

NR 601 Final Exam 2 - Question and Answers

1. A 77-year-old Hispanic Catholic Nun (retired) who immigrated to the United States 15 years ago lives alone but in an apartment complex where her sister lives as well. She is being discharged home after a hospitalization for congestive heart failure with prescriptions for 8 different medications. She is considered at risk for noncompliance due to the following contributing factors except:
 - Ethnic background
2. A 78-year-old patient who is dying of colon cancer with metastases to the liver is refusing to eat or drink. He is alert and oriented, and states that he has no desire to eat, which is causing the family great distress. In order to best address the client and family, you should:
 - Educate the family that this is normal behavior in this situation
3. A 79-year-old female client resides independently in the community. The client's daughter is concerned because her mother insists on wearing a sweater and keeps all of the windows closed even though it is 90 degrees Fahrenheit outside. The nurse practitioner initially recognizes that this behavior may be related to:
 - age-related neurosensory changes that diminish awareness of temperature changes
4. An 88-year-old, being admitted to rule out lung cancer, is assessed using the short form of the Geriatric Depression Scale tool. When it is determined that the earned score is 9, the nurse practitioner initially:
 - asks if they have any thoughts of committing suicide
5. The area in which nurse practitioners have the greatest effect on the safe, effective medication therapy of an older client is:
 - educating the client to all aspects of the medication.
6. The Beers list is an effective tool for healthcare professionals prescribing and/or managing the medication therapy of older adults since it identifies medications that for this population:
 - have a higher than usual risk for injury
7. A client who reported, "a problem sleeping" shows an understanding of good sleep hygiene when:
 - limiting the afternoon nap to just 30 minutes
8. Common causes of dyspnea in the older adult may include which of the following?
 - Heart failure
 - Asthma
 - Chronic obstructive lung disease
 - Pneumonia
9. Common ethical issues in the nursing home may include which of the following?
 - Quality of life
 - Decision-making capacity
 - Preservation of autonomy
 - Surrogate decision making
10. The cost of nursing home care is significant. The primary payer for nursing home care is:
 - Medicaid and private pay.
11. Each of the following assessment findings is a contributor to an older client's risk for falls except:
 - client has a history of contact dermatitis and psoriasis
12. Each of the following data supports the diagnosis of sleep apnea in the older adult except:
 - followed a vegetarian diet for last 28 years
13. Factors that affect the pharmacokinetics of lipophilic medications in older include:

- greater adipose tissue ratio to body mass
14. The following precautions are beneficial in **minimizing an older adult's risk of being a victim of fraud** except:
- Rely on the advice of people who only friends have recommended.
15. In order to focus on the older population with the **greatest risk for suicide** the nurse practitioner would conduct a depression that targets:
- White men
16. In planning teaching for a client with diabetes, which **precaution** related to **fall prevention** is particularly important for the nurse practitioner to include?
- Rising slowly from the table after meals
17. It is imperative that nursing take a leadership role in providing effective health care across the lifespan and in various health care settings. Which intervention will have the **greatest impact on achieving positive outcomes concerning that issue?**
- A baccalaureate degree nursing program including a geriatric care course into the curriculum
18. The nurse is **most concerned** by observing which of the following during an **older client's** physical assessment:
- a slightly raised irregular patch that is bluish black in color
19. The nurse is providing care to a client **diagnosed with dementia**. What option is an example of the appropriate use of **implied consent by the nurse?**
- Changing the client's dressing when the client asks, "Will you change this bandage now?"
20. The nurse practitioner demonstrates an understanding of the older client's preventable risk factors for early death when:
- 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
21. The nurse practitioner documents that an older adult client is living independently in a **safe environment**. Which **assessment data supports** this evaluation?
- The client demonstrates the home's security alarm system.
Various safety features were installed when the bathroom was remodeled.
The nurse observes the client wearing a safety alarm bracelet.
The client's home is within walking distance of a grocery store.
22. The nurse practitioner educates the older client that the **greatest risk related to poor foot care** results is:
- loss of independent mobility.
23. The nurse practitioner has the obligation to ask questions and obtain specific information about the use of herbs and supplements. Which of the following statements is **most accurate regarding herbal therapy?**
- may interact with prescription medications
24. A nurse practitioner in an area of the country that is prone to **tornadoes routinely discusses** disaster preparedness with older adult clients. What is the **primary rationale for this intervention?**

- Older adults are less likely to seek formal and informal help when affected by natural disasters.
25. A nurse practitioner is preparing an educational program focused on **herbal supplements**. Which of the following is a **likely interested target group**?
- White females who own their own successful businesses
26. The nurse practitioner is preparing educational material concerning **fire safety in the home**. What **research data will be included** in the material?
- fire mortality is highest in adults older than 65 years of age
27. The nurse practitioner is providing care for an older client who is experiencing **mild cognitive impairment**. Which communication technique is most likely to bring about a **negative outcome**?
- Asking the family to answer interview questions
28. The nurse practitioner makes the **greatest impact on the safe management** of an 81-year-old client's **medication administration** when included in education is:
- a pillbox with compartments for each day and each of the doses
29. The nurse practitioner's **first response when told by a client during an assessment interview that they "can't take furosemide (Lasix)"** is to ask:
- "Can you describe what happened when you took Lasix?"
30. The nurse practitioner suspects that a client is experiencing **tardive dyskinesia** when observing:
- the client's facial muscles are twisting involuntarily
31. The nurse suspects that an older adult client is experiencing symptomology seen in **herpes zoster** when the client
- rates the pain as an 8 out of a possible 10
 - develops clusters of fluid-filled vesicles
 - reports symptoms focused on one side of the body
32. A nurse suspects that her next-door neighbor, an older woman, is a **victim of elder abuse by her daughter**. What is the **appropriate action** for the nurse to do in this situation?
- Complete a confidential report with the adult protective services in the area.
33. Of the following agents, which is **least likely to cause a chronic or recurrent cough**?
- Gabapentin
- 34. Of the following risk factors, which is not**
35. An older adult client will require extensive rehabilitative therapy after a fall that resulted in several fractures and reconstructive surgeries. Which intervention will have the **greatest impact on the individual's relocation to a rehabilitation facility**?
- Actively seeking the individual's input regarding the decisions relating to the move
36. An older adult has recently experienced a **number of stressful life events**. The client comes to the ambulatory clinic and tells the nurse practitioner that, "On top of all I've had to endure; now I've got this flu!" **In rendering care for this client**, the nurse practitioner recognizes that:
- crisis and stressful situations may produce emotions that erode the health of the older people.
37. An older adult is concerned that if her spouse, who recently **suffered a stroke**, is placed in a nursing home, **"they will take everything in order to pay for his care."** What response will the nurse practitioner make?