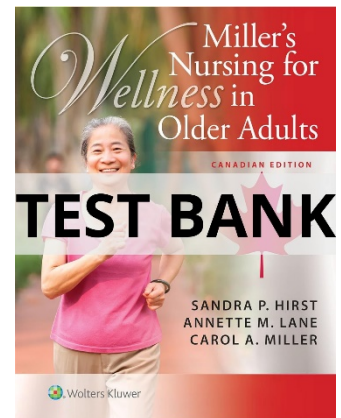


1. A nurse is discussing an older adult's recent diagnosis of rheumatoid arthritis with a colleague. Which of the nurse's statements reflects an accurate view of the relationship between aging and wellness?
 - A) "It's important that the individual knows this is an expected part of growing older."
 - B) "We need to teach the older adult how he can keep living a fruitful life in spite of his diagnosis."
 - C) "We need to make sure our teaching is not too detailed for someone of his age."
 - D) "We need to ensure his expectations of continuing to live alone are realistic."
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) "Do you feel like you actively engage with life?"
 - 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." The nurse recognizes that this is an example of what phenomenon?
 - A) Multiple jeopardy
 - B) Gerontophobia
 - C) Age attribution
 - D) Implicit ageism
4. A nurse hears a colleague make the statement, "Most 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. Which statement should the nurse take into account?
 - A) A majority of older adults will live in a nursing home at some point.
 - B) More older men live alone than do older women.
 - C) Assisted living arrangements have become increasingly common.
 - D) Most older adults 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 a 73-year-old client who is a regular client of the hospital's out-patient 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 81-year-old client whose current hospital admission has been prompted by an exacerbation of chronic renal failure. Which action by the nurse will best emphasize the goal of client wellness?
- A) Ask for 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 those who are at risk for familial stress. Who exemplifies the sandwich generation?
- A) 50-year-old who balances the care of an 82-year-old parent and a 20-year-old child
 - B) 58-year-old whose elderly parents have been forced to live in separate care facilities
 - C) 72-year-old who deals with own health problems with the care of a grandchild
 - D) 83-year-old who is the sole caregiver for the 79-year-old spouse

11. A nurse interviews a centenarian, gathering data for a large study. In the interview, the centenarian defines aging as not growing older, but growing wiser. Which represents the nurse's best response to this definition?
 - A) "Aging might make you wiser, but it does lead to eventual death."
 - B) "Healthy maturity is characterized by wisdom."
 - C) "How did you get to live to this old?"
 - D) "I will never make it to be 100 like you."

12. A nurse interviews a centenarian, 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." Most of the people on the client's delivery route are in their 60s. 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 Canada, 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 Old Age Pension."
 - 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. Who is at highest risk for a shortened life expectancy?
 - A) College professor born in 1956
 - B) Homemaker born in 1957
 - C) Nuclear engineer born in 1958
 - D) Nurse born in 1959

16. A nurse assesses the risk of the members of the community. Who is most likely to be living at or below the poverty line?
 - A) 83-year-old single woman

- B) Couple who are both 72 years old
- C) Caucasian 73-year-old man
- D) Caucasian couple in their 60s

Answer Key

1. B
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) Life expectancies among minorities are expected to increase.
 - B) Government and health care organizations support the need for culturally competent care.
 - C) Every nurse–client encounter involves some degree of cultural differences.
 - D) Nurses have a moral obligation to achieve cultural competency with all cultural groups.

2. A nurse is beginning a new job in an area with a Canadian Aboriginal population. Which statements will assist the nurse to understand this ethnic/race culture to better plan nursing care? (Select all that apply.)
 - A) Canadian Aboriginals include First Nations, Metis and Inuits.
 - B) The Aboriginal population is growing much faster than the general population in Canada.
 - C) Lifestyle and risk factors account for the health disparities with the Aboriginal Canadian population.
 - D) Older Aboriginal Canadians are more likely than other older Canadians to live alone.
 - E) Many older Aboriginal Canadians experienced trauma at government-run residential schools.

3. A nurse has observed an increasing number of older South Asian Canadians in the hospital. Which statement regarding the South Asian Canadian culture will best assist the nurse to plan nursing care?
 - A) South Asian Canadians experience more cardiovascular problems than do other ethnic groups.

- B) South Asian Canadians are able to access health services to follow through with treatment regimens.
 - C) Older South Asian Canadians are more likely than other older Canadians to live alone.
 - D) South Asian Canadians do not comply with western treatments.
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) "The differences aren't large, but rural adults do have better health outcomes than do city dwellers."
 - B) "Older adults living in rural areas tend to be more disadvantaged."
 - C) "Overall, yes. Higher levels of family support translate into longer average life spans for rural adults."
 - D) "Unfortunately, no. And this is mostly attributable to the problem of homelessness."
5. A nurse speaks at a staff development in-service. Which statement by a nurse participant shows the need for education?
- A) "I know that the consequences of discrimination are still present and they're linked to health disparities."
 - B) "I'm sure the percentage of client-care hours that we spend working with minority clients is bound to increase."
 - C) "Some may erroneously assume that there are few health disparities because Canada has a universal health care system."
 - D) "It's inaccurate to link the prevalence of particular diseases with particular minority groups."
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 has begun to recognize 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) Unconsciously incompetent
 - B) Consciously incompetent
 - C) Consciously competent
 - D) Unconsciously competent
7. A nurse reviews 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) Characteristics of cultural groups are normally consistent between every member of that group.
 - B) Cultural generalizations can be useful and accurate, but they do not replace individualized assessment and care.
 - C) It is simplistic and problematic to make generalized claims about members of a particular cultural group.

- D) It is unjust to categorize individual clients as being members of a specific cultural group.
8. Following knee replacement surgery 10 days earlier, a 79-year-old woman has been diagnosed with an infection in the knee. A sample of synovial fluid has been cultured in order to determine the causative microorganism and to select an appropriate antibiotic. This course of events characterizes what major health belief system?
- A) Magico-religious paradigm
 - B) Holistic paradigm
 - C) Scientific paradigm
 - D) Analytical paradigm
9. A nurse performs a reflective cultural self-assessment. Which outcome should the nurse expect?
- A) An accurate ranking of different cultures according to their specific merits
 - B) Identification of the flaws and weaknesses of the nurse's own culture
 - 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 individual characteristics
10. A nurse at a long-term care facility has completed the admission assessment of a 79-year-old male resident. The resident has identified himself as gay and has expressed sadness at having to leave his partner of several decades in order to move to the facility. The nurse should recognize that this resident is likely to have a history of:
- A) Homelessness
 - B) Stigmatization
 - C) Nominal employment or unemployment
 - D) Infectious diseases
11. A nurse plans culturally competent care for a variety of clients. Which culture is most strongly tied to the low health status?
- A) Chinese Canadian Race
 - B) Low socioeconomic status
 - C) Member of LGBT society
 - D) Resident of urban community
12. A nurse verifies the health belief system of the Black Canadian older adult client. Which belief is this client most likely to hold?
- A) Health is a gift or reward given as a sign of God's blessing and goodwill.
 - B) Health is obtainable by reaching a mature age.
 - C) Health is the absence of disease.
 - D) Health is the quality of wholeness associated with healthy functioning.

13. A clinic nurse assesses a client who has limited English-speaking ability. The child interprets for the client. Which action by the nurse is most appropriate?
- A) Obtain a professional interpreter.
 - B) Talk directly to the interpreter.
 - C) Teach the family member the appropriate medical terminology.
 - D) Use the family member as a source for improving cultural competence.
14. Which sources might nurses use to improve their cultural competence? (Select all that apply.)
- A) Discuss cultural norms with clients' families.
 - B) Explore the resources in Online Learning Activities.
 - C) Read journals and other references.
 - D) Utilize organizations listed at the end of chapters.
 - 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 acknowledges that the clients in subgroups will not change beliefs or actions.
 - B) The nurse communicates a nonjudgmental attitude toward health system beliefs.
 - C) The nurse incorporates clients' belief systems into the plan of care.
 - D) The nurse asks the client how the care system can incorporate the clients' health beliefs.
 - E) The nurse teaches each client about preventive care.

Answer Key

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

1. A nurse is using the Functional Consequences Theory as a lens for planning client care in a health care facility. Which represents a key element of this nursing theory?
 - A) Most problems affecting older adults may be attributed to age-related changes.
 - B) Most functional consequences cannot be addressed through nursing interventions.
 - C) Wellness is a concept that is broader than just physiologic functioning.
 - D) The Functional Consequences Theory is an alternative to holistic nursing care.

2. A nurse is working with a 79-year-old client newly diagnosed with osteoporosis. Which interaction promotes achievement of wellness outcomes?
 - A) The nurse performs strength and mobility training appropriate to the client's age and diagnosis.
 - B) The nurse teaches the client about bone density in older women and the role of vitamin D and calcium intake.
 - C) The nurse plans interventions in light of the body–mind–spirit interconnectedness of the client.
 - D) The nurse teaches the client about how her risk factors are a consequence of age.

3. A nurse is teaching a colleague about the difference between age-related changes and risk factors. Which example should the nurse use when discussing age-related changes?
 - A) An older adult with a diagnosis of diabetes mellitus
 - B) An older adult who is obese
 - C) An older adult with obstructive lung disease
 - D) An older adult with decreased bowel motility

4. A nurse determines risk factors for an 81-year-old client's plan of care. Which characteristics of the client would the nurse consider as a risk factor? (Select all that apply.)
 - A) Chronic bronchitis

- B) Loss of bone density
 - C) Decreased vital lung capacity
 - D) Delayed gastric emptying
 - E) Digoxin (Lanoxin) 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 with arthritis can walk 1.6 km without pain.
 - B) The older adult who is overweight develops a plan to lose 4.4 kg a month.
 - C) The older adult has constipation from pain medication.
 - D) The older adult schedules cataract surgery.
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 no grab bars outside his bathtub.
 - B) A hospital client develops *Clostridium difficile*-related diarrhea because a care provider did not perform adequate handwashing.
 - C) An older adult cannot afford a wheeled walker and suffers a fall while trying to ambulate using a cane.
 - D) An assisted-living resident requires care for emphysema that resulted from a 70-pack-year history of cigarette smoking.
7. A nurse in long-term care plans interventions to promote wellness in older adults. Which intervention is most appropriate to meet this goal?
- A) Talking with the physician about available treatment options for an older adult with an acute illness
 - B) Facilitating early mobilization to prevent muscle wasting and loss of function in a hospitalized older adult
 - C) Deferring the final decision regarding an older adult's choice of assisted living facility to the person's son and daughter
 - D) Placing a 76-year-old on the waitlist for a kidney transplant
8. A nurse in the long-term care facility plans care to improve quality of life. Which action is most likely to enhance the older adult's connectedness?
- A) Teaching a client who has had a below-the-knee amputation how to care for his stump
 - B) Organizing a client's intravenous antibiotic therapy on an outpatient basis
 - C) Performing a focused respiratory assessment on a client who has a diagnosis of lung cancer
 - D) Advocating for a husband and wife to remain in the same room of a long-term care facility, as is their preference