

# TEST BANK OF GERONTOLOGICAL NURSING: CHAPTER #1 – PRINCIPLES OF GERONTOLOGY EXAM 2024/2025 WELL UPDATED QUESTIONS AND 100% CORRECT ANSWERS | GRADED A+

## Chapter 1 - ANSWER-Introduction to Healthy Aging

Identify three factors that influence the aging experience:

What are the major factors influencing the experience of aging? - ANSWER-Health, History and sex

Aging Cohort: When established in 1935, what effect did Social Security have by setting the retirement age at 65 years? - ANSWER-A time frame as being old.

Aging depends on what? - ANSWER-- Decade during which one was born or his or her history

- sex

-ethnic group

-health history

What types of effects does gender have on various aspects of aging? - ANSWER-Women usually live alone after widowhood.

What are individuals who are 100-109 years old known as? - ANSWER-Centenarians

According to researchers, which characteristic will most centenarians share in the future? - ANSWER-Female

Define health and wellness within the context of aging and chronic illness: - ANSWER-Health: influenced by culture and age

Wellness: one's whole being; physical, emotional, mental and spiritual.

In differentiating between health and wellness in health care, which statement is true? - [ANSWER](#)-Health is a broad term encompassing attitudes and behaviors

What does wellness involve? - [ANSWER](#)- Wellness involves achieving a balance between one's internal and external environment and one's emotional, spiritual, social, cultural, and physical processes.

Examples of interventions to promote wellness would include all of the following except: - [ANSWER](#)- psychiatric screenings

Which describes the older man who is likely to experience the best overall health and well being? - [ANSWER](#)- Uses a wheelchair, has peripheral arterial disease, attends weekly baseball games with three friends.

Describe the trends seen in global aging today: which cultural group is predicted to have the fastest growing older adult population in the US between the years 2010 and 2050? - [ANSWER](#)-Hispanic Americans

The hierarchy of human needs that provides an organized framework for understanding individuals and their concerns was developed by who? - [ANSWER](#)-Abraham Maslow

Apply Maslow's Hierarchy of Needs to gerontological nursing: A client's basic needs have been met when they have been what? - [ANSWER](#)-Fed a warm breakfast

Which option refers to the highest level of human functioning according to Maslow? - [ANSWER](#)-self-actualization

Chapter 2 - [ANSWER](#)-Gerontological Nursing history, education and roles

Discuss the implications of a growing older adult population on nursing education, practice and research:

What type of care is projected to be the fastest growing employment sector in the health care industry? - [ANSWER](#)-Eldercare

Based on the current demographic data, which of the following statements identifies a predictive trend regarding the health care needs of society? – [ANSWER](#) -More nursing services will be required to serve the needs of the population older than 85 years of age.

Identify the best statement about gerontological nursing: - [ANSWER](#)-Purposes of gerontological nursing include the promotion of health and support for maximal independence.

Identify several factors that have influenced the development of gerontological nursing as a specialty practice: - [ANSWER](#)-- shortages in nursing faculty prepared in gerontological nursing, there is a critical need for nurses to have higher educations and expertise in care of older adults

- the majority of nurses practicing today and in the future will be caring for older adult patients

Examine the American Nurses Association Scope and Standards of Gerontological Nursing Practice and the recommended competencies for gerontological nursing practice: - [ANSWER](#)-"Nurses have to have the knowledge and skills to assist older adults in a broad range of nursing care issues, from maintaining health and preventing illnesses, to managing complex, overlapping chronic conditions and progressive, protracted frailty in physical and mental functions, to palliative care."

Recognize and discuss the importance of certification: - [ANSWER](#)-Specialization provides experts in caring for older people

Compare various gerontological nursing roles and requirements:

As a nurse contemplating a future in gerontological nursing, you might plan on achieving a Master's degree and becoming one of the following except: - [ANSWER](#)-Geriatric Nurse Generalist

As a nursing student who is interested in furthering his or her education in gerontological nursing, which of the following would be beneficial? - [ANSWER](#)-Building Academic Geriatric Nursing Capacity (BAGNC)

Discuss formal gerontological organizations and their significance to the gerontological nurse:

What book or journal provides a comprehensive overview of the scope of gerontological nursing for today's geriatric nurse? - [ANSWER](#)-Scope and Standards of Gerontological Nursing Practice

The gerontological nurse collaborates with the wound care team about an older patient who has an ulcer. How is this nurse demonstrating leadership in the care of older people? - ANSWER-Coordinating members of the healthcare team.

A older man is transferred to a hospice facility with end-stage disease. which is suitable nursing intervention for his older adult and his family according to the goals of long-term care? - ANSWER-facilitate family rituals related to death and family

What is specific about most older adults? - ANSWER-They live in their own home

As a gerontological nurse caring for a healthy older adult in the home setting, you observe that he or she is alone during the day and is experiencing a lack of socialization. Your suggestion to the family would be to: - ANSWER-Enroll him or her in an adult day health center

Chapter 3 - ANSWER-Care across the continuum

Compare the major features, advantages, and disadvantages of several residential options available to the older adult: - ANSWER-- shared housing: w/family & other people

- population-specific communities: retirement living
- senior retirement communities: reduces economic burden

Cultural issues are a reality in today's medical arena. In working with an older African-American couple and their family, you would likely help them look at which of the following types of housing after discharge? - ANSWER-shared housing

Which is characteristic of relocation stress syndrome in a resident of a long-term care facility? - ANSWER-apprehension

Compare the major features, advantages, and disadvantages of several residential options available to the older adult: Community-Based Care - ANSWER--Adult day-care: safe for older adults that may not be safe at home

-Residential care facilities