Basic Geriatric Nursing 8th edition Williams Test Bank

SKU: 9780323828918-TEST-BANK

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Chapter 02: Theories of Aging
Williams: Basic Geriatric Nursing, 8th Edition

MULTIPLE CHOICE

1. Which comment describes aging?
   a. There is no universally accepted definition.
   b. Aging is a series of changes that occur rapidly.
   c. A unified rationale exists for why humans age.
   d. Identical twins rarely share the same life expectancy.

   ANS: A
   There is no universally accepted definition of aging or unified rationale as to why humans age. Aging does not occur rapidly. There is a strong correlation in life expectancies of identical twins.

   PTS: 1 DIF: 3 REF: p. 29 OBJ: 1
   TOP: Definition of Aging KEY: Nursing Process Step: N/A
   MSC: NCLEX: N/A NOT: Remembering

2. The biological theory of aging uses a genetic perspective and suggests that aging is a programmed process in which manner?
   a. Each person will age exactly like those in the previous generation.
   b. A "biological time line" predetermines the number of cell divisions.
   c. Genetic traits can overcome environmental influences.
   d. Age-related physical changes are controlled only by genetic factors.

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   ANS: B
   The biological theory of programmed process suggests that there is a "biologic time line" set with a predetermined number of cell divisions that will occur before the introduction of the aging process.

   PTS: 1 DIF: 2 REF: p. 29 OBJ: 2
   TOP: Biological Theory KEY: Nursing Process Step: N/A
   MSC: NCLEX: N/A NOT: Remembering

3. The Gene Theory of aging suggests which process?
   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
   The Gene Theory suggests that there is an activation of harmful genes that initiates the aging process.

   PTS: 1 DIF: 2 REF: p. 30 OBJ: 2
   TOP: Gene Theory KEY: Nursing Process Step: N/A
   MSC: NCLEX: N/A NOT: Knowledge

4. Which theory identifies an unstable molecule as the causative factor in aging?

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a. Free radical
b. Molecular
c. Neuroendocrine
d. Crosslink

ANS: A
The free radical theory identifies free radicals—unstable molecules—that will cause aging after accumulation in the body.

PTS: 1 DIF: 2 REF: p. 30 OBJ: 2
TOP: Free Radical Theory KEY: Nursing Process Step: N/A
MSC: NCLEX: N/A NOT: Remembering

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

ANS: A
The wear-and-tear theory suggests that health maintenance practices will prevent wear and tear on the cells of the body and will delay the aging process.

PTS: 1 DIF: 7 REF: p. 30 OBJ: 2
TOP: Wear-and-Tear Theory KEY: Nursing Process Step: Data Collection
MSC: NCLEX: Health Promotion and Maintenance: Prevention and Early Detection of Disease
NOT: Analyzing

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6. The patient asks the nurse to describe the neuroendocrine theory of aging. Which response by the nurse would be appropriate?
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
The neuroendocrine theory proposes that the hypothalamus stimulates or inhibits the pituitary gland to produce hormones that initiate the aging process.

PTS: 1 DIF: 5 REF: p. 30 OBJ: 2
TOP: Neuroendocrine Theory KEY: Nursing Process Step: Implementation
MSC: NCLEX: Health Promotion and Maintenance: Prevention and Early Detection of Disease
NOT: Understanding

7. Which explanation 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

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Psychosocial theories attempt to explain the various responses of persons to the aging process.

PTS: 1 DIF: 4 REF: p. 31 OBJ: 3
TOP: Focus of Psychosocial Therapies KEY: Nursing Process Step: N/A
MSC: NCLEX: Health Promotion and Maintenance: Growth and Development
NOT: Understanding

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
   The disengagement theory seems to justify ageism by proposing that there is a mutual desire between the community and the older adult to be disengaged. According to the theory, this desire apparently does not diminish self-esteem because the older adult desires to be disengaged.

   PTS: 1 DIF: 4 REF: p. 31 OBJ: 3
   TOP: Disengagement Theory KEY: Nursing Process Step: N/A
   MSC: NCLEX: Psychosocial Integrity: Coping and Adaptation NOT: Understanding

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

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   ANS: C
   Purposeful activity increases self-esteem and maintains cognitive function well into older age.

   PTS: 1 DIF: 7 REF: p. 31 OBJ: 3
   TOP: Activity Theory KEY: Nursing Process Step: N/A
   MSC: NCLEX: N/A NOT: Applying

10. The nurse would recognize successful aging according to Jung's theory when a long-term care facility resident demonstrates which behavior?
    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
    Jung describes a successful adjustment to aging as being accepting and valuing of self regardless of the view of others.

    PTS: 1 DIF: 7 REF: pp. 31-32 OBJ: 3
    TOP: Jung's Developmental Theory KEY: Nursing Process Step: Data Collection
    MSC: NCLEX: Health Promotion and Maintenance: Growth and Development

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NOT: Applying

11. How would an older adult 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
    Individuals who follow this theory believe that free radicals can be reduced by antioxidants such as vitamins A, C, E, zinc, and phytochemicals.

    PTS: 1 DIF: 4 REF: p. 30 OBJ: 2
    TOP: Antioxidants KEY: Nursing Process Step: Data Collection
    MSC: NCLEX: Health Promotion and Maintenance: Prevention and Early Detection of Disease
    NOT: Understanding

12. A recently widowed woman moved to an assisted living community because of her hypertension and joined a group to learn how to do watercolor 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
    Havighurst proposes that the process of aging is defined by adjusting to the loss of a spouse, establishing a relationship with one's own age group, and establishing a satisfactory living arrangement.

    PTS: 1 DIF: 7 REF: p. 31 OBJ: 3
    TOP: Havighurst KEY: Nursing Process Step: Data Collection
    MSC: NCLEX: Health Promotion and Maintenance: Prevention and Early Detection of Disease
    NOT: Applying

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MULTIPLE RESPONSE

1. Which age-related illness is 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
    Cancer and osteoporosis are not considered to be diseases that accumulate free radicals.

    PTS: 1 DIF: 7 REF: p. 30 OBJ: 2
    TOP: Free Radical Influence KEY: Nursing Process Step: N/A
    MSC: NCLEX: Health Promotion and Maintenance: Prevention and Early Detection of Disease

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NOT: Applying

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 engaged in which behavior? (*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
   This new theory encourages high-nutrient, low-calorie foods combined with regular exercise to delay the aging process.

   PTS: 1 DIF: 7 REF: p. 31 OBJ: 2
   TOP: Calorie Restriction Theory KEY: Nursing Process Step: Implementation
   MSC: NCLEX: Health Promotion and Maintenance: Prevention and Early Detection of Disease
   NOT: Applying

3. Which outcome would be considered positive with 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

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   ANS: A, C, E
   Acceptance of self and understanding self and relationships with accumulated wisdom is the goal of Erikson. Seeking the opinion of others suggests that the older adult is experiencing doubt and gloom, which are negative outcomes according to Erikson.

   PTS: 1 DIF: 7 REF: p. 31 OBJ: 3
   TOP: Erikson's Developmental Theory KEY: Nursing Process Step: Implementation
   MSC: NCLEX: Health Promotion and Maintenance: Growth and Development
   NOT: Applying

4. Which item 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

   ANS: A, B, D
   Antioxidants can be obtained largely from fruits and vegetables. Organ meat and vitamin D are not antioxidants.

   PTS: 1 DIF: 7 REF: p. 30 OBJ: 4
   TOP: Antioxidants KEY: Nursing Process Step: Implementation
   MSC: NCLEX: Health Promotion and Maintenance: Prevention and Early Detection of Disease

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NOT: Applying

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

   The error theory proposes that errors in ribonucleic acid protein synthesis cause changes such as decreased muscle mass, increased body fat, and changes in reproductive function.

   PTS: 1 DIF: 2 REF: p. 30 OBJ: 2
   TOP: Error Theory KEY: Nursing Process Step: N/A
   MSC: NCLEX: N/A NOT: Remembering

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
   rate, living
   rate living

   The rate of living theory proposes that individuals have a finite number of breaths or heartbeats that are used up over a period of time.

   PTS: 1 DIF: 2 REF: p. 30 OBJ: 2
   TOP: Rate of Living Theory KEY: Nursing Process Step: Implementation
   MSC: NCLEX: Health Promotion and Maintenance: Prevention and Early Detection of Disease
   NOT: Remembering

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