

Meiner: Gerontologic Nursing, 4th Edition

Chapter 2: Theories of Aging

Test Bank

MULTIPLE CHOICE

1. The practitioner who believes in the Free Radical Theory of Aging is likely to recommend that the older adult:
 - a. avoid excessive intake of zinc or magnesium.
 - b. supplement his or her diet with vitamins C and E.
 - c. increase intake of complex carbohydrates.
 - d. avoid the use of alcohol or tobacco.

ANS: b

Vitamins C and E are two naturally occurring antioxidants that appear to inhibit the functioning of the free radicals or possibly decrease their production in the body.

DIF: Application (Apply)

OBJ: Nursing Process: Planning

MSC: Safe and Effective Care Environment

TOP: NA

REF: p. 17

2. To provide effective care to the older adult, the nurse must understand that:
 - a. older adults are not a homogeneous sociologic group.
 - b. little variation exists in cohort groups of older adults.
 - c. health problems are much the same for similar age groups of older adults.
 - d. withdrawal by an older adult is a normal physiologic response to aging.

ANS: a

Age Stratification theory states that the key societal issue being addressed in this theory is the concept of interdependence between the aging person and society at large. This theory views the aging person as an individual element of society and also as a member, with peers, interacting in a social process. The theory attempts to explain the interdependence between older adults and society and how they constantly influence each other in a variety of ways. There is variation among even the same cohort group based on culture, life experiences, gender, and health and family status. Nurses need to be aware of the fact that whatever similarities exist among the individuals of a cohort group, they are still individuals. Older adults are not a homogeneous sociologic group, and care needs to be taken not to treat them as if they are.

DIF: Comprehension (Understand)

OBJ: Nursing Process: Planning

MSC: Education and Health Promotion

TOP: Health Promotion and Maintenance

REF: p. 22

3. The nurse is using the Eight Stages of Life theory to help an older adult client assess the developmental stage of personal ego differentiation. The nurse does this by assisting the client to:
 - a. determine his feelings regarding the effects of aging on his physical being.
 - b. describe his feelings regarding what he expects the future to hold for him.
 - c. identify aspects of his work, recreation, and family life that provide him with a sense of self-worth and pleasure.
 - d. elaborate on his feeling about the prospect of his personal death.

ANS: c

During the stage of Ego Differentiation versus Work Role Preoccupation, the task for older adults is to achieve identity and feelings of worth from sources other than the work role. The onset of retirement and termination of the work role may reduce feelings of self-worth. In contrast, a person with a well-differentiated ego, who is defined by many dimensions, can replace the work role as the major defining source for self-esteem.

DIF: Apply (Application)

OBJ: Nursing Process: Implementation

MSC: Psychosocial Integrity

TOP: Emotional Needs Related to Health Problems

REF: p. 24

4. A 76-year-old client is recovering from a mild cerebral vascular accident (stroke). The home care nurse notes that he is talking about updating his will and planning funeral arrangements with his partner. Which of the following responses is most appropriate for the nurse to make?
 - a. "You seem to be very preoccupied with dying."
 - b. "Is there anything I can do to help you?"
 - c. "Are you worried about dying before you get your affairs in order?"
 - d. "Let's focus on how you are recovering rather than on your dying."

ANS: b

According to Peck's Expansion of Erikson's Theory, the older adult who has successfully achieved ego integrity and ego transcendence accepts death with a sense of satisfaction regarding the life led and without dwelling on its inevitability. The client's action is reflective of a healthy transition and should be supported.

DIF: Application (Apply)

OBJ: Nursing Process: Implementation

MSC: Psychosocial Integrity

TOP: Emotional Needs Related to Health Problems

REF: p. 24

5. Your 68-year-old client's husband died recently. She is a retired nurse who cared for her husband during an extended illness. After 45 years of marriage, a client loses her husband to a sudden illness. She is now depressed and withdrawn and has verbalized feelings of uselessness. The nurse is most therapeutic when:
 - a. encouraging her to take up a hobby such as gardening that will occupy some of her time.
 - b. explaining that volunteering would be an excellent outlet for her.

- c. assuring her that her feelings of sadness will pass with time.
- d. asking her to share some of her cherished memories of her husband.

ANS: b

Volunteering will assist in helping the client interact with people and feel productive and valued for her ability to help others as stated in the Activity Theory.

DIF: Application (Apply)

OBJ: Nursing Process: Implementation

MSC: Psychosocial Integrity

TOP: Emotional Needs Related to Health Problems

REF: p. 22

6. A 62-year-old female client has recently been diagnosed with end-stage renal disease. The client has cried often throughout the day and finally confides in the nurse that, "I am going home to be with my Lord." The nurse's best response is:
- a. "There is no reason to believe the end is near."
 - b. "Do you want me to call your family?"
 - c. "Would you like to see the chaplain?"
 - d. "I think this is the time for us to pray together."

ANS: c

It is important for the nurse to acknowledge the spiritual dimension of a person and support spiritual expression and growth while addressing spirituality as a component in holistic care without imposing upon the client.

DIF: Application (Apply)

OBJ: Nursing Process: Implementation

MSC: Psychosocial Integrity

TOP: NA

REF: p. 25

7. A nurse is responsible for the care of 20 older adults in a unit of an assisted living facility. In order to best address the needs and wants of the entire unit's population, the nurse:
- a. strictly adhered to facility policies so that all clients will be treated equally.
 - b. encourages specific age cohorts to gather in the dayroom because they share similar interests.
 - c. has the unit vote on which television programs will be watched each evening.
 - d. schedules the clients' bathing times according to their individual preference.

ANS: d

Older adults continue to feel valued and viewed as active members of society when allowed to maintain a sense of control over their living environment by attention to personal choices and rituals.

DIF: Application (Apply)

OBJ: Nursing Process: Planning

MSC: Psychosocial Integrity

TOP: NA

REF: p. 22

8. A 72 year old who reports being, “healthy enough to cut my own fire wood,” is being assessed prior to outpatient surgery. The nurse recognizes which assessment observation as a possible result of the wear-and-tear theory?
- a. Swollen finger joints
 - b. Red, watery eyes
 - c. Grimacing when raising left arm
 - d. Bilaterally bruising on the forearms

ANS: c

This theory proposed that cells wear out over time because of continued use. The pain caused by movement of the shoulder is the observation most likely a result of the client’s practice of cutting his own fire wood.

DIF: Application (Apply)

OBJ: Nursing Process: Assessment

MSC: Physiological Integrity

TOP: NA

REF: p. 17

9. Knowing the difference between normal age-related changes and pathologic findings is very important. Which finding should the nurse identify as pathologic in a 72-year-old client?
- a. Two hospitalizations in 6 months for respiratory infections
 - b. Patient reports of sleeping only of 5 to 6 hours each night
 - c. Thinning hair and brittle nails
 - d. Dry, tissue-paper-like skin

ANS: a

Reoccurring infections are not considered a normal age-related finding.

DIF: Application (Apply)

OBJ: Nursing Process: Assessment

MSC: Physiological Integrity

TOP: NA

REF: p. 19

10. A 71-year-old widower is hospitalized for dehydration. During his admission interview, he repeatedly talks about how he wishes he were as energetic and strong as he was when he was younger. In planning the care for an older adult client, the nurse will best promote health and wellness by:
- a. encouraging independent living and self-care.
 - b. scheduling regular cardiac and respiratory focused health screenings.
 - c. effectively delivering health-related educational information.
 - d. promoting a nutritious diet and an age-appropriate exercise routine.

ANS: c

Providing well-prepared and effectively delivered health-related educational information will provide the best means of promoting a client’s ability to impact their wellness and general health.

DIF: Application (Apply)

OBJ: Nursing Process: Planning
MSC: Physiological Integrity
TOP: NA
REF: p. 20