

Chapter 2: Midrange Theory of Successful Aging

Multiple Choice

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

- _____ 1. Your elderly patient recently lost her husband and has decided to join an exercise class at the YMCA and volunteer at the senior center so that she does not feel so isolated. Her adaptation to this life change is an example of which concept in Flood's theory of successful aging?
1. functional performance mechanisms
 2. intrapsychic factors
 3. spirituality
 4. gerotranscendence
- _____ 2. At 65 years of age, Mr. Jones has gained nearly 20 pounds since retiring 10 years ago. At his latest visit to his physician, Mr. Jones learned that he has developed diabetes and will need to take oral medication. In order to understand how to control his diabetes, Mr. Jones decides to attend diabetic classes offered at his local hospital. Which coping process in Flood's theory of successful aging is Mr. Jones illustrating?
1. functional performance mechanisms
 2. intrapsychic factors
 3. spirituality
 4. gerotranscendence
- _____ 3. At 93 years of age, Mrs. Wu is thinking about her life's accomplishments and contemplates the possibility of life after death. Mrs. Wu is exhibiting which coping process in Flood's theory of successful aging?
1. functional performance mechanisms
 2. intrapsychic factors
 3. spirituality
 4. gerotranscendence
- _____ 4. The interaction of foundational coping processes can lead to which of the following constructs in Flood's theory?
1. functional performance mechanisms
 2. intrapsychic factors
 3. spirituality
 4. gerotranscendence
- _____ 5. Nursing interventions to enhance functional performance mechanisms include:
1. teaching a patient how to monitor exercise exertion.
 2. helping patients to verbalize their feelings.
 3. arranging a visit from the patient's religious leader.
 4. listening to patients' expressed concerns about death.
- _____ 6. Art therapy, facilitating forgiveness, and using literature to enhance the expression of feelings are strategies to enhance coping in which of the following dimensions?
1. functional performance mechanisms
 2. intrapsychic factors

3. spirituality
4. gerotranscendence

- _____ 7. Helping a patient gain confidence in care of their new colostomy is an example of:
1. spiritual growth facilitation.
 2. reminiscence therapy.
 3. respecting differences.
 4. self-efficacy enhancement.
- _____ 8. Successful aging theories focusing on *optimizing* developmental potential and *compensating* for losses are known as:
1. biopsychosocial theories.
 2. cognitive/psychological theories.
 3. spiritual theories.
 4. existential philosophical theories.
- _____ 9. Existential theories of aging propose that:
1. life satisfaction depends on whether the need for personal meaning is met.
 2. health requires having a worthwhile purpose, balanced abilities and challenges, adequate resources, and a positive attitude.
 3. successful aging means a low risk for disease and disability, high mental and physical functioning, and active engagement with life.
 4. spirituality decreases the sense of loss of control that accompanies an illness.
- _____ 10. Challenges to successful aging include:
1. insufficient numbers of providers trained in the care of older adults.
 2. increasing numbers of older adults living longer with chronic diseases.
 3. disparities in care provision across ethnic and racial groups.
 4. all of the above

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Answer Section

MULTIPLE CHOICE

1. ANS: 2

“Intrapsychic factors” describes the innate and enduring features of an individual’s character that may enhance or impair one’s ability to adapt to change and to solve problems.

PTS: 1

2. ANS: 1

Flood defines functional performance mechanisms as one’s use of conscious awareness and choice as an adaptive response to cumulative physiologic and physical losses with subsequent functional deficits that occur as a consequence of aging.

PTS: 1

3. ANS: 3

Flood defines spirituality as the personal views and behaviors that express a sense of relatedness to something greater than oneself—the feelings, thoughts, experiences, and behaviors that arise from the search for the sacred.

PTS: 1

4. ANS: 4

The foundation of the theory is physical, mental, and spiritual coping processes, which may give rise to gerotranscendence, and then lead to successful aging. Flood defines gerotranscendence as a shift in metaperspective from a materialistic and rationalistic perspective to a more mature and existential one that accompanies the process of aging (Tornstam, 2005).

PTS: 1

5. ANS: 1

Interventions to improve functional performance mechanisms include patient education about strategies to improve or maintain mobility and health.

PTS: 1

6. ANS: 2

Interventions to promote the effective use and/or well-being of intrapsychic factors include bibliotherapy, the therapeutic use of literature to enhance expression of feelings, active problem solving, coping, or insight.

PTS: 1

7. ANS: 4

Self-efficacy enhancement means strengthening an older adult’s confidence in his or her ability to perform a health behavior.

PTS: 1

8. ANS: 2

Cognitive/psychological theories propose that individual aging is a process involving selection, optimization, and compensation.

PTS: 1

9. ANS: 1

Existential aging theories suggest that the challenge of successful aging is to discover a positive meaning of life and death even when one's physical health is failing.

PTS: 1

10. ANS: 4

The percentage of adults aged 65 and older is increasing as the baby boomer generation ages. Life expectancy on average is increasing, so more older adults are living longer with chronic diseases. Racial and ethnic minority groups are more likely to be underserved.

PTS: 1