

EVOLVE GERONTOLOGY PRACTICE EXAM (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

**VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE**

<https://evolvegerontology.examzify.com>



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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. What is one of the main roles of a proxy appointed for someone declared incapacitated?**
 - A. Control and manage personal affairs
 - B. Assist in determining proficiency
 - C. Establish medical research protocols
 - D. Conduct financial audits
- 2. What term refers to the change in effectiveness of two or more substances when used in combination?**
 - A. Biotransformation
 - B. Potentiation
 - C. Bioavailability
 - D. Iatrogenic
- 3. What condition is primarily associated with increased healthcare costs, functional impairments, and disability?**
 - A. Obesity.
 - B. Malnutrition.
 - C. Dysphagia.
 - D. Aspiration.
- 4. What is a common risk factor for fractures in postmenopausal women?**
 - A. Increased calcium intake
 - B. Hormonal changes
 - C. High physical activity
 - D. Low vitamin D levels
- 5. Which assessment method is considered unreliable in older adults?**
 - A. Skin turgor at the arm
 - B. Skin turgor at the sternum
 - C. Skin turgor on the leg
 - D. Skin turgor on the back of the hand

- 6. What factor is most likely to contribute to inadequate nutrition in older adults?**
- A. Access to fresh foods.
 - B. Social isolation.
 - C. Increased physical activity.
 - D. Availability of nutritional supplements.
- 7. To reduce ethnocentrism, nurses should not rely on which of the following?**
- A. Knowledge about ethnicity
 - B. Knowledge about cultures
 - C. Knowledge about another culture's health belief system
 - D. Full dependence on verbal and non-verbal communication
- 8. Which symptom is typically associated with glaucoma?**
- A. Sudden vision loss
 - B. Blurred vision
 - C. Fixed and dilated pupils
 - D. Night vision difficulties
- 9. As a nurse aiming for a master's degree in gerontological nursing, which role does NOT require a master's degree?**
- A. Geriatric nurse generalist
 - B. Gerontological nurse practitioner (GNP)
 - C. Advanced practice registered nurse (APRN) with gerontological certification
 - D. Gerontological clinical nurse specialist (GCNS)
- 10. What factors increase the risk of a traumatic brain injury (TBI) for an unsteady older adult?**
- A. Grab bars in the bathtub.
 - B. Gnarled hands and feet from rheumatoid arthritis.
 - C. Throw rugs throughout the house.
 - D. Poor lighting in the home.

Answers

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

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Explanations

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1. What is one of the main roles of a proxy appointed for someone declared incapacitated?

- A. Control and manage personal affairs**
- B. Assist in determining proficiency
- C. Establish medical research protocols
- D. Conduct financial audits

The main role of a proxy appointed for someone declared incapacitated is to control and manage personal affairs. This encompasses a wide range of responsibilities that are necessary for ensuring the well-being and support of the individual who is unable to make decisions for themselves. The proxy acts on behalf of the incapacitated person, making choices about healthcare, daily living arrangements, and other critical aspects of life that the individual would have managed if they had the capacity to do so. The appointment of a proxy aims to safeguard the rights and best interests of the incapacitated person, facilitating necessary decisions in a manner that aligns with their wishes or best interest. This role is vital to ensure that personal, medical, and legal needs are addressed appropriately, thereby enhancing the quality of life for the individual in a challenging situation.

2. What term refers to the change in effectiveness of two or more substances when used in combination?

- A. Biotransformation
- B. Potentiation**
- C. Bioavailability
- D. Iatrogenic

The term that refers to the change in effectiveness of two or more substances when used in combination is known as potentiation. Potentiation occurs when one substance enhances the effect of another, leading to a combined effect that is greater than the sum of their individual effects. This phenomenon is particularly relevant in pharmacology and can occur with medications, where one drug may enhance the therapeutic effect or side effects of another, demonstrating the importance of understanding drug interactions in gerontology and elderly care. In this context, recognizing potentiation is crucial for healthcare providers when prescribing medications to older adults, as they may be more sensitive to the effects of drugs and their interactions. Understanding this term helps professionals ensure safe and effective treatment plans that account for the complexities of medication management in older populations.

3. What condition is primarily associated with increased healthcare costs, functional impairments, and disability?

- A. Obesity.**
- B. Malnutrition.
- C. Dysphagia.
- D. Aspiration.

Obesity is primarily associated with increased healthcare costs, functional impairments, and disability due to its widespread impact on overall health and well-being. This condition can lead to numerous comorbidities, such as cardiovascular diseases, diabetes, and musculoskeletal issues, which require extensive medical management and intervention. Additionally, obesity can result in functional impairments, as it may limit mobility, reduce physical stamina, and hinder daily activities. This can subsequently lead to a decline in quality of life for individuals, further increasing the reliance on healthcare resources. The healthcare system faces significant economic burdens due to obesity, including higher expenses for treatment of related conditions, increased hospitalization rates, and the need for long-term care for individuals experiencing substantial disability due to obesity-related issues. The multifaceted implications of obesity on health and daily functioning underscore its association with heightened healthcare costs and disability.

4. What is a common risk factor for fractures in postmenopausal women?

- A. Increased calcium intake
- B. Hormonal changes**
- C. High physical activity
- D. Low vitamin D levels

Hormonal changes are a significant risk factor for fractures in postmenopausal women, primarily due to the decrease in estrogen levels following menopause. Estrogen plays a crucial role in maintaining bone density by inhibiting bone resorption. When estrogen levels drop, the balance between bone resorption and formation is disrupted, leading to increased bone loss and a higher risk of osteoporosis and fractures. Understanding the impact of hormonal changes highlights the importance of monitoring bone health in postmenopausal women. Strategies to mitigate the risk often include lifestyle modifications and medical interventions that focus on hormone replacement therapy or other treatments to maintain bone density. Increased calcium intake and low vitamin D levels, while important for overall bone health, are more related to dietary factors rather than the direct hormonal changes that occur during menopause. High physical activity generally contributes positively to bone health; however, excessive physical exertion without proper precautions can also lead to injury, including fractures.

5. Which assessment method is considered unreliable in older adults?

- A. Skin turgor at the arm
- B. Skin turgor at the sternum**
- C. Skin turgor on the leg
- D. Skin turgor on the back of the hand

The assessment of skin turgor is an important method used to evaluate hydration status, particularly in older adults. However, the reliability of this assessment can vary with age and skin changes. In older adults, the skin undergoes natural changes, including decreased elasticity and moisture content, which can affect the accuracy of skin turgor assessments. When skin turgor is assessed at the sternum, it tends to be less reliable because the skin in this area is often older, more fragile, and has a higher likelihood of being influenced by factors such as pressure and position. Consequently, skin turgor measured here may not provide an accurate representation of a person's hydration status. On the other hand, areas like the arm, leg, or back of the hand typically retain more reliable skin elasticity due to less significant skin aging effects, making them more appropriate sites for assessing hydration status. Thus, assessment of skin turgor at the sternum is recognized as unreliable in older adults due to these factors.

6. What factor is most likely to contribute to inadequate nutrition in older adults?

- A. Access to fresh foods.
- B. Social isolation.**
- C. Increased physical activity.
- D. Availability of nutritional supplements.

Social isolation is a significant factor that can lead to inadequate nutrition in older adults. When individuals experience social isolation, they may not have the motivation or opportunity to prepare and consume balanced meals. The lack of social interaction can diminish the joy of dining, resulting in less frequent meals or reliance on convenience foods that are often lower in nutritional value. Additionally, social networks often play a crucial role in encouraging healthy eating habits, sharing meal preparation, and simply ensuring that older adults engage in regular meals. Without these social supports, older adults may neglect their nutritional needs, contributing to various health issues and decreased quality of life. Thus, addressing social isolation is essential in promoting better nutritional outcomes among the elderly.

7. To reduce ethnocentrism, nurses should not rely on which of the following?

- A. Knowledge about ethnicity
- B. Knowledge about cultures
- C. Knowledge about another culture's health belief system
- D. Full dependence on verbal and non-verbal communication**

Relying fully on verbal and non-verbal communication can lead to misunderstandings and misinterpretations, particularly in a multicultural context. While effective communication is essential in nursing practice, it is equally important to understand the cultural nuances and context behind how individuals express themselves. Different cultures may have varied ways of conveying emotions, expectations, and health beliefs through both verbal and non-verbal cues. For instance, non-verbal communication, such as gestures, eye contact, and personal space, can vary significantly from one culture to another. Thus, full dependence on these cues without comprehensive cultural knowledge may reinforce ethnocentric attitudes, as it risks interpreting behaviors purely through the lens of the nurse's own cultural background. A more effective approach involves integrating knowledge about various ethnicities, cultures, and their respective health belief systems, which enables nurses to provide care that is respectful and sensitive to the cultural identities of their patients. This integration also empowers nurses to engage in active listening and to ask clarifying questions that honor cultural differences, further minimizing potential biases resulting from ethnocentrism.

8. Which symptom is typically associated with glaucoma?

- A. Sudden vision loss
- B. Blurred vision
- C. Fixed and dilated pupils**
- D. Night vision difficulties

The symptom typically associated with glaucoma is fixed and dilated pupils. Glaucoma is a group of eye diseases that typically result in increased intraocular pressure, leading to damage to the optic nerve and potential vision loss. In certain types of glaucoma, such as acute angle-closure glaucoma, a sudden increase in eye pressure can occur, leading to the classic presentation of fixed and dilated pupils. This occurs because the increase in pressure affects the muscles that control pupil size, preventing them from contracting and resulting in a dilated appearance. Other symptoms of glaucoma may include blurred vision or difficulty seeing at night, but these are not as definitive as the presence of fixed and dilated pupils in the context of an acute glaucoma attack. Sudden vision loss can occur in advanced cases or due to specific incidents, but it is not a primary symptom of glaucoma itself. Thus, fixed and dilated pupils serve as a significant indicator of a glaucoma-related issue, particularly in emergent cases.

9. As a nurse aiming for a master's degree in gerontological nursing, which role does NOT require a master's degree?

- A. Geriatric nurse generalist**
- B. Gerontological nurse practitioner (GNP)
- C. Advanced practice registered nurse (APRN) with gerontological certification
- D. Gerontological clinical nurse specialist (GCNS)

The role of a geriatric nurse generalist typically does not require a master's degree, making it the correct choice in this context. A geriatric nurse generalist usually operates at a fundamental nursing level, focused on providing care and support for older adults while utilizing skills and knowledge acquired during basic nursing education and experience. In contrast, positions such as Gerontological Nurse Practitioner, Advanced Practice Registered Nurse with gerontological certification, and Gerontological Clinical Nurse Specialist all necessitate advanced education and specialized training beyond a bachelor's degree. These roles involve a higher level of clinical responsibility, including assessment, diagnosis, management of patient care, and often involve a stronger emphasis on research and evidence-based practice, all of which are typically covered in master's degree programs. Therefore, pursuing a master's degree is essential for these advanced practice roles to ensure nurses are prepared for the complexities of geriatric care.

10. What factors increase the risk of a traumatic brain injury (TBI) for an unsteady older adult?

- A. Grab bars in the bathtub.
- B. Gnarled hands and feet from rheumatoid arthritis.**
- C. Throw rugs throughout the house.
- D. Poor lighting in the home.

The correct answer highlights the important consideration of physical limitations that come with conditions like rheumatoid arthritis, which can lead to gnarled hands and feet. For older adults, such physical impairments can contribute to unsteadiness, making them more vulnerable to falls and subsequent traumatic brain injuries (TBI). The inability to grasp objects firmly or maintain balance can significantly increase the risk of falling. While other factors also contribute to the risk of TBI in older adults, they either do not specifically relate to unsteadiness or serve more as safety precautions rather than risk factors. Grab bars, for instance, are designed to enhance safety and stability, while poor lighting and throw rugs can create hazards but would not inherently affect the physical ability to maintain balance as directly as the physical changes associated with rheumatoid arthritis. Understanding these connections is crucial for assessing fall risks and implementing effective preventive measures for older adults.

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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