

Nursing Care of Older Adults Exam 1 Practice (Sample)

Study Guide



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Questions

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- 1. Which of the following statements about older adults and their involvement in care decisions is true?**
 - A. Older adults often lack the capacity for decision-making.**
 - B. Family members should always make decisions for older adults.**
 - C. Many older adults are capable of understanding their health care options.**
 - D. Older adults are usually disinterested in their care decisions.**
- 2. How can chronic illness impact older adults?**
 - A. Chronic illness has no impact on older adults**
 - B. Chronic illness can limit mobility, affect mental health, and increase healthcare needs**
 - C. Only affects their physical appearance**
 - D. Only decreases their need for social interaction**
- 3. What does a functional assessment of a client primarily evaluate?**
 - A. The client's social interactions**
 - B. The client's ability to perform self-care tasks with a focus on rehabilitation**
 - C. The client's emotional well-being**
 - D. The client's nutritional status**
- 4. What is the significance of understanding an older adult's life history?**
 - A. It helps maintain a strict care routine.**
 - B. It can provide insights into their values, preferences, and care needs.**
 - C. It allows for more medical interventions.**
 - D. It is primarily for record-keeping purposes.**
- 5. Which question should a diabetes nurse ask to assess a 73-year-old client's potential for optimal function?**
 - A. How often do you visit your healthcare provider?**
 - B. What medications are you currently taking?**
 - C. What are some goals that you have for maximizing your level of wellness?**
 - D. How do you manage your diet?**

- 6. Which of the following is considered an effective intervention for managing chronic pain in older adults?**
- A. Increasing opioid prescriptions**
 - B. Encouraging physical therapy**
 - C. Reducing physical activity**
 - D. Restricting dietary changes**
- 7. What is a recommended nursing action to support older adults dealing with grief?**
- A. Encouraging total independence**
 - B. Facilitating memorial activities**
 - C. Suggesting isolation**
 - D. Mandating psychological therapy**
- 8. What is an essential aspect of functional assessments performed by nurses in nursing homes?**
- A. The nurse will focus solely on initial assessments.**
 - B. The nurse will identify changes in the older adult's function over time.**
 - C. The nurse uses a one-size-fits-all approach to care.**
 - D. The nurse does not modify the assessment based on patient history.**
- 9. When planning care for an older adult with a recent cognitive decline, the nurse should consider which key aspect?**
- A. Providing information in complex terms.**
 - B. Scheduling regular assessments without family involvement.**
 - C. Ensuring clarity and simplicity in communication.**
 - D. Ignoring emotional responses to cognitive changes.**
- 10. What is the most appropriate assessment question for a home care nurse to ask an older adult with macular degeneration?**
- A. Are you able to read the labels on your medications?**
 - B. How do you organize your medications?**
 - C. Do you see a specialist for your eye condition?**
 - D. Have you considered surgery for your condition?**

Answers

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

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Explanations

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1. Which of the following statements about older adults and their involvement in care decisions is true?

A. Older adults often lack the capacity for decision-making.

B. Family members should always make decisions for older adults.

C. Many older adults are capable of understanding their health care options.

D. Older adults are usually disinterested in their care decisions.

Many older adults are indeed capable of understanding their health care options, which reflects the importance of involving them in their own care decisions. This capability can be influenced by individual cognitive factors, previous experiences, and exposure to health information. Recognizing that older adults possess the ability to comprehend and engage in discussions about their health matters promotes autonomy and empowers them to make informed choices. The ability to make decisions varies among individuals within the older adult population. It is crucial to assess each person's cognitive function and understanding rather than generalize about their decision-making abilities. By ensuring that older adults are included in discussions about their care, healthcare providers can honor their preferences and uphold their rights as patients. In contrast, the other statements do not accurately reflect the capabilities and preferences of many older adults. For instance, the notion that older adults often lack decision-making capacity can undermine their autonomy and individuality. The belief that family members should always make decisions for older adults overlooks the importance of communication and shared decision-making. Lastly, the assumption that older adults are usually disinterested in their care decisions disregards the varying levels of engagement that individuals exhibit regarding their health.

2. How can chronic illness impact older adults?

A. Chronic illness has no impact on older adults

B. Chronic illness can limit mobility, affect mental health, and increase healthcare needs

C. Only affects their physical appearance

D. Only decreases their need for social interaction

Chronic illness significantly impacts older adults in multiple ways, as highlighted by the correct response. It can lead to limitations in mobility, which is crucial for maintaining independence and performing daily activities. As mobility decreases, older adults may find it challenging to engage in physical activities, go out, or even perform basic tasks at home, leading to a diminished quality of life. Additionally, chronic illnesses can heavily influence mental health. Living with a persistent health condition may lead to feelings of frustration, anxiety, or depression, as older adults grapple with the emotional and psychological challenges of managing their illness. This dual impact on both physical and mental well-being necessitates increased healthcare needs; older adults may require more frequent medical appointments, therapies, or support services to manage their health effectively. The other options do not accurately reflect the multifaceted influence of chronic illness. The notion that chronic illness has no impact overlooks the significant challenges faced by this demographic, while focusing solely on physical appearance or social interaction ignores the complex interplay of health, mobility, and psychological factors that chronic illnesses can present for older adults.

3. What does a functional assessment of a client primarily evaluate?

A. The client's social interactions

B. The client's ability to perform self-care tasks with a focus on rehabilitation

C. The client's emotional well-being

D. The client's nutritional status

A functional assessment of a client primarily evaluates the client's ability to perform self-care tasks, with a key emphasis on rehabilitation. This type of assessment aims to determine how well older adults can manage daily activities such as bathing, dressing, eating, and mobility. By focusing on these self-care tasks, healthcare providers can identify areas where support or rehabilitation may be necessary to maintain or improve the individual's functional independence. Understanding the client's functional capabilities is essential for developing care plans that address specific needs and enhance their quality of life. It also helps in monitoring changes over time, which may indicate the need for adjustments in healthcare interventions or support services. In contrast, while social interactions, emotional well-being, and nutritional status are important components of overall health, they do not fall under the primary purpose of a functional assessment, which is centered around the practical abilities required for daily living.

4. What is the significance of understanding an older adult's life history?

A. It helps maintain a strict care routine.

B. It can provide insights into their values, preferences, and care needs.

C. It allows for more medical interventions.

D. It is primarily for record-keeping purposes.

Understanding an older adult's life history is significant because it provides critical insights into their values, preferences, and individual care needs. This knowledge enables healthcare providers to personalize care plans, ensuring that they align with the patient's legacy, experiences, and desires. For instance, knowing a patient's past experiences can guide decisions about their preferred types of treatment, communication styles, and social interactions, fostering a more empathetic and tailored approach to care. This understanding fosters a therapeutic relationship, empowering older adults by acknowledging their unique life experiences. It can also enhance the effectiveness of the care provided, as it allows caregivers to respect and integrate the patient's preferences into their daily routines. In this way, care is not just about managing physical health but also about honoring the emotional and psychological well-being of the older adult.

5. Which question should a diabetes nurse ask to assess a 73-year-old client's potential for optimal function?
- A. How often do you visit your healthcare provider?
 - B. What medications are you currently taking?
 - C. What are some goals that you have for maximizing your level of wellness?**
 - D. How do you manage your diet?

The choice of asking about the client's goals for maximizing their level of wellness is particularly valuable in assessing their potential for optimal function. This approach focuses on the client's perspective and encourages them to engage in their care actively. Understanding their goals allows the nurse to tailor interventions that align with the client's priorities, fostering collaboration and promoting adherence to treatment plans. Additionally, discussing goals can help identify the client's motivation, self-efficacy, and readiness to cope with diabetes management, which are critical components for achieving optimal health outcomes. It also opens the door for discussing various aspects of their health, including management of their diabetes, lifestyle changes, social support, and potential barriers they might face. While the other questions provide relevant information, they are more focused on specific aspects of the client's health and medical management. For instance, inquiries about healthcare visits, medications, and diet management are important for gathering factual data, but they do not delve into the client's personal aspirations and overall wellness vision. This personal engagement is essential in geriatric nursing, as it acknowledges the individual's unique experiences and challenges, ultimately leading to a more person-centered approach to care.

6. Which of the following is considered an effective intervention for managing chronic pain in older adults?
- A. Increasing opioid prescriptions
 - B. Encouraging physical therapy**
 - C. Reducing physical activity
 - D. Restricting dietary changes

Encouraging physical therapy is considered an effective intervention for managing chronic pain in older adults because it focuses on non-pharmacological approaches that promote mobility, strength, and overall function. Physical therapy helps reduce pain by increasing flexibility, enhancing muscle strength, and improving balance and coordination. It also educates patients on proper body mechanics, pain management techniques, and exercises tailored to their specific conditions. Additionally, physical therapy can lead to better long-term outcomes, as it encourages individuals to engage in regular activity, which can help alleviate pain, improve mood, and enhance the overall quality of life. This contrasts with increasing opioid prescriptions, which may provide short-term relief but carry risks of dependency and side effects, particularly in older populations. Reducing physical activity and restricting dietary changes are not effective strategies for managing chronic pain, as they can lead to further physical decline and may exacerbate pain rather than alleviate it.

7. What is a recommended nursing action to support older adults dealing with grief?

- A. Encouraging total independence**
- B. Facilitating memorial activities**
- C. Suggesting isolation**
- D. Mandating psychological therapy**

Facilitating memorial activities is a recommended nursing action to support older adults dealing with grief because these activities provide a structured way for individuals to express their emotions and honor the memory of their loved ones. Memorials can be personal, such as creating a scrapbook, or community-oriented, like participating in remembrance ceremonies. Engaging in these activities can help individuals process their loss, find meaning, and begin the healing journey. This approach also fosters social connections and support, which are crucial during the grieving process. Encouraging older adults to participate in memorial activities can aid in creating a sense of closure and allowing them to reminisce fondly about the deceased, facilitating healthier coping mechanisms.

8. What is an essential aspect of functional assessments performed by nurses in nursing homes?

- A. The nurse will focus solely on initial assessments.**
- B. The nurse will identify changes in the older adult's function over time.**
- C. The nurse uses a one-size-fits-all approach to care.**
- D. The nurse does not modify the assessment based on patient history.**

An essential aspect of functional assessments performed by nurses in nursing homes is the identification of changes in the older adult's function over time. This ongoing observation and evaluation are crucial because older adults often experience dynamic shifts in their abilities due to a variety of factors, including health status, medication effects, and environmental changes. By regularly assessing functional status, nurses can tailor care plans to meet the evolving needs of residents, thus promoting better outcomes and enhancing quality of life. The process of monitoring functional status allows nurses to recognize early signs of decline or improvement, which can facilitate timely interventions. This practice not only supports individual care but also contributes to the overall health management strategies employed within nursing homes, ensuring that residents receive personalized and responsive care. In contrast, the other options do not reflect the comprehensive approach required in functional assessments. Focusing solely on initial assessments means missing critical changes that could inform ongoing care. A one-size-fits-all approach undermines the uniqueness of each individual's needs, while neglecting to modify assessments based on patient history disregards the valuable context that can inform a more accurate understanding of a resident's functional abilities.

9. When planning care for an older adult with a recent cognitive decline, the nurse should consider which key aspect?
- A. Providing information in complex terms.
 - B. Scheduling regular assessments without family involvement.
 - C. Ensuring clarity and simplicity in communication.**
 - D. Ignoring emotional responses to cognitive changes.

When caring for an older adult experiencing recent cognitive decline, it is vital to ensure clarity and simplicity in communication. Cognitive decline can significantly affect an individual's ability to process information, understand complex language, and remember details. By using clear language and straightforward explanations, the nurse facilitates better understanding and reinforces the patient's engagement in their own care. When communicating with older adults facing cognitive challenges, strategies such as speaking slowly, using familiar terms, and checking for understanding are essential. This approach not only helps the patient feel more secure but also promotes a supportive environment where they can participate actively in their care plan. It is important to adapt communication styles to the cognitive abilities of the patient to enhance their comprehension and comfort. In contrast, employing complex terms could lead to confusion and frustration, scheduling assessments without involving family members might disregard critical support systems for the patient, and ignoring emotional responses could prevent recognizing the psychological impact of cognitive decline, which is crucial for comprehensive care.

10. What is the most appropriate assessment question for a home care nurse to ask an older adult with macular degeneration?
- A. Are you able to read the labels on your medications?
 - B. How do you organize your medications?**
 - C. Do you see a specialist for your eye condition?
 - D. Have you considered surgery for your condition?

The most appropriate assessment question for a home care nurse to ask an older adult with macular degeneration is focused on organizing medications. Assessing how the patient organizes their medications is crucial because individuals with macular degeneration may experience difficulties with vision, making it challenging to read labels or manage their medication regimen effectively. Understanding their organizational strategies can reveal insights into their adherence to medication management and highlight potential risks for medication errors. An older adult's ability to maintain proper medication organization is essential for their overall safety and health management, especially since they might rely on visual cues that they can no longer utilize effectively. By asking this question, the nurse can offer tailored support, resources, or education to improve the older adult's ability to manage their medications, thereby enhancing their independence and health outcomes. Other options, while relevant, do not directly assess the immediate needs related to medication management in the context of macular degeneration.