

## Chapter 2: The Aging Experience

### Multiple Choice

Identify the choice that best completes the statement or answers the question.

- \_\_\_ 1. The fastest growing segment of the population in the United States is
- 1) Teenagers
  - 2) Babies
  - 3) People older than 85 years of age
  - 4) People between the ages of 20 and 40
- \_\_\_ 2. An 88-year-old retired school principal who lives alone has neighbors who believe his home is dark, dirty, smelly, and without modern conveniences. The neighborhood children think he is a “crazy old man.” What does this describe?
- 1) Racism
  - 2) Sexism
  - 3) Ageism
  - 4) Patriotism
- \_\_\_ 3. Which statement reflects respect for people who are older?
- 1) Getting old is a hopeless downward spiral toward death.
  - 2) As people get older, they become very self-centered.
  - 3) Older people maintain unique and individual characteristics.
  - 4) Older people become very rigid and are unable to learn new things.
- \_\_\_ 4. Normal physiological aging is
- 1) A predictable and uniform process
  - 2) Reflective of individual diversity
  - 3) Accompanied by extreme mood swings and predictable depression
  - 4) Primarily related to chronic disease processes
- \_\_\_ 5. What is LEAST likely to affect the aging process?
- 1) Life experiences
  - 2) Financial resources
  - 3) Stress management style
  - 4) Social support system
- \_\_\_ 6. The normal aging process is accompanied by
- 1) Potential problems in functional ability
  - 2) Chronic disease processes
  - 3) Regression from previous social activities
  - 4) A characteristic depression related to multiple losses
- \_\_\_ 7. The leading cause of death in older adults is
- 1) Stroke
  - 2) Heart disorders
  - 3) Cancer
  - 4) Pneumonia
- \_\_\_ 8. Which theory is NOT considered to be a psychological theory of aging?
- 1) Subcultural theory
  - 2) Wear and tear theory

- 3) Developmental tasks theory
  - 4) Continuity theory
- \_\_\_ 9. According to Erik Erikson's eight stages of life theory, the task of old age is
- 1) Integrity vs. Despair
  - 2) Industry vs. Inferiority
  - 3) Identity vs. Role Confusion
  - 4) Generativist vs. Stagnation
- \_\_\_ 10. Which is NOT a characteristic of physiological theories of aging?
- 1) Genetics
  - 2) Nutrition
  - 3) Personality
  - 4) Wear and tear of the body
- \_\_\_ 11. What is considered normal aging of the cardiovascular system?
- 1) Strengthened heart contractions
  - 2) Decreased cardiac output
  - 3) Flaccid and thinned heart valves
  - 4) Dilation of blood vessels
- \_\_\_ 12. What determines an older adult's ability to function?
- 1) Driving a car
  - 2) Quality of life
  - 3) Working, driving, shopping, and exercising as usual
  - 4) Performance of activities of daily living (ADLs), instrumental ADLs, and quality of life
- \_\_\_ 13. Which does NOT contribute to increased residual lung volume in an older patient?
- 1) Kyphosis
  - 2) Decreased elastic recoil
  - 3) Decreased number of functioning alveoli
  - 4) Decreased efficiency of gas exchange in the alveoli
- \_\_\_ 14. One of the best ways for the nurse to promote normal respiratory function with older adults is to
- 1) Encourage daily walks.
  - 2) Encourage frequent naps and rest periods.
  - 3) Discourage strenuous lifting and physical activity.
  - 4) Teach the use of inhalers in case of respiratory emergencies.
- \_\_\_ 15. Which is NOT an expected age-related change affecting the respiratory status of an older patient?
- 1) Weakened abdominal muscles
  - 2) Elongation of the thoracic spine
  - 3) Increased rigidity of the rib cage
  - 4) Increased thickness of the alveolus capillary membrane
- \_\_\_ 16. Which is NOT considered a common complication of inactivity in an older adult?
- 1) Decreased energy
  - 2) Decreased bone mass
  - 3) Decreased muscle mass
  - 4) Decreased joint range of motion
- \_\_\_ 17. What effect do age-related changes of the skin have on an older patient?
- 1) Effects joint mobility

- 2) Alters temperature regulation
  - 3) Impacts the ability to ambulate
  - 4) Influences clothing style choices
- \_\_\_\_\_ 18. Which is one of the most effective ways to minimize the aging changes of the skin?
- 1) Wash the skin daily with soap.
  - 2) Avoid excessive sun exposure.
  - 3) Use a vitamin E-fortified lotion every day.
  - 4) Use rose milk lotion on the skin every day.
- \_\_\_\_\_ 19. What can slow musculoskeletal changes in an older adult?
- 1) Exercising
  - 2) Restricting calcium intake
  - 3) Napping throughout the day
  - 4) Eating a diet high in carbohydrates
- \_\_\_\_\_ 20. What is the best advice for an older person who complains of never being hungry?
- 1) Try eating six small meals throughout the day.
  - 2) Force yourself to eat at least three meals a day.
  - 3) As people get older, they may need to eat only one meal a day.
  - 4) Avoid eating roughage and drinking large amounts of fluid.
- \_\_\_\_\_ 21. Which body system is most highly influenced by previous life patterns and environmental conditions?
- 1) Circulatory
  - 2) Integumentary
  - 3) Respiratory
  - 4) Gastrointestinal
- \_\_\_\_\_ 22. Which statement is most true about enlargement of the prostate gland in older men?
- 1) It is a normal aging change.
  - 2) It indicates the presence of cancer.
  - 3) It is related to a high incidence of impotence for older men.
  - 4) It decreases the incidence of urinary incontinence for older men.
- \_\_\_\_\_ 23. Incontinence is a problem for many older women. The normal aging change that contributes to stress incontinence for older women is
- 1) Decreased bladder capacity
  - 2) Decreased renal blood flow
  - 3) Reduced glomerular filtration rate
  - 4) Loss of mass and strength of perineal muscles
- \_\_\_\_\_ 24. Painful intercourse and vaginal infections can be associated with
- 1) Loss of pubic hair
  - 2) Urinary incontinence
  - 3) Decreased vaginal secretions
  - 4) Decreased perineal muscle mass
- \_\_\_\_\_ 25. What sleep pattern change is most stressful to older adults?
- 1) Frequent wakening
  - 2) Shorter sleeping time at night
  - 3) Inability to nap during the day
  - 4) Feeling of being less rested after sleeping all night

- \_\_\_\_\_ 26. Which are the most common gastrointestinal problems for older adults?
- 1) Indigestion, diarrhea, and anorexia
  - 2) Constipation, bulimia, and indigestion
  - 3) Indigestion, constipation, and anorexia
  - 4) Flatulence, diarrhea, and intestinal cramps
- \_\_\_\_\_ 27. How do older adults adapt to their slowed response time?
- 1) Giving up activities such as driving
  - 2) Increasing accuracy of their responses
  - 3) Avoiding situations that require quick responses
  - 4) Using ambulation aids to decrease the chance of falling
- \_\_\_\_\_ 28. Decreased tearing of the eyes increases the incidence of
- 1) Glaucoma
  - 2) Eye infections
  - 3) Corneal abrasions
  - 4) Cataract formation
- \_\_\_\_\_ 29. Which is an age-related change in hearing for older adults?
- 1) Loss of low-frequency tones
  - 2) Loss of high-frequency tones
  - 3) Generalized loss of all frequencies
  - 4) Loss of high-frequency and low-frequency tones
- \_\_\_\_\_ 30. What should the nurse do to help an older patient improve hearing?
- 1) Speak loudly.
  - 2) Speak slowly in a normal tone.
  - 3) Speak slowly with an increased pitch.
  - 4) Mouth words slowly so that the older adult can read lips.
- \_\_\_\_\_ 31. Which are the preferred colors to use for signs, curb markings, and stair edgings for older adults?
- 1) Red and green
  - 2) Blue and green
  - 3) Yellow and red
  - 4) Blue and yellow
- \_\_\_\_\_ 32. Which change in the aging eye increases risk of falling?
- 1) Decreased tearing
  - 2) Yellowing of the lens
  - 3) Increased sensitivity to glare
  - 4) Decreased dark and light accommodation
- \_\_\_\_\_ 33. A 78-year-old patient has both ears impacted with cerumen. Why is the incidence of cerumen impaction increased for older adults?
- 1) Increased keratin in cerumen
  - 2) Increased production of cerumen
  - 3) Decreased bathing because of skin dryness, so ears do not get cleaned as often
  - 4) Older adults are less likely to be in the habit of using cotton-tipped applicators to clean out their ears
- \_\_\_\_\_ 34. An 84-year-old patient is experiencing decreased reaction time while driving and some dizziness when getting out of his car. What should the nurse realize about this patient's symptoms?
- 1) Secondary to diet

- 2) Indicative of senile dementia
  - 3) Part of the normal aging process
  - 4) Indicative of decreased mental capabilities
- \_\_\_ 35. Which is NOT included during the assessment of ADLs?
- 1) Eating
  - 2) Moving
  - 3) Cooking
  - 4) Dressing
- \_\_\_ 36. Which would NOT be included when assessing instrumental activities of daily living (IADLs)?
- 1) Toileting
  - 2) Cleaning
  - 3) Managing finances
  - 4) Taking medications
- \_\_\_ 37. Which are NOT considered to be signs of wear and tear on the body as the result of aging?
- 1) Slow gait
  - 2) Replaced knees
  - 3) Use of a walker
  - 4) Chronic diseases
- \_\_\_ 38. What information does NOT need to be collected when first interviewing an elderly patient?
- 1) Nutrition
  - 2) Family history
  - 3) Chronic diseases
  - 4) Number of friends
- \_\_\_ 39. Why is it common for an older adult to feel colder and have decreased diaphoresis, even with an elevated body temperature?
- 1) Increased body fluid
  - 2) Alterations in appetite
  - 3) Decreased subcutaneous fat
  - 4) Difficulty with bowel elimination
- \_\_\_ 40. An older patient is experiencing skin breakdown. What should the nurse identify as the reason for this health problem?
- 1) Clustering of melanocytes
  - 2) Decreased sweat production
  - 3) Decreased subcutaneous fat
  - 4) Dryness and reduced skin elasticity
- \_\_\_ 41. What should the nurse realize is the reason for an older patient to have an increase in blood pressure?
- 1) Reduced blood volume
  - 2) Increased rigidity of heart valves
  - 3) Increased rigidity of vascular walls
  - 4) Diminished strength of cardiac muscle
- \_\_\_ 42. An older patient is experiencing a drop in blood volume. What should the nurse realize is the age-related reason for this?
- 1) Decreased physical activity
  - 2) Increased daily urine output
  - 3) Reduced oral intake of fluids

- 4) Decreased amount of total body water
- \_\_\_ 43. What should the nurse identify as the reason for an older patient to have a decrease in hematocrit and hemoglobin levels?
- 1) Increased oral fluid intake
  - 2) Decreased rigidity of heart valves
  - 3) Increased rigidity of blood vessels
  - 4) Reduced bone marrow production
- \_\_\_ 44. The nurse is preparing to assess the respiratory status of an older patient. What should the nurse realize about this status in relation to cardiovascular functioning?
- 1) The degree of changes within both systems will be minimal.
  - 2) The changes within both systems appear suddenly, causing acute health problems.
  - 3) Changes in the respiratory system are gradual and the older patient will compensate.
  - 4) Changes in the cardiovascular system are gradual and the older patient will compensate.
- \_\_\_ 45. An older patient has osteoporosis. What effect should the nurse expect this health problem to have on the patient's respiratory status?
- 1) Improved cough reflex
  - 2) Improved lung capacity
  - 3) Reduced lung space and air flow
  - 4) No change to the respiratory status
- \_\_\_ 46. What impact do good nutrition, exercise, and stress control have on longevity according to the genetic theory of aging?
- 1) Experiencing an early death
  - 2) Adding 15 years to life expectancy
  - 3) Reducing risk factors for chronic disease
  - 4) Prolonging or improving the quality of life
- \_\_\_ 47. What concept is used to describe today's nursing homes?
- 1) Hospice care
  - 2) Palliative care
  - 3) Custodial care
  - 4) Rehabilitative care
- \_\_\_ 48. Which nursing statement takes the concept of ageism into consideration when caring for an 85-year-old patient with renal failure?
- 1) "Mr. Martin, how are you doing this morning?"
  - 2) "Now, you know you shouldn't do that, baby doll."
  - 3) "Hon, how would you like your eggs in the morning?"
  - 4) "You are doing such a good job with dialysis, sweetie."
- \_\_\_ 49. The nurse is caring for an 80-year-old patient with lung disease. Which action indicates that the nurse understands the wear and tear theory of aging when caring for this patient?
- 1) Reviews the importance of a daily intake of adequate calcium
  - 2) Asks the patient at what age the patient's mother and father passed away
  - 3) Stops and rests for a few seconds when walking with the patient down the hall
  - 4) Suggests that the patient use a wheelchair to reduce the time needed to get to physical therapy
- \_\_\_ 50. An older patient used to be a teacher but after being diagnosed with a health problem the patient began to write educational materials. Which theory explains this patient's actions?

- 1) Continuity
- 2) Subculture
- 3) Wear and tear
- 4) Developmental tasks

- \_\_\_\_\_ 51. Which statement can be used to define health for an older adult?
- 1) Expecting to enjoy perfect health until death
  - 2) Realizing that no one leaves this life alive and death occurs to us all
  - 3) Understanding that the body wears out and nothing can be done about it
  - 4) Functioning at the highest potential in the presence of age-related changes

### Multiple Response

*Identify one or more choices that best complete the statement or answer the question.*

- \_\_\_\_\_ 52. The nurse suspects that an older patient is having difficulty with the developmental task of integrity vs. despair. Which behaviors caused the nurse to make this clinical determination? *Select all that apply.*
- 1) Anger
  - 2) Depression
  - 3) Reading the newspaper
  - 4) Feelings of inadequacy
  - 5) Laughing with grandchildren
- \_\_\_\_\_ 53. What should the nurse realize about the normal aging process? *Select all that apply.*
- 1) Normal aging does not indicate decline.
  - 2) People become more diverse as they age.
  - 3) Age-related changes are the same in everyone.
  - 4) Normal aging and disease cannot be separated.
  - 5) Adapting to the aging process is accomplished by many adults.
- \_\_\_\_\_ 54. An older patient is experiencing shortness of breath with household activities. Which respiratory changes with aging could explain this patient's symptoms? *Select all that apply.*
- 1) Loss of lung elastic recoil
  - 2) Larger and thinner alveoli
  - 3) Increased surface area for gas exchange
  - 4) Thickening of the alveolar-capillary membrane
  - 5) Reduction in the number of functioning alveoli
- \_\_\_\_\_ 55. The nurse is concerned that an older patient is experiencing age-related changes to the gastrointestinal system. What findings caused the nurse to have this concern? *Select all that apply.*
- 1) Loose teeth
  - 2) Poor appetite
  - 3) Feeling thirsty
  - 4) Weak gag reflex
  - 5) Feeling of fullness
- \_\_\_\_\_ 56. An older patient is experiencing functional changes caused by decreased bladder capacity. What should the nurse assess for in this patient? *Select all that apply.*
- 1) Nocturia
  - 2) Frequency
  - 3) Incontinence
  - 4) Renal calculi

**5) Urinary retention**



**Chapter 2: The Aging Experience**  
**Answer Section**

**MULTIPLE CHOICE**

1. ANS: 3  
 Chapter number and title: Chapter 2 The Aging Experience  
 Chapter/learning objective: 1. Define the term ageism.  
 Chapter page reference: 21  
 Heading: Introduction  
 Integrated Processes: Nursing Process: Assessment  
 Client Need: Health Promotion and Maintenance  
 Cognitive level: Knowledge [Remembering]  
 Concept: Diversity; Nursing  
 Difficulty: Easy

	Feedback
1	Teenagers are not the fastest growing segment of the U.S. population.
2	Babies are not the fastest growing segment of the U.S. population.
3	People older than 85 years of age are the fastest growing segment of the U.S. population.
4	People between the ages of 20 and 40 are not the fastest growing segment of the U.S. population.

PTS: 1                      CON: Diversity | Nursing

2. ANS: 3  
 Chapter number and title: Chapter 2 The Aging Experience  
 Chapter/learning objective: 1. Define the term ageism.  
 Chapter page reference: 23  
 Heading: Ageism  
 Integrated Processes: Nursing Process: Assessment  
 Client Need: Psychosocial Integrity  
 Cognitive level: Analysis [Analyzing]  
 Concept: Diversity; Nursing  
 Difficulty: Moderate

	Feedback
1	Racism is believing that one race is superior to another.
2	Sexism is believing that one gender is superior to another.
3	Ageism is a systematic stereotyping of and discrimination against people simply because they are old.
4	Patriotism is upholding the rights and responsibilities of being a citizen of a country.

PTS: 1                      CON: Diversity | Nursing

3. ANS: 3  
 Chapter number and title: Chapter 2 The Aging Experience  
 Chapter/learning objective: 1. Define the term ageism.  
 Chapter page reference: 24  
 Heading: Ageism  
 Integrated Processes: Nursing Process: Assessment  
 Client Need: Psychosocial Integrity

Cognitive level: Comprehension [Understanding]  
 Concept: Diversity; Nursing  
 Difficulty: Easy

	Feedback
1	Getting older is not a hopeless spiral toward death. This statement does not respect older people.
2	Believing that older people are self-centered does not respect older people.
3	Older people do have unique and individual characteristics. This statement respects older people.
4	Older people are not rigid and unable to learn new things. This statement does not respect older people.

PTS: 1                      CON: Diversity | Nursing

4. ANS: 2

Chapter number and title: Chapter 2 The Aging Experience  
 Chapter/learning objective: 2. Discuss six common theories of aging.  
 Chapter page reference: 25  
 Heading: Normal Aging Process  
 Integrated Processes: Nursing Process: Assessment  
 Client Need: Health Promotion and Maintenance  
 Cognitive level: Knowledge [Remembering]  
 Concept: Nursing  
 Difficulty: Easy

	Feedback
1	Individuals age in different ways.
2	Although aging is a universal experience, each individual older person represents a different pattern of aging.
3	Older adults may experience depression, but this is not a normal aging experience.
4	Older adults may experience chronic diseases, but these are not normal aging experiences.

PTS: 1                      CON: Nursing

5. ANS: 2

Chapter number and title: Chapter 2 The Aging Experience  
 Chapter/learning objective: 2. Discuss six common theories of aging.  
 Chapter page reference: 25  
 Heading: Physiological Theories of Aging  
 Integrated Processes: Nursing Process: Assessment  
 Client Need: Health Promotion and Maintenance  
 Cognitive level: Knowledge [Remembering]  
 Concept: Stress; Nursing  
 Difficulty: Easy

	Feedback
1	How a person ages depends on life experiences.
2	Aging is not dependent on a person's financial resources.
3	How a person ages depends on stress management style.
4	How a person ages depends on social support systems.

PTS: 1                      CON: Nursing

6. ANS: 1

Chapter number and title: Chapter 2 The Aging Experience

Chapter/learning objective: 3. Identify age-related changes in body systems.

Chapter page reference: 27

Heading: Normal Physiological Changes According to Body Systems

Integrated Processes: Nursing Process: Assessment

Client Need: Health Promotion and Maintenance

Cognitive level: Knowledge [Remembering]

Concept: Nursing

Difficulty: Easy

	Feedback
1	Changes in functional ability, or the ability of the older adult to perform activities of daily living, can be influenced by normal aging changes.
2	Many older adults have chronic disease processes, but disease processes are not a normal consequence of aging.
3	Aging is often viewed as a series of losses. The process is gradual, and older adults generally adapt well and maintain their social activities.
4	Older adults are not generally depressed by the aging process.

PTS: 1

CON: Nursing

7. ANS: 3

Chapter number and title: Chapter 2 The Aging Experience

Chapter/learning objective: 3. Identify age-related changes in the following body systems. Cardiovascular

Chapter page reference: 28

Heading: Normal Physiological Changes According to Body Systems

Integrated Processes: Nursing Process: Assessment

Client Need: Physiological Integrity: Physiological Adaptation

Cognitive level: Knowledge [Remembering]

Concept: Cellular Regulation

Difficulty: Easy

	Feedback
1	Cardiovascular diseases leading to strokes used to be a leading cause of death among older adults, but older people have learned to take better care of themselves.
2	Cardiovascular diseases leading to heart disorders used to be a leading cause of death among older adults, but older people have learned to take better care of themselves.
3	Cancer is now the leading cause of death among older adults.
4	Pneumonia is not a leading cause of death, however, it is a serious concern in older adults.

PTS: 1

CON: Cellular Regulation

8. ANS: 2

Chapter number and title: Chapter 2 The Aging Experience

Chapter/learning objective: 2. Discuss six common theories of aging.

Chapter page reference: 26

Heading: Psychological Theories

Integrated Processes: Nursing Process: Assessment

Client Need: Health Promotion and Maintenance

Cognitive level: Knowledge [Remembering]

Concept: Nursing

Difficulty: Easy

	Feedback
1	The subculture theory of aging describes aging as being a subculture complete with cultural norms, standards, beliefs, and expectations.
2	The wear and tear theory is a physiological theory of aging.
3	Erikson developed the developmental stages theory, which states that people work through various stages of development through life.
4	The continuity theory states that as people age, their basic personalities do not.

PTS: 1                      CON: Nursing

9. ANS: 1

Chapter number and title: Chapter 2 The Aging Experience

Chapter/learning objective: 2. Discuss six common theories of aging.

Chapter page reference: 26

Heading: Psychological Theories

Integrated Processes: Nursing Process: Assessment

Client Need: Psychosocial Integrity

Cognitive level: Knowledge [Remembering]

Concept: Development; Nursing

Difficulty: Easy

	Feedback
1	The task for old age, according to Erikson, is integrity vs. despair. If older adults can find meaning in the life they have lived and are living, they will have the ego integrity to adjust to the process of aging.
2	Industry vs. inferiority is a task for a school-age person.
3	Identity vs. role confusion is a task for adolescence.
4	Generativity vs. stagnation is a task for a middle-aged adult.

PTS: 1                      CON: Development | Nursing

10. ANS: 3

Chapter number and title: Chapter 2 The Aging Experience

Chapter/learning objective: 2. Discuss six common theories of aging.

Chapter page reference: 24

Heading: Physiological Theories of Aging

Integrated Processes: Nursing Process: Assessment

Client Need: Health Promotion and Maintenance

Cognitive level: Knowledge [Remembering]

Concept: Nursing

Difficulty: Easy

	Feedback
1	One physiological theory of aging focuses on genetics, stating that people are born with a genetic program that predetermines life span.
2	One physiological theory of aging focuses on a person's nutrition during his or her life span.
3	Personality does not relate to a physiological theory of aging.
4	One physiological theory of aging focuses on the fact that bodies are all fine-tuned machinery and that body parts wear out or become less effective as they are repeatedly used.

PTS: 1                      CON: Nursing

11. ANS: 2

Chapter number and title: Chapter 2 The Aging Experience

Chapter/learning objective: 3. Identify age-related changes in the following body systems: Cardiovascular

Chapter page reference: 28

Heading: Cardiovascular System

Integrated Processes: Nursing Process: Assessment

Client Need: Health Promotion and Maintenance

Cognitive level: Knowledge [Remembering]

Concept: Nursing; Perfusion

Difficulty: Easy

	Feedback
1	The aging heart is slower and weaker.
2	Cardiac output is decreased as a result of the slowed heart rate and weaker cardiac contractions. This is not usually a noticeable problem unless older persons are exposed to stressors that exceed their reserves.
3	Heart valves in the aging heart are thicker and more rigid.
4	Blood vessels in the aging cardiovascular system thicken and become less elastic.

PTS: 1

CON: Nursing | Perfusion

12. ANS: 4

Chapter number and title: Chapter 2 The Aging Experience

Chapter/learning objective: 3. Identify age-related changes to the body systems.

Chapter page reference: 28

Heading: Normal Physiological Changes According to Body Systems

Integrated Processes: Nursing Process: Assessment

Client Need: Health Promotion and Maintenance

Cognitive level: Knowledge [Remembering]

Concept: Nursing; Promoting Health

Difficulty: Easy

	Feedback
1	Driving a car might be an instrumental activity of daily living, however, function is more than performing this one function.
2	Quality of life is one aspect of functioning.
3	The level of functioning may not be as it was when the person was younger.
4	The definition of function is the ability to perform ADLs and instrumental ADLs, taking into consideration quality of life.

PTS: 1

CON: Nursing | Promoting Health

13. ANS: 4

Chapter number and title: Chapter 2 The Aging Experience

Chapter/learning objective: 3. Identify age-related changes in the following body systems: Respiratory

Chapter page reference: 29

Heading: Respiratory System

Integrated Processes: Nursing Process: Assessment

Client Need: Health Promotion and Maintenance

Cognitive level: Knowledge [Remembering]

Concept: Nursing; Oxygenation

Difficulty: Easy

	Feedback
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1	Kyphosis is a normal change in aging that increases residual lung volume in an older patient.
2	Decreased elastic recoil is a normal change in aging that increases residual lung volume in an older patient.
3	A decreased number of functioning alveoli is a normal change in aging that increases residual lung volume in an older patient.
4	Decreased efficiency of gas exchange in the alveoli affects the efficiency of oxygen availability.

PTS: 1                      CON: Nursing | Oxygenation

14. ANS: 1

Chapter number and title: Chapter 2 The Aging Experience

Chapter/learning objective: 3. Identify age-related changes in the following body systems: Respiratory

Chapter page reference: 29

Heading: Respiratory System

Integrated Processes: Nursing Process: Implementation

Client Need: Health Promotion and Maintenance

Cognitive level: Application [Applying]

Concept: Nursing; Oxygenation

Difficulty: Moderate

	Feedback
1	Exercise and activity are necessary to promote respiratory health.
2	Frequent naps and rest periods discourage physical activity.
3	Avoiding strenuous lifting and physical activity does not promote respiratory health.
4	The use of inhalers is not a routine intervention to promote respiratory health in an older adult.

PTS: 1                      CON: Nursing | Oxygenation

15. ANS: 2

Chapter number and title: Chapter 2 The Aging Experience

Chapter/learning objective: 3. Identify age-related changes in the following body systems: Respiratory

Chapter page reference: 29

Heading: Respiratory System

Integrated Processes: Nursing Process: Assessment

Client Need: Health Promotion and Maintenance

Cognitive level: Comprehension [Understanding]

Concept: Nursing; Oxygenation

Difficulty: Moderate

	Feedback
1	In the normal aging process, abdominal muscles weaken, decreasing inspiratory and expiratory efforts.
2	With aging the thoracic spine shortens.
3	In the normal aging process, the rib cage becomes rigid because of calcification of cartilage.
4	In the normal aging process, alveolus capillary membranes thicken, decreasing the surface area for gas exchange

PTS: 1                      CON: Nursing | Oxygenation

16. ANS: 1

Chapter number and title: Chapter 2 The Aging Experience  
 Chapter/learning objective: 3. Identify age-related changes in the following body systems: Musculoskeletal  
 Chapter page reference: 29  
 Heading: Musculoskeletal System  
 Integrated Processes: Nursing Process: Assessment  
 Client Need: Health Promotion and Maintenance  
 Cognitive level: Comprehension [Understanding]  
 Concept: Nursing; Mobility  
 Difficulty: Moderate

	Feedback
1	Exercise would increase an older adult's energy level, but inactivity does not cause decreased energy.
2	Inactivity decreases bone mass.
3	Inactivity decreases muscle mass.
4	Inactivity decreases joint range of motion.

PTS: 1                      CON: Nursing | Mobility

17. ANS: 2

Chapter number and title: Chapter 2 The Aging Experience  
 Chapter/learning objective: 3. Identify age-related changes in the following body systems: Integumentary  
 Chapter page reference: 30  
 Heading: Integumentary System  
 Integrated Processes: Nursing Process: Assessment  
 Client Need: Health Promotion and Maintenance  
 Cognitive level: Comprehension [Understanding]  
 Concept: Nursing; Thermo-Regulation  
 Difficulty: Moderate

	Feedback
1	This is a musculoskeletal system change.
2	The decrease in sweat production and loss of the insulating fat layer underlying the skin makes an older adult prone to hyperthermia and hypothermia.
3	This is a musculoskeletal system change.
4	Some older adults who are self-conscious of age spots on their arms may choose not to wear short-sleeved or sleeveless shirts. Older adults may find that because of changes in their muscle mass and fat distribution, their clothing does not fit as well.

PTS: 1                      CON: Nursing | Thermo-regulation

18. ANS: 2

Chapter number and title: Chapter 2 The Aging Experience  
 Chapter/learning objective: 3. Identify age-related changes in the following body systems: Integumentary  
 Chapter page reference: 30  
 Heading: Integumentary System  
 Integrated Processes: Nursing Process: Planning  
 Client Need: Health Promotion and Maintenance  
 Cognitive level: Application [Applying]  
 Concept: Nursing; Skin Integrity  
 Difficulty: Moderate

	Feedback

1	Washing the skin daily with soap will not guarantee that age changes of the skin will be less.
2	Sun exposure intensifies the normal aging changes and increases an older adult's risk of developing skin cancer.
3	Using vitamin-E fortified lotion daily will not guarantee that age changes of the skin will be less.
4	Using rose milk lotion daily will not guarantee that age changes of the skin will be less.

PTS: 1                      CON: Nursing | Skin Integrity

19. ANS: 1

Chapter number and title: Chapter 2 The Aging Experience

Chapter/learning objective: 3. Identify age-related changes in the following body systems: Musculoskeletal

Chapter page reference: 30

Heading: Musculoskeletal System

Integrated Processes: Nursing Process: Planning

Client Need: Health Promotion and Maintenance

Cognitive level: Application [Applying]

Concept: Nursing; Mobility

Difficulty: Moderate

	Feedback
1	Exercise assists in increasing endurance and muscle strength, which affects functional ability.
2	Calcium supplements help prevent porous, brittle bones that are susceptible to fractures; this assists in functional ability.
3	Napping encourages inactivity, which does not contribute to maintaining a healthy musculoskeletal system.
4	A diet rich in carbohydrates would cause weight gain, placing greater strain on joints and bones.

PTS: 1                      CON: Nursing | Mobility

20. ANS: 1

Chapter number and title: Chapter 2 The Aging Experience

Chapter/learning objective: 3. Identify age-related changes in the following body systems: Gastrointestinal

Chapter page reference: 31

Heading: Gastrointestinal System

Integrated Processes: Nursing Process: Planning

Client Need: Health Promotion and Maintenance

Cognitive level: Application [Applying]

Concept: Nursing; Digestion

Difficulty: Moderate

	Feedback
1	Slowed gastric emptying may cause an older person to have feelings of fullness and a lack of appetite. Eating smaller, more frequent meals may decrease this discomfort.
2	Forcing oneself to eat is not good nutritional advice.
3	Eating one meal a day is not good nutritional advice.
4	Roughage and fluid are important to promote bowel function.

PTS: 1                      CON: Nursing | Digestion

21. ANS: 2



Chapter number and title: Chapter 2 The Aging Experience  
 Chapter/learning objective: 3. Identify age-related changes in the following body systems: Integumentary  
 Chapter page reference: 30  
 Heading: Integumentary System  
 Integrated Processes: Nursing Process: Assessment  
 Client Need: Health Promotion and Maintenance  
 Cognitive level: Comprehension [Understanding]  
 Concept: Nursing; Skin Integrity  
 Difficulty: Moderate

	Feedback
1	The circulatory system is not the most influenced by previous life patterns and environmental conditions.
2	Exposure to sun, earlier health practices regarding diet, grooming, physical activity, genetic factors, and biochemical and environmental factors affect the integumentary system.
3	The respiratory system is not the most influenced by previous life patterns and environmental conditions.
4	The gastrointestinal system is not the most influenced by previous life patterns and environmental conditions.

PTS: 1                      CON: Nursing | Skin Integrity

22. ANS: 1

Chapter number and title: Chapter 2 The Aging Experience  
 Chapter/learning objective: 3. Identify age-related changes in the following body systems: Genitourinary  
 Chapter page reference: 31  
 Heading: Genitourinary System  
 Integrated Processes: Nursing Process: Assessment  
 Client Need: Health Promotion and Maintenance  
 Cognitive level: Knowledge [Remembering]  
 Concept: Nursing; Urinary Elimination  
 Difficulty: Easy

	Feedback
1	Benign enlargement of the prostate is a normal aging change.
2	Prostate enlargement is not always related to the presence of cancer.
3	Prostate enlargement is not related to impotence.
4	Enlargement of the prostate can cause urethral obstruction and is the primary cause of overflow incontinence and urinary dribbling.

PTS: 1                      CON: Nursing | Urinary Elimination

23. ANS: 4

Chapter number and title: Chapter 2 The Aging Experience  
 Chapter/learning objective: 3. Identify age-related changes in the following body systems: Genitourinary  
 Chapter page reference: 31  
 Heading: Genitourinary System  
 Integrated Processes: Nursing Process: Assessment  
 Client Need: Health Promotion and Maintenance  
 Cognitive level: Knowledge [Remembering]  
 Concept: Nursing; Urinary Elimination  
 Difficulty: Easy

	Feedback

1	Decreased bladder capacity is a normal age-related change of the urinary system, but it does not affect stress incontinence.
2	Decreased renal blood flow is a normal age-related change of the urinary system, but it does not affect stress incontinence.
3	Reduced glomerular filtration rate is a normal age-related change of the urinary system, but it does not affect stress incontinence.
4	Stress incontinence, or loss of urine when intra-abdominal pressure is increased, can be increased with weak pelvic floor muscles.

PTS: 1                      CON: Nursing | Urinary Elimination

24. ANS: 3

Chapter number and title: Chapter 2 The Aging Experience

Chapter/learning objective: 3. Identify age-related changes in the following body systems: Genitourinary

Chapter page reference: 32

Heading: Genitourinary System

Integrated Processes: Nursing Process: Assessment

Client Need: Health Promotion and Maintenance

Cognitive level: Knowledge [Remembering]

Concept: Nursing; Female Reproduction

Difficulty: Easy

	Feedback
1	Loss of pubic hair is not related to painful intercourse and vaginal infections.
2	Urinary incontinence can increase the incidence of vaginal infections.
3	Decreased vaginal secretions decrease the natural lubrication of the vagina, which can cause painful intercourse and increase the potential for vaginal infections.
4	Decreased perineal muscle mass is not related to painful intercourse and vaginal infections.

PTS: 1                      CON: Nursing | Female Reproduction

25. ANS: 4

Chapter number and title: Chapter 2 The Aging Experience

Chapter/learning objective: 3. Identify age-related changes in the following body systems: Neurological

Chapter page reference: 32

Heading: Nervous System

Integrated Processes: Nursing Process: Assessment

Client Need: Health Promotion and Maintenance

Cognitive level: Analysis [Analyzing]

Concept: Nursing; Neurological Regulation

Difficulty: Moderate

	Feedback
1	Frequent wakening is annoying, but not the most stressful to older adults.
2	Shorter sleeping time at night is annoying, but not the most stressful to older adults.
3	Older adults rarely complain of not being able to nap during the day.
4	Waking in the morning and still feeling tired is related to the decrease in REM and stage IV sleep.

PTS: 1                      CON: Nursing | Neurological Regulation

26. ANS: 3

Chapter number and title: Chapter 2 The Aging Experience

Chapter/learning objective: 3. Identify age-related changes in the following body systems: Gastrointestinal

Chapter page reference: 31

Heading: Gastrointestinal System

Integrated Processes: Nursing Process: Assessment

Client Need: Health Promotion and Maintenance

Cognitive level: Knowledge [Remembering]

Concept: Nursing; Digestion

Difficulty: Easy

	Feedback
1	Diarrhea is not a common gastrointestinal problem for an older adult.
2	Bulimia is not a common gastrointestinal problem for an older adult.
3	Decreased peristalsis, caused by the decrease in smooth muscle tone, delays gastric emptying, leading to indigestion and decreased appetite. Decreased peristalsis also allows more water absorption in the large intestine, creating constipation.
4	Flatulence, diarrhea, and intestinal cramps are not common gastrointestinal problems for older adults.

PTS: 1

CON: Nursing | Digestion

27. ANS: 2

Chapter number and title: Chapter 2 The Aging Experience

Chapter/learning objective: 3. Identify age-related changes in the following body systems: Neurological

Chapter page reference: 32

Heading: Nervous System

Integrated Processes: Nursing Process: Assessment

Client Need: Health Promotion and Maintenance

Cognitive level: Knowledge [Remembering]

Concept: Nursing; Neurological Regulation

Difficulty: Easy

	Feedback
1	Older adults may choose to quit driving, but this is not a general reaction to increased reaction time.
2	Studies have shown that older adults compensate for increased reaction times by increasing the accuracy of their responses.
3	Older adults may avoid situations that require quick responses, but this is not a general reaction to increased reaction time.
4	Older adults may use ambulation aids to decrease the risk of falling, but this is not a general reaction to increased reaction time.

PTS: 1

CON: Nursing | Neurological Regulation

28. ANS: 2

Chapter number and title: Chapter 2 The Aging Experience

Chapter/learning objective: 3. Identify age-related changes in the following body systems: Special senses

Chapter page reference: 33

Heading: Special Sense Organs

Integrated Processes: Nursing Process: Assessment

Client Need: Health Promotion and Maintenance

Cognitive level: Knowledge [Remembering]

Concept: Nursing; Sensory Perception

Difficulty: Easy

	Feedback
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1	Glaucoma is not related to eye dryness.
2	Dryness of the eyes can lead to irritation and eye infections.
3	Eye dryness is usually not severe enough to cause corneal abrasions.
4	The development of cataracts is not related to eye dryness.

PTS: 1                      CON: Nursing | Sensory Perception

29. ANS: 2

Chapter number and title: Chapter 2 The Aging Experience

Chapter/learning objective: 3. Identify age-related changes in the following body systems: Special senses

Chapter page reference: 33

Heading: Special Sense Organs

Integrated Processes: Nursing Process: Assessment

Client Need: Health Promotion and Maintenance

Cognitive level: Knowledge [Remembering]

Concept: Nursing; Sensory Perception

Difficulty: Easy

	Feedback
1	The loss of low-frequency tones is not an age-related change in hearing.
2	Presbycusis, or loss of high-frequency tones, is the characteristic hearing loss of normal aging.
3	Generalized loss of hearing in all frequencies is not an age-related change in hearing.
4	Loss of high and low-frequency tones is not an age-related change in hearing.

PTS: 1                      CON: Nursing | Sensory Perception

30. ANS: 2

Chapter number and title: Chapter 2 The Aging Experience

Chapter/learning objective: 3. Identify age-related changes in the following body systems: Special senses

Chapter page reference: 33

Heading: Special Sense Organs

Integrated Processes: Nursing Process: Assessment

Client Need: Health Promotion and Maintenance

Cognitive level: Knowledge [Remembering]

Concept: Nursing; Sensory Perception

Difficulty: Easy

	Feedback
1	Speaking loudly raises the frequency to a level that the older patient may not be able to hear.
2	Older adults can hear a normally pitched, clearly articulated voice.
3	Increasing the pitch moves the voice into the high-frequency range that is difficult for an older adult to hear.
4	Mouthing words so the patient reads lips is an inappropriate strategy.

PTS: 1                      CON: Nursing | Sensory Perception

31. ANS: 3

Chapter number and title: Chapter 2 The Aging Experience

Chapter/learning objective: 3. Identify age-related changes in the following body systems: Special senses

Chapter page reference: 33

Heading: Special Sense Organs

Integrated Processes: Nursing Process: Implementation

Client Need: Safe and Effective Care Environment: Safety and Infection Control  
 Cognitive level: Comprehension [Understanding]  
 Concept: Nursing; Sensory Perception  
 Difficulty: Easy

	Feedback
1	Older adults have difficulty seeing the color green because of yellowing of the eye lens.
2	Older adults have difficulty seeing the colors blue and green because of yellowing of the eye lens.
3	Because of yellowing of the lens of the eye with normal aging, older adults have difficulty seeing and differentiating low tone colors, such as blue, green, purple, and brown. Yellow and red are the colors of choice for signs and safety markings.
4	Older adults have difficulty seeing the color blue because of yellowing of the eye lens.

PTS: 1                      CON: Nursing | Sensory Perception

32. ANS: 4

Chapter number and title: Chapter 2 The Aging Experience  
 Chapter/learning objective: 3. Identify age-related changes in the following body systems: Special senses  
 Chapter page reference: 33  
 Heading: Special Sense Organs  
 Integrated Processes: Nursing Process: Assessment  
 Client Need: Safe and Effective Care Environment: Safety and Infection Control  
 Cognitive level: Comprehension [Understanding]  
 Concept: Nursing; Sensory Perception  
 Difficulty: Easy

	Feedback
1	Decreased tearing does not increase the risk of falling in an older adult.
2	Yellowing of the lens does not increase the risk of falling in an older adult.
3	Increased sensitivity to glare does not increase the risk of falling in an older adult.
4	The change in accommodation to light and dark takes longer and increases the incidence of falls for older adults.

PTS: 1                      CON: Nursing | Sensory Perception

33. ANS: 1

Chapter number and title: Chapter 2 The Aging Experience  
 Chapter/learning objective: 3. Identify age-related changes in the following body systems: Special senses  
 Chapter page reference: 33  
 Heading: Special Sense Organs  
 Integrated Processes: Nursing Process: Assessment  
 Client Need: Health Promotion and Maintenance  
 Cognitive level: Comprehension [Understanding]  
 Concept: Nursing; Sensory Perception  
 Difficulty: Easy

	Feedback
1	The increased keratin in the cerumen makes it drier and increases the likelihood of it impacting in the ear canal.
2	There is no documentation of an increased cerumen production with aging.
3	Bathing and washing the external canal does not affect the production of cerumen or prevent the development of cerumen impaction.
4	Older adults frequently use cotton-tipped applicators. This practice is not advisable

	because there is a tendency to push impacted cerumen deeper into the ear canal.
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PTS: 1                      CON: Nursing | Sensory Perception

34. ANS: 3

Chapter number and title: Chapter 2 The Aging Experience

Chapter/learning objective: 3. Identify age-related changes in the following body systems: Neurological

Chapter page reference: 32

Heading: Nervous System

Integrated Processes: Nursing Process: Assessment

Client Need: Health Promotion and Maintenance

Cognitive level: Comprehension [Understanding]

Concept: Nursing; Neurological Regulation

Difficulty: Moderate

	Feedback
1	The diet does not reduce reaction time while driving or create dizziness when getting out of a car.
2	Senile dementia does not reduce reaction time while driving or create dizziness when getting out of a car.
3	As motor neurons work less efficiently, reaction time and the ability to respond to stimuli decrease. Older adults frequently have the potential for hypotensive episodes, with position change secondary to decreased blood volume.
4	Decreased mental capabilities do not reduce reaction time while driving or create dizziness when getting out of a car.

PTS: 1                      CON: Nursing | Neurological Regulation

35. ANS: 3

Chapter number and title: Chapter 2 The Aging Experience

Chapter/learning objective: 3. Identify age-related changes in the following body systems: Neurological

Chapter page reference: 29

Heading: Normal Physiological Changes According to Body Systems

Integrated Processes: Nursing Process: Assessment

Client Need: Health Promotion and Maintenance

Cognitive level: Comprehension [Understanding]

Concept: Nursing; Mobility

Difficulty: Easy

	Feedback
1	Eating is a basic personal need included in ADLs.
2	Moving is a basic personal need included in ADLs.
3	Cooking requires a greater level of independence.
4	Dressing is a basic personal need included in ADLs.

PTS: 1                      CON: Nursing | Mobility

36. ANS: 1

Chapter number and title: Chapter 2 The Aging Experience

Chapter/learning objective: 3. Identify age-related changes in the following body systems: Neurological

Chapter page reference: 29

Heading: Normal Physiological Changes According to Body Systems

Integrated Processes: Nursing Process: Assessment

Client Need: Health Promotion and Maintenance

Cognitive level: Comprehension [Understanding]  
 Concept: Nursing; Mobility  
 Difficulty: Easy

	Feedback
1	Toileting is a basic task.
2	IADLs are the ability to live independently in the community. Cleaning requires a greater level of independence.
3	IADLs are the ability to live independently in the community. Managing finances requires a greater level of independence.
4	IADLs are the ability to live independently in the community. Taking medication requires a greater level of independence.

PTS: 1                      CON: Nursing | Mobility

37. ANS: 4

Chapter number and title: Chapter 2 The Aging Experience  
 Chapter/learning objective: 2. Discuss six common theories of aging.  
 Chapter page reference: 25  
 Heading: Physiological Theories of Aging  
 Integrated Processes: Nursing Process: Assessment  
 Client Need: Health Promotion and Maintenance  
 Cognitive level: Comprehension {Understanding}  
 Concept: Nursing; Mobility  
 Difficulty: Easy

	Feedback
1	As part of the normal aging process, the body shows signs of use—wear and tear. Among these signs is slower movement.
2	As part of the normal aging process, the body shows signs of use—wear and tear. Among these signs is decreased cartilage, causing the need for knee replacement.
3	As part of the normal aging process, the body shows signs of use—wear and tear. Among these signs is possible use of a walker because of decreased bone mass and reduced muscle strength.
4	Many older people do not have chronic diseases and chronic diseases are not inevitable with age.

PTS: 1                      CON: Nursing | Mobility

38. ANS: 4

Chapter number and title: Chapter 2 The Aging Experience  
 Chapter/learning objective: 2. Discuss six common theories of aging.  
 Chapter page reference: 25  
 Heading: Physiological Theories of Aging  
 Integrated Processes: Nursing Process: Assessment  
 Client Need: Health Promotion and Maintenance  
 Cognitive level: Comprehension [Understanding]  
 Concept: Assessment; Nursing  
 Difficulty: Easy

	Feedback
1	The nutritional status of the person can play a role in the development of certain diseases and in life span.
2	Family history can play a role in the development of certain diseases and in life span

3	The presence of any chronic diseases can play a role in the development of certain diseases and in life span.
4	The number of friends may or may not play a role in the development of certain diseases and life span.

PTS: 1                      CON: Assessment | Nursing

39. ANS: 3

Chapter number and title: Chapter 2 The Aging Experience

Chapter/learning objective: 3. Identify age-related changes in the following body systems: Integumentary

Chapter page reference: 30

Heading: Integumentary System

Integrated Processes: Nursing Process: Assessment

Client Need: Health Promotion and Maintenance

Cognitive level: Comprehension [Understanding]

Concept: Nursing; Thermo-Regulation

Difficulty: Easy

	Feedback
1	Increased body fluid does not cause an older person to feel colder or have decreased diaphoresis with an elevated body temperature.
2	Alterations in appetite do not cause an older person to feel colder or have decreased diaphoresis with an elevated body temperature.
3	A normal age-related change is a reduction in subcutaneous fat, often leading an older adult to feel cold and ask for sweaters. This reduction in subcutaneous fat and decreased sweat production may also cause an older adult not to exhibit diaphoresis even with a fever.
4	Difficulty with bowel elimination does not cause an older person to feel colder or have decreased diaphoresis with an elevated body temperature.

PTS: 1                      CON: Nursing | Thermo-regulation

40. ANS: 4

Chapter number and title: Chapter 2 The Aging Experience

Chapter/learning objective: 3. Identify age-related changes in the following body systems: Integumentary

Chapter page reference: 30

Heading: Integumentary System

Integrated Processes: Nursing Process: Assessment

Client Need: Physiological Integrity: Reduction of Risk Potential

Cognitive level: Analysis [Analyzing]

Concept: Nursing; Skin Integrity

Difficulty: Moderate

	Feedback
1	Clustering of melanocytes contributes to the development of age spots.
2	Decreased sweat production causes an older person to not experience diaphoresis with a fever.
3	A decrease in subcutaneous fat causes an older person to feel cold.
4	Age-related skin dryness and decreased elasticity increase the risk of skin breakdown and skin tears, leading to increased potential for injury and infection.

PTS: 1                      CON: Nursing | Skin Integrity

41. ANS: 3



Chapter number and title: Chapter 2 The Aging Experience  
 Chapter/learning objective: 3. Identify age-related changes in the following body systems. Cardiovascular  
 Chapter page reference: 28  
 Heading: Normal Physiological Changes According to Body Systems  
 Integrated Processes: Nursing Process: Assessment  
 Client Need: Physiological Integrity: Physiological Adaptation  
 Cognitive level: Knowledge [Remembering]  
 Concept: Perfusion; Nursing  
 Difficulty: Easy

	Feedback
1	Reduced blood volume would cause a drop in blood pressure.
2	Increased rigidity of heart valves contributes to changes in cardiac output and the development of heart murmurs.
3	During the aging process, the walls of the blood vessels thicken and become less elastic, often leading to increases in blood pressure.
4	Decreased strength of cardiac muscle contributes to changes in cardiac output.

PTS: 1                      CON: Perfusion | Nursing

42. ANS: 4

Chapter number and title: Chapter 2 The Aging Experience  
 Chapter/learning objective: 3. Identify age-related changes in the following body systems. Cardiovascular  
 Chapter page reference: 28  
 Heading: Normal Physiological Changes According to Body Systems  
 Integrated Processes: Nursing Process: Assessment  
 Client Need: Physiological Integrity: Physiological Adaptation  
 Cognitive level: Knowledge [Remembering]  
 Concept: Perfusion; Nursing  
 Difficulty: Easy

	Feedback
1	Decreased blood volume with aging is not caused by decreased physical activity.
2	Decreased blood volume with aging is not caused by increased daily urine output.
3	Decreased blood volume with aging is not caused by reduced oral intake of fluids.
4	Blood volume is decreased in an older adult because of decreased total body water.

PTS: 1                      CON: Perfusion | Nursing

43. ANS: 4

Chapter number and title: Chapter 2 The Aging Experience  
 Chapter/learning objective: 3. Identify age-related changes in the following body systems. Cardiovascular  
 Chapter page reference: 28  
 Heading: Normal Physiological Changes According to Body Systems  
 Integrated Processes: Nursing Process: Assessment  
 Client Need: Physiological Integrity: Physiological Adaptation  
 Cognitive level: Application [Applying]  
 Concept: Perfusion; Nursing  
 Difficulty: Moderate

	Feedback
1	Decreased hemoglobin and hematocrit levels in an older person are not because of increased oral fluid intake.
2	Decreased hemoglobin and hematocrit levels in an older person are not because of

	decreased rigidity of heart valves.
3	Decreased hemoglobin and hematocrit levels in an older person are not because of increased rigidity of blood vessels.
4	Red blood cells (RBCs) carrying hemoglobin are produced in the bone marrow; a decrease in bone marrow production frequently leads to a decrease in levels of RBCs, hemoglobin, and hematocrit.

PTS: 1                      CON: Perfusion | Nursing

44. ANS: 3

Chapter number and title: Chapter 2 The Aging Experience

Chapter/learning objective: 3. Identify age-related changes in the following body systems: Respiratory

Chapter page reference: 29

Heading: Respiratory System

Integrated Processes: Nursing Process: Assessment

Client Need: Health Promotion and Maintenance

Cognitive level: Application [Applying]

Concept: Nursing; Oxygenation

Difficulty: Moderate

	Feedback
1	The degree of changes within both systems cannot be predicted.
2	Changes appear slower in the respiratory system than the cardiovascular system.
3	The age-related changes affecting the respiratory system are so gradual that most older adults compensate well.
4	Changes in the cardiovascular system are more sudden than those appearing in the respiratory system.

PTS: 1                      CON: Nursing | Oxygenation

45. ANS: 3

Chapter number and title: Chapter 2 The Aging Experience

Chapter/learning objective: 3. Identify age-related changes in the following body systems: Respiratory

Chapter page reference: 29

Heading: Respiratory System

Integrated Processes: Nursing Process: Assessment

Client Need: Physiological Integrity: Physiological Adaptation

Cognitive level: Comprehension [Understanding]

Concept: Nursing; Oxygenation

Difficulty: Moderate

	Feedback
1	Osteoporosis will not improve the patient's cough reflex.
2	Osteoporosis will not improve the patient's lung capacity.
3	Osteoporosis often causes compression of the vertebral column, leading to a bent-over or stooped posture. This posture allows less space for lung expansion and air flow.
4	Osteoporosis leads to a stooped posture, which reduces lung space for expansion and air flow.

PTS: 1                      CON: Nursing | Oxygenation

46. ANS: 4

Chapter number and title: Chapter 2 The Aging Experience

Chapter/learning objective: 2. Discuss six common theories of aging.

Chapter page reference: 25  
 Heading: Physiological Theories of Aging  
 Integrated Processes: Nursing Process: Assessment  
 Client Need: Health Promotion and Maintenance  
 Cognitive level: Knowledge [Remembering]  
 Concept: Stress; Nursing  
 Difficulty: Moderate

	Feedback
1	Good nutrition, exercise, and stress control will not cause an early death.
2	There is no way to predict the number of years that can be added to a person's life if good nutrition, exercise, and stress control are practiced.
3	Although it is believed that good nutrition, exercise, and stress control can impact chronic illnesses, there is no way of knowing if these approaches will reduce the risk factors for chronic disease.
4	Although the genetic theory of aging claims that humans are born with a genetic program that predetermines their life span, a healthy diet, exercise, and stress control support a higher quality of life, if not adding to longevity.

PTS: 1                      CON: Nursing

47. ANS: 4  
 Chapter number and title: Chapter 2 The Aging Experience  
 Chapter/learning objective: 1. Define the term ageism.  
 Chapter page reference: 24  
 Heading: Ageism  
 Integrated Processes: Nursing Process: Assessment  
 Client Need: Safe and Effective Care Environment: Coordinated Care  
 Cognitive level: Knowledge [Remembering]  
 Concept: Nursing  
 Difficulty: Easy

	Feedback
1	Hospice care is provided to a person with a terminal illness with 6 months or less time to live.
2	Palliative care is given to a person to ensure comfort while managing a chronic illness.
3	Custodial care is given to maintain a person's life without impacting chronic illnesses or improving the health status.
4	Today's nursing home is characterized by a concept of rehabilitative, not custodial, care. Rehabilitative care supports the highest possible level of independence despite physical and cognitive limitations.

PTS: 1                      CON: Nursing

48. ANS: 1  
 Chapter number and title: Chapter 2 The Aging Experience  
 Chapter/learning objective: 1. Define the term ageism.  
 Chapter page reference: 24  
 Heading: Ageism  
 Integrated Processes: Nursing Process: Evaluation  
 Client Need: Safe and Effective Care Environment: Coordinated Care  
 Cognitive level: Analysis [Analyzing]  
 Concept: Diversity; Nursing  
 Difficulty: Moderate

	Feedback
1	Addressing the older patient with respect honors the uniqueness of the older individual.
2	Calling an older patient “baby doll” is demeaning and fosters dependence.
3	Calling an older patient “hon” is demeaning.
4	Calling an older patient “sweetie” is demeaning.

PTS: 1                      CON: Diversity | Nursing

49. ANS: 3

Chapter number and title: Chapter 2 The Aging Experience

Chapter/learning objective: 2. Discuss six common theories of aging.

Chapter page reference: 25

Heading: Wear and Tear

Integrated Processes: Nursing Process: Evaluation

Client Need: Physiological Integrity: Physiological Adaptation

Cognitive level: Analysis [Analyzing]

Concept: Nursing

Difficulty: Moderate

	Feedback
1	Reviewing the intake of calcium is focusing on the nutrient theory of aging.
2	Asking about the death of parents focuses on the genetic theory of aging.
3	By stopping and resting for a few seconds while ambulating an older patient the nurse understands that the patient’s body parts might be worn out. With lung disease, the need to rest while walking would be necessary.
4	Suggesting that the patient use a wheelchair to reduce the time to get somewhere is not taking the wear and tear theory of aging into consideration.

PTS: 1                      CON: Nursing

50. ANS: 1

Chapter number and title: Chapter 2 The Aging Experience

Chapter/learning objective: 2. Discuss six common theories of aging.

Chapter page reference: 26

Heading: Psychological Theories

Integrated Processes: Nursing Process: Assessment

Client Need: Psychosocial Integrity

Cognitive level: Comprehension [Understanding]

Concept: Self; Nursing

Difficulty: Easy

	Feedback
1	The continuity theory states that as people change, their basic personalities and behavioral patterns do not change. Because the older patient was unable to teach, writing was the other avenue used to continue to instruct others.
2	According to the subculture theory older people have their own cultural norms and standards. This does not explain the patient’s actions.
3	The wear and tear theory explains the effect of living on the human body parts and organs.
4	Developmental task theory states that older people have the task to achieve integrity vs. despair in old age. This does not explain the actions of this older patient.

PTS: 1                      CON: Self | Nursing

51. ANS: 4

Chapter number and title: Chapter 2 The Aging Experience

Chapter/learning objective: 3. Identify age-related changes to the body systems.

Chapter page reference: 28

Heading: Normal Aging Process

Integrated Processes: Nursing Process: Assessment

Client Need: Health Promotion and Maintenance

Cognitive level: Comprehension [Understanding]

Concept: Nursing; Health Promotion

Difficulty: Easy

	Feedback
1	Expecting to enjoy perfect health until death would be everyone's wish, but is not being realistic.
2	Realizing that everyone dies is a negative view of health for an older adult.
3	Understanding that the body wears out and that nothing can be done about it is a negative view of health.
4	Health for older adults might be defined as the ability to function at an individual's highest potential despite the presence of age-related changes and risk factors.

PTS: 1

CON: Nursing | Health Promotion

## MULTIPLE RESPONSE

52. ANS: 1, 2, 4

	Feedback
1.	The task for old age, according to Erikson, is integrity vs. despair. If older people can find meaning in the life lived, then they will have the ego integrity to adjust and manage the process of aging. If they do not have integrity, they will be angry.
2.	The task for old age, according to Erikson, is integrity vs. despair. If older people can find meaning in the life lived, then they will have the ego integrity to adjust and manage the process of aging. If they do not have integrity, they will be depressed.
3.	Reading the newspaper does not indicate that the older patient is having difficulty with the developmental task of integrity vs. despair.
4.	The task for old age, according to Erikson, is integrity vs. despair. If older people can find meaning in the life lived, then they will have the ego integrity to adjust and manage the process of aging. If they do not have integrity, they will feel despair.
5.	Laughing with grandchildren indicates ego integrity to adjust to aging.

Chapter number and title: Chapter 2 The Aging Experience

Chapter/learning objective: 2. Discuss six common theories of aging.

Chapter page reference: 26

Heading: Psychological Theories

Integrated Processes: Nursing Process: Evaluation

Client Need: Psychosocial Integrity

Cognitive level: Analysis [Analyzing]

Concept: Nursing; Development

Difficulty: Moderate

PTS: 1                      CON: Nursing | Development

53. ANS: 1, 2, 5

	Feedback
1.	Normal aging includes gains and losses and does not indicate decline.
2.	As individuals age they become more diverse and not alike.
3.	Age-related changes develop in each individual in a unique way.
4.	Normal aging and disease are separate entities.
5.	Successful adaptation to the aging process is accomplished by most older adults.

Chapter number and title: Chapter 2 The Aging Experience

Chapter/learning objective: 3. Identify age-related changes to the body systems.

Chapter page reference: 28

Heading: Normal Aging Process

Integrated Processes: Nursing Process: Assessment

Client Need: Health Promotion and Maintenance

Cognitive level: Comprehension [Understanding]

Concept: Nursing; Health Promotion

Difficulty: Easy

PTS: 1                      CON: Nursing | Health Promotion

54. ANS: 1, 2, 4, 5

	Feedback
1.	Lung elastic recoil is progressively lost with advancing age.
2.	Alveoli enlarge and become thin with aging.
3.	The surface area for gas exchange is reduced.
4.	The alveolus-capillary membrane thickens.
5.	The number of functioning alveoli decreases overall.

Chapter number and title: Chapter 2 The Aging Experience

Chapter/learning objective: 3. Identify age-related changes in the following body systems: Respiratory

Chapter page reference: 29

Heading: Respiratory System

Integrated Processes: Nursing Process: Assessment

Client Need: Health Promotion and Maintenance

Cognitive level: Analysis [Analyzing]

Concept: Oxygenation; Nursing

Difficulty: Moderate

PTS: 1                      CON: Oxygenation | Nursing

55. ANS: 1, 2, 4, 5

	Feedback
1.	An age-related change in the oral cavity is loose teeth.
2.	Delayed gastric emptying time can reduce the appetite.
3.	Feelings of thirst are not age-related changes of the gastrointestinal system.
4.	A weak gag reflex is an age-related change in the older person's esophagus.
5.	Feeling full is caused by delayed gastric emptying.

Chapter number and title: Chapter 2 The Aging Experience

Chapter/learning objective: 3. Identify age-related changes in the following body systems: Gastrointestinal

Chapter page reference: 31  
Heading: Gastrointestinal System  
Integrated Processes: Nursing Process: Assessment  
Client Need: Physiological Integrity: Physiological Adaptation  
Cognitive level: Analysis [Analyzing]  
Concept: Digestion; Nursing  
Difficulty: Moderate

PTS: 1                    CON: Digestion | Nursing

56. ANS: 1, 2, 3, 5

	Feedback
1.	Functional impairments caused by decreased bladder capacity can lead to nocturia.
2.	Functional impairments caused by decreased bladder capacity can lead to frequency.
3.	Functional impairments caused by decreased bladder capacity can lead to incontinence.
4.	Renal calculi is not identified as being caused by functional impairments in bladder capacity.
5.	Functional impairments caused by decreased bladder capacity can lead to urinary retention.

Chapter number and title: Chapter 2 The Aging Experience  
Chapter/learning objective: 3. Identify age-related changes in the following body systems: Genitourinary  
Chapter page reference: 31  
Heading: Genitourinary System  
Integrated Processes: Nursing Process: Assessment  
Client Need: Physiological Integrity: Physiological Adaptation  
Cognitive level: Application [Applying]  
Concept: Urinary Elimination; Nursing  
Difficulty: Moderate

PTS: 1                    CON: Urinary Elimination | Nursing