

## Chapter 01: Introduction to Healthy Aging

### Touhy & Jett: Ebersole and Hess' Gerontological Nursing & Healthy Aging, 2nd Canadian Edition

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#### MULTIPLE CHOICE

1. A man is terminally ill with end-stage prostate cancer. What is the best statement about this man's wellness?
  - a. Wellness is possible, even if the patient uses medication to assist in management of his medical care.
  - b. Wellness is unfortunately not a real option for the patient.
  - c. Wellness is the same thing as faith healing, and if the patient were more receptive, he could be back at work in a few weeks.
  - d. Nursing interventions can help empower a patient to achieve a higher level of wellness.

ANS: D

	Feedback
A	Incorrect. An individual must work hard to achieve wellness, just as in a job.
B	Incorrect. All persons, regardless of age or life–health situation, can be helped to achieve a higher level of wellness.
C	Incorrect. Biomedical approaches and other treatments and techniques are used to achieve realistic improvements in wellness.
D	Correct. A nurse can foster wellness at all levels of the needs hierarchy.

DIF: Application REF: 8 OBJ: 2  
TOP: NCLEX: Health Promotion and Maintenance

2. In differentiating between *health* and *wellness* in health care, which of the following statements is true?
  - a. *Health* is a broad term encompassing attitudes and behaviours.
  - b. The concept of wellness was rarely or never considered by previous generations.
  - c. Wellness and self-actualization develop through learning and compromise.
  - d. It is impossible to have wellness when one's health is compromised.

ANS: A

	Feedback
A	Correct. Holistically, health includes wellness, which involves one's whole being.
B	Incorrect. Throughout history, basic self-care requirements have been recognized.
C	Incorrect. As basic needs are met, higher level needs can be satisfied in turn, with ever-deepening richness to life.
D	Incorrect. Even with chronic illness, with multiple disabilities, or in dying, movement toward higher wellness is possible.

DIF: Comprehension REF: 4 OBJ: 2

TOP: NCLEX: Health Promotion and Maintenance

3. Which province or territory is predicted to have the fastest growing older-person population in Canada between the years 2006 and 2031?
- Ontario
  - British Columbia
  - Yukon
  - Newfoundland

ANS: C

	Feedback
A	Incorrect. As shown in Figure 1-1 in your text, the older-person population of Ontario does not rise as rapidly as the older-person population of Yukon between 2006 and 2031.
B	Incorrect. As shown in Figure 1-1 in your text, the older-person population of British Columbia does not rise as rapidly as the older-person population of Yukon between 2006 and 2031.
C	Correct. As shown in Figure 1-1 in your text, the older-person population of Yukon rises faster than any of the other provinces and territories between 2006 and 2031.
D	Incorrect. As shown in Figure 1-1 in your text, the older-person population of Newfoundland does not rise as rapidly as the older-person population of Yukon between 2006 and 2031.

DIF: Knowledge REF: 3 (Figure 1-1)

OBJ: 3

TOP: NCLEX: Health Promotion and Maintenance

4. Historical influences that have shaped the lives of the majority of the middle-old in Canada today include which of the following?
- Influenza epidemic of 1918
  - Immigration from Communist Europe
  - Child-rearing during the Depression
  - World War II

ANS: D

	Feedback
A	Incorrect. A person who survived the influenza epidemic would be at least 93 years old in 2011 and therefore be considered old-old, or centenarian.
B	Incorrect. Those who are middle-old in 2011 were born between 1920 and 1930, before Communism swept Europe.
C	Incorrect. Most of those who are middle-old in 2011 had not reached childbearing age by the end of the Depression.
D	Correct. Those who are middle-old in 2011 were in their teens and twenties during the war; in particular, the men were very likely to have fought in it.

DIF: Comprehension

REF: 2

OBJ: 3

TOP: NCLEX: Health Promotion and Maintenance

5. A nurse prepares for the arrival of older persons evacuated from a forest fire in northern Manitoba to a shelter for short-term care. Which of the following is the priority nursing intervention?
- Demonstrate that the staff is prepared to meet their needs.
  - Use individual medical records to develop a medication plan.
  - Help older persons to display family photos and memorabilia.
  - Help older persons to teach one another a new skill in the shelter.

ANS: B

Feedback	
<b>A</b>	Incorrect. Providing safety and security from the fire is evident and implied, as the older persons have been evacuated from danger. The priority nursing intervention is caring for any health concerns; e.g., medication or treatments that were left behind.
<b>B</b>	Correct. The nurse prepares for short-term care by prioritizing the needs of the older persons, and this intervention helps to maintain the therapeutic plan, thereby addressing the need for physiological integrity. Furthermore, the nurse maintains continuity of care by preparing a medication schedule to prevent missed doses of medication.
<b>C</b>	Incorrect. In emergency conditions, the nurse provides basic care relating to safety, security, and physical well-being. Maintaining a sense of belonging is important, but not in emergency conditions.
<b>D</b>	Incorrect. A state of emergency is not the time to develop self-esteem because meeting safety, security, and physical needs is more important.

DIF: Analysis REF: 6-7 OBJ: 4  
TOP: NCLEX: Safe and Effective Care Environment

6. According to researchers, which characteristic will most centenarians share in the future?
- Being female
  - Having dementia
  - Being malnourished
  - Being wheelchair-bound

ANS: A

Feedback	
<b>A</b>	Correct. Researchers expect women to comprise the majority of centenarians in the future.
<b>B</b>	Incorrect. Gerontologists expect dementia to be common among older persons, but they are not predicting most centenarians will have dementia.
<b>C</b>	Incorrect. Malnutrition is common among older persons, but researchers have not predicted that most centenarians will be malnourished.
<b>D</b>	Incorrect. Decreased mobility is common among older persons, but researchers have not predicted that most centenarians will be confined to a wheelchair.

DIF: Knowledge REF: 2 OBJ: 3  
TOP: NCLEX: Health Promotion and Maintenance

7. Which statement describes aging in developing countries?

- a. Many developing countries have historically had many members live to be centenarians.
- b. The biggest problem for older persons will be lack of food.
- c. Most of the world's older persons are likely to reside in developing countries.
- d. Like fertility, life expectancy is increasing, although at a different rate.

ANS: C

	Feedback
A	Incorrect. Historically only 2% of the world's population was defined as old.
B	Incorrect. The biggest problem of the world's oldest persons is most likely to be lack of regular income.
C	Correct. Developing countries contain 62% of the world's older persons already.
D	Incorrect. Life expectancy is increasing, but fertility is decreasing worldwide.

DIF: Knowledge REF: 4 OBJ: 3  
 TOP: NCLEX: Health Promotion and Wellness

8. The nurse develops a community program to promote exercise for older persons. Which of the following should the nurse include in the exercise program?
- a. Reinforce the ease of exercising every day.
  - b. Use exercise to relax any dietary restrictions.
  - c. Describe ways to resume exercise after lapses.
  - d. Teach participants that exercise achieves wellness.

ANS: C

	Feedback
A	Incorrect. The nurse tells the participants that achieving wellness takes work and regular effort. Instead of offering false hope, the nurse shares practical advice about how to incorporate exercise into everyday life.
B	Incorrect. The nurse avoids suggesting that older persons can look forward to relaxing dietary or medical restrictions by using a single method because it is unethical to offer false hope, the plan can be ineffective, and the plan can have adverse effects.
C	Correct. Because the path to wellness includes progression as well as regression, the nurse shares information to help participants anticipate these events. The nurse encourages participants by telling them to expect periods of regression, that progress made up to that point is not lost, and how to approach resumption in progress toward wellness with exercise.
D	Incorrect. The nurse avoids instructing older persons to rely on one method of achieving wellness because wellness is achieved by balancing emotional, spiritual, social, cultural, and physical processes.

DIF: Application REF: 7 OBJ: 4  
 TOP: NCLEX: Health Promotion and Maintenance

9. Determinants of health are the underlying causes of illness and wellness. Which of the following describes the older person who is likely to experience the best overall health and well-being?
- a. Resides in assisted-living facility, watches television alone, uses herbal remedies,

- is underweight
- b. Resides alone, was moved to a new city recently by the family for their convenience, has osteoarthritis
  - c. Has prostate cancer with metastasis to the lungs, is receiving radiation therapy, is wealthy, has a large family
  - d. Uses a wheelchair, has peripheral arterial disease, attends weekly baseball games with three friends

ANS: D

Feedback	
<b>A</b>	Incorrect. This older person is not thriving in an assisted-living facility, despite having other people in the facility, as evidenced by television viewing habits and weight, both potential indicators of depression. Various aspects of this person's life are unbalanced, thus inhibiting progress on the path to optimal health and wellness. In addition, the use of herbal remedies can be aggravating or precipitating the problems.
<b>B</b>	Incorrect. After a move to a new region, an older person, especially one who lives alone and is moved to a new area for the family's convenience, is likely to experience loneliness and isolation until a new social network is established. Thus, although this person has a less-acute health problem, the social isolation is likely to create significant disruption on the path to health and wellness.
<b>C</b>	Incorrect. Although this older person's financial resources are plentiful, the existence of a large family does not ensure any type of psychosocial support. Most likely, this person faces a grim prognosis because the prostate cancer has crossed the diaphragm, thus reducing the likelihood of a prolonged life.
<b>D</b>	Correct. Despite a serious chronic illness and mobility restrictions, this person has a social network and planned activities with friends. Further, this older person overcomes mobility issues to pursue personal interests; thus, this person is most likely to experience the best health and well-being because of an optimal functional status.

DIF: Analysis      REF: 6      OBJ: 4  
 TOP: NCLEX: Health Promotion and Maintenance

10. Which of the following nursing interventions represent a holistic approach to caring for an older person?
  - a. Performs glucose testing during the weekly worship service
  - b. Wheels ambulatory adults to exercise when running late
  - c. Assigns female nurses to older female persons who are Muslim
  - d. Allows older persons in a nursing home to eat meals alone

ANS: C

Feedback	
<b>A</b>	Incorrect. Interrupting an older person's worship with glucose testing can be interpreted as a lack of respect for spiritual needs. The nurse can provide for and respect the physical and spiritual aspects of the older person's life by testing for glucose before the service begins.
<b>B</b>	Incorrect. In transporting the older persons to the exercise program in a