Gerontological Nursing 10th edition Eliopoulos Test Bank

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1. While reviewing information about older adults throughout history, the gerontology nurse identifies which publicly supported program as the first significant step in improving the lives of older Americans?
A. Federal Old Age Insurance Law
B. Medicare (Title 18)
C. Supplemental Security Income
D. Omnibus Budget Reconciliation Act

Answer: A

Rationale: The first significant step in improving the lives of older Americans was the passage of the Federal Old Age Insurance Law under the Social Security Act in 1935, which provided some financial security for older persons. In 1961, the United States formed the Administration on Aging, and in 1965 introduced Medicaid and Medicare. Since that time, the United States enacted Supplemental Security Income in 1972 and the Omnibus Budget Reconciliation Act (nursing home reform law) in 1991.
Question format: Multiple Choice
Chapter 1: The Aging Population
Cognitive Level: Remember
Client Needs: Health Promotion and Maintenance
Integrated Process: Nursing Process
Reference: p. 4

2. A nurse who works on a subacute medical unit of a hospital has noticed that the population of older adults being admitted to the unit has been increasing over the past few years. The nurse engages a colleague in a discussion about this finding. Which statement by the colleague would be most reflective of current thinking about older adults?
A. "Fortunately, most people over 65 have a sufficient level of income."
B. "It helps that older people do not have to incur any costs for their medical care."
C. "Most of the older clients on the unit will have come to us from nursing homes."
D. "It is reassuring older adults are receiving more concern than in decades past."

Answer: D

Rationale: In recent years society has demonstrated a growing concern for its older members. Myths about older people include the belief that living to old age ensures them an adequate income, that they do not have to pay for medical care, and that most older adults live in nursing homes.
Question format: Multiple Choice
Chapter 1: The Aging Population
Cognitive Level: Understand
Client Needs: Safe, Effective Care Environment: Management of Care
Integrated Process: Caring
Reference: p. 4

3. A public health nurse who directs a homecare program that serves an area with a large population of older adults is creating a long-term strategic plan. Which information would the nurse integrate into the plan for optimal outcomes?
A. While life expectancy will continue to rise, the percentage of older adults relative to the overall population will decrease.
B. By 2030, it is expected that the number of adults over age 85 will triple.
C. Both life expectancy and the percentage of people over 65 in the population will increase in coming decades.
D. Chronic conditions are expected to gradually cause a decrease in the number of older adults in 10 years.

Answer: C

Rationale: Currently, persons older than 65 years represent more than 13% of the population. This growth of the older adult population is due in part to increasing life expectancy. Advancements in disease control and health technology, lower infant and child mortality rates, improved sanitation, and better living conditions have increased life expectancy. More people are surviving to their senior years than ever before. Not only are more people reaching old age, but they are living longer once they do; the number of people in their seventies and eighties has been steadily increasing and is expected to continue to increase. The population over age 85 years is projected to double by the year 2036 and triple by 2049.
Question format: Multiple Choice
Chapter 1: The Aging Population
Cognitive Level: Remember
Client Needs: Safe, Effective Care Environment: Management of Care
Integrated Process: Nursing Process
Reference: p. 5

4. A nurse is conducting a class for a group of nurses who are employed at the local community health center that serves a large older adult population. As part of the class, the nurse discusses the impact of the older adult's financial status on their life. The nurse determines that the teaching was successful based on which statement by the group?
A. The percentage of older people living below the poverty level has been increasing.
B. The financial needs of most older adults are well met by savings alone.
C. The prevalence of home ownership by older adults has made many older adults "asset rich and cash poor."
D. Women 65 years of age and older are the fastest growing group of employed persons.

Answer: C

Rationale: The percentage of older people living below the poverty level has been declining, with about 10% now falling into this category. Most older people depend on finances, other than savings, for more than half of their income. Women and minority groups have considerably less income than white men. A high prevalence of home ownership by older adults has made many older adults are "asset rich and cash poor." Despite a significant rise in the percentage of

middle-aged women who are employed, there has been little change in the labor force participation of women 65 years of age and older.
Question format: Multiple Choice
Chapter 1: The Aging Population
Cognitive Level: Remember
Client Needs: Health Promotion and Maintenance
Integrated Process: Nursing Process
Reference: p. 6

5. An 85-year-old client has been admitted to the hospital with exacerbation of chronic obstructive pulmonary disease (COPD). The family has expressed concern about their ability to pay for present and future care. Which guidance will the nurse provide?
A. Discuss selling assets.
B. Reassure the family that the facility will absorb the costs.
C. Counsel to discuss financial situation with the health care provider.
D. Refer to social services to explore support available.

Answer: D

Rationale: The nurse nor the health care provider is the right resources to discuss finances or the ability of the client to pay for care. The facility will not absorb the costs of care. Referring the client and family to social services is the best option.
Question format: Multiple Choice
Chapter 1: The Aging Population
Cognitive Level: Apply
Client Needs: Safe, Effective Care Environment: Management of Care
Integrated Process: Teaching/Learning
Reference: p. 6-7

6. A nurse is interviewing for work at a local job fair. Which is the nurse's best response when asked "Why do you want to work in gerontology?"
A. "Gerontology is where the jobs are."
B. "I hear caring for older adults is easiest."
C. "I heard you can make the most money there."
D. "I am interested in older adults and want to provide optimal care for them."

Answer: D

Rationale: The nurse should only enter into a field if the nurse has an interest. A decision should not be made just because of the number of positions, ease of care or salary.
Question format: Multiple Choice
Chapter 1: The Aging Population
Cognitive Level: Apply
Client Needs: Safe, Effective Care Environment: Management of Care
Integrated Process: Caring
Reference: p. 4

7. A client is newly admitted to a long-term care facility. The client is not satisfied with the conditions of the facility, takes a highly active role in one's

health care and, because of the ability to access information, has as much knowledge as the health care providers on some health issues. Which intervention(s) will the nurse use to support this client? Select all that apply.
A. Ask open-ended questions to determine health knowledge.
B. Encourage the client to join the resident council.
C. Offer the client options in the health care provided to him or her.
D. Defer to the client in all matters of health care.
E. Inform the client that the health care provider has the final say in care.

Answer: A, B, C

Rationale: Many clients are informed consumers of health care and desire a highly active role in their care. Their ability to access information often enables them to have as much knowledge as their health care providers on some health issues. The nurse should include the client in decision making and encourage the client to participate in guiding the improvement of the facility by taking an active role in the resident council. The nurse can determine what the client knows about his or her health by asking open-ended questions. If the client is not informed or is misinformed, the nurse should educate the client and not defer unconditionally.
Question format: Multiple Select
Chapter 1: The Aging Population
Cognitive Level: Apply
Client Needs: Health Promotion and Maintenance
Integrated Process: Caring
Reference: p. 9

8. The nurse is concerned about the declining life expectancy of black clients. Which teaching(s) will the nurse emphasize as important during community health programs? Select all that apply.
A. heart disease
B. diabetes
C. cancer
D. perinatal care
E. nutrition

Answer: A, B, C, D, E

Rationale: The U.S. Department of Health and Human Services attributes the declining life expectancy of black people to heart disease, cancer, homicide, diabetes, and perinatal conditions. This reality underscores the need for nurses to be concerned with health and social issues of persons of all ages because these impact a population's aging process. Nutrition is an important underlying factor in most of these conditions.
Question format: Multiple Select
Chapter 1: The Aging Population
Cognitive Level: Understand
Client Needs: Health Promotion and Maintenance
Integrated Process: Nursing Process
Reference: p. 6

9. A gerontological nurse is caring for a client with diabetes who is having difficulty managing the disease due to financial concerns. Which intervention(s) will the nurse include in the care plan? Select all that apply.
A. Direct the family to provide financial support.
B. Ask open-ended questions to learn more.
C. Teach about low-cost ways to eat healthfully.
D. Refer to social services for support.
E. Counsel about options to lower prescription drug costs.

Answer: B, C, D, E

Rationale: If the client has challenges managing the condition due to financial constraints, the nurse should use open-ended questions to learn more. Referring the client to social services will allow all options for support to be explored. The nurse can teach the client about low-cost ways to meet dietary needs and provide resources to lower prescription costs. The nurse cannot dictate the family pay for the client's care.
Question format: Multiple Select
Chapter 1: The Aging Population
Cognitive Level: Apply
Client Needs: Health Promotion and Maintenance
Integrated Process: Nursing Process
Reference: p. 10

10. An older client with unexpected weight loss confides not eating enough as the client is afraid to shop for and prepare food because of unsteadiness. Which intervention(s) will the nurse include in the plan of care? Select all that apply.
A. Encourage family support.
B. Discuss food delivery options, such as Meals on Wheels.
C. Introduce the concept of grocery delivery.
D. Refer to social services for support options.
E. Propose the idea of purchasing prepared foods from the supermarket.

Answer: A, B, C, D, E

Rationale: It is common for an older adult to feel embarrassed to ask for help. The nurse should refer the client to social services for support options. In addition, the nurse can begin the conversation by discussing meal delivery options, grocery delivery, purchase of prepared foods and inquiring about possible support from friends and family.
Question format: Multiple Select
Chapter 1: The Aging Population
Cognitive Level: Apply
Client Needs: Physiological Integrity: Reduction of Risk Potential
Integrated Process: Teaching/Learning
Reference: p. 10

11. A nurse is assessing a client who has just entered the age-range to be considered a senior. The client asks, "I have never seen a doctor before. Now that I am a senior citizen, what should I do differently?" Which teaching will the nurse provide? Select all that apply.
A. Check your blood pressure regularly.

B. Engage in activities to exercise your mind.
C. Consider retirement.
D. Get regular physical check-ups.
E. Exercise regularly.

Answer: A, B, D, E

Rationale: Clients reaching the senior age range should continue to participate in activities that they enjoy. Retirement is not required but an individual consideration. The nurse should recommend regular check-ups, including blood pressure checks and exercise the mind and body regularly.
Question format: Multiple Select
Chapter 1: The Aging Population
Cognitive Level: Apply
Client Needs: Health Promotion and Maintenance
Integrated Process: Teaching/Learning
Reference: p. 5

12. A nurse who practices in a long-term care facility is providing care for a 101-year-old black female. The nurse's coworker states, "It's gratifying that black people in this country are finally reaching the same levels of health that white people are enjoying." Which response would be appropriate?
A. "Actually, the difference in life expectancy between black people and white people is growing, not shrinking."
B. "We've not yet arrived at a place where the life expectancies are equal between black and white people, but the gap is decreasing gradually."
C. "Black women do tend to live longer than white women, but the overall life expectancies when men are included are not yet equal."
D. "Since the 1980s the life expectancies of black and white Americans have remained nearly the same."

Answer: A

Rationale: From the late 1980s to the present, the gap in life expectancy between white people and black people has widened because the life expectancy of the black population has declined. The U.S. Department of Health and Human Services attributes the declining life expectancy of black people to heart disease, cancer, homicide, diabetes, and perinatal conditions. This reality underscores the need for nurses to be concerned with health and social issues of persons of all ages because these impact a population's aging process. Whereas the gap in life expectancy has widened among the races, the gap is narrowing between the sexes. Throughout the 20th century, the ratio of men to women had steadily declined to the point where there were fewer than 7 older men for every 10 older women. The ratio declined with each advanced decade. However, in the 21st century, this trend is changing, and the ratio of men to women is increasing.
Question format: Multiple Choice

Chapter 1: The Aging Population
Cognitive Level: Apply
Client Needs: Health Promotion and Maintenance
Reference: p. 6

13. A nurse is providing care to a group of older adults who attend activities at the local senior center. When interacting with the group, the nurse notes that more of the women than men live alone. Which phenomena would the nurse attribute to this situation?
A. Women tend to live longer than men and marry men older than themselves.
B. Men tend to have greater access to care facilities due to higher incomes and savings.
C. Men are more likely to live with younger family members following the death of a spouse.
D. Social pressures tend to stigmatize older men who live alone.

Answer: A

Rationale: The higher survival rates of women, along with the practice of women marrying men older than themselves, make it no surprise that more than half of women older than 65 years are widowed, and most of their male contemporaries are married. More than twice the number of women than the number of men lives alone in later life. Access to care facilities, living with younger family members, or social stigma is unrelated to the greater numbers of women than men living alone.
Question format: Multiple Choice
Chapter 1: The Aging Population
Cognitive Level: Understand
Client Needs: Health Promotion and Maintenance
Integrated Process: Culture and Spirituality
Reference: p. 6

14. An unlicensed assistive personnel employed on a medical unit of a hospital expresses frustration that "old people get sick so much more often than young people." Which response by the nurse would be most appropriate?
A. "The prevalence of obesity and accompanying chronic illnesses mean that young people have more chronic conditions than older adults."
B. "It is a myth that older adults require more hospitalization than young people."
C. "Older adults experience fewer acute illnesses than younger people; it is just that they tend to take longer to recover from them."
D. "With the increase in life expectancies in recent years, most older people live free of chronic diseases until very late in life."

Answer: C

Rationale: The older population experiences fewer acute illnesses than younger age groups and a lower death rate from these problems. However, older people who do develop acute illnesses usually require longer periods of recovery and have more complications from these conditions. Chronic illness is a major problem for older adults, more so than younger adults. Most older adults have at least one chronic disease, and typically they have multiple chronic conditions that require them to manage the care of several conditions simultaneously. The older population has higher rates of hospitalization, surgery, and physician visits than other age groups.
Question format: Multiple Choice

Chapter 1: The Aging Population
Cognitive Level: Apply
Client Needs: Health Promotion and Maintenance
Integrated Process: Teaching/Learning
Reference: p. 8

15. A nurse is conducting a presentation for a group of older adults at the local community center about chronic illnesses. When describing the effect of chronic illness on this population, which concept would be most important for the nurse to integrate into the discussion?
A. Chronic illnesses constitute the leading cause of death for older adults.
B. More older adults die from acute illnesses than from chronic diseases.
C. While chronic diseases used to be the leading cause of death, this trend is no longer true.
D. While cancer rates have fallen, other chronic diseases remain a common cause of death.

Answer: A

Rationale: Chronic diseases are the leading causes of death in the older adult population. A shift in death rates from various causes of death has occurred over the past three decades; deaths from heart disease have declined, whereas those from cancer have increased. The older population experiences fewer acute illnesses than young age groups and a lower death rate from these problems. However, older adults who do develop acute illnesses usually require longer periods of recovery and have more complications from these conditions.
Question format: Multiple Choice

Chapter 1: The Aging Population
Cognitive Level: Apply
Client Needs: Health Promotion and Maintenance
Reference: p. 8

16. The board of a large chain of hospitals has commissioned a strategic plan to meet the care needs of baby boomers in coming years. When developing a plan for the future, which characteristic would be most important to incorporate into the plan? Select all that apply.
A. Baby boomers typically have fewer children to help with care later than those of earlier generations.
B. Baby boomers have lower incomes than their parents had.
C. Baby boomers have more leisure time than other adults.
D. Baby boomers perform physical exercise more frequently than other adults.
E. The educational level of baby boomers is usually lower than preceding generations.

Answer: A, D

Rationale: Baby boomers have had fewer children than generations that preceded them. As a result, they will have fewer children available to provide care when they get older. Baby boomers, known as the inventors of the fitness movement, also tend to exercise more often than older adults. Their incomes tend to be higher while they enjoy less leisure time and feel greater stress. They

are also better educated than preceding generations with more than half having attended or graduated from college.
Question format: Multiple Select

Chapter 1: The Aging Population
Cognitive Level: Apply
Client Needs: Safe, Effective Care Environment: Management of Care
Reference: p. 9

17. A nurse is providing care to an 89-year-old female client of a nursing home. While visiting, the client's daughter makes a statement about older adults. Which statement would require the nurse to respond?
A. "It seems like more and more people are living well into their 80s like my mom."
B. "My mom does not have a lot of incoming cash but does have a home that is valuable."
C. "It seems like more older adults are dying from heart disease than ever before."
D. "There are more women living to my mother's age than there are men."

Answer: C

Rationale: The incidence of heart disease as a cause of death is on the decline, whereas rates for cancer have increased. More Americans are indeed achieving old age and many older adults have valuable assets but little cash flow. Female longevity continues to exceed that of males.
Question format: Multiple Choice

Chapter 1: The Aging Population
Cognitive Level: Analyze
Client Needs: Health Promotion and Maintenance
Reference: p. 8

18. A gerontological nurse is conducting an in-service program for a group of nurses working at a local long-term care facility. The nurse is describing how older adults have been viewed over time, comparing the relationship between age and value of the present with those of the past. The nurse determines that the program was successful when the group describes which view as reflecting that of ancient times?
A. Increased value was associated with advanced age.
B. As age increased, the level of respect declined.
C. Respect was highly variable, depending on the underlying culture and times.
D. Respect for older adults remained fairly consistent through the ages.

Answer: C

Rationale: Historically, societies have viewed their elder members in a variety of ways. In the time of Confucius, there was a direct correlation between a person's age and the degree of respect to which he or she was entitled. The early Egyptians dreaded growing old and experimented with a variety of potions and schemes to maintain their youth. Opinions were divided among the early Greeks. Plato promoted older adults as society's best leaders, whereas Aristotle denied

older people any role in governmental matters. In the nations conquered by the Roman Empire, the sick and aged were customarily the first to be killed. And, woven throughout the Bible is God's concern for the well-being of the family and desire for people to respect elders (Honor your father and your mother ... Exodus 20:12). Yet, the honor bestowed on older adults was not sustained. Medieval times gave rise to strong feelings regarding the superiority of youth; these feelings were expressed in uprisings of sons against fathers. Although England developed Poor Laws in the early 17th century that provided care for the destitute and enabled older persons without family resources to have some modest safety net, many of the gains were lost during the Industrial Revolution.
Question format: Multiple Choice

Chapter 1: The Aging Population
Cognitive Level: Analyze
Client Needs: Safe, Effective Care Environment: Management of Care
Reference: p. 4

19. A gerontological nurse is working with a group of nurses in the community that serves a large older adult population. When developing appropriate plans of care, which factor would be most important for the group to address?
A. The high prevalence of cognitive impairment among this population
B. The diversity of the older adult population
C. The fact that most older people live below the poverty line
D. The lack of family support that is the norm among older adults

Answer: B

Rationale: Not all persons of the same age will be similar in terms of language style, familiarity with current terms, use of technology, education, and life experience. Much diversity exists among different age groups in late life. Individuals aged 65 years and older vary widely in their health status, interest, cultural backgrounds, and health care needs. The population is not generally impaired cognitively. Also, only 10% live below the poverty level. The majority live in a household with a spouse or another family member.
Question format: Multiple Choice
Chapter 1: The Aging Population
Cognitive Level: Apply
Client Needs: Health Promotion and Maintenance
Integrated Process: Teaching/Learning
Reference: p. 5

20. A gerontological nurse is working to develop programs to address the major chronic illnesses in the local older adult population. A review of this population reveals that the most common chronic illnesses affecting this group correlated with those identified nationally. Which condition would the nurse identify as the priority?
A. Diabetes mellitus
B. High cholesterol
C. Hypertension
D. Arthritis

Answer: C

Rationale: The leading chronic condition affecting the population of adults aged 65 years and older is hypertension. Therefore, the nurse would focus programs on this disease. High cholesterol and arthritis rank second and third respectively. Diabetes ranks as the fifth leading chronic condition of older adults.
Question format: Multiple Choice
Chapter 1: The Aging Population
Cognitive Level: Analyze
Client Needs: Health Promotion and Maintenance
Integrated Process: Teaching/Learning
Reference: p. 8

21. A gerontological nurse is preparing a presentation for a group of older adults at a local senior center. When describing illness in this population, which information would the nurse most likely include?
A. Heart disease is increasing as a cause of death in this population.
B. Death from cancer is increasing in this population.
C. Chronic illnesses are less common than in younger people.
D. Several acute illnesses are often present that must be managed simultaneously.

Answer: B

Rationale: Chronic diseases are the leading causes of death. A shift in death rates from various causes of death has occurred over the past three decades; deaths from heart disease have declined, whereas those from cancer have increased. Several chronic conditions are often present and must be managed simultaneously. The older population experiences fewer acute illnesses than younger age groups and a lower death rate from these problems. However, older people who do develop acute illnesses usually require longer periods of recovery and have more complications from these conditions.
Question format: Multiple Choice

Chapter 1: The Aging Population
Cognitive Level: Apply
Client Needs: Health Promotion and Maintenance
Reference: p. 8

22. A gerontological nurse is working with a political action group to address the needs of the older adults. The group is hoping to foster change in health policy for this population. Which factor would the group address?
A. Cost containment versus quality of care
B. Acute care versus the burden of chronic disease
C. Private insurance payments versus Medicare support
D. Long-term care at home versus nursing home services

Answer: A

Rationale: The growing number of persons older than 65 years impacts the government that is the source of payment for many of the services older adults need. Gerontological nurses must assume leadership in developing cost-effective methods of care delivery that do not compromise the quality of services to older

adults. Because all persons over age 65 are entitled to health coverage through Medicare, insurance considerations are fewer than with younger patients. And whereas one in four seniors requires nursing home care at some time, nursing home residency is not typically long term. Older adults are less likely to suffer from acute illness when compared to younger adults.
Question format: Multiple Choice

Chapter 1: The Aging Population
Cognitive Level: Apply
Client Needs: Safe, Effective Care Environment: Management of Care
Reference: p. 10

23. A nurse is assessing several clients. Which client history would the nurse most likely identify as belonging to a person older than 65 years of age?
A. A client who has been treated for a skin rash, a sprained ankle, and influenza.
B. A client who takes medications daily for arthritis pain relief and reduction of blood pressure levels.
C. A client who reports chronic fatigue, stress-related allergies, and acid reflux after meals.
D. A client who has been to the emergency room three times in the past year for urinary tract infections and allergy attacks.

Answer: B

Rationale: Arthritis and hypertension are among the most common chronic conditions of older adults. Daily medications to reduce arthritis pain and decrease blood pressure are a common need among older adults. The other histories, such as infections and allergies, reflect more acute conditions and are more common among younger clients.
Question format: Multiple Choice

Chapter 1: The Aging Population
Cognitive Level: Understand
Client Needs: Physiological Integrity: Physiological Adaptation
Reference: p. 8

24. Hospital management is reviewing departmental statistics. Which department most likely has the highest death rate of clients over age 65?
A. Oncology because older adults have been exposed to more carcinogens in their lifetimes.
B. Cardiology because heart disease remains the number one cause of death among older adults.
C. Endocrinology because older adults experience more compromised immune systems.
D. Neurology because stroke and Alzheimer's disease cause more older adult deaths than any other conditions.

Answer: B

Rationale: Although death rates from heart disease are declining, heart disease remains the leading cause of death among persons 65 years of age and older. Cancer death rates in older adults are increasing but it still ranks second to heart

disease in terms of the cause of death. Endocrine disorders, such as diabetes and neurological conditions, such as cerebrovascular disease and Alzheimer's disease rank lower than heart disease and cancer, respectively.
Question format: Multiple Choice
Chapter 1: The Aging Population
Cognitive Level: Understand
Client Needs: Health Promotion and Maintenance
Integrated Process: Nursing Process
Reference: p. 8