

# HESI Gerontology Practice Test (Sample)

## Study Guide



**Everything you need from our exam experts!**

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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

- 1. List one method to promote independence in elderly care.**
  - A. Home confinement**
  - B. Adaptive equipment like grab bars and raised toilet seats**
  - C. Frequent hospital visits**
  - D. Limited social interactions**
- 2. How are "geriatric syndromes" best defined?**
  - A. Common clinical conditions in younger adults**
  - B. Specific diseases among older adults**
  - C. Common clinical conditions in older adults that do not fit into discrete disease categories**
  - D. Emergency health issues related to aging**
- 3. Which demographic is predominantly affected by hypothyroidism?**
  - A. Children**
  - B. Young adults**
  - C. Middle-aged individuals**
  - D. Older adults**
- 4. Which psychological change is often experienced by older adults?**
  - A. Increased social engagement**
  - B. Decreased levels of stress**
  - C. Increased incidence of depression**
  - D. Improved adaptability to change**
- 5. For a 67-year-old diabetic starting insulin therapy, what should be the initial starting dose?**
  - A. 6 units short-acting insulin at breakfast, continue oral medication**
  - B. 6 units intermediate insulin at bedtime, stop oral medication**
  - C. 6 units long-acting before breakfast, stop oral medication**
  - D. 6 units long-acting insulin at bedtime, continue oral medication**

- 6. In what way can technology assist older adults in their daily lives?**
- A. By increasing their need for assistance**
  - B. Through tools that enhance communication, mobility, and health monitoring**
  - C. By limiting their access to information**
  - D. By replacing human interaction**
- 7. If a patient taking Keflex for pneumonia experiences which symptom, they should seek immediate medical attention?**
- A. Vaginal itching.**
  - B. Easy bruising.**
  - C. Joint pain.**
  - D. Nausea.**
- 8. Identify a risk factor for falls in older adults.**
- A. Vision improvement**
  - B. Increased physical activity**
  - C. Impaired balance and mobility**
  - D. Enhanced muscle strength**
- 9. Why is socialization important for older adults participating in recreational activities?**
- A. It prevents medical conditions**
  - B. It helps decrease physical activity**
  - C. It promotes mental well-being**
  - D. It reduces financial burdens**
- 10. What characterizes polypharmacy in older adults?**
- A. Taking a single medication**
  - B. Inappropriate use of vitamins**
  - C. Management of multiple medications often leading to complications**
  - D. Reliance on natural remedies only**



## **Answers**

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

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## **Explanations**

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**1. List one method to promote independence in elderly care.**

- A. Home confinement**
- B. Adaptive equipment like grab bars and raised toilet seats**
- C. Frequent hospital visits**
- D. Limited social interactions**

Promoting independence in elderly care is essential for maintaining the dignity and self-sufficiency of older adults. The use of adaptive equipment, such as grab bars and raised toilet seats, directly supports this goal. These modifications enable individuals to perform daily activities more safely and efficiently, reducing their reliance on caregivers and minimizing the risk of falls or injury in the home. By providing the necessary support to navigate their environment, older adults can maintain their autonomy and participate more fully in their routines and personal care. This not only enhances their physical well-being but also contributes positively to their mental and emotional health, as they feel empowered and capable of managing their own lives. Home confinement, frequent hospital visits, and limited social interactions do not foster independence; in fact, they often lead to increased dependency and isolation. In contrast, adaptive equipment encourages elderly individuals to engage with their surroundings actively and confidently, leading to improved quality of life.

**2. How are "geriatric syndromes" best defined?**

- A. Common clinical conditions in younger adults**
- B. Specific diseases among older adults**
- C. Common clinical conditions in older adults that do not fit into discrete disease categories**
- D. Emergency health issues related to aging**

Geriatric syndromes are best defined as common clinical conditions in older adults that do not fit neatly into discrete disease categories. This definition captures the essence of the term, as geriatric syndromes often represent a multi-faceted interplay of various health issues rather than a single identifiable disease. These conditions, which may include issues like frailty, delirium, incontinence, falls, and pressure ulcers, are prevalent among the elderly and can significantly impact their functional status and quality of life. They often arise from a combination of factors such as polypharmacy, cognitive decline, and multiple co-morbidities, highlighting the complexities of health in aging populations. In contrast to diseases that are well-defined and often have specific diagnostic criteria and treatment protocols, geriatric syndromes are often more challenging to recognize and manage, requiring an understanding of the broader context of an older adult's health. This complexity necessitates a comprehensive approach to assessment and care for elderly individuals, focusing on improving overall well-being and function rather than simply addressing isolated symptoms or diseases.

**3. Which demographic is predominantly affected by hypothyroidism?**

- A. Children**
- B. Young adults**
- C. Middle-aged individuals**
- D. Older adults**

Hypothyroidism is a condition characterized by an underactive thyroid gland, leading to insufficient production of thyroid hormones. While it can affect individuals across all age groups, older adults are particularly susceptible to this condition. This increased prevalence in older adults can be attributed to several factors, including age-related changes in the endocrine system, a higher likelihood of autoimmune diseases (such as Hashimoto's thyroiditis, which is a common cause of hypothyroidism), and a greater incidence of other health conditions that can affect thyroid function. Furthermore, older adults may not always present the classic symptoms associated with hypothyroidism, making it more challenging to diagnose. Symptoms can be subtle and may mimic other age-related conditions, which can delay appropriate treatment. Recognizing the significance of thyroid function in this age group is crucial for managing health effectively and ensuring quality of life as individuals age.

**4. Which psychological change is often experienced by older adults?**

- A. Increased social engagement**
- B. Decreased levels of stress**
- C. Increased incidence of depression**
- D. Improved adaptability to change**

The correct answer is that older adults often experience an increased incidence of depression. This phenomenon can be attributed to several factors that are common in later life, including the loss of loved ones, chronic health conditions, social isolation, and significant life transitions such as retirement or adjustment to living in assisted care. These elements can contribute to feelings of sadness, hopelessness, and a sense of loss, which are key symptoms of depression. In monitoring the mental health of older adults, it is essential to recognize that while they may acquire coping strategies over time, the cumulative stressors and changes often lead to a higher prevalence of depressive symptoms when compared to younger populations. Understanding this trend can help caregivers and health professionals better support older individuals who may be experiencing these challenges.

5. For a 67-year-old diabetic starting insulin therapy, what should be the initial starting dose?
- A. 6 units short-acting insulin at breakfast, continue oral medication
  - B. 6 units intermediate insulin at bedtime, stop oral medication
  - C. 6 units long-acting before breakfast, stop oral medication
  - D. 6 units long-acting insulin at bedtime, continue oral medication**

Starting insulin therapy for a 67-year-old diabetic patient involves careful consideration of both the type of insulin and how it should be incorporated with any existing oral medications. The chosen option involves beginning the patient on long-acting insulin at bedtime while allowing for the continuation of oral hypoglycemic agents. Long-acting insulin provides a stable baseline level of insulin throughout the day and is beneficial for managing fasting blood glucose levels, which can be particularly important for older adults with diabetes. Initiating therapy with long-acting insulin at bedtime helps to reduce the risk of nocturnal hypoglycemia, as it allows the body to utilize the insulin during the fasting state overnight, maintaining glucose control while minimizing the impact on daily activities. Continuing oral medications is also important because many patients benefit from the synergistic effect of both insulin and oral hypoglycemics. This approach can gradually transition the patient into insulin management while still using medications that may effectively control postprandial blood glucose levels. Thus, beginning with a low dose of long-acting insulin, along with ongoing oral medications, is a thoughtful way to introduce insulin therapy, monitoring the patient's response and adjusting dosages as necessary to achieve optimal glycemic control.

6. In what way can technology assist older adults in their daily lives?
- A. By increasing their need for assistance
  - B. Through tools that enhance communication, mobility, and health monitoring**
  - C. By limiting their access to information
  - D. By replacing human interaction

Technology can significantly enhance the daily lives of older adults by providing tools that improve communication, mobility, and health monitoring. For instance, various applications and devices allow older individuals to stay in touch with family and friends, reducing feelings of isolation and loneliness. Mobile devices and specialized equipment can assist with mobility, enabling them to access transportation services or manage their daily activities more independently. Furthermore, health monitoring technologies, such as wearable devices and telehealth services, allow older adults to track vital signs, manage medications, and receive medical advice without needing to travel to healthcare facilities. This increases their autonomy and allows for timely interventions, ultimately leading to improved health outcomes. Overall, technology acts as a facilitator that empowers older adults to lead more independent lives by enhancing their abilities rather than diminishing them.

**7. If a patient taking Keflex for pneumonia experiences which symptom, they should seek immediate medical attention?**

**A. Vaginal itching.**

**B. Easy bruising.**

**C. Joint pain.**

**D. Nausea.**

The correct choice is easy bruising, which could indicate a serious side effect or an adverse reaction related to the use of Keflex (cephalexin) or other factors. Easy bruising may be a sign of a bleeding disorder or a potential decrease in platelet count, which can happen as a reaction to medication or an underlying condition that warrants prompt evaluation by a healthcare provider. This symptom requires immediate medical attention to determine the cause and to initiate appropriate interventions. Vaginal itching, joint pain, and nausea may also be concerning but are generally not considered emergencies that require immediate medical attention. Vaginal itching could be a sign of a yeast infection, which, while uncomfortable, usually does not pose an immediate risk. Joint pain can arise from various causes, including medication side effects or pre-existing conditions, but is not typically urgent unless accompanied by other severe symptoms. Nausea might indicate gastrointestinal side effects or intolerance to the medication but is not usually life-threatening without the presence of other alarming symptoms.

**8. Identify a risk factor for falls in older adults.**

**A. Vision improvement**

**B. Increased physical activity**

**C. Impaired balance and mobility**

**D. Enhanced muscle strength**

Impaired balance and mobility is a significant risk factor for falls in older adults. As individuals age, their physical abilities may decline, impacting their balance and coordination. This decline can arise from various factors, including age-related changes in the musculoskeletal system, neurological disorders, or the side effects of medications. When an older adult has impaired balance, they are less stable and more prone to stumbling or losing their footing, which can lead to falls. In contrast, options like vision improvement, increased physical activity, and enhanced muscle strength contribute to overall physical fitness and may reduce the risk of falls. Improved vision helps older adults navigate their environments safely, while increased physical activity and enhanced muscle strength can improve balance and coordination, further protecting against falls. Therefore, recognizing impaired balance and mobility as a risk factor highlights the importance of assessing and addressing these issues in geriatric care to minimize the chances of falls and related injuries.

**9. Why is socialization important for older adults participating in recreational activities?**

- A. It prevents medical conditions**
- B. It helps decrease physical activity**
- C. It promotes mental well-being**
- D. It reduces financial burdens**

Socialization plays a crucial role in the mental well-being of older adults participating in recreational activities. Engaging with others provides a sense of belonging and community, which is vital for emotional health. Social interactions can help combat feelings of loneliness and isolation, which are common among older adults. By participating in recreational activities with peers, older adults can share experiences, build friendships, and foster supportive relationships. These interactions stimulate cognitive functions and enhance mood, thereby promoting overall mental health. Furthermore, socialization through recreational activities can encourage older adults to engage more actively in their interests and hobbies, leading to increased joy and satisfaction in life. This positive engagement is essential for maintaining mental acuity and emotional resilience as individuals age.

**10. What characterizes polypharmacy in older adults?**

- A. Taking a single medication**
- B. Inappropriate use of vitamins**
- C. Management of multiple medications often leading to complications**
- D. Reliance on natural remedies only**

Polypharmacy in older adults is characterized by the management of multiple medications, which often leads to complications. This situation arises because older adults frequently have multiple chronic conditions requiring various treatments. The use of several medications can increase the risk of adverse drug interactions, side effects, and complications related to polypharmacy, such as medication non-adherence or medication errors. Additionally, older adults may experience physiological changes that affect drug metabolism and elimination, making them more vulnerable to the risks associated with taking numerous medications. Therefore, careful management and review of their medication regimens are essential to minimize potential harm and optimize therapeutic outcomes. In contrast, taking a single medication would not qualify as polypharmacy, as it only involves one drug without the complications associated with managing multiple therapies. The inappropriate use of vitamins or reliance solely on natural remedies does not capture the essence of polypharmacy because these scenarios do not inherently involve the complexities and risks associated with multiple prescriptions.



## 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](mailto:hello@examzify.com).**

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

**<https://hesigerontology.examzify.com>**

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