - occupation
- ANS: A, D
2. Gerontology encompasses application to \_\_\_\_\_. (Select all that apply.)
- appropriate housing
  - health care
  - public education
  - business ventures

- e. government-sponsored pensions

ANS: A, B, C, D

3. Medicare Part C allows eligible persons to receive Medicare benefits via the services of private insurance companies through which of the following? (*Select all that apply.*)
- a. Health maintenance organization (HMO)
  - b. Preferred provider organization (PPO)
  - c. Provider-sponsored organization (PSO)
  - d. Private fee for service organization (PFFS)
  - e. Medical service organization (MSO)

ANS: A, B, C, D

4. Which emotional response would be expected from a family who is coping with an aging loved one's diminishing abilities and increased care needs? (*Select all that apply.*)
- a. Grief
  - b. Anger
  - c. Frustration
  - d. Loss
  - e. Resentment

ANS: A, B, C, D

5. What characteristics are typical for a caregiver of an aging family member? (*Select all that apply.*)
- a. 32 years of age
  - b. Female
  - c. Having full-time employment
  - d. Having a care recipient older than 70
  - e. Giving care for an average of 4 years

ANS: B, C, D, E

6. Which are indicators of self-neglect in the aging person? (*Select all that apply.*)
- a. Misbalanced checkbook
  - b. Reduced personal hygiene
  - c. Increased alcohol consumption
  - d. Irritability
  - e. Loss of weight

ANS: A, B, C, E

7. The nurse reminds a group of prospective caregivers that elder abuse may take the form of \_\_\_\_\_. (*Select all that apply.*)
- a. caring for physical needs
  - b. misappropriation of finances
  - c. psychological intimidation
  - d. emotional depersonalization
  - e. abandonment

ANS: B, C, D, E

8. Research by the National Institute on Aging found which of the following to be correct? (Select all that apply.)
- Older patients receive less information regarding health management than younger patients.
  - Information on lifestyle changes were directed at younger people.
  - Older patients were denied timely appointments for evaluation of acute illnesses.
  - Rehabilitation programs offered limited services to the older adult.
  - Older patients receive less evaluation and fewer treatment options for acute illnesses.

ANS: A, B, D, E

9. The Nursing Competence in Aging initiative advocates enhancing nurses' \_\_\_\_\_. (Select all that apply.)
- knowledge in gerontics
  - skills in geriatrics
  - opportunities for employment
  - political sensitivity for the older adult
  - attitudes related to the older adult

ANS: A, B, E

## COMPLETION

1. The nurse clarifies that the term that refers to the promotion of high-level functioning and supportive care to older adults is \_\_\_\_\_.

ANS: gerontics

2. The nurse reminds a patient who was born in 1965 that eligibility for full Social Security benefits for persons of this age is now the age of \_\_\_\_\_.

ANS: 67

3. The nurse clarifies that the point at which a person on Medicaid Part D must assume full cost of medication is called the \_\_\_\_\_.

ANS: donut hole

## Chapter 02: Theories of Aging

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#### MULTIPLE CHOICE

1. How does a theory differ from a fact?
  - a. A theory proves how different influences affect a particular phenomenon.
  - b. A theory attempts to explain and give some logical order to observations.
  - c. A theory is a collection of facts about a particular phenomenon.
  - d. A theory shows a relationship among facts about a particular phenomenon.

ANS: B

2. The biological theory of aging uses a genetic perspective and suggests that aging is a programmed process in which\_\_\_\_\_
  - a. each person will age exactly like those in the previous generation
  - b. a biological timeline predetermines number of cell divisions
  - c. genetic traits can overcome environmental influences
  - d. age-related physical changes are controlled only by genetic factors

ANS: B

3. The Gene Theory of aging suggests which of the following ?
  - a. The presence of a “master gene” prolongs youth.
  - b. Genes interact with each other to resist aging.
  - c. Specific genes target specific body systems to initiate system deterioration.
  - d. The activation of harmful genes initiates the aging process.

ANS: D

4. The theory that identifies an unstable molecule as the causative factor in aging is the \_\_\_\_\_ theory.
  - a. free radical
  - b. molecular
  - c. neuroendocrine
  - d. crosslink

ANS: A

5. A patient uses good health maintenance practices. What aging theory most accurately relates to the patient’s practices?
  - a. Wear-and-tear
  - b. Free radical
  - c. Neuroendocrine
  - d. Molecular

ANS: A

6. The patient asks the nurse to describe the neuroendocrine theory of aging. What would be an appropriate response by the nurse?

- a. It relates thyroid function to age-related changes.
- b. Adrenal corticosteroids inhibit the aging process.
- c. The stimulation and/or inhibition of the hypothalamus causes age-related changes.
- d. The adrenal medulla inhibits epinephrine, causing age-related changes.

ANS: C

7. What is true of the psychosocial theories of aging?
- a. They focus on methods to delay the aging process.
  - b. They are directed at decreasing depression in the older adult.
  - c. They are organized to enhance the perception of aging.
  - d. They attempt to explain responses to the aging process.

ANS: D

8. What is the major objection to the disengagement theory?
- a. The theory justifies ageism.
  - b. The theory addresses the diversity of older adults.
  - c. The theory does not clarify the aging process.
  - d. The theory diminishes the self-esteem of the older adult.

ANS: A

9. An 80-year-old teaches Sunday school each week and delivers food for Meals on Wheels. What theory of aging would apply?
- a. Newman's developmental
  - b. The life course
  - c. The activity
  - d. The disengagement

ANS: C

10. The nurse would recognize successful aging according to Jung's theory when a long-term care facility resident demonstrates which of the following behaviors?
- a. The resident takes special care to dress for dinner in a manner that pleases his tablemates.
  - b. The resident asks permission to sit on the patio with other residents.
  - c. The resident asks persons in his hall if his television is bothering them.
  - d. The resident wears a large cowboy hat at all times because he likes it.

ANS: D

11. How would an elderly female be most likely to reduce the amount of the free radical *lipofuscin*?
- a. Avoid animal fat
  - b. Take antioxidants daily
  - c. Build muscle mass
  - d. Perform outdoor exercise three times weekly

ANS: B

12. A recently widowed woman moved to an assisted living community because of her hypertension and joined a group to learn how to do water color painting with other women her age. Which theory of aging does the nurse assess the patient to be following?
- Jung
  - Havighurst
  - Erikson
  - Newman

ANS: B

### MULTIPLE RESPONSE

1. What age-related illnesses are thought to cause the accumulation of free radicals? (*Select all that apply.*)
- Arthritis
  - Colon cancer
  - Osteoporosis
  - Diabetes
  - Atherosclerosis

ANS: A, D, E

2. The nurse emphasizes that the relatively new theory that correlates restricted caloric intake to slowing of the aging process would probably extend the life span of the person, provided that the person \_\_\_\_\_. (*Select all that apply.*)
- consistently eats high-nutrient, low-calorie foods
  - maintains a regular exercise program
  - consumes 2000–3000 mL of fluid a day
  - supports the diet with adequate fat-soluble vitamins
  - eats only organically grown foods

ANS: A, B

3. Which would be considered positive outcomes of Erikson's "life review"? (*Select all that apply.*)
- Wisdom and integrated self-image
  - Comparing self with others
  - Understanding self and relationships
  - Seeking another's opinion of his or her achievement
  - Acceptance of self

ANS: A, C, E

4. Which of the following would be selected for a diet high in antioxidants? (*Select all that apply.*)
- Fruits
  - Vegetables
  - Organ meat
  - Folic acid
  - Vitamin D