Gerontological Nursing 1st edition Vafeas Test Bank

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CHAPTER 2

Contemporary Ageing

MULTIPLE CHOICE QUESTIONS

1. Health-Adjusted-Life-Expectancy (HALE) is best described as:
   A. a measure that considers the prevailing mortality rates, including poor health, pathology and dysfunction
   B. an asset-based perspective that considers the number of years spent in full health rather than poor health
   C. a measure of disease burden that includes ill-health, disability and early death from preventable causes
   D. an age-weighted measure that is used to assess quality of life-years lived at different ages, including those in disability and poor health

   Answer: B

2. The five leading causes of death for Australians aged 65–74 years, in order are:
   A. coronary heart disease, dementia and Alzheimer's disease, cerebrovascular disease, lung cancer, influenza and pneumonia
   B. coronary heart disease, dementia and Alzheimer's disease, cerebrovascular disease, chronic obstructive pulmonary disease, lung cancer
   C. coronary heart disease, dementia and Alzheimer's disease, cerebrovascular disease and heart failure and complications
   D. lung cancer, coronary heart disease, chronic obstructive pulmonary disease, cerebrovascular disease, colorectal cancer

   Answer: D

3. For Indigenous Australians, lower life expectancy is due to:
   A. higher incidence of chronic disease, such as kidney disease, lung disease and diabetes
   B. lower health literacy rates
   C. less access to health assets and resources
   D. poor health policy and implementation
   E. All of the above

   Answer: E

4. The health gradient in ageing populations contributes strongly to:
   A. health inequalities in vulnerable groups of older people resulting in deprivation
   B. differences in access to the resources needed for good health, reflected in the disparities in both social gradient and social structure
   C. addiction, education, employment and income
   D. All of the above

   Answer: B

5. Ageism is *best* described as:
   A. attitudes and perceptions of older people that are formulated by stigma, ignorance and stereotypes
   B. a process of communicating with an older person in a patronising manner
   C. similar to sexism, except that it includes older men
   D. the stereotyping, prejudice and discrimination of all people on the basis of their age

   Answer: D

6. A 70-year-old man is asked if he considers himself to be old, to which he replies: 'No, I'm 70 years young!'. He then refers to the other residents he lives with as 'old people'. This is an example of:
   A. internalised ageism
   B. internalised micro-aggression
   C. institutionalised ageism
   D. personally mediated ageism

   Answer: A

7. The 'free radical theory on ageing relates to the idea that:
   A. the body simply just 'wears out' over time and use
   B. cross-links impair cell function and increase the physical signs of ageing
   C. damage is caused by oxidative stress induced by continued exposure to free radicals and poor metabolisation of antioxidants

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D. the immune system is compromised because of increasing levels of exposure to free radicals, antioxidants and oxidative stress

Answer: C

8. The three main psycho-social theories on ageing are:
   A. compression of morbidity, activity theory, disengagement theory
   B. activity theory, disengagement theory, continuity theory
   C. activity theory, continuity theory, compression of morbidity
   D. activity theory, continuity theory, gero-dynamics theory

   Answer: B

9. The World Health Organisation (WHO) Global Strategy and Action Plan on Ageing and Health aims to:
   A. bring together governments, international agencies, civil societies, academia and health professionals, along with the media and private corporations to combat ageism in a multifaceted way to increase an individual's capacity for self-empowerment across the lifespan to age healthily
   B. support all older persons regardless of ethnicity, social status, gender, and age to achieve their full potential across the lifespan
   C. use an intergenerational approach to maintain good health at all stages of life by ensuring access to basic resources necessary for ageing productively
   D. All of the above

   Answer: D

10. The three directives of the WHO's Decade of Healthy Ageing include:
    A. to develop and maintain functional ability as one ages, to support physical and mental capacity and to develop resilience that enables wellbeing, life satisfaction, fulfilment and enjoyment
    B. restructuring healthcare delivery, setting priorities for biomedical research in ageing, improving quality of life through financial incentives
    C. engaging consumers in healthcare quality, employing sound strategies for chronic care coordination, funding health professionals training

    Answer: A

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