

Gerontological Nursing Certification (GERO-BC) 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 | 15 |

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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 term best describes the process of educating patients about health management?**
 - A. Patient teaching**
 - B. Fluid intake assessment**
 - C. Medication compliance barriers**
 - D. Older adults demographics**

- 2. Anticholinergic drugs in older adults commonly cause which combination of symptoms?**
 - A. Confusion, constipation, and urinary retention**
 - B. Nausea and vomiting**
 - C. Shortness of breath**
 - D. Headache**

- 3. Which screening test is used for breast cancer screening?**
 - A. Mammogram**
 - B. Pap smear**
 - C. Colonoscopy**
 - D. DEXA scan**

- 4. Which tests verify nutrition-related laboratory values such as albumin, prealbumin, transferrin, and vitamins?**
 - A. Dysphasia**
 - B. Labs**
 - C. Aphasia**
 - D. Functional Status**

- 5. What is the primary purpose of Beers Criteria in geriatric pharmacology?**
 - A. To identify medications that may be inappropriate for older adults**
 - B. To guide dosing for all adults**
 - C. To ensure medications for pain are prescribed**
 - D. To track antibiotic stewardship**

- 6. Which condition is characterized by low bone mineral density and is common in older women?**
- A. Osteoporosis**
 - B. Osteoarthritis**
 - C. Osteomalacia**
 - D. Rickets**
- 7. Memantine is marketed under which brand name?**
- A. Namenda**
 - B. Aricept**
 - C. Exelon**
 - D. Razadyne**
- 8. Which herb is claimed to enhance memory but lacks evidence?**
- A. Ginkgo biloba**
 - B. Goldenseal**
 - C. Kava-kava**
 - D. Ginseng**
- 9. Which instrument is used to assess daytime sleepiness levels?**
- A. Pittsburgh Sleep Quality Index**
 - B. Epworth Sleepiness Scale**
 - C. Multiple Sleep Latency Test**
 - D. Insomnia Severity Index**
- 10. What term describes an unexpected event resulting in a patient on the floor?**
- A. Fall**
 - B. Morbidity and Mortality**
 - C. Hip Fractures**
 - D. TBI**

Answers

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

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Explanations

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1. Which term best describes the process of educating patients about health management?

- A. Patient teaching**
- B. Fluid intake assessment**
- C. Medication compliance barriers**
- D. Older adults demographics**

Educating patients about health management is patient teaching. This process involves sharing information and skills to help individuals understand their condition, perform self-care tasks, take medications correctly, monitor symptoms, and make informed health decisions. Effective patient teaching is tailored to the learner's literacy, culture, and health status, and often uses teach-back, demonstrations, and clear written materials to ensure understanding. The other options describe activities that aren't about education: assessing fluid intake looks at hydration status; addressing barriers to medication adherence focuses on factors that hinder following a plan rather than teaching the patient; and discussing older adult demographics concerns population characteristics rather than instructional activity.

2. Anticholinergic drugs in older adults commonly cause which combination of symptoms?

- A. Confusion, constipation, and urinary retention**
- B. Nausea and vomiting**
- C. Shortness of breath**
- D. Headache**

Anticholinergic drugs block acetylcholine at muscarinic receptors, reducing parasympathetic activity. In older adults, this can lead to central nervous system effects like confusion or delirium because the brain is particularly sensitive to cholinergic blockade. Peripherally, it slows gut motility, causing constipation, and it impairs bladder contraction, leading to urinary retention. When these effects occur together, the most characteristic combination is confusion, constipation, and urinary retention. Other symptoms such as nausea, vomiting, shortness of breath, or headache are less typical of the classic anticholinergic burden in the elderly.

3. Which screening test is used for breast cancer screening?

- A. Mammogram**
- B. Pap smear**
- C. Colonoscopy**
- D. DEXA scan**

Screening for breast cancer is about finding disease in people who don't yet have symptoms, so you can catch it early when treatment is most effective. The test that fits this role for breast tissue is the mammogram. It uses low-dose X-rays to create images of the breasts and can reveal tumors or abnormal changes before a lump is felt, which is why it's the standard screening tool for breast cancer. The other tests serve different purposes: Pap smear screens for cervical cancer, colonoscopy screens for colorectal cancer, and a DEXA scan screens for bone density and osteoporosis risk.

4. Which tests verify nutrition-related laboratory values such as albumin, prealbumin, transferrin, and vitamins?

- A. Dysphasia**
- B. Labs**
- C. Aphasia**
- D. Functional Status**

Nutrition-related laboratory values are obtained through laboratory testing, which provides objective measurements of protein status and micronutrient levels. Albumin, prealbumin, and transferrin are markers tied to protein status, while vitamins are assessed through specific lab assays. In older adults, these tests help identify malnutrition risk and guide therapy, though individual markers can be influenced by inflammation, liver function, or hydration. The option describing laboratory testing best fits because it directly refers to obtaining these measurements. Dysphasia and aphasia describe language and communication disorders, not tests for nutrition. Functional status relates to a person's ability to perform daily activities and does not provide laboratory measurements.

5. What is the primary purpose of Beers Criteria in geriatric pharmacology?

- A. To identify medications that may be inappropriate for older adults**
- B. To guide dosing for all adults**
- C. To ensure medications for pain are prescribed**
- D. To track antibiotic stewardship**

Beers Criteria identifies medications that may be inappropriate for older adults because aging changes how drugs behave and increases the risk of harms like confusion, falls, delirium, and drug-drug interactions. The main goal is to help clinicians spot potentially risky prescriptions so they can choose safer alternatives, adjust dosing, or avoid certain drugs altogether in older patients. It's a geriatric-focused safety guideline, not a universal dosing rule for all adults, not a mandate to prescribe pain medications, and not a tool for antibiotic stewardship. The criteria are updated by the American Geriatrics Society and used to improve the safety and quality of pharmacotherapy for older people.

6. Which condition is characterized by low bone mineral density and is common in older women?

- A. Osteoporosis**
- B. Osteoarthritis**
- C. Osteomalacia**
- D. Rickets**

Osteoporosis is characterized by low bone mineral density and occurs most commonly in older women, particularly after menopause when estrogen levels decline and bone loss accelerates. This combination leads to fragile bones that are more prone to fractures with minor trauma. The other conditions differ in their primary issues: osteoarthritis affects joints and cartilage, not overall bone density; osteomalacia involves softening of bone from vitamin D deficiency and presents with bone pain and muscle weakness; rickets is a pediatric disorder of bone mineralization. So the pattern of reduced bone density in an older woman points most clearly to osteoporosis.

7. Memantine is marketed under which brand name?

- A. Namenda**
- B. Aricept**
- C. Exelon**
- D. Razadyne**

Memantine is an NMDA receptor antagonist used for moderate to severe Alzheimer's disease, and its brand name is Namenda (with Namenda XR also available as an extended-release form). The other drugs listed are acetylcholinesterase inhibitors—Aricept (donepezil), Exelon (rivastigmine), and Razadyne (galantamine)—each with their own brand names. So Namenda is the correct brand name for memantine.

8. Which herb is claimed to enhance memory but lacks evidence?

- A. Ginkgo biloba**
- B. Goldenseal**
- C. Kava-kava**
- D. Ginseng**

Ginkgo biloba is commonly marketed as a memory booster for aging brains, but large, well-designed studies and systematic reviews fail to show a consistent, meaningful benefit for memory or overall cognition in healthy older adults or those with dementia. That lack of robust evidence is what makes it the best answer to a question about a memory-enhancing herb with no proven effect. In practice, this means you shouldn't rely on it for memory improvement, and it's important to be aware of safety concerns—especially an increased risk of bleeding in older adults who take anticoagulants or antiplatelet medications. The other herbs listed are used for different purposes (eg, infections, anxiety, energy) and do not have the same weight of evidence supporting memory enhancement.

9. Which instrument is used to assess daytime sleepiness levels?

- A. Pittsburgh Sleep Quality Index**
- B. Epworth Sleepiness Scale**
- C. Multiple Sleep Latency Test**
- D. Insomnia Severity Index**

The key idea is how to measure daytime sleepiness efficiently in routine care. The Epworth Sleepiness Scale is a brief self-report questionnaire that asks how likely you are to doze off in eight common everyday situations, such as sitting and reading, watching TV, or riding in a car. Each situation is scored 0 to 3, and the total score ranges from 0 to 24. A higher total indicates greater daytime sleepiness. This tool is practical in geriatrics because it's quick, easy to administer, and gives a subjective sense of how sleepiness affects daily life, which helps guide further assessment or interventions. In contrast, the Pittsburgh Sleep Quality Index focuses on overall nighttime sleep quality and disturbances over the past month, not daytime sleepiness. The Multiple Sleep Latency Test is an objective, lab-based measure of sleepiness that records how quickly a person falls asleep across several nap opportunities, which is more resource-intensive and not a routine screening tool. The Insomnia Severity Index assesses the severity of insomnia symptoms and their impact on functioning, not daytime sleepiness per se.

10. What term describes an unexpected event resulting in a patient on the floor?

A. Fall

B. Morbidity and Mortality

C. Hip Fractures

D. TBI

Falls describe an unexpected event in which a person ends up on the floor or a lower level, unintentionally. It's the incident itself, not the injury that may result. In older adults, falls are a major safety concern because they can lead to injuries such as hip fracture or traumatic brain injury, but the name of the event remains a fall. The other terms refer to outcomes or measures (morbidity and mortality) or to injuries that can result from a fall, rather than the event itself. Prevention focuses on risk assessment, environmental modifications, balance and strength training, and medication review.

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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://gerobc.examzify.com>

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

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