

GERO EXAM 2

1. Which is a common age-related physical change that may affect digestion and food intake?

DECREASED MOTILITY IN THE ESOPHAGUS

2. Which of the following is true about nutrition for older adults?

TRANSPORTATION CAN BE A CRITICAL FACTOR IN NUTRITIONAL INSUFFICIENCY IN OLDER ADULTS

3. Which of the following is a true statement about dental health in older adults? **DENTURES SHOULD BE CLEANED ONCE A DAY BY BRUSHING AND SOAKING IN A CLEANSING SOLUTION**

4. Which intervention should the nurse use to decrease the risk of burns during mealtime in pts with mental and physical impairments? **ASSIST PTS WITH WARM DRINKS**

5. The nurse is trying to improve the nutritional status of residents in the nursing home. Which recommendations should the nurse implement? **PROVIDE NUTRITIOUS FOOD ACCORDING TO THE RESIDENTS' EXPRESSED FOOD PREFERENCES WITH A LIBERAL USE OF SEASONINGS THAT DO NOT EXCEED ANY SODIUM RESTRICTIONS**

6. The nurse instructs the UAP to feed an older adult. If the nurse is unable to observe feeding directly, then which action should the nurse use to assess the older adult's risk for aspiration immediately after feeding? **INSPECT FOR POCKETING**

7. An older adult with a G-tube has difficulty using the dominant hand. Which of the following should the nurse provide to prevent complications of the G-tube? **PROVIDE ORAL CARE Q4H**

8. The nursing home staff needs assistance to properly feed the residents who need assistance with feeding. Which of the following should the nurse implement to ensure that the residents are properly fed? **DRAW ON THE AVAILABILITY OF FAMILY MEMBERS WHO ARE ABLE TO FOLLOW DIRECTIONS**

9. The nurse is feeding an older adult pt with hemiparesis as a result of a stroke. Which intervention by the nurse is most important when feeding this pt? **ALLOW TIME TO EMPTY MOUTH BETWEEN BITES**

10. The nurse is educating the pt who has been recently dx with osteoporosis on foods high in Ca. the nurse should include which food choice? **PLAIN YOGURT**

11. Which increases the risk for chronic dehydration in older adults? **POOR COGNITIVE FUNCTION**

12. Which of the following is true about fluid intake for older adults? **1500-2000 mL DAILY**

13. The nurse notices that the older adult's urine is greenish-brown. Which step should the nurse implement next? **DETERMINE FLUID VOLUME STATUS**

14. Which of the following is a true statement about sleep in older adults? **THE TIME SPENT IN BED INCREASES, BUT THE TIME SPENT ASLEEP DECREASES**

15. An older man has AD, and his wife says he is up and wandering around the house at night. Which intervention should the nurse implement to increase the man's duration of sleep? **INSTRUCT THE WIFE TO INCREASE HIS DAILY PHYSICAL ACTIVITY**

16. Exercise is prescribed for an older adults as therapy to improve which of the following qualities? **MUSCLE STRENGTH**

17. Which of the following is important to include in the initial assessment for older adults who are frail and beginning an exercise program? **MED HX AND PHYSICAL EXAM**

18. During the night, an older woman complains to the nurse that she has not slept more than 2hrs since admission to the hospital. Which intervention should the nurse implement to increase the duration of this woman's sleep? **INQUIRE ABOUT HER SLEEP HABITS USED AT HOME**

19. What is the difference between rest and sleep? **SLEEP IS RESTORATIVE AND RECUPERATIVE**

20. An older woman maintains an active lifestyle playing various games with friends. She reports to the nurse that she experiences wakefulness during the night and an inability to fall asleep after waking up at night. Which intervention should the nurse implement to improve the quality of this woman's sleep? **INQUIRE ABOUT HER NIGHTLY SLEEP RITUALS**

21. The nurse completes an admission assessment on the older adult pt. the nurse identifies which factor that may contribute to sleep problems? **POLYPHARMACY**

22. The nurse expresses concern about a female nursing home resident in the team meeting. Which resident information determines the team's priority in planning her care? **NEEDS INCREASING HELP WITH PERSONAL HYGIENE**

23. A nursing home resident who has type 1 DM is gradually requiring more and more insulin on a PRN basis to treat hyperglycemia. Which of the following should the nurse assess to plan care for improving this individual's glucose metabolism? **TRENDS OVER TIME IN ACTIVITY LEVEL**

24. Which one of the following is a true statement about motility and safety for older adults? **LOWERING THE BED AND FLOURESCENT TAPES ARE INTERVENTIONS TO INCREASE SAFETY**

25. The nurse can place an older adult into one of 4 pt rooms. Which is the most suitable room for an older pt? **ROOM WITH ORANGE CARPETING AND SOFT LIGHTING**

26. Which of the following is a true statement about assistive devices to aid older adults with impaired mobility? **A CANE IS MOST USEFUL FOR UNILATERAL DISABILITIES BUT NOT BILATERAL PROBLEMS**