

EVOLVE GERONTOLOGY PRACTICE EXAM (SAMPLE)

STUDY GUIDE



Prepare with structure. Pass with confidence



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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

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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

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- 1. Which condition is most likely to lead to gait disturbances in the elderly?**
 - A. Postprandial hypotension
 - B. Traumatic brain injury (TBI)
 - C. Fallophobia
 - D. Neurologic damage
- 2. Which precautions are advised to prevent hyperthermia in elderly clients during extreme heat?**
 - A. Drink plenty of fluids
 - B. Wear heavy clothing
 - C. Avoid hydration
 - D. Engage in strenuous exercise
- 3. Which of the following is not a recommended activity for older adults looking to maintain their exercise routine?**
 - A. One hour a day of moderate intensity aerobic activity.
 - B. Muscle strengthening activities.
 - C. Stretching and balance exercises.
 - D. Playing with the Wii game.
- 4. What is a common emotional response to significant anniversaries after a loss?**
 - A. Joyful remembrance of the deceased
 - B. Increased feelings of "shadow grief"
 - C. Immediate resolution to grief
 - D. A decrease in overall grief symptoms
- 5. What characteristic would indicate a potential skin cancer lesion?**
 - A. Symmetrical borders
 - B. Uneven edges
 - C. Uniform color
 - D. Small size

- 6. Diminished tear production due to aging is referred to as which of the following?**
- A. Keratoconjunctivitis sicca
 - B. Funduscopy
 - C. Lipofuscin
 - D. Drusen
- 7. How might one make a client with perceptual disturbances feel more comfortable during care?**
- A. Using calm and soothing background music
 - B. Employing straightforward bathing terminology
 - C. Singing familiar songs to her
 - D. Starting with washing her hair
- 8. Which of the following would not help prevent malnutrition in older clients with dementia?**
- A. Optimal social supports.
 - B. Caloric supplements with the meals.
 - C. Providing feeding assistance.
 - D. Making refreshment stations readily available.
- 9. Older persons with hypertension are at higher risk for which of the following events?**
- A. Acute renal insufficiency
 - B. Atrial fibrillation
 - C. Heart failure
 - D. All of the above
- 10. When assessing a potential suicide risk in an older adult, which question is most appropriate to ask?**
- A. "Have you ever thought about killing yourself?"
 - B. "What do you think about your life overall?"
 - C. "Have you been feeling sad lately?"
 - D. "Would you like to talk to someone about your feelings?"

Answers

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

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Explanations

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1. Which condition is most likely to lead to gait disturbances in the elderly?

- A. Postprandial hypotension
- B. Traumatic brain injury (TBI)
- C. Fallophobia
- D. Neurologic damage**

Neurologic damage is a significant factor that can lead to gait disturbances in the elderly. As individuals age, the risk of various neurological conditions, such as strokes, Parkinson's disease, and dementia, increases. These conditions can affect the brain's ability to coordinate movements and maintain balance, resulting in altered gait patterns. Additionally, neurologic damage often impacts the communication between different parts of the nervous system that control muscle function and balance. This disruption can lead to issues such as weakness, rigidity, or altered proprioception, all of which can manifest as gait disturbances. Recognizing gait disturbances as a potential symptom of neurologic conditions is essential in gerontology, as it can guide intervention and support strategies to enhance mobility and prevent falls. Postprandial hypotension may cause temporary drops in blood pressure after eating, leading to dizziness rather than chronic gait issues. Traumatic brain injury (TBI) can also affect gait; however, it is typically a specific incident rather than a widespread issue in the aging population compared to the more gradual impact of prevalent neurologic damage as one ages. Fallophobia, the fear of falling, can contribute to gait disturbances due to avoidance behaviors but does not inherently cause physical changes in gait mechanics like neurologic damage does.

2. Which precautions are advised to prevent hyperthermia in elderly clients during extreme heat?

- A. Drink plenty of fluids**
- B. Wear heavy clothing
- C. Avoid hydration
- D. Engage in strenuous exercise

Drinking plenty of fluids is essential in preventing hyperthermia, especially in elderly clients during extreme heat. As people age, their bodies often have a decreased ability to regulate temperature and may not respond as effectively to heat. This can lead to dehydration, which significantly increases the risk of heat-related illnesses, including hyperthermia. Hydration helps maintain normal body temperature and supports the body's ability to dissipate heat through processes like sweating. Adequate fluid intake also ensures that the body's organs and systems function properly, which is particularly important for older adults who may already have compromised health or mobility issues. Choosing light, breathable clothing is advised in hot weather, while heavy clothing can trap heat and exacerbate the risk of overheating. Staying well-hydrated and avoiding strenuous activities during peak heat hours will aid in managing body temperature effectively. Thus, the emphasis on fluid intake in extreme heat is a key strategy to safeguard elderly clients against hyperthermia.

3. Which of the following is not a recommended activity for older adults looking to maintain their exercise routine?

- A. One hour a day of moderate intensity aerobic activity.**
- B. Muscle strengthening activities.
- C. Stretching and balance exercises.
- D. Playing with the Wii game.

Maintaining an exercise routine is vital for older adults, as it helps improve their overall health, mobility, and quality of life. Recommended guidelines for older adults suggest a combination of various types of physical activity, including aerobic exercises, muscle strengthening activities, and balance and flexibility exercises. Engaging in one hour a day of moderate-intensity aerobic activity is actually recommended within the general framework for older adults. The guidelines suggest that older adults should aim for at least 150 minutes of moderate aerobic activity throughout the week, which can be broken down into manageable sessions, often around 30 minutes at a time, five days a week. This level of activity can help enhance cardiovascular health and lower the risk of chronic diseases. Muscle strengthening activities are also strongly supported to help maintain muscle mass and bone health, which is crucial as people age. Furthermore, stretching and balance exercises are essential for enhancing flexibility, reducing the risk of falls, and maintaining mobility. Playing with the Wii game can be a fun and engaging activity that promotes movement and social interaction, but it is typically viewed more as a supplementary or recreational activity rather than a structured exercise routine. While it can be beneficial, it does not meet the formal recommendations for physical exercise in the same way that the other activities do.

4. What is a common emotional response to significant anniversaries after a loss?

- A. Joyful remembrance of the deceased
- B. Increased feelings of "shadow grief"**
- C. Immediate resolution to grief
- D. A decrease in overall grief symptoms

A common emotional response to significant anniversaries after a loss often includes experiences of "shadow grief." This term describes the lingering feelings of grief that may resurface during meaningful dates, such as anniversaries of the loved one's passing or their birthday. During these times, individuals may encounter a complex mix of emotions that can include sadness, longing, and even loneliness, reflecting the depth of their attachment and the absence felt in their lives. Anniversaries can act as poignant reminders of the loved one, leading individuals to revisit painful memories and feelings that may have been temporarily subdued. This resurgence of grief is natural and underscores the ongoing nature of grieving, indicating that while time may lead to some healing, emotional connections and grief can remain prominent, especially at significant times. In contrast, feelings of joyful remembrance are typically mixed with sorrow during these occasions, and while some individuals may experience moments of joy when reflecting on happy memories, it doesn't encapsulate the overall emotional experience associated with anniversaries. Similarly, immediate resolution to grief is not characteristic of the grieving process, as this is often a prolonged journey that evolves over time. A decrease in overall grief symptoms is also unlikely during anniversaries, when deep, reflective emotions can actually amplify the sense of loss rather than diminish.

5. What characteristic would indicate a potential skin cancer lesion?

- A. Symmetrical borders
- B. Uneven edges**
- C. Uniform color
- D. Small size

The presence of uneven edges is a critical characteristic that can indicate a potential skin cancer lesion. Skin lesions that exhibit irregular or jagged borders are often more concerning, as they may suggest malignancy. In the context of skin cancer, particularly melanoma, one of the warning signs is the asymmetry and irregularity of the borders of a mole or skin growth. When borders are uneven, it signifies a deviation from the normal characteristics of benign moles, which typically have smooth, well-defined edges. While symmetrical borders and uniform color are characteristics more commonly associated with benign lesions, their absence can be a red flag in terms of skin cancer assessment. A small size alone does not provide sufficient context to rule out cancer, as skin cancer can vary widely in size and still be present. Therefore, the key takeaway is that the uneven edges of a lesion can warrant further investigation, making it a significant indicator of potential skin cancer.

6. Diminished tear production due to aging is referred to as which of the following?

- A. Keratoconjunctivitis sicca**
- B. Funduscopy
- C. Lipofuscin
- D. Drusen

Diminished tear production due to aging is referred to as keratoconjunctivitis sicca, commonly known as dry eye syndrome. This condition occurs when the eyes do not produce enough tears or when the tears evaporate too quickly. Aging is one of the major factors contributing to this condition, as tear production typically decreases as individuals get older. Keratoconjunctivitis sicca can lead to symptoms such as irritation, redness, and a feeling of grittiness in the eyes. The other terms listed do not pertain to diminished tear production. Funduscopy is a diagnostic procedure used to examine the interior of the eye, particularly the retina, and is not related to tear production. Lipofuscin refers to a pigment that accumulates in cells with age and is associated with cellular aging but is unrelated to tear production. Drusen are small yellow deposits under the retina often associated with age-related macular degeneration, and like the others, they do not have a direct connection to tear production.

7. How might one make a client with perceptual disturbances feel more comfortable during care?

- A. Using calm and soothing background music**
- B. Employing straightforward bathing terminology
- C. Singing familiar songs to her
- D. Starting with washing her hair

Using calm and soothing background music can create a serene environment, which is beneficial for clients experiencing perceptual disturbances. Music has therapeutic properties that can help reduce anxiety and encourage relaxation. By providing a gentle auditory backdrop, it can assist in grounding the client and reducing confusion or stress they might feel during care. This strategy can facilitate a more positive and comforting experience, making it easier for the client to engage with caregivers and participate in their own care. While other methods may have their benefits, such as straightforward communication or engaging through familiar songs, the primary focus remains on establishing an environment that promotes emotional comfort and reduces sensory overload. Starting with washing the hair might be too direct, depending on the individual's level of comfort and anxiety, especially for someone with perceptual disturbances.

8. Which of the following would not help prevent malnutrition in older clients with dementia?

- A. Optimal social supports.
- B. Caloric supplements with the meals.**
- C. Providing feeding assistance.
- D. Making refreshment stations readily available.

The choice of caloric supplements with meals may not help prevent malnutrition in older clients with dementia because it does not directly address the underlying issues these clients often face regarding their nutritional intake. While providing additional calories can seem beneficial, individuals with dementia may have difficulties with appetite stimulation, taste preferences, or the cognitive ability to manage the consumption of supplements. Thus, simply adding caloric supplements may not effectively improve their overall nutritional status or address the complex factors contributing to malnutrition. In contrast, optimal social supports play a crucial role in encouraging older clients to eat and maintain their nutrition by fostering positive dining experiences and reducing isolation. Similarly, providing feeding assistance can directly help individuals who struggle with the physical act of eating, thus improving their intake of nutritious foods. Making refreshment stations readily available can also encourage snacking and increase food intake as it provides easy access to food at any time, accommodating the often erratic eating patterns seen in clients with dementia. Therefore, focusing on comprehensive support systems and direct assistance in eating can be far more effective in preventing malnutrition in this population.

9. Older persons with hypertension are at higher risk for which of the following events?

- A. Acute renal insufficiency
- B. Atrial fibrillation
- C. Heart failure
- D. All of the above**

Older individuals with hypertension face an increased risk for a multitude of cardiovascular and renal events, making the choice of "All of the above" accurate. Hypertension is a significant risk factor for acute renal insufficiency, as it can damage the blood vessels in the kidneys, reducing their ability to filter waste from the blood effectively. This can lead to a decline in renal function, particularly in older adults whose kidney reserve may already be compromised. In addition, hypertension is associated with atrial fibrillation, a common cardiac arrhythmia that can cause complications such as stroke. The electrical pathways in the heart can be altered due to the effects of chronic high blood pressure, increasing the likelihood of developing irregular heart rhythms. Furthermore, heart failure is a critical concern for older adults with hypertension. Prolonged high blood pressure can lead to left ventricular hypertrophy (enlargement of the heart muscle), stiffening of the heart, and ultimately the heart's inability to pump effectively. This results in heart failure, characterized by symptoms such as shortness of breath, fatigue, and fluid retention. Combining these insights, the correct response emphasizes the multifaceted risks posed by hypertension in older adults, making them vulnerable to a range of severe health issues, including acute renal insufficiency.

10. When assessing a potential suicide risk in an older adult, which question is most appropriate to ask?

- A. "Have you ever thought about killing yourself?"**
- B. "What do you think about your life overall?"
- C. "Have you been feeling sad lately?"
- D. "Would you like to talk to someone about your feelings?"

The most appropriate question to ask when assessing a potential suicide risk in an older adult is, "Have you ever thought about killing yourself?" This question is direct and specific, allowing the individual to clearly express any suicidal thoughts or intentions. Directly addressing the topic of suicidal thoughts is crucial in a risk assessment, as it can lead to a better understanding of the individual's mental state and the seriousness of their feelings. Asking this specific question opens a pathway for older adults to share their thoughts candidly. Many may feel uncomfortable discussing such sensitive topics, and a direct approach can help facilitate an honest conversation about their feelings and experiences. Furthermore, it is essential to remove any ambiguity in the assessment process, especially when dealing with critical issues like suicide, where timing and clarity can significantly influence outcomes. While the other options are valuable in understanding an individual's emotional state and overall well-being, they are more general and may not effectively elicit information regarding suicidal thoughts. General inquiries about life satisfaction, recent feelings of sadness, or willingness to talk about feelings might not specifically address the risk factors associated with suicide, potentially missing critical indicators that require immediate attention. Therefore, a direct question about suicidal thoughts is vital for a thorough risk assessment.

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!

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