



1. 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, Social Security ensures a sufficient level of income for people over 65."
  - B) "It helps that older people don't 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's reassuring older adults are receiving more concern than in decades past."
2. A public health nurse who directs a homecare program that serves an area with a large population of older adults is conducting a long-term strategic plan. Which phenomenon would be most important for the nurse to integrate when planning for the future?
  - A) While life expectancy will continue to rise, the percentage of older adults in the United States 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.
3. A nurse who practices in a long-term care facility is providing care for a 101-year-old black female. The nurse's coworker states, "It's gratifying that black people in this country are finally reaching the same levels of health that white people are enjoying." Which response would be most appropriate?
  - A) "Actually, the difference in life expectancy between blacks and whites is growing, not shrinking."
  - B) "We've not yet arrived at a place where the life expectancies are equal between black and white people, but the gap is decreasing gradually."
  - C) "Black women do tend to live longer than white women, but the overall life expectancies when men are included are not yet equal."
  - D) "Since the 1980s, the life expectancies of black and white Americans have remained nearly the same."
4. 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 women than men live alone. Which phenomena would the nurse most likely attribute to this situation?
  - A) Women tend to live longer than men and marry men older than themselves.
  - B) Men tend to have greater access to care facilities due to higher incomes and savings.
  - C) Men are more likely to live with younger family members following the death of a spouse.

- D) Social pressures tend to stigmatize older men who live alone.
5. A nurse is conducting a class for a group of nurses who are employed at the local community health center that serves a large older adult population. As part of the class, the nurse discusses the impact of the older adult's financial status on their life. The nurse determines that the teaching was successful based on which statement by the group?
- A) "The percentage of older people living below the poverty level has been increasing."
  - B) "The financial needs of most older adults are well met by Social Security income alone."
  - C) "The recent decline in housing prices has made many older adults 'asset rich and cash poor.'"
  - D) "Women 65 years of age and older are the fastest growing group of employment."
6. A nursing care aide 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) "Truthfully, the prevalence of obesity and accompanying chronic illnesses mean that young people actually have more chronic conditions than older adults."
  - B) "It's actually a myth that older adults require more hospitalization than young people."
  - C) "Actually, older adults experience fewer acute illnesses than younger people; it's just that they tend to take longer to recover from them."
  - D) "With the increase in life expectancies in recent years, most older people actually live free of chronic diseases until very late in life."
7. 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.
8. 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) Adjusting for inflation, baby boomers have lower incomes than their parents had.
  - C) Due to technology, 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.
9. An 85-year-old man has been admitted to the hospital with exacerbation of his chronic obstructive pulmonary disease (COPD). His family has expressed concern about their ability to pay for his present and future care. The nurse offers support and guidance to the family, offering suggestions based on which aspect associated with the payment for care services by older adults?
- A) The financial burden of care for most older adults is minimal due to ownership of high-value assets.
  - B) Private insurers most often cover the payment for long-term care of older adults.
  - C) Most older adults have their basic care needs provided in a long-term facility.
  - D) Federal money pays for more care than do older adults or private insurers.
10. A nurse is providing care to an 89-year-old female resident of a nursing home. While visiting, the resident's daughter makes a statement about older adults. Which statement, if made by the resident's daughter, would require the nurse to respond?
- A) "It seems like more and more people are living well into their 80s like my mom."
  - B) "My mom has a house worth loads of money but little cash flow, like many older adults."
  - C) "It seems like heart disease is getting more common even though people live longer than they used to."
  - D) "There are more women living to my mother's age than there are men."
11. A gerontological nurse is conducting an in-service program for a group of nurses working at a local long-term care facility. The nurse is describing how older adults have been viewed over time, comparing the relationship between age and value of the present with those of the past. The nurse determines that the program was successful when the group describes which view as reflecting that of ancient times?
- A) Increased value was associated with advanced age.
  - B) As age increased, the level of respect declined.
  - C) Respect was highly variable, depending on the underlying culture and times.
  - D) Respect for older adults remained fairly consistent through the ages.
12. A gerontological nurse is working with a group of local officials to develop programs to address the health of older adults in the community. As part of this process, the group is reviewing information about the views of older adults throughout history and legislation related to health care and financial security for the older adult. Which situation would the group most likely identify as playing a major role in laws enacted during the 20th century?
- A) England's 17th-century Poor Laws
  - B) Child labor laws of the 19th century
  - C) The Biblical commandment, "Honor your father and your mother"
  - D) The tradition of respect for the elderly passed down from ancient Roman law

13. A female patient is newly admitted to a long-term care facility. The patient is not satisfied with the conditions of the facility, takes a highly active role in her health care, and because of her ability to access information, has as much knowledge as her health care providers on some health issues. The nurse interprets these findings as indicating that the patient is most likely:
- A) A young-old female baby boomer who just turned 65 years of age
  - B) An older woman between 75 to 85 years of age
  - C) An old-old woman over age 85
  - D) An elite older woman older than 100 years
14. A gerontological nurse is participating in a local job fair. When discussing the increasing importance of gerontological nursing when looking toward the future, one of the attendees asks, "But why will its importance increase?" The nurse would incorporate understanding about which trend when responding?
- A) More people will be presenting with the same health care challenges
  - B) More older adults are living in increasingly squalid living conditions
  - C) More people are surviving the previously hazardous period of infancy
  - D) More people are spending a longer time span in old age
15. 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 mental 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 the older adults
16. A nurse is reading a journal article about population growth trends and life expectancy in older adults. The nurse notes that from the late 1980s to the present, the gap in life expectancy between individuals in the white and black populations has widened. Which factor would the nurse most likely identify as most clearly accounting for this trend?
- A) Acute illness in the black population has increased
  - B) Infant mortality in the white population has declined
  - C) The life expectancy of black Americans has declined in comparison
  - D) Deaths from homicide in the white population have increased
17. A gerontological nurse is working to develop programs to address the major chronic illnesses in the local older adult population. A review of this population reveals that the most common chronic illnesses affecting this group correlated with those identified nationally. Which condition would the nurse identify as the priority?
- A) Diabetes mellitus
  - B) Hearing impairments
  - C) Hypertension
  - D) Arthritis

18. A gerontological nurse is providing care to a population of older adults. As part of planning for this group, the nurse integrates knowledge about their financial situations as playing a key role in affecting this population's nutritional needs and access to medical care. Which trend reflects the status of most older adults that the nurse would need to integrate into their plans of care?
- A) Own their own homes and have sufficient monthly income
  - B) Get more than half their income from Social Security and live above the poverty level
  - C) Are an increasing percentage of the labor force but are “cash poor”
  - D) Are retiring at earlier ages, resulting in living below the poverty level
19. A gerontological nurse is reviewing research about factors contributing to limitations in self-care and independent living among the older adults to develop plans to address these areas. Which factor would the nurse most likely find as the major contributing factor?
- A) Lack of family support
  - B) Low financial assets
  - C) Acute injury
  - D) Chronic illness
20. 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.
21. 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 most likely 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
22. A nurse is conducting a presentation to a group of individuals at a local community center. The group consists of individuals who began entering their senior years in 2011 through the present as well as those continuing to enter their senior years until 2030. Which characteristic associated with this group would the nurse need to keep in mind?
- A) They would experience fewer chronic diseases but more acute illnesses
  - B) They would receive greater support from their children and spouses
  - C) They would be better educated and have greater wealth
  - D) They would have fewer needs for hospital or nursing home care

23. A nurse is assessing several patients. Which patient history would the nurse most likely identify as belonging to a person older than 65 years of age?
- A) In the last year, Patient F has been treated for a skin rash, a sprained ankle, and influenza.
  - B) Patient G takes medications daily for arthritis pain relief and reduction of blood pressure levels.
  - C) Patient H complains of chronic fatigue, stress-related allergies, and acid reflux after meals.
  - D) Patient I has been to the emergency room three times in the past year for ear infections and allergy attacks.
24. Hospital management is reviewing departmental statistics. Which department most likely has the highest death rate of patients over age 65, and why?
- A) Oncology, because older adults have been exposed to more carcinogens in their long lifetimes.
  - B) Cardiology, because despite a decline in recent years, heart disease remains the number one cause of death among older adults.
  - C) Endocrinology, because older adults already experience compromised immune systems.
  - D) Neurology, because stroke and Alzheimer's disease together cause more older adult deaths than any other conditions.

## Answer Key

1. D
  2. C
  3. A
  4. A
  5. C
  6. C
  7. A
  8. A, D
  9. D
  10. C
  11. C
  12. A
  13. A
  14. D
  15. B
  16. C
  17. D
  18. B
  19. D
  20. B
  21. A
  22. C
  23. B
  24. B
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1. A gerontological nurse is preparing a plan of care for an older adult applying the error theory of aging as the foundation of the plan. Which concept would the nurse most likely integrate into the plan?
    - A) Perpetuation of DNA mutations results in organ and system malfunction.
    - B) Age-related dysfunction of organs and body systems results in DNA mutation.
    - C) The number of cell divisions is genetically predetermined.
    - D) Errors in organ function contribute to changes in the cells' genetic code.
  
  2. A gerontological nurse is conducting an in-service presentation to a group of nurses working at a long-term care facility about the various theories of aging. When describing the error theory of aging, the nurse explains the steps involved. Which step would the nurse describe first?
    - A) Organ, tissue, and system malfunction
    - B) Perpetuation of mutation during cell divisions
    - C) DNA mutation
    - D) Overall decline in body functions
    - E) Decline in body function

3. A nurse is explaining to an older adult client that many of the changes in his body that are currently causing him frustration may have their origins in genetic changes that may have in fact benefited him during his younger years. Which theory of aging underlies the nurse's explanation?
  - A) Disposable soma theory
  - B) Free radical theory
  - C) Mutation accumulation theory
  - D) Antagonistic pleiotropy theory
  
4. An 80-year-old female client who enjoys good health explains to the nurse that she attributes her health status to her regular intake of berries, fruit juices, and green tea, which she states "help cleanse the damaging molecules out of my body." The nurse interprets this statement as reflecting which theory of aging?
  - A) Free radical theory
  - B) Biogerontology
  - C) Disposable soma theory
  - D) Cross-linking theory
  
5. A nurse is discussing an older adult client's apparent increased susceptibility to infection with his family. Which explanation by the nurse would be most congruent with current thought around the autoimmune role in the aging process?
  - A) "Changes that we call 'mutations' in your father's cells make his organs more vulnerable to chronic illness and germs."
  - B) "Older adults often have more difficulty fighting off infections because of their weaker immune systems, and their bodies can even attack themselves."
  - C) "Diseases such as arthritis, which we term 'autoimmune,' make older people more likely to catch viruses and other bugs."
  - D) "Our bodies seem to have an 'expiration date,' after which we are far more likely to get infections and develop chronic illness."
  
6. A clinical nurse specialist is espousing the disengagement theory of aging when teaching staff how best to meet the needs of older clients. Which teaching points best captures the disengagement theory of aging?
  - A) "Older adults often benefit from a gradual and controlled withdrawal of their own interests from society's interests."
  - B) "The disengagement between an older adult's abilities and desires can lead to frustration and, ultimately, to illness."
  - C) "The lack of synchronicity between older adults' immune systems and their environments can be the root of many problems."
  - D) "It is imperative that we ensure older adults remain engaged with interests and events beyond themselves."



7. The nurse manager of a long-term care facility is developing programs for the residents, integrating the concepts of the activity theory of aging. When explaining these programs to the staff, which statement would be most appropriate?
- A) "We need to facilitate older adults' desire to step back from the responsibilities and roles they had in earlier years."
  - B) "It's hard to overestimate the importance of regular, physical exercise in maintaining health and healthy aging."
  - C) "We need to remember that the psychological roles and characters of our residents change profoundly in later years of life."
  - D) "We have to treat our residents like younger people and keep them engaged in meaningful acts."
8. A nurse is assessing several older adult clients. Which client would the nurse identify as continuing to struggle with achieving Erikson's task of reconciling ego integrity with despair?
- A) An 80-year-old man is struggling to determine his identity apart from his lifelong career as a business leader.
  - B) A 79-year-old woman has established habits that promote her financial independence despite a lack of savings.
  - C) An 80-year-old man revels in his large, happy family rather than focusing on his mobility limitations resulting from Parkinson disease.
  - D) A 77-year-old man is trying to determine whether his life has had deep significance and meaning.
9. A gerontological nurse working at an assisted living facility is developing programs for the clients to promote healthy aging. Which area would the nurse most likely include? Select all that apply.
- A) Discussing current events with clients who read and watch television.
  - B) Placing a bib on each client during meal times to ensure cleanliness.
  - C) Challenging clients to learn new skills and develop pre-existing talents.
  - D) Facilitating introductions between new and existing clients.
  - E) Fostering a focus on the here and now instead of reminiscing about the past.
10. A nurse notes that a 90-year-old male client on a hospital medical unit with a high population of older adults has been talking about death frequently. Given that the nurse has good rapport with the client, which response by the nurse would be most appropriate?
- A) "Try to focus more on the positive benefits of healing rather than what might happen."
  - B) "Remember that in this day and age, many people can live far beyond 90 years of age."
  - C) "I've noticed you've brought up the issue of dying a lot. How do you feel about that?"
  - D) "You'll find that aiming for health rather than thinking about death will have positive results."

11. A gerontological nurse is conducting a program for a group of nurses who work with a large population of older adults. During the program, one of the nurses asks, "Everybody gets old. Why do we need to understand the aging process?" Which response by the nurse would be most appropriate?
- A) "It's important because it will help you help your clients live longer with their long-term disabilities."
  - B) "This understanding will help you to help your clients stay younger longer and and delay the onset of old age."
  - C) "It's crucial so you can help your clients learn to accept the limitations imposed by genetic tendencies toward cellular degeneration."
  - D) "Knowing what happens will help you to help your clients engage in more positive health practices."
12. Two women of the same age are in their health care provider's waiting room. They are talking about their ailments and their beliefs about aging. One of the women argues that the other must be older because she has more ailments. The nurse overhears the discussion and intervenes by explaining an underlying theme associated with all biological theories of aging. Which explanation would the nurse most likely include?
- A) "Aging is a predictable cellular process."
  - B) "Cells undergo a specific number of divisions."
  - C) "No two individuals age identically."
  - D) "Body systems decline at the same rate."
13. A gerontological nurse is conducting a program for a group of older adults about aging and the various theories that have been proposed. When describing the programmed theory of aging, which information would the nurse most likely integrate into the discussion as supporting this theory?
- A) The life spans attained by parents and their offspring are negatively correlated.
  - B) Mutations perpetuate themselves through each cycle of cell division.
  - C) In certain cultures, cells go through a finite number of cell divisions before dying.
  - D) Cells from older donors divide faster than those from younger donors.
14. A gerontological nurse is reviewing a journal article about the biological theories of aging. The article compares and contrasts the error theory of aging and the cross-linking theory of aging. Which information would the nurse expect to find as a common concept?
- A) Free radicals cause mutations in cells.
  - B) Senescence is environmentally controlled at the cellular level.
  - C) Changes in DNA lead to organ malfunctions.
  - D) Genetic programming determines life expectancy.