

1. A nurse who works on a subacute medical unit of a hospital is discussing the increasing population of older adults on the unit with a colleague. Which of the colleague's following statements about older adults is most accurate?
  - A) "Fortunately, Social Security ensures a sufficient level of income for people over age 65."
  - B) "It helps that older people don't have to directly incur any costs for their medical care."
  - C) "Most of the older clients on the unit will have come to us from nursing homes."
  - D) "It's reassuring that people are starting to show more respect and concern for older adults than in decades past."
  
2. A public health nurse who directs a homecare program that serves an area with a large population of older adults is conducting a long-term strategic plan. Which of the following phenomena should the nurse take into account when planning for the future?
  - A) While life expectancy will continue to rise, the percentage of older adults in the U.S. relative to the overall population will decrease slightly.
  - B) By 2020, over one-third of Americans will be over the age of 65.
  - C) Both life expectancy and the percentage of people over 65 in the population will increase in coming decades.
  - D) The increase in sedentary lifestyles and chronic conditions such as diabetes is expected to bring a gradual decrease in the number of older adults by 2020.
  
3. A nurse who practices in a long-term-care facility is providing care for a 101-year-old black female. The nurse's co-worker states, "It's gratifying that black people in this country are finally reaching the same levels of health that white people are enjoying." How can the nurse best respond?
  - A) "Actually, the difference in life expectancy between black people and white people is growing, not shrinking."
  - B) "We've not yet arrived at a place where the life expectancies are equal between black and white people, but the gap is decreasing gradually."
  - C) "Black women do tend to live longer than white women, but the overall life expectancies when men are included are not yet equal."
  - D) "You're right. Since the 1980s the life expectancies of black and white Americans have remained nearly the same."

4. Which of the following phenomena most likely accounts for the fact that more women than men live alone later in life?
- A) Women tend to both live longer than men and marry men older than themselves.
  - B) Men tend to have greater access to long-term-care facilities due to higher incomes and savings.
  - C) Men are more likely to live with younger family members following the death of a spouse.
  - D) Social pressures tend to stigmatize older men who live alone.
5. Which of the following statements most accurately captures an aspect of the income and employment realities of older adults in the United States?
- A) Increasing costs of living mean that men tend to retire from the workforce later than they did in past decades.
  - B) Most older adults depend on Social Security for the majority of their income.
  - C) The percentage of older adults in the workforce is increasing.
  - D) Increasing costs of living mean that larger numbers of older adults presently live in poverty compared with generations past.
6. A care aide employed on a geriatric medicine unit of a hospital expresses frustration that “old people get sick so much more often than young people.” What is the nurse's most appropriate response to this statement?
- A) “In fact, the prevalence of obesity and accompanying chronic illnesses mean that young people actually have more chronic conditions than older adults.”
  - B) “It's actually a myth that older adults require more hospitalization than young people.”
  - C) “Actually, older adults experience fewer acute illnesses than younger people; it's just that they tend to take longer to recover from them.”
  - D) “With the increase in life expectancies in recent years, most older people actually live free of chronic diseases until very late in life.”
7. Which of following statements most accurately captures the role of chronic illness in the lives of older adults?
- A) Chronic illnesses constitute the leading cause of death for older adults.
  - B) More older adults die from acute illnesses than from chronic diseases.
  - C) While chronic diseases used to be the leading cause of death, this is no longer the case.
  - D) While cancer rates have fallen in recent years, chronic heart disease constitutes an increasingly common cause of death.

8. The board of a large chain of hospitals has commissioned a strategic plan in order to meet the care needs of baby boomers in coming years. Which of the following trends constitutes a sound basis for understanding the baby boomer generation and conducting future planning? Select all that apply.
- A) Baby boomers tend to have fewer children than members of earlier generations.
  - B) Adjusted for inflation, baby boomers have lower incomes than their parents had.
  - C) Due to technology, baby boomers have more leisure time than other adults.
  - D) Baby boomers perform physical exercise more frequently than other adults.
9. The family of an 85-year-old man who has been admitted to the hospital with exacerbation of his chronic obstructive pulmonary disease (COPD) has expressed concern about their ability to pay for his present and future care. Which of the following statements most accurately conveys the reality of payment for care services by older adults?
- A) The high value of assets owned by older adults makes the financial burden of care minimal for most older adults.
  - B) Payment for care is most often covered by private insurers.
  - C) Most older adults have their basic care needs provided in a nursing home or other institutional living arrangement.
  - D) Overall, federal money pays for more care than do older adults or private insurers.
10. Which of the following statements by the daughter of an 87-year-old resident of a nursing home would the nurse most likely want to correct or clarify?
- A) "It seems like more and more people are living well into their 80s like my mom."
  - B) "My mom has a house worth loads of money but little cash flow, and I've heard that this is fairly typical of older people."
  - C) "It seems like heart disease is getting more common even though people live longer than they used to."
  - D) "There are more women my mother's age than there are men."
11. In ancient times, the relationship between age and the value afforded to individuals was generally:
- A) Positive: with advanced age came increased value
  - B) Negative: respect declined as age increased
  - C) Variable: respect was different in different cultures
  - D) Cyclic: respect moved back and forth between positive and negative

12. Twentieth-century laws regarding health care for the elderly trace their roots back to:
- A) England's 17th-century Poor Laws
  - B) Child labor laws of the 19th century
  - C) The Biblical commandment: Honor your father and your mother
  - D) The tradition of respect for the elderly passed down from ancient Roman law
13. A new patient is not satisfied with the conditions of the nursing home, takes a highly active role in her health care, and, because of her ability to access information, is as knowledgeable as her health care providers on some health issues. This new patient is most likely:
- A) A young-old female baby boomer that just turned age 65
  - B) An old woman 75 to 85 years of age
  - C) An old-old woman over age 85
  - D) An elite-old woman older than 100 years
14. Gerontological nursing will become an increasingly important profession, compared with in the past, because:
- A) More people will be presenting with the same health care challenges
  - B) More elderly are living in increasingly squalid living conditions
  - C) A greater number of people are surviving the previously hazardous period of infancy
  - D) More people are spending a longer time span in old age
15. Which of the following factors should a nurse prioritize when planning the care of older adults?
- A) The high prevalence of mental impairment among the elderly
  - B) The diversity of the older adult population
  - C) The fact that most older people live below the poverty line
  - D) The lack of family support that is the norm among the elderly
16. As the elderly population increases, so will future demands for:
- A) Acute illness services in the health care system
  - B) Research funding for advanced drug development
  - C) Lengths of hospital stays and nursing home residency
  - D) Taxation of non-elderly population groups

17. From the late 1980s to the present, the gap in life expectancy between individuals in the Caucasian and African American communities has widened. Which of the following most clearly accounts for this trend?
- A) Acute illness in the black population has increased.
  - B) Infant mortality and complications of childbirth in the white population have declined.
  - C) The life expectancy of African Americans has not increased at the same rate as that of the white population.
  - D) Deaths from homicide in the white population have increased.
18. Two related and important trends in the elderly population are:
- A) The growing gap in life expectancy between males and females and the number of women living alone
  - B) The increase in life expectancy of white and black people.
  - C) The continued burden of acute disease and the low levels of education among the elderly
  - D) The increased burden of chronic illness and the shifting causes of death with advancing age
19. It is important for nurses to be aware of their patients' financial situations, which can affect patients' nutritional needs and access to medical care. Which of the following applies to the majority of older people?
- A) Own homes and have sufficient monthly income
  - B) Get more than half their income from Social Security and live above the poverty level
  - C) Are an increasing percentage of the labor force but are "cash poor"
  - D) Are retiring at earlier ages and so live below the poverty level
20. What is the most important factor contributing to limitations in self-care and independent living among the elderly?
- A) Lack of family support
  - B) Low financial assets
  - C) Acute illness and injury
  - D) Chronic illness
21. Which of the following statements best captures an aspect of illness in older adults?
- A) Heart disease is increasing in this population.
  - B) Cancer is increasing in this population.
  - C) Chronic illnesses are less common than in younger people.
  - D) Several acute illnesses are often present that must be managed simultaneously.

22. What are the most important competing forces that influence health policy for the elderly?
- A) Cost containment versus quality of care
  - B) Acute care versus the burden of chronic disease
  - C) Private insurance payments versus Medicare support
  - D) Long-term care at home versus nursing home services
23. When compared with elderly populations of the past, persons entering their senior years between 2008 and 2030 will have:
- A) Fewer chronic diseases but more acute illnesses
  - B) Greater support from their children and spouses
  - C) Better education and greater wealth
  - D) Fewer needs for hospital or nursing home care
24. Which of the following patient histories is most likely for a person older than 65 years of age?
- A) In the last year, Patient F has been treated for a skin rash, a sprained ankle, and influenza.
  - B) Patient G takes medications daily for arthritis pain relief and reduction of blood pressure levels.
  - C) Patient H complains of chronic fatigue, stress-related allergies, and acid reflux after meals.
  - D) Patient I has been to the emergency room three times in the past year for ear infections and allergy attacks.
25. Hospital management is reviewing departmental statistics. Which of the following departments most likely has the highest death rate of patients over age 65, and why?
- A) Oncology, because the elderly have been exposed to more carcinogens in their long lifetimes
  - B) Cardiology, because heart disease remains the number one cause of death among the elderly despite a decline in recent years
  - C) Endocrinology, because the elderly already have compromised immune systems
  - D) Neurology, because stroke and Alzheimer's disease together cause more deaths of the elderly than any other conditions

## **Answer Key**

1. D
2. C
3. A
4. A
5. B
6. C
7. A
8. A, D
9. D
10. C
11. C
12. A
13. A
14. D
15. B
16. D
17. C
18. D
19. B
20. D
21. B
22. A
23. C
24. B
25. B