

Health: The Basics, 12e (Donatelle)

Chapter 14 Preparing for Aging, Death, and Dying

1) Katie is a researcher who studies factors that influence aging and how individuals cope with the aging process. Katie works in the field of

- A) seniorology.
- B) gerontology.
- C) geriatrics.
- D) disease prevention.

Answer: B

Diff: 3

Skill: Applying

Section: Aging

Learning Outcome: 14.1

2) Successful aging involves all of the following EXCEPT

- A) avoiding debilitating diseases and disability by eating a healthy diet, exercising, and not smoking.
- B) maintaining cognitive function and engaging in mentally challenging tasks.
- C) refusing to accept physical, emotional, and social changes associated with growing older.
- D) participating in meaningful activities, including social, family, and volunteer activities.

Answer: C

Diff: 4

Skill: Analyzing

Section: Strategies for Healthy Aging

Learning Outcome: 14.3

3) People 65 and older make up what percentage of the U.S. population?

- A) around 5 percent
- B) around 9 percent
- C) around 14 percent
- D) around 21 percent

Answer: C

Diff: 1

Skill: Remembering

Section: Aging

Learning Outcome: 14.1

- 4) Which of the following statements about the baby boomer generation is TRUE?
- A) As baby boomers retire, more funds will enter the Social Security system.
 - B) There are about 3 million baby boomers in the U.S. today.
 - C) Baby boomers are an unusually small segment of the population born in the aftermath of World War II.
 - D) Baby boomers are people born between the late 1940s and the early 1960s.

Answer: D

Diff: 4

Skill: Analyzing

Section: Aging

Learning Outcome: 14.1

- 5) A degenerative bone disease characterized by porous bones is

- A) fibromyalgia.
- B) rheumatoid arthritis.
- C) osteoporosis.
- D) osteoarthritis.

Answer: C

Diff: 2

Skill: Understanding

Section: Physical and Mental Changes of Aging

Learning Outcome: 14.2

- 6) Which of the following statements about aging is TRUE?

- A) The number of Americans age 65 and up is growing, but the number of Americans age 85 and up is not.
- B) Over 60% of Americans age 65 and older have hypertension.
- C) Nearly one-third of Americans over age 85 live in a nursing home.
- D) Nearly 10% of America's senior citizens live in poverty.

Answer: D

Diff: 2

Skill: Understanding

Section: Aging

Learning Outcome: 14.1

- 7) The average life expectancy of a baby born in 2014 is

- A) 69.5 years.
- B) 79.5 years.
- C) 84.5 years.
- D) 89.5 years.

Answer: B

Diff: 1

Skill: Remembering

Section: Aging

Learning Outcome: 14.1

8) Aging is BEST defined as the

- A) degeneration of body structures and processes that occurs over time.
- B) individual and collective ways people cope with life's changes.
- C) patterns of life changes that occur in members of all species as they grow older.
- D) progressive and irreversible decline in body functioning.

Answer: C

Diff: 2

Skill: Understanding

Section: Aging

Learning Outcome: 14.1

9) Which of the following statements about the physical changes of aging is TRUE?

- A) In older men and women, the brain decreases in size.
- B) In men over 65, testosterone levels rise.
- C) In women approaching menopause, rising estrogen levels can cause hot flashes and mood swings.
- D) In older men and women, fat deposits under the skin increase.

Answer: A

Diff: 2

Skill: Understanding

Section: Physical and Mental Changes of Aging

Learning Outcome: 14.2

10) Cathy, age 45, has developed a few wrinkles on her forehead and "crow's feet" around her eyes. This is primarily due to

- A) age-related contraction of the muscles of the face.
- B) excess pigment accumulation under the skin.
- C) the effects of facial expressions over time.
- D) spending too much time in the sun.

Answer: C

Diff: 3

Skill: Applying

Section: Physical and Mental Changes of Aging

Learning Outcome: 14.2

11) Osteoporosis would most likely result in

- A) a wrist fracture as the result of a fall.
- B) arthritis in the lower back and knees.
- C) redistribution of body fat in the trunk region.
- D) a high bone density.

Answer: A

Diff: 3

Skill: Applying

Section: Physical and Mental Changes of Aging

Learning Outcome: 14.2

- 12) All of the following individuals would be at an increased risk for osteoporosis EXCEPT a(n)
- A) smoker.
 - B) obese man.
 - C) alcoholic.
 - D) petite, small-boned woman.

Answer: B

Diff: 2

Skill: Understanding

Section: Physical and Mental Changes of Aging

Learning Outcome: 14.2

- 13) Which of the following BEST describes vision changes related to aging?
- A) The lens of the eye softens.
 - B) The ability to see objects at a distance is lost.
 - C) The lens becomes thinner and more transparent.
 - D) The ability to see close objects diminishes.

Answer: D

Diff: 2

Skill: Understanding

Section: Physical and Mental Changes of Aging

Learning Outcome: 14.2

- 14) After his stroke at the age of 80, Austin developed urinary incontinence, meaning he has
- A) kidney failure.
 - B) less control over elimination of urine from his bladder.
 - C) slowing of the urinary stream flow.
 - D) recurring urinary tract infections.

Answer: B

Diff: 3

Skill: Applying

Section: Physical and Mental Changes of Aging

Learning Outcome: 14.2

- 15) Which of the following statements is accurate about urinary incontinence?
- A) Incontinence is an inevitable part of aging.
 - B) Most forms of incontinence are difficult to treat.
 - C) Incontinence occurs in older men much more frequently than in older women.
 - D) Incontinence can lead to other problems such as tissue irritation and infections.

Answer: D

Diff: 2

Skill: Understanding

Section: Physical and Mental Changes of Aging

Learning Outcome: 14.2

16) Which of the following changes occurs as a result of aging?

- A) Hair turns grey and becomes thicker.
- B) The heart's stroke volume diminishes.
- C) Bones become denser.
- D) The lungs' vital capacity increases.

Answer: B

Diff: 2

Skill: Understanding

Section: Physical and Mental Changes of Aging

Learning Outcome: 14.2

17) Your grandfather is having blurred vision in his right eye due to clouding of the lens. To improve his vision, he would need which type of surgery?

- A) cataract
- B) retinal
- C) glaucoma
- D) macular regeneration

Answer: A

Diff: 3

Skill: Applying

Section: Physical and Mental Changes of Aging

Learning Outcome: 14.2

18) Miles is 75 and he has been diagnosed with presbycusis. What can he do to help him cope with this problem?

- A) Take daily showers to prevent infection.
- B) Use special eye drops in his eyes to relieve pressure in his eyes.
- C) Wear hearing aids.
- D) Inject insulin twice a day to keep his pancreas functioning properly.

Answer: C

Diff: 3

Skill: Applying

Section: Physical and Mental Changes of Aging

Learning Outcome: 14.2

19) Lawrence is 47 years old and has become frustrated because his vision is no longer sharp enough to do crossword puzzles unless he wears magnifying eyeglasses he purchased at his local drug store. He probably has

- A) cataracts.
- B) glaucoma.
- C) macular degeneration.
- D) normal age-related vision loss.

Answer: D

Diff: 3

Skill: Applying

Section: Physical and Mental Changes of Aging

Learning Outcome: 14.2

- 20) Jean's hearing has diminished over the years. She probably has the most difficulty hearing
- A) conversation at the dinner table.
 - B) the sermon at church.
 - C) the birds chirping in her garden.
 - D) a conversation over the telephone.

Answer: C

Diff: 3

Skill: Applying

Section: Physical and Mental Changes of Aging

Learning Outcome: 14.2

- 21) Julia is 74 years old. Over the last several years, she has begun salting her food more than she used to. The reason for this is that

- A) her sense of smell has become stronger.
- B) she has gained taste buds.
- C) her taste buds have grown more sensitive.
- D) her sense of taste has diminished.

Answer: D

Diff: 2

Skill: Understanding

Section: Physical and Mental Changes of Aging

Learning Outcome: 14.2

- 22) All of the following sexual changes occur in aging men EXCEPT

- A) diminished ability to obtain an erection.
- B) longer refractory period between orgasms.
- C) extended duration of orgasm.
- D) decline in the angle of the erection.

Answer: C

Diff: 2

Skill: Understanding

Section: Physical and Mental Changes of Aging

Learning Outcome: 14.2

- 23) About what percentage of Americans between the ages of 50 and 90 are sexually active?

- A) 35 percent
- B) 50 percent
- C) 65 percent
- D) 80 percent

Answer: D

Diff: 1

Skill: Remembering

Section: Physical and Mental Changes of Aging

Learning Outcome: 14.2

24) Your 80-year-old aunt lives in an independent-living retirement center. She still has a very sharp memory. All of the following probably apply to her EXCEPT that she

- A) has exercised regularly over the years.
- B) remains physically active even now.
- C) has never exercised and prefers to spend all of her time alone.
- D) keeps her mind active by reading and playing the piano.

Answer: C

Diff: 3

Skill: Applying

Section: Physical and Mental Changes of Aging

Learning Outcome: 14.2

25) A joint condition that is characterized by the breakdown of cartilage is

- A) osteonecrosis.
- B) rheumatoid arthritis.
- C) osteoporosis.
- D) osteoarthritis.

Answer: D

Diff: 2

Skill: Understanding

Section: Physical and Mental Changes of Aging

Learning Outcome: 14.2

26) Among elderly persons, disorientation caused by drug interactions may at first be confused with which more serious condition?

- A) drug addiction
- B) diabetes
- C) dementia
- D) depression

Answer: C

Diff: 2

Skill: Understanding

Section: Physical and Mental Changes of Aging

Learning Outcome: 14.2

27) One of the most common forms of progressive dementia that interferes with memory and normal intellectual functioning is

- A) Alzheimer's disease.
- B) Hodgkin's disease.
- C) Lou Gehrig's disease.
- D) Parkinson's disease.

Answer: A

Diff: 2

Skill: Understanding

Section: Physical and Mental Changes of Aging

Learning Outcome: 14.2

28) Mattie was diagnosed with Alzheimer's disease at the age of 67. If she is like the average Alzheimer's disease patient, she will probably live to about age

- A) 69.
- B) 73.
- C) 82.
- D) 87.

Answer: B

Diff: 3

Skill: Applying

Section: Physical and Mental Changes of Aging

Learning Outcome: 14.2

29) Which of the following statements about Alzheimer's disease is FALSE?

- A) Nerve cells in the brain stop communicating with each other.
- B) If caught early, its progression can be stopped.
- C) It is a disease in which brain cells die.
- D) It affects personality as well as memory.

Answer: B

Diff: 2

Skill: Understanding

Section: Physical and Mental Changes of Aging

Learning Outcome: 14.2

30) Which of the following statements about dementia is FALSE?

- A) The terms *Alzheimer's disease* and *dementia* refer to the same condition.
- B) Medication interactions can prompt signs and symptoms characteristic of dementia.
- C) Vitamin B deficiencies can lead to signs and symptoms characteristic of dementia.
- D) Dementias can be reversible.

Answer: A

Diff: 2

Skill: Understanding

Section: Physical and Mental Changes of Aging

Learning Outcome: 14.2

31) Progressive brain impairments that interfere with memory and normal intellectual functioning are

- A) Alzheimer's disease.
- B) dementias.
- C) brain tumors.
- D) Parkinson's disease.

Answer: B

Diff: 2

Skill: Understanding

Section: Physical and Mental Changes of Aging

Learning Outcome: 14.2

32) Older adults should participate in muscle-strengthening exercise at least

- A) twice a month.
- B) once a week.
- C) twice a week.
- D) three times a week.

Answer: B

Diff: 1

Skill: Remembering

Section: Strategies for Healthy Aging

Learning Outcome: 14.3

33) All of the following are strategies for healthy aging EXCEPT

- A) developing a strong sense of social independence.
- B) appreciating the spiritual side of life.
- C) improving fitness.
- D) eating well.

Answer: A

Diff: 2

Skill: Understanding

Section: Strategies for Healthy Aging

Learning Outcome: 14.3

34) Nutrients considered especially important for healthy aging include

- A) calcium, vitamin D, and protein.
- B) sodium, chloride, and magnesium.
- C) vitamins A, C, and E.
- D) red wine, lean proteins, and fatty fish.

Answer: A

Diff: 2

Skill: Understanding

Section: Strategies for Healthy Aging

Learning Outcome: 14.3

35) Phillip was involved in a car crash and placed on a respirator. After his family had the respirator removed, he was nonresponsive, with no reflexes and a flat EEG. These vital signs indicate Phillip has experienced

- A) brain death.
- B) hyperthermic death.
- C) myocardial death.
- D) hypothermic death.

Answer: A

Diff: 3

Skill: Applying

Section: Understanding the Final Transitions: Dying and Death

Learning Outcome: 14.4

36) All of the following are ways to help a grieving friend EXCEPT

- A) saying you are sorry about their loss and about their pain.
- B) being available to listen and help with what is necessary.
- C) avoiding talking about the person who died or mentioning their name.
- D) allowing them to express as much grief and as many emotions as they are feeling.

Answer: C

Diff: 3

Skill: Applying

Section: Coping with Loss

Learning Outcome: 14.5

37) Which of the following is NOT one of the psychological stages of dying according to the Kübler-Ross model?

- A) denial
- B) depression
- C) resistance
- D) bargaining

Answer: C

Diff: 2

Skill: Understanding

Section: Understanding the Final Transitions: Dying and Death

Learning Outcome: 14.4

38) The loss or deprivation experienced by a person when a loved one dies is known as

- A) guilt.
- B) bereavement.
- C) mourning.
- D) acceptance.

Answer: B

Diff: 1

Skill: Remembering

Section: Coping with Loss

Learning Outcome: 14.5

39) Monica was president of the local chapter of Future Business Leaders of America during her senior year. After Monica was diagnosed with an aggressive form of lymphoma, her classmates stopped talking about their career plans in front of her. Monica was experiencing

- A) bereavement.
- B) depression.
- C) social death.
- D) peer rejection.

Answer: C

Diff: 3

Skill: Applying

Section: Understanding the Final Transitions: Dying and Death

Learning Outcome: 14.4

40) The cultural practice of waiting a year after the death of a spouse to begin dating is an example of

- A) social death.
- B) expressed grief.
- C) mourning.
- D) bereavement.

Answer: C

Diff: 3

Skill: Applying

Section: Coping with Loss

Learning Outcome: 14.5

41) Funeral rituals

- A) are a relatively recent phenomenon in Western societies.
- B) are not useful in helping survivors cope with their loss.
- C) always include a viewing of the body of the deceased.
- D) are found in all cultures.

Answer: D

Diff: 2

Skill: Understanding

Section: Making Final Arrangements

Learning Outcome: 14.7

42) Care that focuses on relieving the pain and other symptoms of a serious illness to improve quality of life for patients and families is

- A) palliative care.
- B) skilled nursing care.
- C) grief counseling.
- D) end-of-life care.

Answer: A

Diff: 2

Skill: Understanding

Section: Life-and-Death Decision Making

Learning Outcome: 14.6

43) Withholding life-prolonging treatments and allowing a terminally ill patient to die naturally is

- A) palliative care.
- B) active euthanasia.
- C) passive euthanasia.
- D) rational suicide.

Answer: C

Diff: 2

Skill: Understanding

Section: Life-and-Death Decision Making

Learning Outcome: 14.6

44) Which of the following is TRUE about hospice care?

- A) It provides care for a terminally ill patient and his or her family.
- B) It is based on the patient's or family's ability to pay for the care.
- C) It lacks the counselors and clergy that a hospital would have on staff.
- D) It is only provided in a nursing home setting.

Answer: A

Diff: 2

Skill: Understanding

Section: Making Final Arrangements

Learning Outcome: 14.7

45) Henry was killed in an automobile accident. After his death, his family discovered that he had no will. Henry

- A) was intestate.
- B) had no last wishes.
- C) was without an advanced directive.
- D) had a power of attorney.

Answer: A

Diff: 3

Skill: Applying

Section: Making Final Arrangements

Learning Outcome: 14.7

46) The study of death and dying is

- A) gerontology.
- B) thanatology.
- C) theology.
- D) anthropology.

Answer: B

Diff: 1

Skill: Remembering

Section: Understanding the Final Transitions: Dying and Death

Learning Outcome: 14.4

47) The permanent cessation of all of the body's vital functions is the definition of

- A) euthanasia.
- B) suicide.
- C) death.
- D) dying.

Answer: C

Diff: 1

Skill: Remembering

Section: Understanding the Final Transitions: Dying and Death

Learning Outcome: 14.4

48) The decline of the body's vital functions that results in death is

- A) dementia.
- B) impairment.
- C) disease.
- D) dying.

Answer: D

Diff: 2

Skill: Understanding

Section: Understanding the Final Transitions: Dying and Death

Learning Outcome: 14.4

49) A document that stipulates a person's wishes about medical care that is used to make treatment decisions when the individual becomes unable to communicate his or her preferences is a(n)

- A) advance notice.
- B) advance directive.
- C) health care power of attorney.
- D) legal medical record.

Answer: B

Diff: 2

Skill: Understanding

Section: Life-and-Death Decision Making

Learning Outcome: 14.6

50) William is 36 years old. Since his diagnosis of terminal cancer, he has been enraged—at his physicians, at his friends and family members, and at "the universe." Which stage of the Kübler-Ross model is William experiencing?

- A) denial
- B) anger
- C) bargaining
- D) depression

Answer: B

Diff: 3

Skill: Applying

Section: Understanding the Final Transitions: Dying and Death

Learning Outcome: 14.4

51) Martha is 82 years old and has been diagnosed with end-stage kidney disease. Her kidney specialist has told her that treatments are becoming less and less effective and that "it's only a matter of time" before her kidneys fail completely. Although Martha understands what her physician has told her, she returns home in a state of shock. She decides that her physician must be mistaken and asks her daughter to help her find a new kidney specialist. Which stage of the Kübler-Ross model is Martha experiencing?

- A) denial
- B) anger
- C) bargaining
- D) depression

Answer: A

Diff: 3

Skill: Applying

Section: Understanding the Final Transitions: Dying and Death

Learning Outcome: 14.4

52) Ralph is 73 years old, and has recently been diagnosed with terminal pancreatic cancer. After being unable to sleep, he sits up in bed and pleads silently with God to allow him to live long enough to witness the birth of his first grandchild. Which stage of the Kübler-Ross model is Ralph experiencing?

- A) denial
- B) anger
- C) bargaining
- D) depression

Answer: C

Diff: 3

Skill: Applying

Section: Understanding the Final Transitions: Dying and Death

Learning Outcome: 14.4

53) Millie is 88 years old and has been coping with slowly progressing heart failure for many years. In the last six months, she has been hospitalized twice for infections, and feels weak and exhausted and ready for death. Which stage of the Kübler-Ross model is Millie experiencing?

- A) anger
- B) bargaining
- C) depression
- D) acceptance

Answer: D

Diff: 3

Skill: Applying

Section: Understanding the Final Transitions: Dying and Death

Learning Outcome: 14.4

54) Bob smoked for six decades before being diagnosed with chronic emphysema. His symptoms have now progressed to a point at which his day-to-day activities are drastically restricted, he must use supplemental oxygen, and his wife has to "take care of everything." He realizes he is dying, and feels ashamed for not having quit smoking when he was young. He also feels guilty and worthless because of his dependency on his wife. Which stage of the Kübler-Ross model is Bob experiencing?

- A) guilt
- B) depression
- C) doom
- D) acceptance

Answer: B

Diff: 3

Skill: Applying

Section: Understanding the Final Transitions: Dying and Death

Learning Outcome: 14.4

55) An emotional reaction to a significant loss is

- A) depression.
- B) bereavement.
- C) mourning.
- D) grief.

Answer: D

Diff: 2

Skill: Understanding

Section: Coping with Loss

Learning Outcome: 14.5

56) Most older people end up living in a nursing home.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: Aging

Learning Outcome: 14.1

57) Sarcopenia is an age-related decline in respiratory capacity.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: Strategies for Healthy Aging

Learning Outcome: 14.3

58) Gerontologists recommend that people stop exercising after approximately age 85, because the risk of injury outweighs the benefits.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: Strategies for Healthy Aging

Learning Outcome: 14.3

59) Menopause may make sexual activity less pleasurable for women.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: Physical and Mental Changes of Aging

Learning Outcome: 14.2

60) Many older people engage in regular sexual activity.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: Physical and Mental Changes of Aging

Learning Outcome: 14.2

61) Gerontology explores the reasons for aging and the ways in which people cope with and adapt to this process.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: Aging

Learning Outcome: 14.1

62) Alzheimer's disease is a form of dementia.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: Physical and Mental Changes of Aging

Learning Outcome: 14.2

63) The life expectancy of a child born in 2014 is nearly 20 years longer than that of a child born in 1900.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: Aging

Learning Outcome: 14.1

64) Thanatology is the study of life after death.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: Understanding the Final Transitions: Dying and Death

Learning Outcome: 14.4

65) Anger is a normal part of the grief process.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: Understanding the Final Transitions: Dying and Death

Learning Outcome: 14.4

66) A woman who miscarries early in her pregnancy may experience disenfranchised grief.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: Coping with Loss

Learning Outcome: 14.5

67) To complete the grief work process, a person first must set a time limit for each of the stages to be completed.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: Coping with Loss

Learning Outcome: 14.5

68) According to Worden's model, the grief work process includes four developmental tasks that a person must complete to cope with the situation and move on with his or her life.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: Coping with Loss

Learning Outcome: 14.5

69) A conscious, mentally competent adult has the right to refuse life-saving medical treatment.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: Life-and-Death Decision Making

Learning Outcome: 14.6

70) Only attorneys can be appointed as durable power of attorney for health care.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: Life-and-Death Decision Making

Learning Outcome: 14.6

71) The organs from a single cadaver can be used for only one living person.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: Making Final Arrangements

Learning Outcome: 14.7

72) Explain how the growing population of elderly will affect society in the future.

Answer: The growing population of elderly will place additional strains on the healthcare system in terms of treatment for chronic conditions and health maintenance. Housing will be affected as there will be a demand for assisted-living facilities, long-term care, etc. The increasing cost of care for this population will also have financial implications as it places added burdens on lower-income individuals and depletes funding for programs such as Social Security and Medicare. Moral and ethical considerations regarding health care for the elderly will become more significant and challenging.

Diff: 4

Skill: Analyzing

Section: Aging

Learning Outcome: 14.1

73) Explain why it is important to build bone mass in your childhood, teens, and early twenties, and identify at least two ways to do this.

Answer: Most people reach peak bone mass before age 30, at which point, the density of bones begins gradually to decline. The more dense bones are at this peak, the more years will elapse before bone density declines to a point at which the person is at risk for fracture. To build bone mass, young people should engage in regular weight-bearing exercise, including running, jumping rope, tennis, etc., and eat a healthful diet rich in sources of calcium and vitamin D.

Diff: 4

Skill: Analyzing

Section: Physical and Mental Changes of Aging

Learning Outcome: 14.2

74) Identify at least four characteristics that can help older adults age successfully.

Answer: (Any four of the following)

- Maintain your fitness through leisure activities and regular exercise.
- Maintain a healthy weight.
- Eat a healthy diet containing low levels of saturated fats, with plenty of fruits, vegetables, and whole grains.
- Develop and maintain healthy relationships.
- Participate in meaningful activities, like volunteering and other social activities.
- Don't smoke, and if you drink alcohol, do so in moderation.

Diff: 2

Skill: Understanding

Section: Strategies for Healthy Aging

Learning Outcome: 14.3

75) List five common physical and emotional responses that can be part of the typical grief process. Then explain the four tasks in Worden's model of the grief work process.

Answer: Students may mention any five of the following responses: insomnia, feelings of emptiness or muscular weakness, intense anxiety, sense of unreality, lapses in memory, loss of appetite, depression and social withdrawal, tightness in the throat or shortness of breath, feelings of guilt, difficulty concentrating, hostility, tendency to engage in purposeless behavior, difficulty in making decisions, preoccupation with the image of the deceased, and susceptibility to disease.

Worden's model includes the following four tasks:

- 1) Accept the reality of the loss.
- 2) Work through the pain of grief.
- 3) Adjust to an environment in which the deceased is missing.
- 4) Emotionally relocate the deceased and move on with life.

Diff: 4

Skill: Analyzing

Section: Coping with Loss

Learning Outcome: 14.5

76) Which of a person's wishes should be included in an advance directive and what steps should be taken to ensure that these wishes are carried out?

Answer: Wishes that should be addressed include:

- Who should be allowed to make health care decisions for you when you can't make them yourself (naming a proxy through legal document).
- Specific instructions in regard to feeding and the medical treatment you want and don't want.
- How comfortable you want to be in regard to the administration of pain medication.
- Information that your loved ones need to know about your preferences for care.

To ensure these wishes are carried out, you should be specific; appoint an agent (durable power of attorney), discuss your wishes with your agent and your doctor, and distribute copies to pertinent individuals (such as agent, doctor, attorney, and family members).

Diff: 2

Skill: Understanding

Section: Life-and-Death Decision Making

Learning Outcome: 14.6

77) Imagine that a family member has been diagnosed with cancer, has been told by her physicians that there is nothing more they can do, and has been offered hospice care. She tells you that she wants to register for hospice care, but that another relative is strongly opposed, and insists that the physicians are "giving up too soon." What benefits of hospice care, for the patient and the family, could you share with your family members?

Answer: You could explain that hospice care is provided under the direction of a qualified physician, and that the care will focus on reducing your family member's pain and discomfort, 24 hours a day, 7 days a week. You could also share that hospice will help the patient and all of your family members feel more in control of the experience, will provide emotional support to the patient and family, and will continue to support the family through the bereavement period, potentially increasing the survivors' ability to cope with the loss.

Diff: 4

Skill: Analyzing

Section: Making Final Arrangements

Learning Outcome: 14.7