Nursing for Wellness in Older Adults 10th edition Miller Test Bank

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Test Bank Questions
Chapter 1: Seeing Older Adults Through the Eyes of Wellness

1. A nurse cares for an older adult client with type 1 diabetes mellitus and scleroderma, whose current hospital admission is prompted by an exacerbation of chronic renal failure. Which action by the nurse emphasizes the goal of client wellness?
    A) Discuss the possibility of a kidney transplant with the client.
    B) Explore the client's abilities and strengths.
    C) Discuss with the client that the exacerbation occurs because of lack of adherence to diet.
    D) Teach the client that health problems do not have to affect daily routines.

2. An 85-year-old client takes meals on wheels around the community. The client states, "All those old people really need me, you know how older people are. They cannot get out and are a burden to their family, and I just want to help." Which characterizes this scenario?
    A) ageism
    B) aging anxiety
    C) aging attribution
    D) antiaging

3. An older adult has recently displayed unprecedented lapses in short-term memory. The nurse overhears a colleague reassuring the person by saying, "Try not to worry; it is just a part of growing older." Which phenomenon is this an example of?
    A) multiple jeopardy
    B) gerontophobia
    C) age attribution
    D) aging anxiety

4. A nurse hears a colleague make the statement, "The majority of older adults have nothing to worry about financially." Which response is **most** appropriate?
    A) "Adults aged 85 and older are more likely to live in poverty than the younger older adult aged 65 through 74 years."
    B) "The number of older adults living below the poverty line is increasing, not decreasing."
    C) "This is not really true now, but it is true that the gaps that disadvantaged groups live with are expected to shrink."

D) "This is true for some groups but not for minorities, who are less likely to be living with their relatives."

5. A nurse who provides care to many older adults identifies the importance of implementing a wellness approach to care. Which principle underlies this approach to the health care of older adults?
   A) Older adults have decreasing expectations for wellness as they move through the aging process.
   B) There is a decreased focus on the overall health needs of the client as well as on health prevention.
   C) Most older adults are optimistic regarding the ability to improve their health and functioning.
   D) A holistic approach to caring for older adults can foster their well-being at every stage of life.

6. A diabetes educator is providing care for an older adult client who is a regular client of the hospital's outpatient diabetes clinic. Which assessment question **most** clearly addresses this client's potential for optimal function?
   A) "What are some goals that you have for maximizing your level of wellness?"
   B) "How can we help you to take ownership of your own health?"
   C) "Is there anything that you are doing that might be exacerbating your diabetes?"
   D) "How long do you think that you will be able to live independently?"

7. A nurse administrator is involved in strategic planning for a large long-term care facility that has locations in numerous regions of the country. What trend should the nurse administrator anticipate?
   A) There will be a decrease in the proportion of older adults who are members of minority groups.
   B) Residents in assisted living facilities will not require assistance with any daily activities.
   C) Clients affected by dementia will not be admitted to assisted living facilities.
   D) An increasing number of older adults will reside in assisted living facilities.

8. A nurse interviews a centenarian while gathering data for a large study. In the interview, the centenarian says, "You are only as old as you feel; some days I feel like I am 50." To which definition of aging does this response correspond?
   A) chronologic aging
   B) functional aging
   C) successful aging
   D) subjective aging

9. A nurse is educating an older adult client about successful aging after the client states, "There is not much left for me because of my age." Which statement made by the client indicates that the education provided was successful?
    A) "I am going to try and start taking the local transportation since I cannot drive any longer."
    B) "I will continue working with my physical therapist to decrease pain in my hip."
    C) "I am going to start playing the piano again and volunteering at the local nursing home."
    D) "Since I have had a stroke, I have had help come to the house to care for me."

10. A nurse is assessing several older adult clients in an assisted living community. Which client does the nurse identify is at the **highest** risk for a shortened lifespan?
    A) 65-year-old client who is a recently retired college professor living with their spouse
    B) 64-year-old client who is recently widowed, a high school graduate, and worked as a stay-at-home parent
    C) 63-year-old client who works as a nuclear engineer and is planning on retirement in 2 years
    D) 67-year-old client who works as a nurse part time in a long-term care facility

11. A nurse assesses the risk of the members of an older adult community. Which individual is **most** likely to be living at or below the federal poverty level?
    A) 83-year-old single female with diabetes who has limited proficiency in their area's common language
    B) married couple, both aged 72 years, who volunteer at the local soup kitchen
    C) 73-year-old male who travels each month to see their adult children out of state
    D) couple, both in their early 60s, whose children are living independently

12. A nurse is identifying the needs and living situations of older adults in the community to provide quality discharge planning for clients. Which statement should the nurse take into account?
    A) Most older Americans will live in a nursing home at some point.
    B) More older men live alone than older women.
    C) Assisted living arrangements have become increasingly common alternatives to nursing homes.
    D) More than half of older Americans reside in some form of institutional arrangement.

13. A nurse interviews a centenarian while gathering data. In the interview, the centenarian defines aging as not growing older, but growing wiser. Which is the **best** response to this definition by the nurse?
    A) "I am sure that you had a lot of support so that you could live to be this age."
    B) "It is important to not only be physically healthy but also to have a purpose in life."
    C) "Can you tell me how you got to live to be this old?"
    D) "To maintain good health even at your age, you must see your provider frequently."

14. The nurse is mentoring a new graduate. Which statement(s) made by the graduate indicates that education regarding aging needs to be reinforced? Select all that apply.
    A) "Ageism is highly influenced by stereotypes and cultural values."
    B) "Ageism is more common in industrialized societies."
    C) "In the United States, 20% of the older adults who need care are in a nursing home."
    D) "People consider themselves old when they are old enough to apply for Medicare."
    E) "With increased age, people become less like their age peers."

15. A nurse is reviewing demographic and population trends that affect the relationships of older adults and their families. Which client situation is an example of a grandfamily?
    A) a 72-year-old client who is assuming the primary caregiving role for a grandchild
    B) a 50-year-old client who balances the care of an 82-year-old parent and a 17-year-old child
    C) a 58-year-old client whose older adult parents are forced to live in separate care facilities
    D) an 83-year-old client who is the sole caregiver for a 79-year-old spouse

Test Bank Answer Key
Chapter 1: Seeing Older Adults Through the Eyes of Wellness

1. **B.** A focus on existing strengths and abilities can foster wellness in older adults, even when they are experiencing health challenges. It is inaccurate to claim that health problems do not affect daily routines. It is unlikely that the client will meet the criteria for a kidney transplant due to the age of the client as well as comorbid factors. The nurse should not assume that the client is nonadherent to the diet and should reinforce education rather than take an accusatory approach.

   Format: Multiple Choice
   Chapter 1: Seeing Older Adults Through the Eyes of Wellness
   Client Needs: Health Promotion and Maintenance
   Cognitive Level: Apply
   Integrated Process: Nursing Process (Clinical Problem-solving Process)
   Page and Header: 3, Chapter 1, Seeing Older Adults Through the Eyes of Wellness, WELLNESS AND NURSING CARE OF OLDER ADULTS

2. **A.** Ageism is a way of pigeonholing people and not allowing them to be individuals with unique ways of living their lives. The antiaging movement views aging as a process able to be stopped and the life span as something that can be extended for up to 200 years. Aging anxiety is having fears about detrimental effects associated with older adulthood. Age attribution is the tendency to attribute problems to the aging process rather than to pathologic and potentially treatable conditions.

   Format: Multiple Choice
   Chapter 1: Seeing Older Adults Through the Eyes of Wellness
   Client Needs: Psychosocial Integrity
   Cognitive Level: Understand
   Integrated Process: Nursing Process (Clinical Problem-solving Process)
   Page and Header: 7, Chapter 1, Seeing Older Adults Through the Eyes of Wellness, ATTITUDES TOWARD AGING

3. **C.** Age attribution is the act of attributing a problem to age rather than to a pathology, as in the colleague's statement. Multiple jeopardy is the compounding of discrimination based on factors such as race and gender, whereas gerontophobia is the fear or hatred of older people. Aging anxiety is fears and excess concern about one's future aging and detrimental effects associated with older adulthood (e.g., social losses, financial insecurity, changes in appearance, and declines in health and functioning).

Format: Multiple Choice
Chapter 1: Seeing Older Adults Through the Eyes of Wellness
Client Needs: Health Promotion and Maintenance
Cognitive Level: Apply
Integrated Process: Caring
Page and Header: 8, Chapter 1, Seeing Older Adults Through the Eyes of Wellness, Effects of Ageism and Age Stereotypes

4. **A.** An important consideration with regard to economic conditions of older adults is the tremendous range in financial status, which varies significantly according to race, gender, and living arrangements. Adults older than 85 years of age are more likely to live in poverty than those aged 65 to 74 years. The number of adults living below the poverty line, however, has decreased in recent years. The disparities that separate disadvantaged groups from more economically secure older adults will persist. Minorities are more likely, not less likely, to be living with their relatives.

   Format: Multiple Choice
   Chapter 1: Seeing Older Adults Through the Eyes of Wellness
   Client Needs: Health Promotion and Maintenance
   Cognitive Level: Apply
   Integrated Process: Teaching/Learning
   Page and Header: 12, Chapter 1, Seeing Older Adults Through the Eyes of Wellness, Socioeconomic Characteristics

5. **D.** An integral part of the wellness approach to the health care of older adults is a holistic approach to care that considers mind, body, and spirit. Health problems are an inevitable reality, but a decrease in wellness does not necessarily accompany the aging process. Older adults may be pessimistic or even hopeless about their ability to improve their health and functioning and not optimistic as more comorbid factors arise in their life. There is an increased focus on the overall health of the older adult client.

   Format: Multiple Choice
   Chapter 1: Seeing Older Adults Through the Eyes of Wellness
   Client Needs: Health Promotion and Maintenance
   Cognitive Level: Understand
   Integrated Process: Nursing Process (Clinical Problem-solving Process)
   Page and Header: 3, chapter 1, Seeing Older Adults Through the Eyes of Wellness, THE RELATIONSHIP BETWEEN WELLNESS AND AGING

6. **A.** Eliciting an older adult client's goals for wellness and high functioning can help promote these desired outcomes. According to Flood, people with high levels of personal control and a positive affect will experience higher levels of wellness in aging due to their ability to participate in health-promoting activities. Questions about a client's living situation, disease management, and personal responsibility may or may not promote wellness. Asking the client about taking ownership of their own health implies that the client is not

responsible and can be viewed as offensive, which will place a barrier on the nurse–client relationship. Implying that the client is exacerbating their own illness, indicates a lack of nurse–client trust. Asking a client how long they will be able to live independently is irrelevant and does not add anything to the history. The client is likely unable to answer the question.

Format: Multiple Choice
Chapter 1: Seeing Older Adults Through the Eyes of Wellness
Client Needs: Health Promotion and Maintenance
Cognitive Level: Apply
Integrated Process: Communication and Documentation
Page and Header: 4, Chapter 1, Seeing Older Adults Through the Eyes of Wellness, DEFINITIONS OF AGING

7. **D.** Assisted living facilities have become a common option for older adults; this trend is to continue. Life expectancy is continuing to increase, with females usually outliving males. An increasing proportion of the older adult population will be members of minority groups. People living in assisted living facilities usually need help with three or more daily activities. Many clients that have mild or moderate dementia may live successfully in assisted living facilities.

   Format: Multiple Choice
   Chapter 1: Seeing Older Adults Through the Eyes of Wellness
   Client Needs: Health Promotion and Maintenance
   Cognitive Level: Remember
   Integrated Process: Nursing Process (Clinical Problem-solving Process)
   Page and Header: 12, Chapter 1, Seeing Older Adults Through the Eyes of Wellness, Living Arrangements of Older Adults

8. **D.** Subjective age describes a person's perception of their age. Chronologic age is the length of time that has passed since birth, and functional age is associated with whether individuals can contribute to society and experience personal quality of life. Aging is considered successful when meeting the following criteria: Low probability of disease and disability, high physical and cognitive functional capacity, active engagement with life (e.g., caring engagement, productive engagement, social activities, and solitary activities), psychological dimensions (e.g., optimism, positive attitudes, spirituality, religiosity, self-efficacy).

   Format: Multiple Choice
   Chapter 1: Seeing Older Adults Through the Eyes of Wellness
   Client Needs: Health Promotion and Maintenance
   Cognitive Level: Understand
   Integrated Process: Nursing Process (Clinical Problem-solving Process)
   Page and Header: 4, Chapter 1, Seeing Older Adults Through the Eyes of Wellness, DEFINITIONS OF AGING

9. **C.** Research has indicated that an active engagement with life, such as caring engagement by volunteering at a nursing home and solitary activities such as playing the piano again, is central to successful and healthy aging. Taking local transport is a good option to use if the client has lost the ability to drive their vehicle but does not demonstrate successful aging. Working to decrease pain is not considered a part of successful aging. Having assistance in the home does not demonstrate successful aging.

   Format: Multiple Choice
   Chapter 1: Seeing Older Adults Through the Eyes of Wellness
   Client Needs: Health Promotion and Maintenance
   Cognitive Level: Apply
   Integrated Process: Teaching/Learning
   Page and Header: 5, Chapter 1, Seeing Older Adults Through the Eyes of Wellness, SUCCESSFUL AGING

10. **B.** Socioeconomic characteristics that are most strongly correlated with a loss of healthy aging are living below the federal poverty level and lower educational level. Limited proficiency in the area's common language and poor health literacy skills are two variables that have a negative impact on health and functioning. The college professor, engineer, and nurse engaged in positions that require more education than a stay-at-home parent.

    Format: Multiple Choice
    Chapter 1: Seeing Older Adults Through the Eyes of Wellness
    Client Needs: Health Promotion and Maintenance
    Cognitive Level: Analyze
    Integrated Process: Nursing Process (Clinical Problem-solving Process)
    Page and Header: 10, Chapter 1, Seeing Older Adults Through the Eyes of Wellness, Socioeconomic Characteristics

11. **A.** Females and people older than 75 years of age are more likely to live below the federal poverty level. Couples and people 65 to 74 are less likely to live below the federal poverty level.

    Format: Multiple Choice
    Chapter 1: Seeing Older Adults Through the Eyes of Wellness
    Client Needs: Health Promotion and Maintenance
    Cognitive Level: Understand
    Integrated Process: Culture and Spirituality
    Page and Header: 12, Chapter 1, Seeing Older Adults Through the Eyes of Wellness, Socioeconomic Characteristics

12. **C.** Assisted living arrangements have become an increasingly common alternative to nursing homes. The number of Americans living in nursing homes has recently decreased, not increased, and older women live alone more than do older men. Ninety percent of older Americans live in an apartment or house, rather than in an institutional arrangement.

Format: Multiple Choice
Chapter 1: Seeing Older Adults Through the Eyes of Wellness
Client Needs: Health Promotion and Maintenance
Cognitive Level: Remember
Integrated Process: Nursing Process (Clinical Problem-solving Process)
Page and Header: 13, Chapter 1, Seeing Older Adults Through the Eyes of Wellness, Assisted Living Facilities

13. **B.** The nurse should not assume that the client had a lot of support to reach the age of 100. Healthy maturity is characterized not only by physical decline but also by wisdom and having a purpose in life and continuing to be a contributing member of society. The other responses are not therapeutic. Asking how the the client reached 100 years of age and reminding the client to visit the health care provider place the focus on physical health and may diminish the outcomes the client has achieved over the years.

Format: Multiple Choice
Chapter 1: Seeing Older Adults Through the Eyes of Wellness
Client Needs: Health Promotion and Maintenance
Cognitive Level: Apply
Integrated Process: Communication and Documentation
Page and Header: 3, Chapter 1, Seeing Older Adults Through the Eyes of Wellness, THE RELATIONSHIP BETWEEN WELLNESS AND AGING

14. **C, D.** The realities are that between 4% and 5% of older adults live in a nursing home at any time. Most older adults live independently, have high levels of self-reported health, and are aging successfully. People usually feel old based on their health and function, rather than on their chronologic age. The older adult population is diverse and, as they age, people become less like their peers. Ageism remains rampant in the United States and is influenced by cultural values.

Format: Multiple Selection
Chapter 1: Seeing Older Adults Through the Eyes of Wellness
Client Needs: Health Promotion and Maintenance
Cognitive Level: Remember
Integrated Process: Teaching/Learning
Page and Header: 10, Chapter 1, Seeing Older Adults Through the Eyes of Wellness, TABLE 1-2 Myths and Realities of Aging

15. **A.** A grandfamily refers to a family structure in which grandparents take on the primary role of raising their grandchildren, which is illustrated by the 72-year-old client assuming primary caregiving responsibilities for a grandchild. A 50-year-old caring for both an aging parent and a child represents the sandwich generation, where the individual is divided between caregiving roles for older and younger family members rather than raising a grandchild. A 58-year-old with parents in separate care facilities reflects challenges in elder

care placement rather than a shift in caregiving responsibility toward younger family members. An 83-year-old caring for a spouse demonstrates spousal caregiving, which involves supporting a partner rather than providing primary care to a grandchild.

Format: Multiple Choice
Chapter 1: Seeing Older Adults Through the Eyes of Wellness
Client Needs: Psychosocial Integrity
Cognitive Level: Understand
Integrated Process: Nursing Process (Clinical Problem-solving Process)
Page and Header: 15, Chapter 1, Seeing Older Adults Through the Eyes of Wellness, Grandparents Raising Grandchildren