



1. A nurse is discussing an older adult's recent diagnosis of rheumatoid arthritis with a colleague. Which of the nurse's statements reflects an accurate view of the relationship between aging and wellness?
 - A) "We need to ensure that the client's expectations of continuing to live alone are realistic."
 - B) "We need to make sure our teaching is not too detailed for a client of this age."
 - C) "It's important that the client knows this is an expected part of growing older."
 - D) "We need to teach the client that rheumatoid arthritis is not part of the aging process and that the client should increase functional activities."

2. A nurse is teaching an older person about the concept of successful aging. Which of the nurse's questions addresses an important contributor to successful aging?
 - A) "Are you largely free of acute or chronic illnesses?"
 - B) "Do you feel financially secure?"
 - C) "Are you able to engage in activities of daily living, including social activities?"
 - D) "Do you have a reliable support network?"

3. An older adult has recently begun to display unprecedented lapses in short-term memory. The nurse overhears a colleague reassuring the person by saying, "Try not to worry; it's just a part of growing older." This is an example of which phenomenon?
 - A) multiple jeopardy
 - B) gerontophobia
 - C) age attribution
 - D) implicit ageism

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) "You have to remember that there's a huge economic disparity among older adults."
 - B) "Actually, the number of older people living below the poverty line has been increasing, not decreasing."
 - C) "This isn't 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 is conducting a study on 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) A majority of 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) Most older Americans reside in some form of institutional arrangement.
6. A nurse who provides care to many older adults recognizes the importance of implementing a wellness approach to care. What 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) Health problems are a Western cultural construct that has no objective physiologic basis.
 - C) Older adults must come to accept a decline in wellness as they age.
 - D) A holistic approach to caring for older adults can foster their well-being at every stage of life.
7. A diabetes nurse is providing care for an older adult client who is a regular client of the hospital's outpatient diabetes clinic. What 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're doing that might be exacerbating your diabetes?"
 - D) "How long do you think that you'll be able to live independently?"
8. A nurse cares for an older adult client whose current hospital admission is prompted by an exacerbation of chronic renal failure. Which action by the nurse will **best** emphasize the goal of client wellness?
- A) Ask that the client's code status be changed to "do not resuscitate."
 - B) Explore the client's abilities and strengths.
 - C) Show the client others who are more ill.
 - D) Teach the client that health problems do not have to affect daily routines.
9. 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) a decrease in the proportion of older adults who are members of minority groups
 - B) a gradual decline in overall life expectancy
 - C) average longevity of men exceeding that of women
 - D) increased use of assisted living facilities by older adults
10. A nurse identifies clients who are at risk for familial stress. Which client exemplifies the sandwich generation?
- A) a 50-year-old who balances the care of an 82-year-old parent and a 17-year-old child
 - B) a 58-year-old whose elderly parents are forced to live in separate care facilities
 - C) a 72-year-old who deals with personal health problems with the care of a grandchild
 - D) an 83-year-old who is the sole caregiver for a 79-year-old spouse

11. A nurse interviews a centenarian while gathering data for a large study. 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) "Aging might make you wiser, but it leads to eventual death."
 - B) "Healthy maturity is characterized by wisdom."
 - C) "How did you get to live to be this old?"
 - D) "I will never make it to 100 like you."
12. A nurse interviews a centenarian while gathering data for a large study. In the interview, the centenarian says, "You're only as old as you feel; some days I feel like I'm 50." To which definition of aging does this response correspond?
- A) chronologic aging
 - B) functional aging
 - C) perceived aging
 - D) subjective aging
13. 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 can't 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
14. Which statements, made by a new nurse, are myths and need correcting? 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 more diverse and people become less like their age peers."
15. A nurse assesses a community of older adults. Which person is at highest risk for a shortened life expectancy?
- A) a college professor born in 1956
 - B) a homemaker born in 1957
 - C) a nuclear engineer born in 1958
 - D) a nurse born in 1959

16. 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 poverty line?
- A) an 83-year-old single woman
 - B) a couple who are both 72 years old
 - C) a White 73-year-old man
 - D) a Hispanic couple who are both in their 60s

Answer Key

1. D
2. C
3. C
4. A
5. C
6. D
7. A
8. B
9. D
10. A
11. B
12. D
13. A
14. C, D
15. B
16. A

1. A nurse manager justifies the budget for education regarding cultural competency for the staff. Which justification will **best** support the need for this education?
 - A) There is an increased amount of diverse clients in the health care arena today.
 - B) Nurses have a moral obligation to achieve cultural competency with all cultural groups.
 - C) Government and health care organizations support the need for culturally competent care.
 - D) Life expectancies among minorities will increase while those among non-Hispanic Whites are expected to decrease.

2. A nurse is beginning a new job in an area with a large African American population. Which statements will assist the nurse to understand this group to better plan nursing care? (Select all that apply.)
 - A) Female-headed households are common among African Americans.
 - B) Older African Americans are more likely to be caring for their grandchildren.
 - C) Older African Americans are more likely than other older Americans to live alone.
 - D) African Americans as a group have a wide range of socioeconomic conditions.
 - E) Lifestyle and risk factors account for the health disparities with older African Americans.

3. A nurse has observed an increasing number of older Asian Americans in the hospital. Which statement regarding Asian cultures will **best** assist the nurse to plan nursing care for this group?
 - A) Asian Americans as a group have lower mortality rates.
 - B) Asian Americans view health as a state of physical and spiritual harmony.
 - C) Older Asian Americans are more likely than other Americans to live alone.
 - D) Asian Americans commonly care for older adults by placing them in institutional environments.

4. A nurse's colleague states, "Older people who live in the country are a lot healthier than city folk." Which statement by the nurse is **most** appropriate?
 - A) "Chronic conditions are more common among rural adults."
 - B) "This is mostly attributable to the problem of homelessness."
 - C) "The differences aren't large, but rural adults do have better health outcomes than do city dwellers."
 - D) "Higher levels of family support translate into longer average life spans for rural adults."

5. A nurse speaks at a staff development in-service. Which statement by a nurse participant shows the need for education?
 - A) "It's inaccurate to link the prevalence of particular diseases with particular minority groups."
 - B) "I know that the consequences of racism are still present and they're linked to health disparities."
 - C) "There's a huge amount of diversity within the group that's labeled 'Asians and Pacific Islanders.'"
 - D) "I'm sure the percentage of client-care hours that we spend working with minority clients is bound to increase."

6. A nurse has recently begun to provide care to older adults in a large, urban hospital. Having lived until recently in an ethnically homogeneous region, the nurse recognizes the significant differences in priorities and perspectives of clients from other cultural groups and has taken action to learn about these groups. What stage of cultural self-assessment is this nurse demonstrating?
 - A) consciously competent
 - B) consciously incompetent
 - C) unconsciously competent
 - D) unconsciously incompetent

7. A nurse reads up on some of the more common cultural groups in the local area. How should the nurse interpret the information that is available about cultural groups?
 - A) It is unjust to categorize individual clients as being members of a specific cultural group.
 - B) Cultural generalizations replace a client's assessment and care.
 - C) It is simplistic and problematic to make generalized claims about members of a particular cultural group.
 - D) Cultural generalizations can be useful and accurate, but they do not replace individualized assessment and care.

8. Following knee replacement surgery 10 days earlier, an older adult client diagnosed with an infection in the knee has a synovial fluid culture ordered. Obtaining the sample helps to determine the causative microorganism and to select an appropriate antibiotic. The above course of events characterizes what major health belief system?
- A) holistic paradigm
 - B) scientific paradigm
 - C) analytical paradigm
 - D) magico-religious paradigm
9. A nurse performs a reflective cultural self-assessment. Which outcome should the nurse expect?
- A) identification of the flaws and weaknesses of the nurse's own culture
 - B) an accurate ranking of different cultures according to their specific merits
 - C) progression from judgmental views of other cultures to recognition of positive attributes
 - D) the ability to assess clients according to their cultural affiliation rather than their individual characteristics
10. A nurse at a long-term care facility has completed the admission assessment of an older adult resident. The resident identifies as gay and has expressed sadness at having to leave the resident's partner of several decades in order to move to the facility. The nurse should recognize which in this individual's history?
- A) homelessness
 - B) stigmatization
 - C) infectious diseases
 - D) nominal employment or unemployment
11. A nurse plans culturally competent care for a variety of clients. Which culture has strong ties to low health status?
- A) Hispanic in race
 - B) member of LGBT community
 - C) low socioeconomic status
 - D) resident of urban community
12. A nurse verifies the health belief system of the Puerto Rican older adult client. Which belief is this client **most** likely to hold?
- A) Health is the absence of disease.
 - B) Health is obtainable by reaching a mature age.
 - C) Health is the quality of wholeness associated with healthy functioning.
 - D) Health is a gift or reward given as a sign of God's blessing and goodwill.
13. A clinic nurse assesses a client who has limited English-speaking ability. The client's child interprets for the client. Which action by the nurse is **most** appropriate?
- A) Talk directly to the interpreter.
 - B) Obtain a professional interpreter.

- C) Teach the family member the appropriate medical terminology.
 - D) Use the family member as a source for improving cultural competence.
14. Which actions will assist a nurse in improving cultural competence? (Select all that apply.)
- A) Read journals and other references.
 - B) Utilize organizations listed at the end of chapters.
 - C) Discuss cultural norms with clients' families.
 - D) Explore resources in Online Learning Activities.
 - E) Write teaching materials in prominent local languages.
15. A nurse works to protect vulnerable populations and reduce health disparities. Which nursing actions work toward that goal? (Select all that apply.)
- A) The nurse teaches each client about preventive care.
 - B) The nurse incorporates clients' belief systems into the plan of care.
 - C) The nurse communicates a nonjudgmental attitude toward health belief systems.
 - D) The nurse asks the client how the care system can incorporate the clients' health beliefs.
 - E) The nurse acknowledges that the clients in subgroups will not change beliefs or actions.

Answer Key

1. A
2. A, B, D
3. B
4. A
5. A
6. B
7. D
8. B
9. C
10. B
11. C
12. D
13. B
14. A, B, D
15. A, B, C, D

1. A nurse is using the Functional Consequences Theory for planning client care in a health care facility. Which statement would assist the nurse in implementing this theory?
 - A) "Most problems affecting older adults relate to issues of aging."
 - B) "Wellness is a concept that is broader than just physiologic functioning."
 - C) "The Functional Consequences Theory is an alternative to holistic nursing care."
 - D) "Most functional consequences cannot be addressed through nursing interventions."

2. A nurse is working with an older adult female client newly diagnosed with osteoporosis. Which interaction promotes achievement of wellness outcomes?
 - A) The nurse teaches the client about how the client's risk factors are a consequence of age.
 - B) The nurse plans interventions in light of the body-mind-spirit interconnectedness of the client.
 - C) The nurse performs strength and mobility training appropriate to the client's age and diagnosis.
 - D) The nurse teaches the client about bone density in older women and the role of vitamin D and calcium intake.

3. A nurse is teaching a colleague about the difference between age-related changes and risk factors. Of the following examples, which should the nurse use when discussing age-related changes? (Select all that apply.)
 - A) an older adult with muscle weakness
 - B) an older adult with obstructive lung disease
 - C) an older adult with decreased bowel motility
 - D) an older adult with cognitive changes from medications

4. A nurse determines risk factors for an older adult client's plan of care. Which characteristics of the client would the nurse consider risk factors? (Select all that apply.)
 - A) chronic bronchitis
 - B) loss of bone density
 - C) decreased vital lung capacity
 - D) delayed gastric emptying
 - E) digoxin toxicity

5. A nurse is identifying positive functional consequences as part of the development of an older client's care plan. Which outcomes exemplify the concept of positive functional consequences for an older adult? (Select all that apply.)
 - A) The older adult schedules cataract surgery.
 - B) The older adult has constipation from pain medication.
 - C) The older adult with arthritis can walk 1 mile without pain.
 - D) The older adult who is overweight develops a plan to lose 2 lb (.91 kg) a month.

6. A nurse uses the Functional Consequences Theory to assess older adults. Which situation **best** demonstrates the effect of physical environment on the older adult?
 - A) A resident of a care facility experiences a fall because there are not grab bars outside the bathtub.
 - B) An older adult cannot afford a wheeled walker and suffers a fall while trying to ambulate using a cane.
 - C) An assisted living resident requires care for emphysema that resulted from a 70-year history of cigarette smoking.
 - D) A hospital client develops Clostridium difficile-related diarrhea because a care provider did not perform adequate handwashing.

7. A nurse plans interventions to promote wellness in older adults. Which intervention is **most** appropriate to meet this goal?
 - A) placing an older adult on the waitlist for a kidney transplant
 - B) facilitating early mobilization to prevent muscle wasting and loss of function in a hospitalized older client
 - C) talking with the provider about available treatment options for an older adult with an acute illness
 - D) deferring the final decision regarding an older adult's choice of assisted living facility to the person's children

8. A nurse in the long-term care facility plans care to improve an older adult client's quality of life. Which action is **most** likely to enhance an older adult's connectedness with family?
 - A) organizing a client's intravenous antibiotic therapy on an outpatient basis
 - B) teaching a client who has had a below-the-knee amputation about how to care for the stump
 - C) performing a focused respiratory assessment on a client who has a diagnosis of lung cancer