

Touhy: Ebersole & Hess' Toward Healthy Aging, 8th Edition

Chapter 02: Health and Wellness

Test Bank

MULTIPLE CHOICE

1. Of the following clients, all of whom are 65 years of age or older, the nurse anticipates that the one who will rate himself or herself as having excellent health will be:
 - a. an African-American male who lives with his granddaughter
 - b. a white female who lives independently in a senior citizen community
 - c. a Hispanic male who relies on his faith for comfort and peace
 - d. a Latin American female who has recently immigrated to the United States

ANS: B

Recent surveys have shown that the older population tends to view their health in terms of their ability to care for themselves. White males and females consistently rate their health as very good or excellent more often than other ethnically diverse populations

DIF: Cognitive level: Comprehension TOP: Nursing Process: Assessment
MSC: Health Promotion and Maintenance

2. When best promoting a sense of well-being, the role of the nurse caring for a terminally ill client is to:
 - a. assume responsibility regarding medical decision making
 - b. encourage the client to identify his/her idea of a peaceful death
 - c. provide information regarding hospice care's ability to prolong life
 - d. help empower the client to achieve his/her potential for wellness

ANS: D

The role of the nurse in promoting wellness is to empower, enhance, support, and help the older person achieve his highest level of wellness. The individual needs to be part of the decision making process regardless of his/her prognosis. A peaceful death is only one factor that will impact this client's well-being.

DIF: Cognitive level: Application TOP: Integrated Processes: Caring
MSC: Health Promotion and Maintenance

3. When focusing best on the goal of enhancing the health and well-being of the older residents of extended care living facility, the nurse:
 - a. assures that they all receive their medications and treatments on time
 - b. assesses each new resident to determine their food and beverage preferences

- c. asks the nursing assistant to “allow the residents to dress themselves but to check that they are dressed appropriately”
- d. documents that “the residents appeared to enjoy the opportunity to socialize at the weekly Sunday brunch”

ANS: C

An important nursing role in enhancing the health and well being of the older adult is to help maintain their functional independence. While providing appropriate and timely nursing care and documentation are nursing responsibilities, they are not necessarily as focused on enhancing well-being. When the nurse assesses for the clients’ preferences, caring for the client is being shown.

DIF: Cognitive level: Application TOP: Nursing Process: Implementation
MSC: Health Promotion and Maintenance

4. When assessing an older Asian adult for their personal perception of health and wellness, the nurse recognizes the most important question is:
- a. “Are you well enough to care for your own physical needs?”
 - b. “Do you exercise regularly?”
 - c. “Have you been sick lately?”
 - d. “When do you believe a person possesses wellness?”

ANS: D

What is considered wellness to the individual must include his or her cultural orientation. Culture must stand equally so that health care providers can realize and more adequately respond to the significance of culture in the attainment of well-being. Culture affects a person’s understanding of health as well as health-related behaviors. While asking the client to comment on personal care, exercise and recent illness is appropriate during an assessment, the personal perception of wellness is not best assessed by these questions.

DIF: Cognitive level: Analysis TOP: Nursing Process: Assessment
MSC: Health Promotion and Maintenance

5. An example of a wellness-based nursing intervention would include:
- a. Providing the Internet address of support groups and resources to the computer-literate, Internet-proficient daughter of your oncology client
 - b. Lecturing a diabetic client that he would not have been admitted this time if he had been compliant with his treatment plan
 - c. Encouraging the client on a low fat, low sodium diet to allow the staff to make menu selections for her meals.
 - d. Responding to your older client’s request to be ambulated by stating, “You should take it easy and rest. You’re 90 years old—you deserve it!”

ANS: A

A wellness-based nursing intervention encourages involvement by the client and supports the client at his or her highest level, recognizing both strengths and weaknesses and providing access to resources. Lecturing your client; assuming responsibilities the client is capable of performing; and responding to your older client's request to be ambulated by stating, "You should take it easy and rest. You're 90 years old—you deserve it!" do not meet those criteria.

DIF: Cognitive level: Application TOP: Nursing Process: Implementation
MSC: Health Promotion and Maintenance

6. The nurse educates that client that *Healthy People 2010*:
 - a. describes racial and ethnic differences in health practices
 - b. provides measurements of health status for specific diseases across the life span
 - c. offers direction for the achievement of improved quality of life across the life span
 - d. presents criteria for Medicare reimbursement for preventive health care for older adults

ANS: C

Offering direction for the achievement of improved quality of life across the life span is one of the purposes of the *Healthy People 2010* document. Racial and ethnic differences in health practices, measurements of health status for specific diseases across the life span, and presenting criteria for Medicare reimbursement for preventive health care are not included in *Healthy People 2010*.

DIF: Cognitive level: Knowledge TOP: Nursing Process: Implementation
MSC: Teaching and Learning

7. The nurse shows an understanding of appropriate influenza vaccination guidelines for a client over the age of 65 when stating:
 - a. "You need an annual flu shot only if your immune system is compromised or you have a chronic respiratory or cardiac condition."
 - b. "Regardless of your physical health you really should get a yearly flu shot."
 - c. "At age 65 or older, you need an influenza booster every 5 years."
 - d. "At your age flu shots are recommended every 2 to 5 years."

ANS: B

The recommendations are for all individuals older than age 65 to be vaccinated for influenza yearly, regardless of health status. Currently, there is no such thing as an influenza booster.

DIF: Cognitive level: Application TOP: Teaching and Learning
MSC: Health Promotion and Maintenance

8. The nurse best addresses the spirit of the *Healthy People 2020* project regarding the older adult when:
- providing information regarding where free flu vaccinations are being given to those over 65 years of age
 - facilitating a “Walking for your Health” program for residents of a senior living apartment complex
 - arranging for a registered nutritionist to hold a “Grandparents and their Grandchildren Cooking Together” class
 - encouraging their utilization of government sponsored health and wellness programs that target the senior citizen

ANS: C

Recommendations for the framework of *Healthy People 2020* include attention to the effect of early-life factors, together with later life-factors, on health outcomes. Proposed goals include creation of social and physical environments that promote good health for all and promotion of healthy development and healthy behaviors at every stage of life. An event that is directed at various age groups best addresses this goal. Facilitating flu prevention, exercise programs and wellness programs in general are appropriate but lack the specific aspect of affecting clients across the lifespan

DIF: Cognitive level: Application TOP: Nursing Process: Implementation
MSC: Health Promotion and Maintenance

MULTIPLE RESPONSE

1. The nurse shows an understanding of the older client’s preventable risk factors for early death when: **Select all that apply.**
- volunteering at an annual depression screening held at a senior citizens center
 - providing clients with information regarding the effectiveness of a nicotine patch
 - monitoring the blood pressure of those living at a homeless shelter each month
 - weighing the clients who visit a walk-in clinic that is located in an economically depressed neighborhood
 - educating the diabetic residents of a low rent apartment complex on how to monitor their blood glucose levels

ANS: B, C, D, E

Preventable risk factors that currently reduce life expectancy in the United States include smoking, high blood pressure, elevated blood glucose, and overweight and obesity. By engaging in the monitoring of blood pressure and weight as well as diabetic and smoking cessation related education, the nurse is affectively impacting these risk factors in the older population. While an appropriate intervention, depression is not currently considered among this population’s preventable risk factors.

DIF: Cognitive level: Analysis TOP: Nursing Process: Implementation

MSC: Health Promotion and Maintenance

2. The nurse shows an understanding of the factors affecting physical wellness of the older adult client when: **Select all that apply.**
- a. Providing the client with a list of senior centers offering age appropriate exercise programs
 - b. Asking each client if “they come from a healthy family”
 - c. Scheduling a community education session entitled “Healthy Eating for Active Seniors”
 - d. Being sure to comment on the weight loss an obese client has achieved
 - e. Providing smoking cessation classes that focus on the older adult client

ANS: A, C, D, E

Physical wellness is enhanced through regular physical activity, diet and nutrition, and avoidance of tobacco use. Healthy lifestyles are more influential than genetic factors in helping older people avoid the deterioration traditionally associated with aging. People who are physically active, eat a healthy diet, do not use tobacco, and practice other healthy behaviors reduce their risk of chronic diseases and have half the rate of disability of those who do not.

DIF: Cognitive level: Application TOP: Nursing Process: Implementation

MSC: Health Promotion and Maintenance