

# TEST BANK GERONTOLOGICAL NURSING WELL UPDATED 6<sup>TH</sup> EDITION EXAM 2024/2025 QUESTIONS AND CORRECT 100% ANSWERS\GRADED A+

Aging is A Natural Process and not a what? - ANSWER-Disease

What is Chronological age? - ANSWER-Exact age from birth

What is Biological age? - ANSWER-Age determined by physiology rather than chronology

What is Functional age? - ANSWER-Age in terms of functional performance

What is an excellent indicator of health status and physical ability? - ANSWER-Muscle mass

Which of these methods is preferred? - ANSWER-Assessment of Biological age and Functional age

What are some basic Activities of Daily Living? - ANSWER-Bathing, dressing, eating, toileting, transferring, etc.

What are some Instrumental Activities of Daily Living? - ANSWER-Light housework, preparing meals, taking meds, shopping for groceries/clothes, etc.

Inability to perform which of these is indication of severe functional impairment? - ANSWER-Basic

What does Gerontology identify? - ANSWER-common characteristics, problems, disease processes, & concerns

Nurse must consider what when planning and implementing? - ANSWER-individual differences & characteristics

When did gerontology come about? - ANSWER-1950's

What is Ageism? - ANSWER-Prejudice, negative stereotyping based solely on age

What is Geriatrics? - ANSWER-Branch of medicine that deals with problems & diseases of old age, aging people

What is Gerontology? - ANSWER-Comprehensive, multidisciplinary study of aging process & problems of older people with holistic focus, including biologic, sociologic, psychological, spiritual, & economic issues

What is the Graying of America? - ANSWER-Increased number older adults in US

What is Senescence? - ANSWER-Process of aging within cells and organs accompanied by loss of organ function

What is Primary prevention? - ANSWER-Activities directed toward the protection from or avoidance of potential health risks. Avoid development of disease, (Anti smoking, children exercise, etc.)

What is Secondary prevention? - ANSWER-Activities designed for early diagnosis & treatment of disease or illness. (Like treating HIV into not becoming AIDS)

What is Tertiary prevention? - ANSWER-Activities designed to restore disabled individuals to their optimal level of functioning

What is the newest & youngest, most rapidly growing nursing specialty? - ANSWER-Gerontological nursing

Gerontology Encompassing what Three Levels of Complexity? - ANSWER-1. Normal aging changes (Tired)

2. Chronic conditions associated with aging (Diabetes)

3. Acute exacerbations of chronic conditions (Renal Disease)

Who is the Father of Geriatrics? - ANSWER-Dr. I. L. Nascher

Growth in the last few decades of geriatric nursing? - ANSWER-- Increase in gerontological nursing texts - Increase in journal articles

- Gerontological nursing education
- Certification in gerontological nursing
- Subspecialization
- \*\* Hartford Institute for Geriatric Nursing\*\*

What are 2 Advanced Practice Nursing

Roles? - ANSWER-Gerontological Clinical Nurse Specialist & Gerontological Nurse Practitioner

Currently what percentage of U.S. population; consume disproportionate amount of healthcare resources? - ANSWER-13.3%

In 2025 we'll need an extra how many full-time nurses to take care of aging population? - ANSWER-260,000

Older adults account for what percent of primary care visits? - ANSWER-60%

True or false, to be old is to be sick? - ANSWER-False

American society is youth driven? T/F - ANSWER-True

Aging myths and stereotypes are what? - ANSWER-- Aging synonymous with death

- Younger individuals have a negative view of aging process
- Fear & lack of exposure to older individuals contribute to ageism

How are Older adults stereotyped? - ANSWER-ill, bald, hard of hearing, forgetful, rigid, grumpy, or boring

What is a multibillion dollar industry? - ANSWER-Anti-aging

What are some anxieties with aging? - ANSWER-changing physical appearance, declining cognitive, depleting financial resources, etc.

What are some Myths of Aging? - ANSWER--"You can't teach an old dog new tricks"

- "Dirty old man"

-Disease & disability are inevitable part of aging

-Health promotion is wasted on older people

-Elderly do not pull their own weight

-Most people spend their last years in nursing homes

These myths conclude to what? - ANSWER-segregation within society of elderly

Some older people are prejudice against other older people? T/F - ANSWER-T

Additional Myths of Aging? - ANSWER--Senility is a result of aging

-Incontinence is a result of aging

-Older adults are no longer interested in sexuality

-All elderly persons are financially impoverished

What do the myths lead to? - ANSWER--Ageism

-Reduced healthcare services

-Segregation of elders from mainstream society

-Nurse recruitment difficulties

-Health professionals must be diligent in avoiding age prejudice, as believing stereotypes can influence interactions between older adults & caregivers

What is Young-old? - ANSWER-65-74 yrs