Gerontologic Nursing 6th edition Meiner Test Bank

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MULTIPLE CHOICE

1. The practitioner who believes in the free radical theory of aging is likely to recommend that the older adults
   a. avoid excessive intake of zinc or magnesium.
   b. supplement his or her diet with vitamins C and E.
   c. increase intake of complex carbohydrates.
   d. avoid the use of alcohol or tobacco.

   ANS: B
   Vitamins C and E are two naturally occurring antioxidants that appear to inhibit the functioning of the free radicals or possibly decrease their production in the body. The free radical theory of aging is not related to zinc, magnesium, carbohydrates, or alcohol and tobacco.

   DIF: Applying OBJ: 2-5 TOP: Nursing Process: Planning
   MSC: Health Promotion and Maintenance

2. To provide effective care to the older adult, the nurse must understand which of the following?
   a. Older adults are not a homogeneous sociologic group.
   b. Little variation exists in cohort groups of older adults.
   c. Health problems are much the same for similar age groups of older adults.
   d. Withdrawal by an older adult is a normal physiologic response to aging.

   ANS: A
   Older adults are not a homogenous sociological group, having four distinct cohort groups and many individual variations within these cohorts. Nurses must take to not treat older adults as if they were all the same. Health needs will vary among the cohorts and among individuals. Withdrawal is not a normal part of aging and may signify depression.

   DIF: Understanding OBJ: 2-2
   TOP: Nursing Process: Planning MSC: Health Promotion and Maintenance

3. The nurse is using the eight stages of life theory to help an older adult patient assess the developmental stage of personal ego differentiation. The nurse does this by assisting the patient to do which of the following?
   a. Determine feelings regarding the effects of aging on the physical being.
   b. Describe feelings regarding what he or she expects the future to hold.
   c. Identify aspects of work, recreation, and family life that provide self-worth and pleasure.
   d. Elaborate on feelings about the prospect of his or her personal death.

   ANS: C

During the stage of ego differentiation versus work role preoccupation, the task for older adults is to achieve identity and feelings of worth from sources other than the work role. The onset of retirement and termination of the work role may reduce feelings of self-worth. In contrast, a person with a well-differentiated ego, who is defined by many dimensions, can replace the work role as the major defining source for self-esteem. Determining feelings related to the effects of aging, future death, or what the future may hold is not part of this theory.

DIF: Applying OBJ: 2-5 TOP: Nursing Process: Implementation
MSC: Psychosocial Integrity

4. A patient is recovering from a mild cerebral vascular accident (CVA). The home care nurse notes that the patient is talking about updating a will and planning funeral arrangements. Which of the following responses is most appropriate for the nurse to make?
   a. "You seem to be preoccupied with dying."
   b. "Is there anything I can do to help you?"
   c. "Are you worried about dying before you get your affairs in order?"
   d. "Let's focus on how you are recovering rather than on your dying."

   ANS: B
   According to Peck's expansion of Erikson's theory, the older adult who has successfully achieved ego integrity and ego transcendence accepts death with a sense of satisfaction regarding the life led and without dwelling on its inevitability. The patient's action reflects a healthy transition and should be supported. Using the word "preoccupied" sounds judgmental. Asking if the patient is worried is a yes/no question and is not likely to lead to further conversation. Saying "Let's focus on you how are recovering" discounts the patient's decisions and actions and is patronizing.

   DIF: Applying OBJ: 2-4 TOP: Nursing Process: Implementation
   MSC: Psychosocial Integrity

5. A nurse is caring for a patient whose spouse died recently from a sudden illness after 45 years of marriage. The patient was the primary caregiver for the spouse during this time. The patient is now depressed and withdrawn and has verbalized feelings of uselessness. Which action by the nurse is best?
   a. Encourage the patient take up a hobby that will occupy some time.
   b. Explain that volunteering would be an excellent way to stay useful.
   c. Assure the patient that these feelings of sadness will pass with time.
   d. Ask the patient to share some cherished memories of the spouse.

   ANS: B
   Volunteering will help the patient to interact with people and feel productive and valued for the ability to help others as stated in the activity theory. A hobby does not offer the chance to help others and may create more isolation. Assuring the patient that feelings will pass is false reassurance and does nothing to help the patient to be proactive. Reminiscing is a valued activity, but it is not the best choice for regaining a sense of usefulness.

   DIF: Applying OBJ: 2-4 TOP: Nursing Process: Implementation
   MSC: Psychosocial Integrity

6. A patient has recently been diagnosed with end-stage renal disease. The patient has cried often throughout the day and finally confides in the nurse that "I am going home to be with my Lord." The nurse's best response is
   a. "There is no reason to believe the end is near."
   b. "Do you want me to call your family?"
   c. "We have a wonderful chaplain if you'd like me to call him."
   d. "I think this is the time for us to pray together."

   ANS: C
   It is important for the nurse to acknowledge the spiritual dimension of a person and support spiritual expression and growth while addressing spirituality as a component in holistic care without imposing upon the patient. Because the patient has made reference to the Lord, the nurse can safely offer religion-oriented spiritual care. Telling the patient there is no reason to believe that death is near does not help the patient work through emotions and is providing false reassurance. Asking about calling the family is a yes/no question and is not therapeutic. The nurse is assuming too much by saying it is time to pray.

   DIF: Applying OBJ: 2-4 TOP: Nursing Process: Implementation
   MSC: Psychosocial Integrity

7. A nurse is responsible for the care of 20 older adults in a unit of an assisted living facility. In order to best address the needs and wants of the entire unit's population, the nurse
   a. strictly adheres to facility policies so that all patients will be treated equally.
   b. encourages specific age cohorts to gather in the dayroom because they share similar interests.
   c. has the unit vote on which television programs will be watched each evening.
   d. schedules the patients' bathing times according to their individual preferences.

   ANS: D
   Older adults continue to feel valued and viewed as active members of society when allowed to maintain a sense of control over their living environment by attention to personal choices and rituals. Adhering strictly to policies does not allow for individualized care. Not all in the same age cohort will have similar interests. Voting on television programs does not ensure each individual feels a sense of worth.

   DIF: Applying OBJ: 2-5 TOP: Nursing Process: Planning
   MSC: Psychosocial Integrity

8. In planning the care for an older adult patient, the nurse will best promote health and wellness by
   a. encouraging independent living and self-care.
   b. scheduling regular cardiac and respiratory health screenings.
   c. effectively delivering health-related educational information.
   d. promoting a nutritious diet and an age-appropriate exercise routine.

   ANS: C
   Providing well-prepared and effectively delivered health-related educational information will provide the best means of promoting a patient's ability to impact his or her wellness and general health. Increased health literacy is related to improved wellness activities. Each of the other options is too narrow to be the most effective way to promote health and wellness.

DIF: Applying OBJ: 2-5 TOP: Nursing Process: Planning
MSC: Health Promotion and Maintenance

9. Which theory of aging does the student learn is related to problems with DNA transcription?
   a. Free radical theory
   b. Limit theory
   c. Cross-linkage theory
   d. Wear-and-tear theory

   ANS: A
   The free radical theory poses that mutations in DNA/RNA transcription from the action of free radicals lead to aging. The Limit theory states that cells are not immortal and do not undergo unending replication. The cross-linkage theory states that normally separated molecular structures are bound together through chemical reactions and that this interferes with metabolic processes. The wear-and-tear theory postulates that normal activity causes wear and tear on the body, leading to aging.

   DIF: Remembering OBJ: 2-1
   TOP: Integrated Process: Teaching-Learning
   MSC: Physiologic Integrity: Physiologic Adaptation

10. According to which theory does cancer occur as a possible result of aging?
    a. Free radical theory
    b. Limit theory
    c. Immunity theory
    d. Cross-linkage theory

    ANS: C
    Immunosenescence is the term used in immunity theory to describe an age-related decrease in immune functioning. According to this theory, as people age, they are more prone to getting cancer or autoimmune diseases because of this phenomenon. The error free radical theory poses that mutations in DNA/RNA transcription from the action of free radicals lead to aging. The Limit theory states that cells are not immortal and do not undergo unending replication. The cross-linkage theory states that normally separated molecular structures are bound together through chemical reactions and that this interferes with metabolic processes.

    DIF: Remembering OBJ: 2-1
    TOP: Integrated Process: Teaching-Learning
    MSC: Physiologic Integrity: Physiologic Adaptation

11. A nurse is caring for an older patient who is sedentary and does not want to participate in any activities. What action by the nurse is best?
    a. Inform the patient about the consequences of immobility.
    b. Promote activity by explaining the “use it or lose it” concept.
    c. Tell the patient he or she will feel better by being more active.
    d. Explain the relationship of being active and being independent.

    ANS: D

Activity increases circulation, provides range of motion, and leads to clearer mental functioning. Activity helps a person remain independent and able to perform activities of daily living (ADLs) and instrumental ADLs. Presenting information in a positive light that encourages the patient to take control of his or her own health is more likely to be successful than stressing the negative such as consequences of immobility or the concept of "use it or lose it." Telling the patient that he or she will feel better does not give concrete information the patient can use to make decisions.

DIF: Applying OBJ: 2-4 TOP: Integrated Process: Teaching-Learning
MSC: Health Promotion and Maintenance

12. The nurse working with older patients teaches the student about withdrawal in the older population. What statement about withdrawal is accurate?
    a. Fear of the unknown is a common cause of withdrawal.
    b. Isolation is not a normal finding and should be assessed.
    c. Anxiety about performing activities leads to withdrawal.
    d. Malnutrition and weakness are common causes of withdrawal.

    ANS: B
    Withdrawal is often a maladaptive behavior due to another factor such as depression. The nurse should explain that assessing for the cause of withdrawal is an important activity. Fear of the unknown might be an explanation, but this would not be as common as depression. Difficulty performing activities might lead an older person to refuse to participate in that activity but would not lead to withdrawal. Malnutrition and weakness might lead to withdrawal, but again the nurse needs to assess for the cause.

    DIF: Understanding OBJ: 2-5
    TOP: Integrated Process: Teaching-Learning
    MSC: Psychosocial Integrity

13. The nurse working in a long-term care facility uses the activity theory of aging in practice. In caring for a frail, nearly bed bound patient, how can the nurse use this theory?
    a. Engage the patient in intellectually stimulating activities.
    b. Encourage the patient to participate in chair exercises.
    c. Ensure that the patient participates in all the group activities.
    d. Give the patient small "chores" to do for the facility.

    ANS: A
    In this theory, being active can mean physical or intellectual activity. The nurse can engage the patient in intellectually stimulating activities that allows the person a sense of satisfaction. The other options all call for physical activity, which the patient may or may not be able to perform.

    DIF: Applying OBJ: 2-4 TOP: Nursing Process: Implementation
    MSC: Psychosocial Integrity

14. The nurse working at a long-term care facility notes that one patient who is usually outgoing refuses to participate in games that require keeping score. What action by the nurse is best?
    a. Ask the patient why he or she won't participate.
    b. Assess the patient's level of frustration with these activities.

c. Find other activities for the patient to participate in.
d. Do nothing; the patient can choose activities to engage in.

ANS: B
Although it is true that patients should be able to choose activities in which to participate, the best option is to assess the patient for frustration or anxiety associated with these types of activities. Frustration may lead to the person refusing to participate in these activities. Once that is determined, the nurse can find other activities the patient can engage in successfully and is willing to participate in if the games are not an option. Asking "why" questions often puts people on the defensive and is not a therapeutic communication technique. While patients do have the right to choose activities in which to participate, the nurse's job revolves around keeping patients stimulated and healthy.

DIF: Applying OBJ: 2-4 TOP: Nursing Process: Assessment
MSC: Psychosocial Integrity

15. The nurse planning community events for older people uses sociologic theories to guide practice. Which activity planned by the nurse best fits these theories?
a. Group exercise programs
b. Volunteering at a day care
c. Healthy cooking classes
d. Reminiscing therapy

ANS: B
Using the sociologic theories to guide care, the nurse would plan events that allowed the older adult to remain active in the community and a valued member of society. Volunteering would offer the adult a way to stay engaged and provide a service to successive generations. Exercise and cooking classes would more fit in the biologic theories. Reminiscing therapy is a technique using psychological theories. All are good ideas for activities, but the one that specifically uses sociologic theory is the volunteer work.

DIF: Applying OBJ: 2-2 TOP: Nursing Process: Analysis
MSC: Psychosocial Integrity

16. What statement by a patient most indicates healthy aging according to Jung?
a. "I wish I had traveled more when I was younger because now I can't."
b. "I am proud of my past accomplishments at work and home raising my kids."
c. "My leg amputation makes things harder, but I still find a way to work."
d. "I still like to read the paper and novels and enjoy a little gardening."

ANS: C
This patient shows acceptance of past accomplishments and finds value in him- or herself despite current limitations, which is healthy aging according to Jung. The person who wants to travel more displays remorse. The focus on only past accomplishments does not show current acceptance. Reading and gardening do not show acceptance of past accomplishments.

DIF: Analyzing OBJ: 2-2 TOP: Nursing Process: Evaluation
MSC: Psychosocial Integrity

17. A nurse is trying to teach a hospitalized older patient how to self-inject insulin. The patient is restless and does not seem to be paying attention. What action by the nurse is best?
    a. Ask if the patient needs to use the bathroom.
    b. Tell the patient you'll try again later in the day.
    c. Ask if the patient prefers that you teach the family.
    d. Refer the patient for home health care services.

    ANS: A
    According to Maslow, physical needs take priority over other activities. This patient may be hungry, cold, tired, or need to use the bathroom. Telling the patient you'll try again later, asking if you should teach the family, and referring to home health care services do not provide for any unmet physical needs.

    DIF: Applying OBJ: 2-4 TOP: Nursing Process: Implementation
    MSC: Physiologic Integrity: Basic Care and Comfort

18. The new nurse at a long-term care center asks the director of nursing why he needs to learn so many theories of aging. What response by the director is best?
    a. "No theories have been proven yet."
    b. "A wide range of theories allows for holistic care."
    c. "It's required knowledge for certification exams."
    d. "All the theories are important, so we use them all."

    ANS: B
    Using a combination of different theories, each with its own focus, allows the nurse to plan individualized, holistic nursing care.

    DIF: Applying OBJ: 2-3
    TOP: Integrated Process: Communication and Documentation
    MSC: Psychosocial Integrity

MULTIPLE RESPONSE

1. According to Maslow, a fully actualized person displays which traits? (*Select all that apply.*)
    a. Spontaneity
    b. Self-direction
    c. Creativity
    d. Ethical conduct
    e. Acceptance of self

    ANS: A, B, C, E
    A fully actualized person displays the following characteristics: perception of reality; acceptance of self, others, and nature; spontaneity; problem-solving ability; self-direction; detachment and the desire for privacy; freshness of peak experiences; identification with other human beings; satisfying and changing relationships with other people; a democratic character structure; creativity; and a sense of values. Maslow does not specify ethical conduct.

    DIF: Remembering OBJ: 2-1
    TOP: Integrated Process: Teaching-Learning

MSC: Psychosocial Integrity

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