Advanced Practice Nursing in the Care of Older Adults 3rd edition Kennedy-Malone Test Bank

SKU: 9781719645256-TEST-BANK

Chapter 2 Health Promotion

Multiple Choice

1. A patient asks the advanced practice registered nurse (APRN) what is meant by health promotion. The best answer regarding health promotion is:

1. It includes activities that an individual performs proactively to increase health and well-being.
2. It is a process of keeping track of immunizations.
3. It includes a set of programs that help people cope with the disease.
4. It includes strategies that prolong life.

2. The APRN knows that health promotion on a broad scale is accomplished by:

1. Maintaining current health services
2. Maintaining federal legislation regarding health care at the current level
3. Encouraging healthy lifestyle and healthy public policy formulation
4. Encouraging the advancement of alternative health therapies

3. Mr. Thomas comes in for a health examination appointment with his APRN. The patient identifies he is losing weight and feels he just doesn't get very hungry. Which of the following is a screening tool for older adult nutritional patterns?

1. DETERMINE
2. Timed Get Up and GO
3. OARS
4. BMI

4. Mrs. Williams, 80 years old, asks her APRN to order aspirin therapy to prevent cardiovascular disease. Mrs. Williams believes this will provide protection from developing cardiovascular disease. The APRN explains that aspirin therapy is likely not covered by Medicare because:

1. The aspirin is not approved for use in patients over 80 years.
2. Medicare covers treatments that are approved according to the guidelines of the U.S. Preventive Services Task Force (USPSTF).
3. There is no reason to use aspirin when other medications are proven effective.
4. Aspirin is not on the Medicare list of approved medications.

5. When a patient is seen by an APRN, the care plan is developed keeping which objective in mind?

Advanced Practice Nursing in the Care of Older Adults 3rd edition Kennedy-Malone Test Bank

1. Increasing the use of the emergency department for injuries from falls
2. Maintaining the patient living in their home
3. Increasing safety checks in the home
4. Increasing use of the “Welcome to Medicare” visit

6. The focus of APRNs is primary prevention. This is defined as activities that focus on:

1. Prevention of the occurrence of a disease or condition
2. Screening for signs of illness
3. Slowing the prevention of disease
4. Enriching the patient’s appreciation of life

7. A health promotion topic that should be included in the APRN visit is physical activity. Which of the following would be a good recommendation for the 75-year-old male?

1. Team sports
2. Horseback riding
3. Walking
4. Aerobics

Multiple Response

8. Understanding that the current life expectancy is 79 years, the APRN plans for health promotion while considering which of the following? Select all that apply.

1. Patient’s health beliefs and goals
2. Present levels of function
3. The benefit of treatment
4. The patient’s involvement in a religious community
5. The primary disease or condition affecting the patient

9. The APRN is teaching an older adult about the need for more exercise, and the patient says that it takes away too much energy needed for other activities. The APRN explains that the benefits of exercise include which of the following? Select all that apply.

1. Increased flexibility
2. Increased muscle mass
3. Maintenance of optimal weight
4. Lower blood pressure
5. Decreased urinary output

Advanced Practice Nursing in the Care of Older Adults 3rd edition Kennedy-Malone Test Bank

10. While counseling a patient about physical activity, the APRN considers which of the following? Select all that apply.

1. Physical activity prescription individualized to the patient
2. Active hobbies that the patient enjoys
3. Alternative activities such as yoga or Tai Chi
4. Armchair activities for the frail older adult
5. Ability to pay for involvement in activities

11. Nutrition counseling is part of health promotion. The APRN considers a teaching plan that includes which of the following information? Select all that apply.

1. Level of involvement in community activities
2. Baseline information on current dietary intake
3. Current activity patterns
4. Current height and weight
5. Health status information

12. A major concern for older adults is safety. The APRN addresses safety issues for the older adult when assessing which of the following? Select all that apply.

1. Presence of a gun in the home
2. Falling
3. Strength of the patient
4. Food intake
5. Urinary incontinence

13. Albert is 72 years old and complains of burning upon urination. He has recently returned from a vacation to another country. The APRN conducts a physical examination and observes that there is a white discharge from his penis. What does the APRN include in the treatment plan? Select all that apply.

1. Teaching on safe sex practices
2. Teaching about the incidence of contracting sexually transmitted infections (STIs) even at an older age
3.Teaching that frequent testing and screening is needed if he continues to be sexually active
4. Assuring the patient that while traveling there are limited opportunities for sexual encounters
5. Explaining possible medication side effects to the patient

14. Mary is 72 years old and goes to the pharmacy to pick up her prescriptions. The pharmacist asks if she has had her immunizations. Mary replies, “I had all my childhood shots, so I do not need any now.” What should the APRN teach her about senior immunizations? Select all that apply.

1. The immune system may be weakened in older persons, so immunizations are suggested.
2. Persons over the age of 50 years should have a yearly influenza vaccine.

Advanced Practice Nursing in the Care of Older Adults 3rd edition Kennedy-Malone Test Bank

3. Mary requires the new Shingrix vaccine to help protect her from shingles.
4. The side effects of immunizations outweigh the benefits of immunizations.
5. Mary will be eligible for a pneumococcal vaccine when she turns 75 years old.

15. Mr. and Mrs. Jones are preparing to take a trip to Europe. The APRN includes which of the following teachings on taking care of their health while traveling? Select all that apply.

1. Shorter airplane flights provide more chance to ambulate and relieve pressure on the back and legs.
2. Generally speaking, the air in Europe is cleaner than in the United States, so you should have no problems with your respiratory conditions.
3. Plan to fill your prescriptions when you come into a larger city.
4. Depending on the specific areas you will visit, certain immunizations may be needed.
5. An older person will most likely function as well when traveling as when at home.

Answers

1. Answer: 1
Page: 8

	Feedback
1.	Health promotion includes not only preventive and health-protective measures but also taking control of one's health.
2.	Immunizations are only one part of health promotion.
3.	Health promotion occurs before the onset of disease.
4.	Quality of life is the important focus of health promotion, not a prolongation of life.

Chapter number/title: Chapter 2 Health Promotion
Learning objective: The learner will be able to discuss the goals of health promotion for the older adults.
Heading: Introduction
Difficulty: Moderate

2. Answer: 3
Page: 8

	Feedback
1.	Current health policies are ever-changing to improve services for citizens.
2.	Federal legislation is being proposed to increase health services.

Advanced Practice Nursing in the Care of Older Adults 3rd edition Kennedy-Malone Test Bank

3.	The World Health Organization and other international agencies are dedicated to building infrastructures for healthy lifestyle promotion and health equity for older adults.
4.	This does not include preventive and health-protective measures nor actualization of one's health potential.

Chapter number/title: Chapter 2 Health Promotion
Learning objective: The learner will be able to discuss the goals of health promotion with the older adult.
Heading: Introduction
Difficulty: Moderate

3. Answer: 1
Page:10

	Feedback
1.	The DETERMINE acronym is a recommended screening tool for community-dwelling older adults' nutritional status.
2.	This is a test for mobility and fall risk in older adults.
3.	The OARS is a screening tool for functional capacity and other resources for the older adult.
4.	BMI is a scale used to assess body mass.

Chapter number/title: Chapter 2 Health Promotion
Learning objective: The learner will be able to counsel the older adults about different health promotion topics.
Heading: Nutrition
Difficulty: Easy

4. Answer: 2
Page:14

	Feedback
1.	Aspirin in not expensive and it is not recommended for patients over 60 years for prevention due to the risks.
2.	Medicare will only pay for A and B level recommendations that meet the U.S. Preventive Services Task Force (USPSTF) stringent evidence guidelines, leaving other beneficial interventions without coverage.
3.	Aspirin can be used to prevent cardiovascular disease in some patients younger than 60 years if the benefits outweigh the risks.
4.	Aspirin is approved by Medicare.

Advanced Practice Nursing in the Care of Older Adults 3rd edition Kennedy-Malone Test Bank

Chapter number/title: Chapter 2 Health Promotion
Learning objective: The learner will have an understanding of the USPSTF recommendations for screening and health promotion.
Heading: Screening and Prevention
Difficulty: Moderate

5. Answer: 4
Page:11

	Feedback
1.	The objective is to decrease the use of the emergency department for falls.
2.	There are many factors involved in the decision for an older adult to remain home.
3.	Although it is useful to conduct home safety checks, these are not part of the *Healthy People 2020* objectives.
4.	The *Healthy People 2020* program has set specific objectives for prevention in older adults. Use of the "Welcome to Medicare" visit is one of those objectives.

Chapter number/title: Chapter 2 Health Promotion
Learning objective: The learner will be able to implement the "Welcome to Medicare and Annual Wellness" visit components for older adults.
Heading: Physical Activity
Difficulty: Difficult

6. Answer: 1
Page: 8

	Feedback
1.	Primary preventive strategies focus on intervention before there is injury or a health problem, such as immunization.
2.	Secondary preventive strategies focus on detection of a preclinical or asymptomatic health condition.
3.	Tertiary preventive strategies focus on intervention in known disease or health conditions to slow progression and prevent conditions from worsening.
4.	APRNs focus on the wellness–illness continuum.

Chapter number/title: Chapter 2 Health Promotion
Learning objective: The learner will be able to categorize interventions as primary, secondary, or tertiary prevention.
Heading: Primary, Secondary, and Tertiary Prevention
Difficulty: Moderate

7. Answer: 3

Advanced Practice Nursing in the Care of Older Adults 3rd edition Kennedy-Malone Test Bank

Page: 11

	Feedback
1.	Team sports could be risky for an older person who may be more susceptible to falls or orthopedic issues.
2.	Horseback riding could be risky for an older person who may have neurological or orthopedic issues.
3.	Walking is a good option for the older adult to perform When recommending physical activity, the person's functional abilities and desires need to be considered.
4.	Aerobics may be too aggressive of an exercise for an older person.

Chapter number/title: Chapter 2 Health Promotion
Learning objective: The learner will be able to counsel the older adult about different health promotion topics.
Heading: Physical Activity
Difficulty: Easy

8. Answer: 1, 2, 3
Pages: 16–17

	Feedback
1.	It is important for an APRN to consider the patient's health beliefs and goals when building a collaborative plan.
2.	Present and anticipated levels of function are important factors in a collaborative plan.
3.	Risks need to be considered in light of benefits offered by interventions.
4.	The APRN may consider whether the patient is connected to a religious community but cannot prescribe or recommend any specific plan.
5.	Many disorders in older adults encompass multiple risk factors that involve several systems and interventions to achieve positive outcomes. This presents a challenge when measuring and synthesizing evidence and reporting outcomes.

Chapter number/title: Chapter 2 Health Promotion
Learning objective: The learner will consider guidelines to proactively develop an appropriate plan of care for an older adult.
Heading: Screening and Prevention
Difficulty: Moderate

9. Answer: 1, 2, 3, 4
Page: 11

	Feedback
1.	The health benefits of regular physical activity are well documented and include flexibility.

Advanced Practice Nursing in the Care of Older Adults 3rd edition Kennedy-Malone Test Bank

2.	Exercise increases muscle tone and mass.
3.	Exercise uses calories from stored fat and allows for weight loss.
4.	Exercise strengthens the cardiac muscle and thereby lowers blood pressure.
5.	Exercise does not affect urinary output.

Chapter number/title: Chapter 2 Health Promotion
Learning objective: The learner will be able to counsel the older adult about different health promotion topics.
Heading: Physical Activity
Difficulty: Easy

10. Answer: 1, 2, 3, 4
Page: 11

	Feedback
1.	Each person is unique and may not respond the same to exercise.
2.	Hobbies are enjoyable and give pleasure while at the same time increasing activity.
3.	Stretching routines are done slowly and to the level of endurance.
4.	When the frail older person cannot ambulate, they can move other parts of their body such as core, arms, head, and neck. They may also do non–weight-bearing movements of legs and feet.
5.	Movement, activity, and exercise can be done anywhere, anytime the individual desires. There is no need to join a group.

Chapter number/title: Chapter 2 Health Promotion
Learning objective: The learner will be able to counsel the older adult on different health promotion topics
Heading: Physical Activity
Difficulty: Moderate

11. Answer: 2, 3, 4, 5
Page: 9

	Feedback
1.	Active involvement in community activities does not reflect what the older person is eating.
2.	The APRN needs the current state of nutrition to develop a plan for increasing or maintaining positive nutrition.
3.	Knowing how much activity the person participates in affects the need for calories and nutrients.

Advanced Practice Nursing in the Care of Older Adults 3rd edition Kennedy-Malone Test Bank

4.	Knowing the current height and weight aids in determining the body mass index, which is an indicator of normal weight, underweight, or overweight as a way of assessing nutritional status.
5.	Before initiating counseling about diet, obtain baseline information on other health status information.

Chapter number/title: Chapter 2 Health Promotion
Learning objective: The learner will be able to counsel the older adult on different health promotion topics
Heading: Nutrition
Difficulty: Moderate

12. Answer: 1, 2, 3, 5
Page: 11

	Feedback
1.	Possession of a firearm combined with depression, caregiver stress, irreversible illness, or decline in functional abilities can invite self-inflicted injury, suicide pacts, or other acts of violence.
2.	Falls are the second cause of unintended injury deaths, but older adults can be embarrassed by falling. To combat this, the APRN needs to be proactive in asking about falls.
3.	Potential recommendations include exercise programs to build strength.
4.	Food intake has to do with nutritional status rather than safety.
5.	Urinary incontinence, day or night, can cause the person to rush to the bathroom and increases the risk of falling.

Chapter number/title: Chapter 2 Health Promotion
Learning objective: The learner will be able to counsel the older adult on different health promotion topics.
Heading: Safety
Difficulty: Easy

13. Answer: 1, 2, 3
Page: 12

	Feedback
1.	Safe sex education is important because older adults are less likely to practice safe sex and use condoms.
2.	Older people may be at increased danger from sexually transmitted infections because of the decreased perception of risk.
3.	Current sexual history may determine the need for continued screening for STIs, human papillomavirus (HPV), and cervical cancer.
4.	Traveling does not limit potential sexual encounters with fellow travelers, locals, or commercial sex workers.

Advanced Practice Nursing in the Care of Older Adults 3rd edition Kennedy-Malone Test Bank

5.	While medication education is important, this patient's symptoms and circumstances indicate teaching on sexual health is required.

Chapter number/title: Chapter 2 Health Promotion
Learning objective: The learner will be able to counsel the older adult on different health promotion topics.
Heading: Sexuality
Difficulty: Moderate

14. Answer: 1, 2, 3
Page: 19

	Feedback
1.	The older person is susceptible to organisms that cause infection due to decreased immunity, nutrition, hydration, and other factors.
2.	The influenza virus mutates some each year and needs an updated version of the vaccine to provide immunity.
3.	Recently released Shingrix has been found to be more effective than Zostavax given previously.
4.	Side effects are most often mild and localized. Viruses can cause serious or even lethal conditions.
5.	The pneumococcal vaccine is recommended beginning at age 65.

Chapter number/title: Chapter 2 Health Promotion
Learning objective: The learner will be able to counsel the older adults on recommended immunizations.
Heading: Immunizations
Difficulty: Moderate

15. Answer: 1, 4
Pages: 20–26

	Feedback
1.	Long flights in cramped areas increase the risk of thromboembolic events.
2.	Increased air pollution is a significant problem in many countries and affects pulmonary function.
3.	The medications needed may not be available in some countries in Europe. Medicare does not cover the medications outside of the United States.
4.	Some areas of the world continue to see cases of yellow fever, malaria, and other diseases. When going to a vulnerable area, proper immunizations are required.
5.	Some of the physiological and psychosocial changes that can occur with aging pose special risks during travel. How a patient functions at home may not be indicative of how well they will function in an unfamiliar environment.

Chapter number/title: Chapter 2 Health Promotion

Advanced Practice Nursing in the Care of Older Adults 3rd edition Kennedy-Malone Test Bank

Learning objective: The learner will be able to counsel the older adults on interventions and preparations needed for safe travel.
Heading: Travel and Leisure
Difficulty: Moderate

Advanced Practice Nursing in the Care of Older Adults 3rd edition Kennedy-Malone Test Bank