Basic Geriatric Nursing 7th edition Williams Test Bank

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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?

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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

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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?
    a. Jung
    b. Havighurst
    c. Erikson
    d. Newman

    ANS: B

MULTIPLE RESPONSE

1. What age-related illnesses are thought to cause the accumulation of free radicals? (*Select all that apply.*)
    a. Arthritis
    b. Colon cancer
    c. Osteoporosis
    d. Diabetes
    e. 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.*)
    a. consistently eats high-nutrient, low-calorie foods
    b. maintains a regular exercise program
    c. consumes 2000–3000 mL of fluid a day
    d. supports the diet with adequate fat-soluble vitamins
    e. eats only organically grown foods

    ANS: A, B

3. Which would be considered positive outcomes of Erikson's "life review"? (*Select all that apply.*)
    a. Wisdom and integrated self-image
    b. Comparing self with others
    c. Understanding self and relationships
    d. Seeking another's opinion of his or her achievement
    e. 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.*)
    a. Fruits
    b. Vegetables
    c. Organ meat
    d. Folic acid
    e. Vitamin D

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ANS: A, B, D

COMPLETION

1. The theory that proposes that defects in ribonucleic acid (RNA) protein production cause a progressive decline in the function of all cells is the _____ theory.

   ANS: error

2. The nurse clarifies that the biologic theory that proposes that aging is based on the using up of a finite number of breaths or heartbeats is the _____ of _____ theory.

   ANS: rate living

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