

HESI RN GERONTOLOGY EXAM 2019 | 3 Sets in 1

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1. **Which statement is true about rehab and restorative care for older adults? A PERSON CAN LEARN SKILLS AND GAIN ABILITIES THAT ENABLE FUNCTIONING**
2. **An older adult is in the hospital because of HF and has become incontinent of urine. Which EB resource should the nurse use to guide continence care for this pt? NURSING STANDARD PRACTICE PROTOCOL**
3. **The nurse understands that stress incontinence occurs? AS A RESULT OF INCREASED INTRAABDOMINAL PRESSURE**
4. **A large residual urine volume characterizes what type of incontinence? OVERFLOW**
Which action should be included in all bladder-retraining programs? TOILETING AT BEDTIME
5. **The nurse assess a male resident in a NH for urinary incontinence and determines that he is unaware of the problem. Which recommendation should the nurse implement? PROVIDE REGULAR TOILETING**
6. **The nurse wants to begin helping a resident who is overweight and has urinary incontinence with healthy bladder behavior skills. Which intervention should the nurse implement? SCHEDULE VOIDING AT 2-4 HR INTERVALS**
7. **What is the most important aspect of care for the nurse to maintain when assisting an older pt with urinary incontinence? MAINTAINING AN ATTITUDE THAT IS RESPECTFUL ABOUT RESOLVING THE PROBLEM**
8. **An older woman tells the NP that she fears her family will place her in a NH because she developed stress incontinence. Which recommendation should the nurse implement? RECOMMEND EXERCISES TO STRENGTHEN THE PELVIC FLOOR**
9. **The nurse is caring for a pt who has recently had an indwelling catheter placed. The nurse should assess the pt for? A CHANGE IN MENTAL STATUS**
10. **An older adult who is on bedrest after surgery is prescribed morphine for pain. Which of the following is the nurse's priority for preventive care? CONSTIPATION**
11. **Which of the following statements is true about elimination in older adults? DEFACATION < 1 DAY IS NOT NECESSARILY CONSTIPATION**
12. **Which option is part of the program that addresses bowel incontinence in an older adult? ENSURING THAT A TOILET OR COMMUNE IS READILY ACCESSIBLE TO THE PT**
13. **Which is an important consideration about the skin of an older adult person? THE SKIN BECOMES MORE VULNERABLE TO DAMAGE**

14. Which topical agent is safe to apply? LIGHT MINERAL OIL TO MOISTEN SKIN AFTER BATHING

15. A 70 yr old woman complains of dry skin and asks for advice. Which advice should the nurse offer to this woman for improving dry skin? KEEP BATH WATER BETWEEN 90* AND 105*F

16. The nurse monitors for which clinical indicator when the older adult complains of pruritus? COARSE SKIN

17. Which infection control practice should the nurse implement when caring for an older adult who has active herpes zoster? COVER RUPTURED SKIN LESIONS WITH A NONABSORBENT DRESSING

17. The nurse is conducting an admission assessment on an older adult and notes a small lesion with a multicolor appearance. Which assessment approach should the nurse use? ABCD RULE (ASYMMETRY, BORDER, COLOR, DIAMETER)

18. The nurse cares for an older man who has a malignant melanoma. Which intervention should the nurse implement for this man to prevent a recurrence or advancement of this condition in the future? INSTRUCT HIM TO WEAR SUN- PROTECTIVE CLOTHING AND A HAT AT ALL TIMES

19. Which of the following is a true statement about impaired skin integrity? MUSCLE AND FAT CANNOT REGENERATE

20. An older adult is vitamin deficient. Which of the following does the nurse offer to the older adult to provide the important missing vitamin for maintaining healthy skin and enhancing tissue repair? ORANGE SLICES

21. An older adult woman complains of foot pain from a corn. After assessing her feet, which intervention should the nurse implement to alleviate her from discomfort? CUT OUT AN OVAL CORN PAD TO MAKE A U SHAPE

22. Which of the following statements is true about Medicare for older adults? 80% OF MEDICARE'S ANNUAL EXPENDITURES ARE FOR INDIVIDUALS WITH CHRONIC ILLNESS

23. Acute illness is to chronic illness as to which of the following comparisons? AN ER ISTO A NH

24. An older female pt is dx with a chronic illness. Which principle should the nurse apply when answering her questions? CHRONIC ILLNESS IS UNENDING AND COPING CAN BE INFLUENCED BY THE PERCEPTION OF UNCERTAINTY

25. Over 50% of the population, aged 65 + yrs, suffers from which one of the following chronic health conditions? HTN AND ARTHRITIS

26. Which older adult has the most characteristics associated with becoming frail?
MALE, HISPANIC AMERICAN, WITH HYPOPROTEINEMIA

27. Which of the following describes the nurse's role for an older pt with a chronic illness? PROVIDE CARING TO HELP THE PT LIVE AT THE OPTIMAL LEVEL OF HEALTH AND WELLNESS

28. Which of the following statements is the most suitable for establishing goals when teaching an older adult with a chronic illness about potential changes in the health maintenance regimen? MANAGEMENT OF THE PT'S CHRONIC DISEASE RESTS ON THE PT AND THE CAREGIVER; THEREFORE, THE GOALS SHOULD BE COLLABORATIVELY SET

29. Compared with acute pain, the following is true of persistent pain? IT CAN BRING ABOUT CHANGES IN LIFESTYLE

30. The nurse admits an older male pt who had ABD surgery. On admission, VS signs are: P-73, R-20, BP-136/84. He is receiving IV fluids but has not requested pain meds since surgery. 7 hrs later, his VS are: P-98, R-26, BP-164/90, and he denies pain. Which intervention should the nurse implement? ASK HIM ABOUT DISCOMFORT AT THE SURGICAL SITE. (USE OLD CART – onset, location, duration, characteristics, aggravation, relieving factors, and treatments previously used)

31. An older female adult had hip replacement surgery 1 day ago, and the nurse thinks that the woman also has dementia. Which pt assessment does the nurse use to determine that this woman is experiencing pain? HOLDS ABD TIGHTLY

32. An older male adult who is Hispanic states he is not having pain, but he had knee replacement surgery 2 days ago. Which is the best assessment tool as recommended by the Hartford Institute for Geriatric Nursing from "Try This" for the nurse to apply for this man? FACES PAIN SCALE-REVISED

The safest opioid analgesic choice for an older pt who has severe acute pain is which of the following? MORPHINE SULFATE (MORPHINE)

33. An older adult admitted for back surgery asks for opioid pain meds. The nurse knows the pt asked for meds 15 min before it is due. Which recommendation should the nurse implement? ADMINISTER THE PAIN MEDS AS PRESCRIBED

34. The nurse administers an opioid analgesic to an older male postoperative pt on a surgical unit. Which is the most important intervention for the nurse to implement before leaving the pt? INSTRUCT HIM TO ASK FOR HELP BEFORE GETTING UP

POSITION THE PT COMFORTABLY

35. The nurse plans the care of an older female resident of a NH who has experienced a sudden deterioration in visual acuity. The nurse administers an opioid analgesic to an older male postoperative pt on a surgical unit. Which is the most important intervention for the nurse complete first? EXAMINE HER MOOD AND

FUNCTIONAL STATUS

36. The most detrimental illness or condition that an older adult with deafness that occurred at birth can experience is which one of the following? CATARACTS

37. Which of the following diseases affects the eyesight of an older adult by damaging the central part of the retina? MACULAR DEGENERATION

Which population groups are at most risk for macular degeneration?

- 60 + YRS
- WHITES AND ASIANS
- WHITE WOMAN 80 +
- GENETIC PREDISPOSITION
- SMOKERS
- FAMILY HX
- EXCESSIVE SUNLIGHT

What does the nurse teach the pt with retinopathy to slow its progression?

- CONSTANT, STRICT CONTROLS OF BLOOD GLUCOSE, CHOLESTEROL, BP, AND LASER PHOTOCOAGULATION TREATMENTS CAN HALT DISEASE
- LASER TREATMENT CAN REDUCE VISION LOSS IN 50% OF PTS AND RECENT EVIDENCE SUGGESTS THAT TREATMENT WITH VARIOUS DRUGS MAY BE BETTER
- AVOID WIND, AND HAIR DRYERS
- USE HUMIDIFIERS AT HOME
- USE ARTIFICIAL TEAR OINTMENT AT HS

An older adult complains about experiencing dry eyes daily. Which of the following should the nurse assess to help determine the cause of the pt's complaint?

- ANTIHISTAMINE PRESCRIPTION
- DIURETICS
- BETA BLOCKERS
- SOME SLEEPING PILLS
- VITAMIN A DEFICIENCY

37. The nurse is teaching older adults maintaining health and wellness. Which recommendation should the nurse include in the teaching to maintain optimal vision? WEAR SUNGLASSES THAT BLOCK SUN RAYS

How does the nurse approach the hearing impaired elder for conversation?

- FACE THE PT, SIT OR STAND ON THE SAME LEVEL, DON'T TURN AWAY WHILE SPEAKING
- GAIN THE ATTENTION BEFORE SPEAKING, LOOK DIRECTLY AT PT AT EYE