

## **Brown *Older Adult Nursing Care*, 1/E**

### **Chapter 2**

#### **Question 1**

**Type:** MCSA

A nurse just attended a conference on “The Older Adult.” Which of the following statements by the nurse would be a complete and accurate definition of *senescence*?

1. “This term denotes the eventual and continuing physical decline of the person’s body throughout life.”
2. “*Senescence* describes the cognitive decline of the aging adult individual, along with the accompanying personality changes.”
3. “This term refers to the progressive decline of body processes, loss of fertility and the ultimate death of an individual.”
4. “*Senescence* suggests the ‘fading away’ of the aging individual’s personality over a gradual period of time.”

**Correct Answer:** 3

**Rationale 1:** This is incorrect as the definition of *senescence* includes more than physical decline.

**Rationale 2:** This is incorrect as the definition of *senescence* includes more than cognitive decline.

**Rationale 3:** Correct. *Senescence* is defined as the progressive decline of body processes, loss of fertility and the ultimate death of an individual.

**Rationale 4:** This is incorrect as the definition of *senescence* includes more than personality changes.

**Global Rationale:**

**Cognitive Level:** Remembering

**Client Need:** Health Promotion and Maintenance

**Client Need Sub:**

**Nursing/Integrated Concepts:**

**Learning Outcome:** Discuss senescence.

#### **Question 2**

**Type:** Matching

Place the theory of aging below in the left column to coincide with the correct definition given in the right column.

A. Wear and tear

B. Free radicals

C. Programmed longevity

D. Glycation

**Standard Text:** Click and drag the options below to move them up or down.

_____	1. Cells create energy, which produces unstable oxygen molecules, leading to impaired cell functioning.
_____	2. Cross-linked proteins accumulate, interfering with cell replacement and slowing body functioning.
_____	3. Genetics determine the number of times cells can replicate prior to death.
_____	4. Important parts of cells and body tissues deteriorate, and cell repair slows.

**Correct Answer:** A-4, B-1, C-3, D-2

**Global Rationale:**

**Cognitive Level:** Remembering

**Client Need:** Physiological Integrity

**Client Need Sub:** Physiological Adaptation

**Nursing/Integrated Concepts:**

**Learning Outcome:** Contrast and compare the biological theories of aging.

**Question 3**

**Type:** MCSA

An older adult client on a medical unit is about to undergo a knee replacement. The client jokes with the nurse caring for him, saying, "I guess the warranty on this old knee just ran out." The client's comment could be said to be based upon which biological theory of aging?

1. Disengagement

2. Wear and tear

3. Activity

4. Glycation

**Correct Answer:** 2

**Rationale 1:** Disengagement is incorrect because it is actually a psychological theory of aging.

**Rationale 2:** Wear and tear is correct. This theory is based upon the belief that parts of the body simply wear out over time.

**Rationale 3:** Activity theory is incorrect as it is actually a psychological theory of aging.

**Rationale 4:** Glycation is incorrect because this theory states that cross-linked proteins accumulate, interfering with cell replacement and slowing down bodily functions.

**Global Rationale:**

**Cognitive Level:** Applying

**Client Need:** Physiological Integrity

**Client Need Sub:** Physiological Adaptation

**Nursing/Integrated Concepts:**

**Learning Outcome:** Contrast and compare the biological theories of aging.

**Question 4**

**Type:** MCSA

According to the immunological theory of aging, an individual ages due to which one of the following reasons?

1. Genetic mutations
2. Presence of free radicals
3. Shrinkage of the thymus gland
4. Decline in human growth hormone

**Correct Answer:** 3

**Rationale 1:** This is incorrect; this is a belief of the Somatic DNA Mutation Theory.

**Rationale 2:** This is incorrect: this is a belief of the Free Radical Theory of aging.

**Rationale 3:** This is correct; the thymus gland which produces T-lymphocytes begins shrinking with age, affecting immunity to disease.

**Rationale 4:** This is incorrect as it is a belief of the Endocrine Theory of aging.

**Global Rationale:**

**Cognitive Level:** Understanding

**Client Need:** Physiological Integrity

**Client Need Sub:** Physiological Adaptation

**Nursing/Integrated Concepts:**

**Learning Outcome:** Contrast and compare the biological theories of aging.

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### Question 5

Type: MCSA

An older adult client tells the nurse that he feels great satisfaction in his life accomplishments and is proud of all of his children. According to Erikson's life course perspective theory of aging, the nurse would correctly describe this client's life development stage as which of the following?

1. Ego integrity
2. Engagement
3. Active satisfaction
4. Adaptive continuity

**Correct Answer:** 1

**Rationale 1:** Correct. Erikson's developmental psychological theory of aging states that older adults achieve ego integrity when they review their lives and feel good about their achievements and successes.

**Rationale 2:** Engagement is incorrect. The Disengagement Theory states that older adults disengage from society in a mutually satisfying fashion.

**Rationale 3:** Active satisfaction is incorrect. The term relates to the Activity Theory of Aging, which states that the more active the older adult, the more satisfaction with life the person has.

**Rationale 4:** Adaptive continuity is incorrect. The term relates to the Continuity Theory of Aging, which has to do with the older adult's use of past experiences to assist in the adaptation to new situations.

**Global Rationale:**

**Cognitive Level:** Remembering

**Client Need:** Psychosocial Integrity

**Client Need Sub:**

**Nursing/Integrated Concepts:**

**Learning Outcome:** Contrast and compare the psychosocial theories of aging.

### Question 6

Type: MCSA

An older adult client in an assisted living facility is encouraged daily by the charge nurse to attend all group social activities available, participate in volunteer projects at the facility, and join the facility's exercise group. This nurse would appear to be operating from which of the following psychosocial theories of aging?

1. Disengagement Theory

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2. Continuity Theory

3. Life Course Perspective Theory

4. Activity Theory

**Correct Answer:** 4

**Rationale 1:** Disengagement Theory is incorrect as it is basically the opposite of the Activity theory; it states that as people age, they naturally disengage from roles and responsibilities.

**Rationale 2:** Continuity Theory is incorrect as this theory focuses on the older adult's life experiences and their use in adapting to new situations.

**Rationale 3:** Life Course Perspective Theory is incorrect; this theory proposes certain conflicts or tasks for each stage of development throughout life.

**Rationale 4:** Activity Theory is correct. This theory has as its premise that, to age successfully, older adults must live an active, involved life.

**Global Rationale:**

**Cognitive Level:** Applying

**Client Need:** Psychosocial Integrity

**Client Need Sub:**

**Nursing/Integrated Concepts:**

**Learning Outcome:** Contrast and compare the psychosocial theories of aging.

**Question 7**

**Type:** MCSA

The nurse is caring for an older adult from the Native American culture. Which of the following beliefs about older adults within this culture would the nurse need to consider?

1. The eldest son would be the designated member of the family to care for the client.
2. The client would no longer be a valued member of the family and would be considered expendable.
3. As an older member of the family, the client would be considered wise and essential to the preservation of the client's culture.
4. The client's culture very much values "filial piety" within the entire extended family.

**Correct Answer:** 3

**Rationale 1:** The eldest son has responsibility for care in the Chinese culture, not the Native American culture.

**Rationale 2:** This is completely opposite of the truth in the Native American culture; older adults are seen as wise and necessary.

**Rationale 3:** Correct. Native American culture reveres older members as having lifelong wisdom that they need to pass down to the younger generation to preserve the culture.

**Rationale 4:** The concept of complete total respect for the entire family is part of the Chinese culture.

**Global Rationale:**

**Cognitive Level:** Understanding

**Client Need:** Psychosocial Integrity

**Client Need Sub:**

**Nursing/Integrated Concepts:**

**Learning Outcome:** Contrast and compare the psychosocial theories of aging.

**Question 8**

**Type:** MCMA

The nurse is assessing a client admitted with the diagnosis of progeria. The nurse would expect to see which of the following findings?

**Standard Text:** Select all that apply.

1. Inability to understand/follow instructions
2. Abnormally excessive hair growth
3. Thin, pinched nose
4. A lack of body fat
5. Wrinkled skin

**Correct Answer:** 3,4,5

**Rationale 1:** Inability to understand is incorrect, as the majority of clients with progeria have normal intelligence.

**Rationale 2:** Abnormally excessive hair growth is incorrect, as alopecia is actually what occurs in these clients.

**Rationale 3:** Correct. A thin, pinched nose would be a finding in a client with progeria.

**Rationale 4:** Correct. A lack of body fat would be a finding in a client with progeria.

**Rationale 5:** Correct. Wrinkled skin would be a finding in a client with progeria.

**Global Rationale:**

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**Cognitive Level:** Applying

**Client Need:** Physiological Integrity

**Client Need Sub:** Physiological Adaptation

**Nursing/Integrated Concepts:**

**Learning Outcome:** Describe atypical aging processes.

### Question 9

**Type:** MCSA

The older adult client asks the nurse to explain the rationale behind the dietician informing him to include more foods containing vitamin C and E in his diet. Which response by the nurse would show a correct understanding of the relationship between theories of aging and current research on extension of life?

1. "Vitamins C and E are strong antioxidants. Antioxidants in foods have been shown in research to protect against cell damage associated with the aging process."
2. "Vitamins C and E assist the body in the release of hormones that increase in the aging process."
3. "Vitamins C and E help to release free radicals within the body, which assists in increasing life expectancy."
4. "Vitamins C and E increase cross-linking in the body, which strengthens body tissues and cells."

**Correct Answer:** 1

**Rationale 1:** Correct. Antioxidants from foods reduce free radicals in the body, which decreases cell damage and slows the effects of aging.

**Rationale 2:** This is an incorrect statement, because it is the loss, not the increase, of certain hormones within the body that is associated with the aging process.

**Rationale 3:** This statement is incorrect. Antioxidants assist in soaking up, not releasing, free radicals so they cannot do damage associated with the aging process.

**Rationale 4:** This statement is incorrect. Cross-linking prevents normal cell replacement and increases the aging process.

**Global Rationale:**

**Cognitive Level:** Applying

**Client Need:** Health Promotion and Maintenance

**Client Need Sub:**

**Nursing/Integrated Concepts:**

**Learning Outcome:** Explain how the theories of aging have led to current research on prolonging life.

### Question 10

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**Type:** MCSA

An older adult asks a nurse to recommend any supplements that the nurse is aware of that would help the client live a longer and healthier life. Which reply by the nurse indicates a correct understanding of the value of supplements in extending life expectancy?

1. "Vitamin A, C, and E, as well as wine and certain hormones, have been conclusively proven to extend one's life."
2. "Taking human growth hormone, as well as melatonin, will help you to avoid running out of these hormones, enabling you to live a longer life."
3. "The Federal Food and Drug Administration fully endorses the addition of specific hormones and vitamin supplements to your daily diet in order to prolong your life."
4. "The effects on aging of adding certain antioxidant supplements, as well as calorie restriction and addition of hormones, have really only been studied in animals and have not been proven in humans."

**Correct Answer:** 4

**Rationale 1:** This statement is incorrect, as there have been no controlled studies regarding complementary therapy and the effect on longevity in humans.

**Rationale 2:** This statement is incorrect, as there have been no controlled studies regarding complementary therapy and the effect on longevity in humans.

**Rationale 3:** This statement is incorrect, as the FDA does not regulate the manufacture of over-the-counter complementary supplements.

**Rationale 4:** Correct. Complementary therapy has only been researched in animals and there have not been controlled studies in humans.

**Global Rationale:**

**Cognitive Level:** Applying

**Client Need:** Health Promotion and Maintenance

**Client Need Sub:**

**Nursing/Integrated Concepts:**

**Learning Outcome:** Discuss anti-aging complementary therapies.

**Question 11**

**Type:** MCMA

The nurse is preparing to administer an estrogen preparation to an older adult female client. The nurse is aware that several other hormones, besides estrogen, normally decrease with age, including which of the following?

**Standard Text:** Select all that apply.

1. Testosterone
2. Human Growth Hormone
3. Thyroid Hormones
4. Cortisol
5. Melatonin

**Correct Answer:** 1,2,5

**Rationale 1:** Correct. Testosterone does decrease with the aging process.

**Rationale 2:** Correct. hGH does decrease with the aging process

**Rationale 3:** Thyroid hormones often remain unchanged with aging.

**Rationale 4:** Cortisol often remains unchanged with aging.

**Rationale 5:** Correct. Melatonin does decrease with the aging process.

**Global Rationale:**

**Cognitive Level:** Understanding

**Client Need:** Health Promotion and Maintenance

**Client Need Sub:**

**Nursing/Integrated Concepts:**

**Learning Outcome:** Discuss anti-aging complementary therapies.

## **Question 12**

**Type:** MCMA

An older adult asks a parish nurse at the church what to do to stay as young and healthy as possible. What are some researched actions to promote health that the nurse can suggest to this client?

**Standard Text:** Select all that apply.

1. Drastic calorie restriction
2. Limited intake of antioxidants
3. Careful control of blood sugar
4. Avoidance of too much sun

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5. Limiting number of cigarettes to half a pack a day

6. A low-carbohydrate diet

**Correct Answer:** 3,4,6

**Rationale 1:** Drastic calorie reduction is incorrect, as severe calorie restriction can be hazardous to one's health.

**Rationale 2:** Limited intake of antioxidants is not correct, because antioxidants in the diet have been suggested to extend life.

**Rationale 3:** Correct. Control of blood sugar has been shown to decrease the incidence of protein cross-linking, which has been associated with aging.

**Rationale 4:** Correct. Avoidance of too much sun helps to reduce the risk of somatic DNA mutations associated with aging.

**Rationale 5:** Avoidance of smoking altogether helps to reduce the risk of somatic DNA mutations associated with aging.

**Rationale 6:** Eating a low-carbohydrate diet minimizes the damage of free and reduces the incidence of cross-linking, both of which are implicated in the aging process.

**Global Rationale:**

**Cognitive Level:** Understanding

**Client Need:** Health Promotion and Maintenance

**Client Need Sub:**

**Nursing/Integrated Concepts:**

**Learning Outcome:** Explain how the theories of aging have led to current research on prolonging life.

**Question 13**

**Type:** MCSA

The gerontological nurse is aware that the number of super-centenarians is increasing within health care. The super-centenarian is which of the following ages?

1. 75 to 84 years old

2. 100 years old

3. 110 years or older

4. 99 years old

**Correct Answer:** 3

**Rationale 1:** The range from 75 to 84 years describes the “middle-old” age group, not super-centenarians.

**Rationale 2:** One hundred years of age describes a centenarian.

**Rationale 3:** Correct. In order to be classified as a super-centenarian, one must be at least 110 years of age.

**Rationale 4:** In order to be classified as a super-centenarian, one must be at least 110 years of age.

**Global Rationale:**

**Cognitive Level:** Remembering

**Client Need:** Psychosocial Integrity

**Client Need Sub:**

**Nursing/Integrated Concepts:**

**Learning Outcome:** Discuss the effect of the aging population on nursing practice.

**Question 14**

**Type:** MCMA

Aspects of research in the area of senescence affect nursing practice in terms of ethics. Identify some of these areas of ethical concern.

**Standard Text:** Select all that apply.

1. Super-centenarians
2. Use of vitamin supplements
3. Stem cell research
4. Gene therapy
5. Cryonics

**Correct Answer:** 3,4,5

**Rationale 1:** Super-centenarians is incorrect, as it is just a term defining older adults over the age of 110 years.

**Rationale 2:** Use of vitamin supplements is incorrect. Research has not yet determined whether use of supplements does increase life expectancy.

**Rationale 3:** Correct. Stem cell research is identified as a controversial area of ethical concern.

**Rationale 4:** Correct. Gene therapy is identified as a controversial area of ethical concern.

**Rationale 5:** Correct. Cryonics is identified as a controversial area of ethical concern.

**Global Rationale:**

**Cognitive Level:** Remembering

**Client Need:** Health Promotion and Maintenance

**Client Need Sub:**

**Nursing/Integrated Concepts:**

**Learning Outcome:** Discuss the effect of the aging population on nursing practice.

**Question 15**

**Type:** MCSA

Which of the following problems associated with the increasing number of aging adults in society will have an impact on nursing practice in the future?

1. Infectious diseases
2. Substance abuse
3. Chronic illnesses
4. Decreasing population

**Correct Answer:** 3

**Rationale 1:** Infectious disease is not correct as it does not relate solely to the increasing number of older adults in society.

**Rationale 2:** Substance abuse is not correct as it does not relate solely to the increasing number of older adults in society.

**Rationale 3:** Correct. Due to the increasing number of aging adults in society, the incidence of chronic illnesses and disabilities is predicted to increase.

**Rationale 4:** Decreasing population is incorrect as the population is expected to increase due to the longer life expectancy of the population.

**Global Rationale:**

**Cognitive Level:** Applying

**Client Need:** Health Promotion and Maintenance

**Client Need Sub:**

**Nursing/Integrated Concepts:**

**Learning Outcome:** Discuss the effect of the aging population on nursing practice.