

## Chapter 1- Seeing Older Adults Through the Eyes of Wellness

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1. A nurse is discussing an older adult's recent diagnosis of rheumatoid arthritis with a colleague. Which of the nurse's statements reflects an accurate view of the relationship between aging and wellness?
  - A) "It's important that the individual knows this is an expected part of growing older."
  - B) "We need to teach the older adult how he can keep living a fruitful life in spite of his diagnosis."
  - C) "We need to make sure our teaching is not too detailed for someone of his age."
  - D) "We need to ensure his expectations of continuing to live alone are realistic."

Ans: B

### **Feedback:**

Answer B reflects a desire to foster a fulfilling and productive life for the older adult despite his diagnosis, and reflects an understanding of wellness and aging. Option A implies that illness is an inevitability of aging. Option C suggests that older adults have a limited capacity to learn by virtue of their age, and option D implies pessimism about the health and functioning of the older adult.

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2. A nurse is teaching an older person about the concept of successful aging. Which of the nurse's questions addresses an important contributor to successful aging?
  - A) "Are you largely free of acute or chronic illnesses?"
  - B) "Do you feel financially secure?"
  - C) "Do you feel like you actively engage with life?"
  - D) "Do you have a reliable support network?"

Ans: C

### **Feedback:**

Research has indicated that an active engagement with life is central to successful and healthy aging. Absence of illness, financial security, and the nature of a person's support network are not identified components of successful aging.

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3. An older adult has recently begun to display unprecedented lapses in short-term memory. The nurse overhears a colleague reassuring the person by saying, "Try not to worry; it's just a part of growing older." The nurse recognizes that this is an example of what phenomenon?
- A) Multiple jeopardy
  - B) Gerontophobia
  - C) Age attribution
  - D) Implicit ageism

Ans: C

**Feedback:**

Age attribution is the act of attributing a problem to age rather than to a pathology, as in the colleague's statement. Multiple jeopardy is the compounding of discrimination based on factors such as race and gender, while gerontophobia is the fear or hatred of older people. Implicit ageism is the unrecognized, negative perception of older people.

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4. A nurse hears a colleague make the statement, "Most older adults have nothing to worry about financially." Which of the following responses is most appropriate?
- A) "You have to remember that there's a huge economic disparity among older adults."
  - B) "Actually, the number of older people living below the poverty line has been increasing, not decreasing."
  - C) "This isn't really true now, but it is true that the gaps that disadvantaged groups live with are expected to shrink."
  - D) "This is true for some groups, but not for minorities who are less likely to be living with their relatives."

Ans: A

**Feedback:**

An important consideration with regard to economic conditions of older adults is the tremendous range in financial status, which varies significantly according to race, gender, and living arrangements. The number of adults living below the poverty line, however, has decreased in recent years. The disparities that separate disadvantaged groups from more economically secure older adults are predicted to persist. Minorities are more likely, not less likely, to be living with their relatives.

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5. A nurse is conducting a study on the needs and living situations of older adults in the community. Which of the following statements should the nurse take into account?
- A) A majority of older Americans will live in a nursing home at some point.
  - B) More older men live alone than older women.
  - C) Assisted living arrangements have become increasingly common.
  - D) Most older Americans reside in some form of institutional arrangement.

Ans: C

**Feedback:**

Assisted living arrangements have become an increasingly common alternative to nursing homes. The number of Americans living in nursing homes has recently decreased, not increased, and more older women live alone than do older men. Ninety percent of older Americans live in an apartment or house, rather than in an institutional arrangement.

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6. A nurse who provides care to many older adults recognizes the importance of implementing a wellness approach to care. What principle underlies this approach to the health care of older adults?
- A) Older adults have decreasing expectations for wellness as they move through the aging process.
  - B) Health problems are a Western cultural construct that has no objective, physiologic basis.
  - C) Older adults must come to accept a decline in wellness as they age.
  - D) A holistic approach to caring for older adults can foster their well-being at every stage of life.

Ans: D

**Feedback:**

An integral part of the wellness approach to the health care of older adults is a holistic approach to care that considers mind, body, and spirit. Health problems are an inevitable reality but a decrease in wellness does not necessarily accompany the aging process.

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7. A diabetes nurse is providing care for a 73-year-old client who is a regular client of the hospital's out-client diabetes clinic. What assessment question most clearly addresses this client's potential for optimal function?
- A) "What are some goals that you have for maximizing your level of wellness?"
  - B) "How can we help you to take ownership of your own health?"
  - C) "Is there anything that you're doing that might be exacerbating your diabetes?"
  - D) "How long do you think that you'll be able to live independently?"

Ans: A

**Feedback:**

Eliciting an older adult's goals for wellness and high functioning can help promote these outcomes. Questions about a client's living situation, disease management, and personal responsibility may or may not promote wellness.

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8. A nurse cares for an 81-year-old client whose current hospital admission has been prompted by an exacerbation of chronic renal failure. Which of the following actions by the nurse will best emphasize the goal of client wellness?
- A) Ask for the client's code status be changed to "do not resuscitate."
  - B) Explore the client's abilities and strengths.
  - C) Show the client others who are more ill.
  - D) Teach the client that health problems do not have to affect daily routines.

Ans: B

**Feedback:**

A focus on existing strengths and abilities can foster wellness in older adults, even when they are experiencing health challenges. It is inappropriate to actively compare clients with each other, and changing Mr. Say's code status is unlikely to promote wellness, even if this is necessary. It is inaccurate to claim that health problems do not affect daily routines.

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9. A nurse administrator is involved in strategic planning for a large long-term care facility that has locations in numerous regions of the country. What trend should the nurse administrator anticipate?
- A) A decrease in the proportion of older adults who are members of minority groups
  - B) A gradual decline in overall life expectancy
  - C) Average longevity of men exceeding that of women
  - D) Increased use of assisted living facilities by older adults

Ans: D

**Feedback:**

Assisted living facilities have become a more common option for older adults; this trend is expected to continue. Life expectancy is continuing to increase, with women usually outliving men. An increasing proportion of the older adult population will be members of minority groups.

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10. A nurse identifies those who are at risk for familial stress. Which of the following persons exemplifies the sandwich generation?
- A) A 50-year-old who balances the care of an 82-year-old parent and a 20-year-old child
  - B) A 58-year-old whose elderly parents have been forced to live in separate care facilities
  - C) A 72-year-old who deals with own health problems with the care of a grandchild
  - D) An 83-year-old who is the sole caregiver for the 79-year-old spouse

Ans: A

**Feedback:**

The increasing numbers of middle-aged adults who simultaneously juggle the demands of caring for older and younger generations are referred to as the sandwich generation.

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11. A nurse interviews a centenarian gathering data for a large study. In the interview, the centenarian defines aging as not growing older, but growing wiser. Which of the following is the best response to this definition by the nurse?
- A) "Aging might make you wiser, but it does lead to eventual death."
  - B) "Healthy maturity is characterized by wisdom."
  - C) "How did you get to live to this old?"
  - D) "I will never make it to be 100 like you."

Ans: B

**Feedback:**

Healthy maturity is characterized not only by physical decline but also by wisdom. The other responses are not therapeutic.

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12. A nurse interviews a centenarian gathering data for a large study. In the interview, the centenarian says, "You're only as old as you feel, some days I feel like 'I'm 50.'" To which definition of aging does this response correspond?
- A) Chronologic aging
  - B) Functional aging
  - C) Perceived aging
  - D) Subjective aging

Ans: D

**Feedback:**

Subjective age describes a person's perception of his or her age. While perceived age is other people's estimation of someone's age. Chronologic age is the length of time that has passed since birth, and functional age is associated with whether individuals can contribute to society and experience personal quality of life.

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13. An 85-year-old client takes meals on wheels around the community. The client states, "All those old people really need me, you know how older people are. They can't get out, and are a burden to their family, and I just want to help." Most of the people on the client's delivery route are in their 60s. Which of the following characterizes this scenario?
- A) Ageism
  - B) Aging anxiety
  - C) Aging attribution
  - D) Antiaging

Ans: A

**Feedback:**

Ageism is a way of pigeonholing people and not allowing them to be individuals with unique ways of living their lives. Older adults between the ages 81 and 98 held more ageist stereotypes and reported more avoidance of older adults than younger older adults. The antiaging movement views aging as a process that can be stopped and the life span as something that can be extended for up to 200 years. Aging anxiety is fears about detrimental effects associated with older adulthood. Age attribution is the tendency to attribute problems to the aging process rather than to pathologic and potentially treatable conditions.

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14. Which of the following statements, made by a new nurse, are myths and need correcting? (Select all that apply.)
- A) "Ageism is highly influenced by stereotypes and cultural values."
  - B) "Ageism is more common in industrialized societies."
  - C) "In the United States, 20% of the older adults who need care are in a nursing home."
  - D) "People consider themselves old when they are old enough to apply for Medicare."
  - E) "With increased age, people become more diverse and people become less like their age peers."

Ans: C, D

**Feedback:**

The realities are that between 4% and 5% of older adults live in a nursing home at any time. Most older adults live independently, have high levels of self-reported health, and are aging successfully. People usually feel old based on their health and function, rather than on their chronologic age. They are diverse, even though ageism is rampant in the United States and is influenced by cultural values.

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15. A nurse assesses a community of older adults. Which of the following persons is at highest risk for a shortened life expectancy?
- A) A college professor born in 1956
  - B) A homemaker born in 1957
  - C) A nuclear engineer born in 1958
  - D) A nurse born in 1959

Ans: B

**Feedback:**

Socioeconomic characteristics that are most strongly correlated with healthy aging are poverty and lower educational level. Limited English proficiency and poor health literacy skills are two variables that have a negative impact on health and functioning. The college professor, engineer, and nurse positions require more education.

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16. A nurse assesses the risk of the members of the community. Which of the following are most likely to be living at or below the poverty line?

- A) An 83-year-old single woman
- B) A couple who are both 72 years old
- C) A white 73-year-old man
- D) A Hispanic couple in their 60s

Ans: A

**Feedback:**

Women and those over the age of 75 are more likely to live in poverty. Couples and those 65 to 74 are less likely. Five percent of older white men live in poverty.