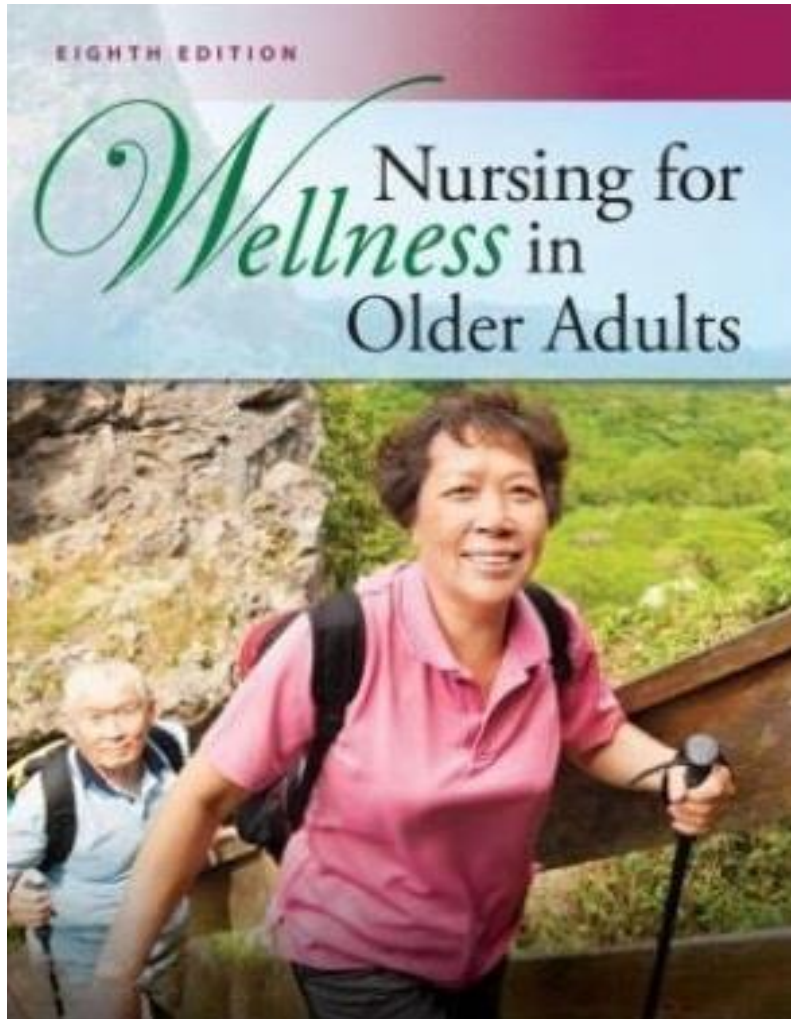


TEST BANK



TEST BANK FOR NURSING FOR
WELLNESS IN OLDER ADULTS,
8TH EDITION CAROL A. MILLER

Nursing for Wellness in Older Adults Miller 8th Edition Test Bank

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Origin: Chapter 1- Seeing Older Adults Through the Eyes of Wellness, 1

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.

Origin: Chapter 1- Seeing Older Adults Through the Eyes of Wellness, 2

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.

Origin: Chapter 1- Seeing Older Adults Through the Eyes of Wellness, 3

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.

Origin: Chapter 1- Seeing Older Adults Through the Eyes of Wellness, 4

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.

Origin: Chapter 1- Seeing Older Adults Through the Eyes of Wellness, 5

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.

Origin: Chapter 1- Seeing Older Adults Through the Eyes of Wellness, 6

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.

Origin: Chapter 1- Seeing Older Adults Through the Eyes of Wellness, 7

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.

Origin: Chapter 1- Seeing Older Adults Through the Eyes of Wellness, 8

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.

Origin: Chapter 1- Seeing Older Adults Through the Eyes of Wellness, 9

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.

Origin: Chapter 1- Seeing Older Adults Through the Eyes of Wellness, 10

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.

Origin: Chapter 1- Seeing Older Adults Through the Eyes of Wellness, 11

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.

Origin: Chapter 1- Seeing Older Adults Through the Eyes of Wellness, 12

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