

Evolve Gerontology Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

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Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	16

Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

- 1. If a client displays stiffness with inactivity and pain relieved by rest, what type of arthritis might she have?**
 - A. Rheumatic arthritis (RA)**
 - B. Gout**
 - C. Osteoarthritis (OA)**
 - D. Polymyalgia rheumatica (PMR)**
- 2. Which lifestyle change is most beneficial for clients with a diagnosis of COPD?**
 - A. Increasing physical activity levels**
 - B. Smoking cessation**
 - C. Maintaining high fluid intake**
 - D. Avoiding medications**
- 3. Normal aging changes would influence an older client's experience of pain. Which statement is FALSE?**
 - A. Decreased tactile sensation.**
 - B. Delayed reaction time.**
 - C. Degenerative spine conditions.**
 - D. Increased sensitivity to pain.**
- 4. Which recommendation was NOT included in Healthy People 2020's guidelines for aging baby boomers?**
 - A. Coordinate care**
 - B. Research and analyze training needs**
 - C. Increase retirement benefits**
 - D. Identify training levels for caregivers**
- 5. In dealing with geriatric patients, nurses should prioritize which of the following when it comes to pain management?**
 - A. Patient history.**
 - B. Age.**
 - C. Cultural background.**
 - D. All of the above.**

- 6. What should NOT be included in a nurse's teaching plan for controlling urinary incontinence?**
- A. Scheduled voiding**
 - B. Pelvic floor muscle exercises**
 - C. Prompted voiding**
 - D. Continuous indwelling catheterization**
- 7. What significant effect did the establishment of Social Security in 1935 have on the perception of aging?**
- A. It eliminated retirement age.**
 - B. It set a time frame to describe someone as being old.**
 - C. It provided health care for the elderly.**
 - D. It increased life expectancy for seniors.**
- 8. What is an appropriate first step to take when caring for a client who is resistant to bathing?**
- A. Suggesting a shower instead of a bath**
 - B. Approaching her with a strict instruction**
 - C. Taking her to a communal bathing area**
 - D. Keeping the room warm and low lit**
- 9. How should a patient care assistant handle feeding a client with dysphagia according to best practices?**
- A. Speed up the feeding process to make it easier.**
 - B. Encourage the client to eat simultaneously with other activities.**
 - C. Ensure the client is sitting upright during oral intake.**
 - D. Provide only solid foods to simplify feeding.**
- 10. What behavior could suggest an older adult is not managing their health effectively?**
- A. Researching health information**
 - B. Engaging in community activities**
 - C. Neglecting to share health concerns with healthcare providers**
 - D. Participating in health literacy programs**

Answers

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1. C
2. B
3. D
4. C
5. D
6. D
7. B
8. D
9. C
10. C

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Explanations

1. If a client displays stiffness with inactivity and pain relieved by rest, what type of arthritis might she have?

- A. Rheumatic arthritis (RA)**
- B. Gout**
- C. Osteoarthritis (OA)**
- D. Polymyalgia rheumatica (PMR)**

The symptoms described—stiffness with inactivity and pain relieved by rest—are characteristic of osteoarthritis (OA). OA typically presents with joint stiffness, especially after periods of inactivity, as well as pain that worsens with activity and improves with rest. This pattern is distinctly different from other types of arthritis. In rheumatoid arthritis (RA), for example, stiffness usually occurs in the morning and lasts for a prolonged period after waking, often more than 30 minutes, and the pain does not necessarily improve with rest. Gout, on the other hand, involves acute attacks of severe pain and swelling, typically affecting one joint, and the discomfort often does not have the same relationship with activity. Polymyalgia rheumatica (PMR) can present with stiffness, but it typically affects the shoulder and hip girdle areas and is often accompanied by systemic symptoms like fatigue and fever. Overall, the specific combination of symptoms presented aligns well with osteoarthritis, making it the most fitting diagnosis in this scenario.

2. Which lifestyle change is most beneficial for clients with a diagnosis of COPD?

- A. Increasing physical activity levels**
- B. Smoking cessation**
- C. Maintaining high fluid intake**
- D. Avoiding medications**

The most beneficial lifestyle change for clients with a diagnosis of Chronic Obstructive Pulmonary Disease (COPD) is smoking cessation. This is primarily because smoking is the leading cause of COPD and is detrimental to respiratory health. By quitting smoking, individuals can significantly slow the progression of the disease, improve lung function, and enhance overall quality of life. The adverse effects of continued smoking exacerbate respiratory symptoms and increase the risk of complications. Therefore, cessation not only helps in reducing further damage to the lungs but can also lead to improved breathing, increased exercise tolerance, and a decrease in COPD flare-ups. While increasing physical activity levels can be beneficial for overall health and may improve symptoms for individuals with COPD, the most critical factor in altering the course of the disease is the cessation of smoking. Maintaining high fluid intake supports general wellness and can aid in thinning mucus, yet this alone does not address the primary cause of COPD. Avoiding medications, on the other hand, can hinder effective management and control of symptoms, so it is not a beneficial lifestyle change and may lead to further health decline.

3. Normal aging changes would influence an older client's experience of pain. Which statement is FALSE?

- A. Decreased tactile sensation.**
- B. Delayed reaction time.**
- C. Degenerative spine conditions.**
- D. Increased sensitivity to pain.**

In the context of normal aging, understanding how physiological changes can influence the experience of pain is crucial. The statement that is incorrect relates to the idea that older adults experience increased sensitivity to pain. Research generally indicates that while pain perception and response can indeed change with age, many older adults often report lower sensitivity to pain due to a variety of factors, including changes in nerve function and pain processing pathways. Normal aging often leads to decreased tactile sensation, which can affect how pain is perceived. For example, as people age, they may experience diminished sensory input, leading to a blunted response to painful stimuli. Delayed reaction time is another aspect of normal aging; older adults may take longer to react to pain due to slower neural processing. Degenerative spine conditions are common in the aging population and can be a significant source of chronic pain, as degenerative changes in the spine often lead to discomfort and pain syndromes in older individuals. In contrast, the notion that older adults have an increased sensitivity to pain does not align with the typical findings observed in gerontological research, making this statement the one that does not accurately reflect the normative experiences of pain in older adults.

4. Which recommendation was NOT included in Healthy People 2020's guidelines for aging baby boomers?

- A. Coordinate care**
- B. Research and analyze training needs**
- C. Increase retirement benefits**
- D. Identify training levels for caregivers**

The recommendation to increase retirement benefits was not included in the Healthy People 2020 guidelines for aging baby boomers. Healthy People 2020 primarily focuses on public health objectives to improve the health of the population, including older adults. The guidelines emphasize enhancing the quality of care, improving caregiver training, and coordinating care among health services, which are crucial in addressing the complex needs of an aging population. The initiatives within Healthy People 2020 are geared towards promoting healthier lifestyles, preventing disease, and ensuring that services are available and tailored to meet the needs of aging individuals. While increasing retirement benefits may be a consideration for economic policy or financial planning, it does not directly fall under the health-focused objectives that Healthy People 2020 aims to address. Thus, focusing on care coordination, training needs for healthcare professionals, and caregiver levels aligns more closely with public health efforts to support older adults in maintaining a healthy lifestyle and accessing necessary healthcare services.

5. In dealing with geriatric patients, nurses should prioritize which of the following when it comes to pain management?

- A. Patient history.**
- B. Age.**
- C. Cultural background.**
- D. All of the above.**

In the context of pain management for geriatric patients, it is essential to prioritize a comprehensive approach that includes various factors influencing a patient's experience and expression of pain. Patient history plays a significant role, as understanding a patient's past medical history, previous pain experiences, and responses to treatments helps in tailoring effective pain management strategies. This background can provide insights into any chronic conditions or previous surgeries that may influence current pain levels. Age is a critical factor since older adults may have different physiological responses to pain and medication, including altered metabolism and increased sensitivity to certain treatments. Consequently, age-related changes must be taken into account when assessing pain and determining appropriate interventions. Cultural background also significantly impacts how pain is perceived and expressed. Different cultures may have varying beliefs and practices concerning pain relief, which can affect a patient's willingness to communicate about their pain and adhere to prescribed treatments. Understanding these cultural nuances is vital for delivering respectful and effective care. Prioritizing all of these factors—patient history, age, and cultural background—ensures a holistic approach to pain management. This multifaceted strategy leads to more effective, personalized care and ultimately improves the quality of life for geriatric patients. Therefore, considering all aspects together provides the most comprehensive and effective framework for managing

6. What should NOT be included in a nurse's teaching plan for controlling urinary incontinence?

- A. Scheduled voiding**
- B. Pelvic floor muscle exercises**
- C. Prompted voiding**
- D. Continuous indwelling catheterization**

Including continuous indwelling catheterization in a teaching plan for controlling urinary incontinence is not appropriate because this approach can lead to a number of complications and does not promote independence or bladder health. Continuous catheterization can increase the risk of urinary tract infections, bladder spasms, and urethral damage. Additionally, it does not encourage the patient to develop the control of their bladder function, which is essential for managing incontinence effectively. In contrast, scheduled voiding, pelvic floor muscle exercises, and prompted voiding are all strategies that assist in the retraining of the bladder, improve pelvic floor strength, and enhance the patient's ability to manage their incontinence more effectively. These methods focus on empowering the patient, promoting their autonomy, and addressing the underlying issues associated with urinary incontinence.

7. What significant effect did the establishment of Social Security in 1935 have on the perception of aging?

- A. It eliminated retirement age.**
- B. It set a time frame to describe someone as being old.**
- C. It provided health care for the elderly.**
- D. It increased life expectancy for seniors.**

The establishment of Social Security in 1935 significantly influenced the perception of aging by providing a formalized, structured financial safety net for older adults, which in turn contributed to defining age-related categories within society. As individuals began receiving Social Security benefits upon reaching a certain age, this created a societal marker that effectively established a timeframe for considering someone "old." The implementation of these benefits helped to shift the viewpoint on aging, recognizing older adults as a distinct demographic group with specific needs, and it highlighted the idea that reaching a certain age transitioned individuals into a new phase of life with its own characterizations. This change in perception was important as it influenced not only social attitudes towards aging but also policy decisions and programs aimed at the elderly. The emphasis on a designated retirement age symbolized a societal acknowledgment of life stages, which, while not eliminating other considerations around aging, formalized the concept of aging in terms of eligibility for support and benefits.

8. What is an appropriate first step to take when caring for a client who is resistant to bathing?

- A. Suggesting a shower instead of a bath**
- B. Approaching her with a strict instruction**
- C. Taking her to a communal bathing area**
- D. Keeping the room warm and low lit**

When caring for a client who is resistant to bathing, creating a comfortable environment is crucial. Keeping the room warm and low lit can help to alleviate some of the discomfort or anxiety that the client may feel about bathing. A warm environment can make the bathing experience more pleasant and inviting, as cold or stark environments can enhance feelings of unease. Additionally, lower lighting can reduce overstimulation and create a more calming atmosphere, making the client feel safer and more at ease during the bathing process. Comfort is key when addressing resistance to bathing, as it can help build trust and rapport, making the client more open to the experience. In contrast, suggesting a shower instead of a bath might not address the underlying reasons for the client's resistance, such as anxiety or fear. Strict instructions can also lead to increased resistance or tension, especially if the client feels pressured. Taking the client to a communal bathing area may heighten their discomfort or anxiety, leading to further resistance rather than fostering a sense of safety and willingness to bathe.

9. How should a patient care assistant handle feeding a client with dysphagia according to best practices?

- A. Speed up the feeding process to make it easier.**
- B. Encourage the client to eat simultaneously with other activities.**
- C. Ensure the client is sitting upright during oral intake.**
- D. Provide only solid foods to simplify feeding.**

The correct approach for feeding a client with dysphagia is to ensure that the client is sitting upright during oral intake. Maintaining an upright position is crucial as it helps to facilitate safe swallowing and reduces the risk of aspiration, where food or liquid enters the airway. This position promotes optimal alignment of the throat and esophagus, allowing the swallowing mechanism to function effectively. Additionally, when a client is upright, gravity assists in the movement of food down into the stomach, which can help to minimize the chances of swallowing difficulties and choking. Best practices in caring for clients with dysphagia emphasize safety and comfort during feeding, ensuring that the individual can swallow food and liquids efficiently while minimizing health risks. In contrast, speeding up the feeding process or encouraging simultaneous activities could distract the client and increase the likelihood of aspiration or choking. Offering only solid foods eliminates the possibility of providing modified diets that may be safer and easier to swallow, such as pureed or soft foods, which could better meet the client's nutritional needs. Therefore, positioning them correctly during meals is a fundamental component of safe feeding practices for clients with dysphagia.

10. What behavior could suggest an older adult is not managing their health effectively?

- A. Researching health information**
- B. Engaging in community activities**
- C. Neglecting to share health concerns with healthcare providers**
- D. Participating in health literacy programs**

Neglecting to share health concerns with healthcare providers is a critical indicator that an older adult may not be managing their health effectively. Open communication with healthcare professionals is essential for appropriate diagnosis, treatment, and overall health management. When an individual does not disclose health concerns, they may miss out on necessary interventions or follow-up care. This lack of communication can lead to unmanaged symptoms, worsening health conditions, and reduced quality of life. In contrast to this choice, behaviors such as researching health information, engaging in community activities, and participating in health literacy programs typically point toward proactive health management. Researching health information indicates an interest in understanding their health conditions and exploring treatment options. Engaging in community activities can promote social interaction and support networks, which are vital for mental and emotional well-being. Participation in health literacy programs demonstrates a commitment to improving understanding of health issues and navigating the healthcare system effectively. These actions reflect a positive approach to managing health rather than suggesting neglect.

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://evolvegerontology.examzify.com>

We wish you the very best on your exam journey. You've got this!