

# NURSING CARE OF OLDER ADULTS EXAM 1 PRACTICE (SAMPLE)

## STUDY GUIDE



## SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR  
THE FULL VERSION STUDY GUIDE

<https://nursingofolderadults.examzify.com>



**Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.**

**ALL RIGHTS RESERVED.**

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

# 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 |

SAMPLE

# 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

SAMPLE

- 1. Why is proper nutrition crucial in geriatric care?**
  - A. It only helps with weight loss
  - B. Proper nutrition supports overall health, helps prevent chronic diseases, and maintains strength and independence
  - C. It is not important as older adults often have low appetites
  - D. Nutrition is only relevant for younger populations
- 2. A nurse discusses advance medical directives with older adults at a center. Which statement indicates a need for further teaching about medical directives?**
  - A. "I can write down my wishes at any time."
  - B. "A durable power of attorney cannot be initiated before a person is incapacitated."
  - C. "My family can help ensure my wishes are honored."
  - D. "I should review my directive periodically."
- 3. When a colleague says that most older adults have no financial worries, what is the most appropriate response?**
  - A. "You're right, financial security is common among older adults."
  - B. "Many older adults have pensions that support them well."
  - C. "You have to remember that there's a huge economic disparity among older adults."
  - D. "Older adults tend to save well during their working years."
- 4. What question should a nurse ask to clarify goals with an older adult recovering from hip surgery and struggling with depression?**
  - A. What medications are you currently taking?
  - B. What goals do you have for the next year?
  - C. Have you considered physical therapy?
  - D. Do you need help with daily activities?
- 5. In the Stages of Change model, what stage is a 69-year-old client exhibiting when considering quitting smoking?**
  - A. Precontemplation
  - B. Contemplation
  - C. Preparation
  - D. Action

- 6. How does chronic pain in older adults generally differ from acute pain?**
- A. Chronic pain is usually less severe
  - B. Acute pain lasts longer
  - C. Chronic pain often has psychological implications
  - D. Acute pain is commonly related to lifestyle choices
- 7. Which theory of aging best describes a client who wishes to stay in a long-term care facility for social interaction after therapy?**
- A. Theory of inactivity
  - B. Theory of thriving
  - C. Theory of disengagement
  - D. Theory of continuity
- 8. What is a common risk associated with polypharmacy in older adults?**
- A. Enhanced therapeutic effects of medications
  - B. Lowered risks of chronic diseases
  - C. Increased risk of adverse drug reactions
  - D. Improved memory functions
- 9. In caring for older adults with chronic pain, which approach should a nurse prioritize?**
- A. Focusing exclusively on medication management.
  - B. Utilizing a multidisciplinary approach.
  - C. Encouraging minimal physical activity.
  - D. Limiting communication about pain levels.
- 10. Which symptom is commonly associated with delirium in older adults?**
- A. Consistent memory improvement
  - B. Rapid changes in cognition and attention
  - C. Persistent satisfaction with activities
  - D. Improvement in emotional well-being



## **Answers**

SAMPLE

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

SAMPLE

## **Explanations**

SAMPLE

## 1. Why is proper nutrition crucial in geriatric care?

- A. It only helps with weight loss
- B. Proper nutrition supports overall health, helps prevent chronic diseases, and maintains strength and independence**
- C. It is not important as older adults often have low appetites
- D. Nutrition is only relevant for younger populations

*Proper nutrition is essential in geriatric care because it plays a vital role in supporting overall health, preventing chronic diseases, and maintaining strength and independence in older adults. As individuals age, their nutritional needs often change due to physiological changes, medication interactions, and altered metabolism. A balanced diet rich in essential nutrients helps to bolster the immune system, which is critical for older adults who are more susceptible to infections and illnesses. Additionally, adequate nutrition contributes to preserving muscle mass and bone density, which are key factors in maintaining mobility and preventing falls. Proper nutrition also aids in managing existing medical conditions such as diabetes, heart disease, and hypertension, thus reducing the risk of complications that could further impair health and quality of life. Therefore, by focusing on proper nutrition, healthcare providers can help older adults maintain their independence and improve their overall well-being, which underscores the importance of this aspect of care in geriatric populations.*

## 2. A nurse discusses advance medical directives with older adults at a center. Which statement indicates a need for further teaching about medical directives?

- A. "I can write down my wishes at any time."
- B. "A durable power of attorney cannot be initiated before a person is incapacitated."**
- C. "My family can help ensure my wishes are honored."
- D. "I should review my directive periodically."

*The need for further teaching is indicated by the statement regarding the durable power of attorney. This is because a durable power of attorney can actually be established at any time and does not need to wait until a person becomes incapacitated. Individuals can designate someone to make healthcare decisions on their behalf while they are still competent, providing flexibility and ensuring that their preferences are known ahead of time. The other statements reflect a good understanding of advance directives. The first statement acknowledges that individuals can document their wishes when they choose, which is a key aspect of directive planning. The third statement highlights the supportive role of family in honoring an individual's wishes, indicating a collaborative approach to decision-making. The fourth statement recognizes the importance of regularly reviewing directives, which is essential for maintaining current and relevant preferences as circumstances change over time. Thus, understanding the correct timing and conditions for appointing a durable power of attorney is crucial in this context.*

**3. When a colleague says that most older adults have no financial worries, what is the most appropriate response?**

- A. "You're right, financial security is common among older adults."
- B. "Many older adults have pensions that support them well."
- C. "You have to remember that there's a huge economic disparity among older adults."**
- D. "Older adults tend to save well during their working years."

*Understanding the financial situation of older adults requires recognition of the economic disparities that exist within this population. Many factors contribute to differing financial circumstances, including lifetime income levels, job stability, education, health care costs, and the availability of retirement savings options. Highlighting that there is a significant economic disparity among older adults draws attention to the reality that while some may be financially secure, many others face economic hardships. This situation can be exacerbated by increased medical expenses, lack of retirement savings, or dependence on Social Security, which may not meet all living expenses. Thus, acknowledging this disparity is crucial in fostering an accurate understanding of the financial challenges that can affect the quality of life for many older individuals. In contrast, suggesting that financial security is common or citing pensions as a widespread source of support glosses over the complexities that many face. Similarly, asserting that older adults tend to save well during their working years overlooks the financial realities that individuals may encounter, making it essential to recognize the broad range of experiences and the systemic issues involved.*

**4. What question should a nurse ask to clarify goals with an older adult recovering from hip surgery and struggling with depression?**

- A. What medications are you currently taking?
- B. What goals do you have for the next year?**
- C. Have you considered physical therapy?
- D. Do you need help with daily activities?

*Asking what goals the older adult has for the next year is essential in the context of recovery and managing depression. This question encourages the patient to reflect on their aspirations and motivates them to think positively about their future. Setting specific, achievable goals can provide direction and purpose, which is particularly important for someone dealing with depression. It fosters a sense of agency and involvement in their recovery process, which can enhance their emotional well-being. Discussing goals allows the nurse to tailor interventions that align with the patient's personal aspirations and helps facilitate a collaborative care approach. Understanding the individual's goals can also help in identifying barriers to achieving those goals and in developing focused strategies for overcoming them, thereby addressing both physical rehabilitation and mental health needs effectively. Engaging with the patient about their goals also opens avenues for further conversations about their overall health, including discussing necessary resources, support systems, or adjustments to the recovery plan as needed. This patient-centered approach is vital in geriatric care, particularly when addressing complex health issues such as recovery from surgery combined with mental health challenges.*

**5. In the Stages of Change model, what stage is a 69-year-old client exhibiting when considering quitting smoking?**

- A. Precontemplation
- B. Contemplation**
- C. Preparation
- D. Action

*The correct choice reflects the Contemplation stage in the Stages of Change model, which is characterized by an individual actively thinking about changing a behavior but not yet ready to take definitive action. In this scenario, the 69-year-old client is considering quitting smoking, indicating that they are aware of the need for change and are reflecting on the pros and cons of their smoking behavior. This stage often involves weighing the benefits of quitting against the challenges and fears associated with making that change. Those in the Precontemplation stage may not even be considering quitting and might be unaware of the need for change, while individuals in the Preparation stage are ready to take steps toward change, such as making plans or gathering resources to support quitting. The Action stage involves actively making changes to the behavior, such as stopping smoking, which is not applicable here as the client is still in the contemplation phase. Recognizing the specific stage is crucial for tailoring interventions that can support the client's journey toward quitting smoking.*

**6. How does chronic pain in older adults generally differ from acute pain?**

- A. Chronic pain is usually less severe
- B. Acute pain lasts longer
- C. Chronic pain often has psychological implications**
- D. Acute pain is commonly related to lifestyle choices

*Chronic pain in older adults is characterized by its enduring nature, often lasting longer than what is typically associated with acute pain, which is a more immediate and temporary experience. One significant aspect of chronic pain is that it often has psychological implications. This can include conditions such as anxiety, depression, and changes in mood or cognitive function. These psychological effects can arise due to the persistent nature of chronic pain, which can lead to feelings of helplessness and impact overall quality of life. In contrast, acute pain is generally associated with a specific injury or illness and serves a distinct purpose in signaling that something is wrong in the body, prompting an individual to seek treatment or avoid harmful activities. Over time, as the underlying condition resolves, acute pain typically diminishes. The psychological effects associated with acute pain are generally less pronounced, as it is often viewed as a temporary experience. Additionally, the perception of pain in chronic conditions can be influenced by myriad factors, including emotional and social components, making the assessment and management of chronic pain uniquely complex compared to acute pain. The integration of psychological support into the treatment plan for older adults experiencing chronic pain is therefore crucial, highlighting the importance of understanding the intricate relationship between physical and mental health in this population.*

**7. Which theory of aging best describes a client who wishes to stay in a long-term care facility for social interaction after therapy?**

- A. Theory of inactivity
- B. Theory of thriving**
- C. Theory of disengagement
- D. Theory of continuity

*The theory that best describes a client who wishes to remain in a long-term care facility primarily for social interaction after therapy is the theory of thriving. This theory emphasizes the importance of social engagement and meaningful activities in promoting overall well-being and quality of life for older adults. It suggests that remaining active and engaged, both socially and cognitively, can lead to improved health outcomes and a greater sense of fulfillment. In contrast, the other theories focus on different aspects of aging. The theory of inactivity suggests that older adults become less physically active, which does not align with the client's desire for social interaction. Disengagement theory proposes that older adults naturally withdraw from social roles and relationships, which contradicts the client's intention to stay engaged in social settings. The theory of continuity emphasizes maintaining consistency between past behaviors and present activities but does not specifically highlight the importance of social interaction as a motivating factor. Therefore, the concept of thriving most accurately reflects the client's motivations and desires for continued socialization in the long-term care environment.*

**8. What is a common risk associated with polypharmacy in older adults?**

- A. Enhanced therapeutic effects of medications
- B. Lowered risks of chronic diseases
- C. Increased risk of adverse drug reactions**
- D. Improved memory functions

*The increased risk of adverse drug reactions is a significant concern in older adults who experience polypharmacy, which refers to the concurrent use of multiple medications. As the number of medications increases, the likelihood of drug-drug interactions also rises, potentially leading to unexpected side effects, diminished effectiveness of treatments, or even harmful consequences. Older adults are particularly vulnerable to these adverse effects due to factors such as age-related changes in metabolism, liver and kidney function, and the presence of multiple comorbidities that may alter how medications are metabolized and excreted. Enhanced therapeutic effects and improved memory functions are not commonly associated with polypharmacy, as the interactions between multiple medications can often negate therapeutic benefits or lead to confusion, rather than enhance cognitive function. Similarly, polypharmacy does not lower the risks of chronic diseases; in fact, it can complicate management of these conditions and increase the overall burden of disease management. Therefore, the heightened risk of adverse drug reactions is a critical issue for healthcare providers to monitor when managing medication regimens in older adults.*

**9. In caring for older adults with chronic pain, which approach should a nurse prioritize?**

- A. Focusing exclusively on medication management.
- B. Utilizing a multidisciplinary approach.**
- C. Encouraging minimal physical activity.
- D. Limiting communication about pain levels.

*The most effective approach in managing chronic pain in older adults is to utilize a multidisciplinary approach. This strategy recognizes that chronic pain can be influenced by a range of factors, including physical, psychological, social, and environmental elements. By incorporating a team that may include physicians, nurses, physical therapists, occupational therapists, psychologists, and social workers, the care provided can be more comprehensive and tailored to the individual needs of the patient. A multidisciplinary approach fosters collaboration among various healthcare professionals, allowing for a better assessment of pain and its management. This team can develop an integrated care plan that addresses not just the physical aspects of pain, but also emotional support and rehabilitation needs, which is particularly important for older adults who may have coexisting conditions. Additionally, this approach encourages open communication among the team members, ensuring that all aspects of the patient's well-being are considered. This holistic view is essential for older adults who may have complex medical histories and varying responses to pain therapies. In contrast, focusing exclusively on medication management does not address the multifaceted nature of chronic pain and could lead to inadequate pain relief or the development of medication dependencies. Encouraging minimal physical activity is counterproductive since physical activity can play a critical role in pain management by improving strength, flexibility, and overall*

**10. Which symptom is commonly associated with delirium in older adults?**

- A. Consistent memory improvement
- B. Rapid changes in cognition and attention**
- C. Persistent satisfaction with activities
- D. Improvement in emotional well-being

*The symptom commonly associated with delirium in older adults is rapid changes in cognition and attention. Delirium is characterized by an acute onset of confusion, fluctuating levels of consciousness, and impaired cognitive abilities. This condition often presents with disturbances in attention and the ability to focus or maintain that attention. Patients might experience disorientation regarding time and place, and their cognitive function may fluctuate dramatically, which can lead to significant changes in their behavior and mental status. In contrast, consistent memory improvement, persistent satisfaction with activities, and improvement in emotional well-being are not indicative of delirium. These symptoms may suggest stability or improvement in cognitive function and overall well-being, which is contrary to the nature of delirium. In delirium, there is generally a reversible decline in cognitive function, rather than improvements or consistent functioning. Understanding these key features is essential for recognizing and responding to delirium effectively in 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](mailto:hello@examzify.com).

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

<https://nursingofolderadults.examzify.com>

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

SAMPLE