Gerontological Nursing 11th edition Eliopoulos Test Bank

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Test Bank Questions Chapter 1: The Aging Population

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

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."

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.

4. 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.

5. 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."

6. 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 females than males live alone. Which phenomena would the nurse attribute to this situation?
   A) Females tend to live longer than males and marry partners older than themselves.
   B) Males tend to have greater access to care facilities due to higher incomes and savings.
   C) Males are more likely to live with younger family members following the death of a spouse.
   D) Social pressures tend to stigmatize older males who live alone.

7. 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."

8. 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.

9. A nurse is providing care to an 89-year-old client of a nursing home. While visiting, the client's adult child 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 parent."
   B) "My parent 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 females living to my parent's age than there are males."

10. 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

11. 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.

12. 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

13. 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 them.
    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.

14. 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

15. 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.

16. 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.

17. A nurse is assessing a client who has just entered the age-range to be considered a senior. The client asks, "have never seen a health care provider 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.

18. 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.

19. The nurse is caring for an older adult client who is lesbian. What action(s) should the nurse implement to best care for the client? **Select all that apply.**
    A) Include assessment questions that ask whether the client has a history of anxiety and depression.
    B) Personalize the care plan to best meet the client's identified needs.
    C) Self-reflect on comfort and knowledge in caring for the unique needs of clients who are LGBTQ+.
    D) Include assessment questions that ask whether the client has a history of substance use.
    E) Avoid asking questions that could make the client uncomfortable or be interpreted as too personal.

20. The nurse notes that many older adults admitted to the clinical facility are presently employed. What factor(s) plays a part in this present trend? **Select all that apply.**
    A) Older adults today are healthier than previous generations, allowing them to work longer.
    B) There has been an increase in the age required to receive full benefits from Social Security.
    C) Older adults have made their desire to remain actively engaged during this phase of their lives a priority.
    D) A recession in the early 2000s negatively impacted the monetary value of retirement accounts.
    E) Older adults have signed contracts with their employers, requiring them to work for specific amounts of time.

Test Bank Answer Key
Chapter 1: The Aging Population

1. **A.** 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.

   Format: Multiple Choice
   Chapter 1: The Aging Population
   Client Needs: Health Promotion and Maintenance
   Cognitive Level: Remember
   Integrated Process: Nursing Process (Clinical Problem-solving Process)
   Page and Header: 4, Chapter 1: The Aging Population, VIEWS OF OLDER ADULTS THROUGH HISTORY

2. **D.** 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.

   Format: Multiple Choice
   Chapter 1: The Aging Population
   Client Needs: Safe and Effective Care Environment: Management of Care
   Cognitive Level: Understand
   Integrated Process: Caring
   Page and Header: 4, Chapter 1: The Aging Population, VIEWS OF OLDER ADULTS THROUGH HISTORY

3. **C.** 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.

   Format: Multiple Choice
   Chapter 1: The Aging Population
   Client Needs: Safe and Effective Care Environment: Management of Care
   Cognitive Level: Remember
   Integrated Process: Nursing Process (Clinical Problem-solving Process)

Page and Header: 5, Chapter 1: The Aging Population, Population Growth and Increasing Life Expectancy

4. **D.** 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.

   Format: Multiple Choice
   Chapter 1: The Aging Population
   Client Needs: Safe and Effective Care Environment: Management of Care
   Cognitive Level: Apply
   Integrated Process: Teaching/Learning
   Page and Header: 10, Chapter 1: The Aging Population, Provision of and Payment for Services

5. **D.** 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.

   Format: Multiple Choice
   Chapter 1: The Aging Population
   Client Needs: Safe and Effective Care Environment: Management of Care
   Cognitive Level: Apply
   Integrated Process: Caring
   Page and Header: 4, CHAPTER 1: The Aging Population, VIEWS OF OLDER ADULTS THROUGH HISTORY

6. **A.** The higher survival rates of females, along with the practice of females marrying partners older than themselves, make it no surprise that more than half of females older than 65 years are widowed, and most of their male contemporaries are married. More than twice the number of females than the number of males live alone in later life. Access to care facilities, living with younger family members, or social stigma is unrelated to the greater numbers of females than males living alone.

   Format: Multiple Choice
   Chapter 1: The Aging Population
   Client Needs: Health Promotion and Maintenance
   Cognitive Level: Understand
   Integrated Process: Culture and Spirituality
   Page and Header: 6, Chapter 1: The Aging Population, Marital Status and Living Arrangements

7. **C.** 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 health care provider visits than other age groups.

Format: Multiple Choice
Chapter 1: The Aging Population
Client Needs: Health Promotion and Maintenance
Cognitive Level: Apply
Integrated Process: Teaching/Learning
Page and Header: 8, Chapter 1: The Aging Population, HEALTH INSURANCE

8. **A.** 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.

   Format: Multiple Choice
   Chapter 1: The Aging Population
   Client Needs: Health Promotion and Maintenance
   Cognitive Level: Apply
   Integrated Process:
   Page and Header: 9, Chapter 1: The Aging Population, HEALTH INSURANCE

9. **C.** 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.

   Format: Multiple Choice
   Chapter 1: The Aging Population
   Client Needs: Health Promotion and Maintenance
   Cognitive Level: Analyze
   Integrated Process:
   Page and Header: 9, Chapter 1: The Aging Population, HEALTH INSURANCE

10. **B.** 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.

    Format: Multiple Choice
    Chapter 1: The Aging Population
    Client Needs: Health Promotion and Maintenance
    Cognitive Level: Apply
    Integrated Process: Teaching/Learning

Page and Header: 5, Chapter 1: The Aging Population, CHARACTERISTICS OF THE OLDER ADULT POPULATION

11. **B.** 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.

    Format: Multiple Choice
    Chapter 1: The Aging Population
    Client Needs: Health Promotion and Maintenance
    Cognitive Level: Apply
    Integrated Process:
    Page and Header: 9, Chapter 1: The Aging Population, HEALTH INSURANCE

12. **A.** 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 clients. 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.

    Format: Multiple Choice
    Chapter 1: The Aging Population
    Client Needs: Safe and Effective Care Environment: Management of Care
    Cognitive Level: Apply
    Integrated Process:
    Page and Header: 10, Chapter 1: The Aging Population, Provision of and Payment for Services

13. **A, B, C.** 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 their 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.

    Format: Multiple Selection
    Chapter 1: The Aging Population
    Client Needs: Health Promotion and Maintenance
    Cognitive Level: Apply

Integrated Process: Caring
Page and Header: 10, Chapter 1: The Aging Population, Impact of the Baby Boomers

14. **A, B, C, D, E.** 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 the 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.

    Format: Multiple Selection
    Chapter 1: The Aging Population
    Client Needs: Health Promotion and Maintenance
    Cognitive Level: Understand
    Integrated Process: Nursing Process (Clinical Problem-solving Process)
    Page and Header: 6, Chapter 1: The Aging Population, Population Growth and Increasing Life Expectancy

15. **B, C, D, E.** 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.

    Format: Multiple Selection
    Chapter 1: The Aging Population
    Client Needs: Health Promotion and Maintenance
    Cognitive Level: Apply
    Integrated Process: Nursing Process (Clinical Problem-solving Process)
    Page and Header: 10, Chapter 1: The Aging Population, Provision of and Payment for Services

16. **A, B, C, D, E.** 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.

    Format: Multiple Selection
    Chapter 1: The Aging Population
    Client Needs: Physiological Integrity: Reduction of Risk Potential
    Cognitive Level: Apply
    Integrated Process: Teaching/Learning
    Page and Header: 4, Chapter 1: The Aging Population, VIEWS OF OLDER ADULTS THROUGH HISTORY

17. **A, B, D, E.** 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 exercising the mind and body regularly.

Format: Multiple Selection
Chapter 1: The Aging Population
Client Needs: Health Promotion and Maintenance
Cognitive Level: Apply
Integrated Process: Teaching/Learning
Page and Header: 5, Chapter 1: The Aging Population, CHARACTERISTICS OF THE OLDER ADULT POPULATION

18. **A, D.** 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.

    Format: Multiple Selection
    Chapter 1: The Aging Population
    Client Needs: Safe and Effective Care Environment: Management of Care
    Cognitive Level: Apply
    Integrated Process:
    Page and Header: 10, Chapter 1: The Aging Population, Impact of the Baby Boomers

19. **A, B, C, D.** The older adult LGBTQ+ population is growing, from over 2.4 million presently to a projected population of 7 million by 2030. Nurses should self-reflect on their comfort and knowledge in caring for the unique needs of these clients and develop a personal development plan to become more knowledgeable in caring for these clients. The nurse should review the educational resources available at their clinical facility on caring for the LGBTQ+ population and notify the administration of any concerns. Research shows that the older adult LGBTQ+ population has higher rates of anxiety, depression, and substance use disorders than their heterosexual peers. The nursing assessment should include questions that address these areas. Personal or uncomfortable questions should not be avoided as long as the question is focused on an area of nursing concern. Avoiding questions such as these could leave information gaps that may be pertinent in developing the individualized plan of care for the client.

    Format: Multiple Selection
    Chapter 1: The Aging Population
    Client Needs: Psychosocial Integrity
    Cognitive Level: Apply
    Integrated Process: Culture and Spirituality
    Page and Header: 7, Chapter 1: The Aging Population, LGBTQ+ Older Adults

20. **A, B, C.** The percentage of older adults employed has been increasing since the 1990s, with approximately 19% of this population employed. Some of this increase is attributed to older Americans having higher levels of education and being healthier than previous generations, which has enabled them to stay employed longer. Fewer jobs that require strenuous physical

labor; Social Security's increase in the age required to receive full benefits; and the desire to remain active have also contributed to this increase. The percentage of older adults living below the poverty level has been declining; the currently level is approximately 11%, primarily due to higher health care and housing costs. Although there was a recession in the early 2000s, the rebound in the stock market over the years has had little impact on older adults continuing to work later in life. Contract requirements signed by employees have no impact on older adults continuing to work later in life.

Format: Multiple Selection
Chapter 1: The Aging Population
Client Needs: Health Promotion and Maintenance
Cognitive Level: Understand
Integrated Process: Nursing Process (Clinical Problem-solving Process)
Page and Header: 7, Chapter 1: The Aging Population, Income and Employment