

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