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PTS: 1                      DIF: 1                      REF: p. 3                      OBJ: 2  
TOP: Change of Social Security Benefits  
KEY: Nursing Process Step: Implementation  
MSC: NCLEX: Health Promotion and Maintenance: Growth and Development  
NOT: Remembering

3. \_\_\_\_\_ is a voluntary plan for prescription drug coverage.

ANS: **Medicare Part D**

Medicare Part D is a voluntary plan for prescription drug coverage. It is available to anyone enrolled in Part A or B of Medicare.

PTS: 1                      DIF: 2                      REF: p. 16                      OBJ: 8  
TOP: Donut Hole      KEY: Nursing Process Step: Implementation  
MSC: NCLEX: Safe, Effective Care Environment: Coordinated Care  
NOT: Remembering

## **Chapter 02: Theories of Aging**

### **Williams: Basic Geriatric Nursing, 8th Edition**

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#### **MULTIPLE CHOICE**

1. Which comment describes aging?
- There is no universally accepted definition.
  - Aging is a series of changes that occur rapidly.
  - A unified rationale exists for why humans age.
  - Identical twins rarely share the same life expectancy.

ANS: A

There is no universally accepted definition of aging or unified rationale as to why humans age. Aging does not occur rapidly. There is a strong correlation in life expectancies of identical twins.

PTS: 1                      DIF: 3                      REF: p. 29                      OBJ: 1  
TOP: Definition of Aging                      KEY: Nursing Process Step: N/A  
MSC: NCLEX: N/A                      NOT: Remembering

2. The biological theory of aging uses a genetic perspective and suggests that aging is a programmed process in which manner?
- Each person will age exactly like those in the previous generation.
  - A “biological time line” predetermines the number of cell divisions.
  - Genetic traits can overcome environmental influences.
  - Age-related physical changes are controlled only by genetic factors.

ANS: B

The biological theory of programmed process suggests that there is a “biologic time line” set with a predetermined number of cell divisions that will occur before the introduction of the aging process.

PTS: 1                      DIF: 2                      REF: p. 29                      OBJ: 2

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TOP: Biological Theory  
MSC: NCLEX: N/A

KEY: Nursing Process Step: N/A  
NOT: Remembering

3. The Gene Theory of aging suggests which process?
- The presence of a “master gene” prolongs youth.
  - Genes interact with each other to resist aging.
  - Specific genes target specific body systems to initiate system deterioration.
  - The activation of harmful genes initiates the aging process.

ANS: D

The Gene Theory suggests that there is an activation of harmful genes that initiates the aging process.

PTS: 1                      DIF: 2  
TOP: Gene Theory  
MSC: NCLEX: N/A

REF: p. 30                      OBJ: 2  
KEY: Nursing Process Step: N/A  
NOT: Knowledge

4. Which theory identifies an unstable molecule as the causative factor in aging?
- Free radical
  - Molecular
  - Neuroendocrine
  - Crosslink

ANS: A

The free radical theory identifies free radicals—unstable molecules—that will cause aging after accumulation in the body.

PTS: 1                      DIF: 2  
TOP: Free Radical Theory  
MSC: NCLEX: N/A

REF: p. 30                      OBJ: 2  
KEY: Nursing Process Step: N/A  
NOT: Remembering

5. A patient uses good health maintenance practices. Which aging theory most accurately relates to the patient’s practices?
- Wear-and-tear
  - Free radical
  - Neuroendocrine
  - Molecular

ANS: A

The wear-and-tear theory suggests that health maintenance practices will prevent wear and tear on the cells of the body and will delay the aging process.

PTS: 1                      DIF: 7                      REF: p. 30                      OBJ: 2  
TOP: Wear-and-Tear Theory                      KEY: Nursing Process Step: Data Collection  
MSC: NCLEX: Health Promotion and Maintenance: Prevention and Early Detection of Disease  
NOT: Analyzing

6. The patient asks the nurse to describe the neuroendocrine theory of aging. Which response by the nurse would be appropriate?
- It relates thyroid function to age-related changes.
  - Adrenal corticosteroids inhibit the aging process.

- 
- c. The stimulation and/or inhibition of the hypothalamus causes age-related changes.
  - d. The adrenal medulla inhibits epinephrine, causing age-related changes.

ANS: C

The neuroendocrine theory proposes that the hypothalamus stimulates or inhibits the pituitary gland to produce hormones that initiate the aging process.

PTS: 1                      DIF: 5                      REF: p. 30                      OBJ: 2  
TOP: Neuroendocrine Theory                      KEY: Nursing Process Step: Implementation  
MSC: NCLEX: Health Promotion and Maintenance: Prevention and Early Detection of Disease  
NOT: Understanding

7. Which explanation is true of the psychosocial theories of aging?
- a. They focus on methods to delay the aging process.
  - b. They are directed at decreasing depression in the older adult.
  - c. They are organized to enhance the perception of aging.
  - d. They attempt to explain responses to the aging process.

ANS: D

Psychosocial theories attempt to explain the various responses of persons to the aging process.

PTS: 1                      DIF: 4                      REF: p. 31                      OBJ: 3  
TOP: Focus of Psychosocial Therapies                      KEY: Nursing Process Step: N/A  
MSC: NCLEX: Health Promotion and Maintenance: Growth and Development  
NOT: Understanding

8. What is the major objection to the disengagement theory?
- a. The theory justifies ageism.
  - b. The theory addresses the diversity of older adults.
  - c. The theory does not clarify the aging process.
  - d. The theory diminishes the self-esteem of the older adult.

ANS: A

The disengagement theory seems to justify ageism by proposing that there is a mutual desire between the community and the older adult to be disengaged. According to the theory, this desire apparently does not diminish self-esteem because the older adult desires to be disengaged.

PTS: 1                      DIF: 4                      REF: p. 31                      OBJ: 3  
TOP: Disengagement Theory                      KEY: Nursing Process Step: N/A  
MSC: NCLEX: Psychosocial Integrity: Coping and Adaptation                      NOT: Understanding

9. An 80-year-old teaches Sunday school each week and delivers food for Meals on Wheels. What theory of aging would apply?
- a. Newman's developmental
  - b. The life course
  - c. The activity
  - d. The disengagement

ANS: C

Purposeful activity increases self-esteem and maintains cognitive function well into older age.

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PTS: 1                      DIF: 7                      REF: p. 31                      OBJ: 3  
TOP: Activity Theory                      KEY: Nursing Process Step: N/A  
MSC: NCLEX: N/A                      NOT: Applying

10. The nurse would recognize successful aging according to Jung's theory when a long-term care facility resident demonstrates which behavior?
- The resident takes special care to dress for dinner in a manner that pleases his tablemates.
  - The resident asks permission to sit on the patio with other residents.
  - The resident asks persons in his hall if his television is bothering them.
  - The resident wears a large cowboy hat at all times because he likes it.

ANS: D

Jung describes a successful adjustment to aging as being accepting and valuing of self regardless of the view of others.

PTS: 1                      DIF: 7                      REF: pp. 31-32                      OBJ: 3  
TOP: Jung's Developmental Theory                      KEY: Nursing Process Step: Data Collection  
MSC: NCLEX: Health Promotion and Maintenance: Growth and Development  
NOT: Applying

11. How would an older adult female be most likely to reduce the amount of the free radical *lipofuscin*?
- Avoid animal fat.
  - Take antioxidants daily.
  - Build muscle mass.
  - Perform outdoor exercise three times weekly.

ANS: B

Individuals who follow this theory believe that free radicals can be reduced by antioxidants such as vitamins A, C, E, zinc, and phytochemicals.

PTS: 1                      DIF: 4                      REF: p. 30                      OBJ: 2  
TOP: Antioxidants                      KEY: Nursing Process Step: Data Collection  
MSC: NCLEX: Health Promotion and Maintenance: Prevention and Early Detection of Disease  
NOT: Understanding

12. A recently widowed woman moved to an assisted living community because of her hypertension and joined a group to learn how to do watercolor painting with other women her age. Which theory of aging does the nurse assess the patient to be following?
- Jung
  - Havighurst
  - Erikson
  - Newman

ANS: B

Havighurst proposes that the process of aging is defined by adjusting to the loss of a spouse, establishing a relationship with one's own age group, and establishing a satisfactory living arrangement.

PTS: 1                      DIF: 7                      REF: p. 31                      OBJ: 3

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TOP: Havighurst      KEY: Nursing Process Step: Data Collection  
MSC: NCLEX: Health Promotion and Maintenance: Prevention and Early Detection of Disease  
NOT: Applying

**MULTIPLE RESPONSE**

1. Which age-related illness is thought to cause the accumulation of free radicals? (*Select all that apply.*)
- a. Arthritis
  - b. Colon cancer
  - c. Osteoporosis
  - d. Diabetes
  - e. Atherosclerosis

ANS: A, D, E

Cancer and osteoporosis are not considered to be diseases that accumulate free radicals.

PTS: 1                      DIF: 7                      REF: p. 30                      OBJ: 2  
TOP: Free Radical Influence                      KEY: Nursing Process Step: N/A  
MSC: NCLEX: Health Promotion and Maintenance: Prevention and Early Detection of Disease  
NOT: Applying

2. The nurse emphasizes that the relatively new theory that correlates restricted caloric intake to slowing of the aging process would probably extend the life span of the person, provided that the person engaged in which behavior? (*Select all that apply.*)
- a. Consistently eats high-nutrient, low-calorie foods
  - b. Maintains a regular exercise program
  - c. Consumes 2000–3000 mL of fluid a day
  - d. Supports the diet with adequate fat-soluble vitamins
  - e. Eats only organically grown foods

ANS: A, B

This new theory encourages high-nutrient, low-calorie foods combined with regular exercise to delay the aging process.

PTS: 1                      DIF: 7                      REF: p. 31                      OBJ: 2  
TOP: Calorie Restriction Theory                      KEY: Nursing Process Step: Implementation  
MSC: NCLEX: Health Promotion and Maintenance: Prevention and Early Detection of Disease  
NOT: Applying

3. Which outcome would be considered positive with Erikson's "life review"? (*Select all that apply.*)
- a. Wisdom and integrated self image
  - b. Comparing self with others
  - c. Understanding self and relationships
  - d. Seeking another's opinion of his or her achievement
  - e. Acceptance of self

ANS: A, C, E

Acceptance of self and understanding self and relationships with accumulated wisdom is the goal of Erikson. Seeking the opinion of others suggests that the older adult is experiencing doubt and gloom, which are negative outcomes according to Erikson.

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PTS: 1 DIF: 7 REF: p. 31 OBJ: 3  
TOP: Erikson's Developmental Theory KEY: Nursing Process Step: Implementation  
MSC: NCLEX: Health Promotion and Maintenance: Growth and Development  
NOT: Applying

4. Which item would be selected for a diet high in antioxidants? (*Select all that apply.*)
- a. Fruits
  - b. Vegetables
  - c. Organ meat
  - d. Folic acid
  - e. Vitamin D

ANS: A, B, D

Antioxidants can be obtained largely from fruits and vegetables. Organ meat and vitamin D are not antioxidants.

PTS: 1 DIF: 7 REF: p. 30 OBJ: 4  
TOP: Antioxidants KEY: Nursing Process Step: Implementation  
MSC: NCLEX: Health Promotion and Maintenance: Prevention and Early Detection of Disease  
NOT: Applying

#### COMPLETION

1. The theory that proposes that defects in ribonucleic acid (RNA) protein production cause a progressive decline in the function of all cells is the \_\_\_\_\_ theory.

ANS:  
error

The error theory proposes that errors in ribonucleic acid protein synthesis cause changes such as decreased muscle mass, increased body fat, and changes in reproductive function.

PTS: 1 DIF: 2 REF: p. 30 OBJ: 2  
TOP: Error Theory KEY: Nursing Process Step: N/A  
MSC: NCLEX: N/A NOT: Remembering

2. The nurse clarifies that the biologic theory that proposes that aging is based on the using up of a finite number of breaths or heartbeats is the \_\_\_\_\_ of \_\_\_\_\_ theory.

ANS:  
rate; living  
rate, living  
rate living

The rate of living theory proposes that individuals have a finite number of breaths or heartbeats that are used up over a period of time.

PTS: 1 DIF: 2 REF: p. 30 OBJ: 2

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TOP: Rate of Living Theory                      KEY: Nursing Process Step: Implementation  
MSC: NCLEX: Health Promotion and Maintenance: Prevention and Early Detection of Disease  
NOT: Remembering

**Chapter 03: Physiologic Changes**  
**Williams: Basic Geriatric Nursing, 8th Edition**

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**MULTIPLE CHOICE**

1. For which reason does the nurse modify the environment to keep it warmer for the older adult?
- A change in the metabolic rate
  - Decreased subcutaneous tissue
  - Changes in the musculoskeletal system
  - A weakened peripheral vascular system

ANS: B

The reduction of subcutaneous tissue as an age-related change causes sensitivity to cold because it is the main insulator of the body.

PTS: 1                      DIF: 7                      REF: p. 37                      OBJ: 7  
TOP: Sensitivity to Cold                      KEY: Nursing Process Step: Implementation  
MSC: NCLEX: Physiological Integrity: Physiological Adaptation  
NOT: Applying

2. A 75-year-old patient is worried that the wartlike dark macules on the skin with distinct borders are melanomas. Which skin condition would be the most likely cause for the macules?
- Senile lentigo
  - Cutaneous papillomas
  - Seborrheic keratosis
  - Xerosis

ANS: C

Dark, slightly raised macules are seborrheic keratoses, which may be mistaken for melanomas.

PTS: 1                      DIF: 5                      REF: p. 34                      OBJ: 1  
TOP: Seborrheic Keratosis                      KEY: Nursing Process Step: Data Collection  
MSC: NCLEX: Physiological Integrity: Physiological Adaptation  
NOT: Understanding

3. The nurse is accompanying a group of older adults on a July 4th outing to monitor heat prostration. Which factor is related to heat intolerance in the older adult?
- An increase in melanin
  - A reduction of perspiration
  - A reduction in body temperature
  - Increased capillary fragility

ANS: B

Reduction in perspiration related to reduced sweat gland function results in possible heat intolerance from an inability to cool the body by evaporation.

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PTS: 1                      DIF: 7                      REF: p. 35                      OBJ: 2  
TOP: Heat Intolerance                      KEY: Nursing Process Step: Data Collection  
MSC: NCLEX: Physiological Integrity: Physiological Adaptation  
NOT: Analyzing

4. The nurse cautions the Certified Nursing Assistants (CNAs) to use care when transferring or handling older adults. The nurse understands that the vascular fragility of the older adult can result in which condition?
- a. Altered blood pressure
  - b. Pressure ulcers
  - c. Pruritus
  - d. Senile purpura

ANS: D

Increased capillary fragility results in subcutaneous hemorrhage or senile purpura from unskilled handling by caregivers.

PTS: 1                      DIF: 4                      REF: p. 36 | Table 3.1  
OBJ: 7                      TOP: Senile Purpura  
KEY: Nursing Process Step: Planning  
MSC: NCLEX: Physiological Integrity: Physiological Adaptation  
NOT: Understanding

5. The Certified Nursing Assistant (CNA) caring for an older adult asks if the yellow, waxy, crusty lesions on the patient's axilla and groin are contagious. Which response shows the nurse's understanding for the cause of the lesions?
- a. "Yes. It is cellulitis caused by bacteria."
  - b. "No. It is seborrheic dermatitis caused by excessive sebum."
  - c. "Yes. It is an indication of scabies."
  - d. "No. It is the lesion seen with basal cell carcinoma."

ANS: B

Seborrheic dermatitis is a bothersome skin condition resulting from an excess of sebum.

PTS: 1                      DIF: 7                      REF: p. 37                      OBJ: 5  
TOP: Seborrheic Dermatitis                      KEY: Nursing Process Step: Implementation  
MSC: NCLEX: Physiological Integrity: Physiological Adaptation  
NOT: Applying

6. For which reason would a nurse lead a group of postmenopausal women on a daily 15-minute "walking tour" through the long-term care facility?
- a. To improve bone strength
  - b. To orient them to their surroundings
  - c. To improve their socialization
  - d. To increase their appetite

ANS: A

Stress to long bones by weight-bearing and walking will increase bone strength.

PTS: 1                      DIF: 8                      REF: p. 37                      OBJ: 7  
TOP: Bone Strength                      KEY: Nursing Process Step: Implementation



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MSC: NCLEX: Physiological Integrity: Physiological Adaptation  
NOT: Analyzing

7. A 70-year-old patient asks, "How in the world can my bones be brittle when I eat all the right foods?" Which response by the nurse would be appropriate?
- "Calcium loss is expected in the older adult."
  - "Calcium is continuously withdrawn from bone for nerve and muscle function."
  - "Smoking and alcohol consumption speed calcium loss from the bones."
  - "Walking and standing increase calcium loss from the bone."

ANS: B

Calcium is constantly withdrawn from the bone for nerve and muscle function and clotting needs.

PTS: 1                      DIF: 4                      REF: p. 37                      OBJ: 3  
TOP: Calcium Loss                      KEY: Nursing Process Step: Implementation  
MSC: NCLEX: Physiological Integrity: Physiological Adaptation  
NOT: Understanding

8. A 70-year-old woman reports, "I weigh exactly the same as I did when I wore a size 10 and now I can barely squeeze into a size 16." Which statement by the nurse would correctly explain the size change to the woman?
- "Metabolism in the older adult creates increased adipose tissue."
  - "Postmenopausal women gain adipose tissue related to loss of calcium."
  - "Decrease in muscle mass is replaced with adipose tissue."
  - "Kyphosis causes a redistribution of weight."

ANS: C

Decrease in muscle mass is replaced with adipose tissue, which frequently changes the appearance of the body, but not the weight.

PTS: 1                      DIF: 7                      REF: p. 40                      OBJ: 4  
TOP: Loss of Muscle Mass                      KEY: Nursing Process Step: Implementation  
MSC: NCLEX: Physiological Integrity: Physiological Adaptation  
NOT: Applying

9. What would an appropriate response to a 70-year-old postmenopausal woman who asks whether her menopausal hormone therapy (MHT) will prevent bone loss?
- "No. MHT is not helpful after the age of 60."
  - "Yes. MHT will prevent bone loss but can cause a stroke, heart attack, or breast cancer."
  - "No. MHT is reliant on some natural estrogen production from the ovaries."
  - "Yes. MHT is a widely accepted therapy for prevention of bone loss."

ANS: B

MHT is helpful to prevent bone loss, but the risks of cardiovascular complications and cancer have made the choice of MHT controversial.

PTS: 1                      DIF: 8                      REF: p. 40                      OBJ: 4  
TOP: Hormone Therapy                      KEY: Nursing Process Step: Implementation  
MSC: NCLEX: Physiological Integrity: Physiological Adaptation  
NOT: Analyzing

- 
10. What are Heberden nodes?
- Yellow longitudinal lines in the nails
  - Thickened discolored fingernails
  - Darkened areas under the fingernail
  - Bony enlargements of distal joints of the fingers

ANS: D

Heberden nodes are bony enlargements of the distal joints of the fingers associated with osteoarthritis.

PTS: 1                      DIF: 3                      REF: p. 41                      OBJ: 5  
TOP: Heberden Nodes                      KEY: Nursing Process Step: N/A  
MSC: NCLEX: Physiological Integrity: Physiological Adaptation  
NOT: Remembering

11. Which care plan modification would be the most beneficial for a 62-year-old woman who is suffering from a flare in her rheumatoid arthritis?
- Increase fluid intake
  - Reduce salt in the diet
  - Schedule several rest periods to balance activity
  - Assist with rigorous finger extension exercises

ANS: C

Balancing rest and activity allows the resident to remain relatively flexible. Joints may be splinted to reduce contracture.

PTS: 1                      DIF: 7                      REF: p. 41                      OBJ: 5  
TOP: Rheumatoid Arthritis                      KEY: Nursing Process Step: Planning  
MSC: NCLEX: Physiological Integrity: Physiological Adaptation  
NOT: Applying

12. What is the pathophysiology of emphysema?
- Constriction of the bronchial tree, excessive mucus, and nonproductive cough
  - Calcification of the alveoli and a dry cough
  - Overinflation of the alveoli, making them ineffective for gas exchange
  - Inflammation of the trachea and bronchioles, excessive mucus, and productive cough

ANS: C

Emphysema causes overinflation of the nonelastic alveoli, which disallows gas exchange in the affected alveoli and results in reduced oxygenation.

PTS: 1                      DIF: 4                      REF: p. 43                      OBJ: 5  
TOP: Emphysema                      KEY: Nursing Process Step: N/A  
MSC: NCLEX: Physiological Integrity: Physiological Adaptation  
NOT: Understanding

13. What is the pathophysiology of a myocardial infarct?
- A portion of the myocardium necroses and scars over.
  - The coronary vessels are narrowed during the attack.