Gerontological Nursing 11th edition Eliopoulos Solutions Manual

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Suggested Answers to Questions in the Book, Chapter 1, The Aging Population

Suggested Answers to "Consider This Case" Questions

1. It would be beneficial for each to identify goals and desired lifestyle, activities that contribute to fulfilling the desired lifestyle, the continued ability to engage in the activities that support goals and desired lifestyle, and how each of their decisions regarding activities impacts the spouse.
2. Mr. Murdock may find that health issues could interfere with his ability to fulfill his work obligations, which could jeopardize his real estate investment and continued income. Continued reduced energy levels and the demands of working with a pediatric population could reduce the ability of Mrs. Murdock to enjoy other activities and competently fulfill her work obligations. The couple may find that in another 5 or 10 years, they may lack the energy or health to enjoy a wide range of social and recreational activities when they finally do retire.
3. In midlife or earlier, it would have been useful for the couple to have discussed their vision for their older adult years so that they'd be aware of the desired lifestyle and activities each envisioned. Issues such as employment versus retirement, moving or remaining in the same home, expected income and expenses, obligations to other family members, and vision for the typical day could be shared so that each would be aware of the other's desires, differences in vision could be resolved, and the ability to financially support the desired lifestyle could be determined.

4. More people remaining employed in their older adult years could allow people with rich experience and knowledge to be available to mentor younger workers. The income of employed older adults could promote a healthy lifestyle and reduce the burden placed on family and society to provide financial assistance. However, there could be a risk that fewer jobs may be available to younger workers if older employees retire at later ages.

Suggested Answer to "Practice Realities" Question

Problems could arise between young and older workers in which each thinks they are contributing something different or better than the other. For example, older workers may feel that they have experience and wisdom that surpasses their younger coworkers, while younger workers may perceive their older coworkers as being unable to meet the physical demands, having slower responses, or being less skilled using computers.

In fairness, all employees with the same job description and similar salaries should be held to the same standards of performance. However, there may be circumstances in which an older worker's inability to lift or perform other physical activities can be compensated for by other employees' assistance or equipment. In turn, the older worker who may not be able to lift or perform other physically demanding activities that then need to be assigned to another worker could be assigned other tasks to relieve the workload of the other workers. Consideration does need to be given to the ability of older workers to safely and competently fulfill job demands.

Suggested Answers to "Critical Thinking Exercises"

1. The student should include factors such as a positive attitude manifested by doctors, nurses, the general public, and family members; a religious heritage fostering empathetic and caring attitudes toward all persons; knowledge about the older adult population to dispel the myths and stereotypical thinking and bias toward the older adults (ageism); a more diverse population with heterogeneous views; past experiences or contact with older adults as outings with grandparents or exposure during community events; socioeconomic status; cultural heritage; more large or extended families in the United States who can adequately care for ill and dependent older adults; positive overall economic conditions where the older adult population is not considered a burden and a strain on our country's financial resources; positive overall health status of the older adult population; and a minority of older adults diagnosed with disabilities, mental health conditions, and substance use disorder. (Mental health disorders are associated frequently with negative attitudes. Future predictions reveal that as the baby boomers retire, the incidence of substance use disorder will increase.)

2. Nurses should anticipate that, by the year 2030, people over 65 years of age will comprise approximately 20% of the total population in this country, an increase resulting from the impact of the baby boomers. Although differences in life expectancy exist between the sexes as well as among the White, Black, and Hispanic populations, future older adults will enjoy a longer life expectancy. This population will be more diverse, with a preponderance of Hispanic people and other underrepresented groups, who may face more challenges affording quality healthcare. There will continue to be more widows living alone in their later years on a modest income consisting mainly of their Social Security insurance. Most older adults will continue to enjoy a long, healthy life living in close proximity to their families and loved ones. Coping with chronic illnesses and preventing complications will

be the focus of their daily lives. They will experience longer average lengths of hospital stays, and approximately 25% will spend some time in a long-term care facility.

Future older adults will also need case managers to assist them in navigating our complex healthcare system and in procuring community resources. Our older adults will also need patient and political advocates to represent them. Tomorrow's nurses will be best fitted for this task.

Future nurses will need to mentor novice nurses, licensed practical nurses, and nursing and home health aides, as the need for geriatric healthcare providers increases. There will be a need for more advanced practice nurses drawn to the field of geriatrics, as well as nursing instructors, geriatric nurse practitioners, and gerontological nurse specialists. There will continue to be a nursing shortage, so encouraging and promoting gerontological nursing will be the responsibility of all nurses. Future nursing instructors will need to expose novice nurses to older adult patients in a variety of settings and work to foster positive attitudes toward these patients both in class and in clinical settings. Gerontologic content will need to be increased in tomorrow's nursing curriculums and at best be taught in stand-alone courses rather than be integrated throughout the curriculum. Geriatric grand rounds and nurse experts should be offered in tomorrow's hospitals and health agencies to continue this educational process for nurse graduates.

3. A student's answer would include these ideas: Most older adult women will live alone and be at risk for depression secondary to multiple losses, such as income, spouse, and close friends. Widows, the largest percentage and lowest income of this population, will subsist on a modest income consisting mainly of their Social Security. They may work part-time to subsidize their income. Their health problems will consist mainly of chronic illnesses, such as arthritis, hypertension,

heart disease, diabetes, cancer, and chronic obstructive pulmonary disease. These conditions will impact their ability to perform activities of daily living and increase their need for healthcare services and community resources, such as public transportation, adult day care, and rehabilitation facilities.

4. A student's answer would include these differences: Older White Americans will live longer than Black Americans, who are at risk for hypertension, heart disease, obesity, stroke, and diabetes. Factors such as heart disease, cancer, homicide, and diabetes have contributed to the Black population having a lower life expectancy than other groups. They will continue working later in life to maintain financial security, but in low-paying jobs. They will have a lower income and live mainly in cities. They most likely will be supported in their later years by their extended family and their church. The healthcare of Black men will focus mainly on daily survival and the provision of food and shelter. In addition, they will potentially have problems with medication compliance, as a result of an inability to afford their medications and limited access to primary care.