

Advanced Practice Nursing in the Care of Older Adults / Edition 3 TESTBANK

Chapter 1. Changes With Aging

Multiple Choice

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

- ___ 1. The major impact of the physiological changes that occur with aging is:
 - A. Reduced physiological reserve
 - B. Reduced homeostatic mechanisms
 - C. Impaired immunological response
 - D. All of the above

- ___ 2. The strongest evidence regarding normal physiological aging is available through:
 - A. Randomized controlled clinical trials
 - B. Cross-sectional studies
 - C. Longitudinal studies
 - D. Case control studies

- ___ 3. All of the following statements are true about laboratory values in older adults except:
 - A. Reference ranges are preferable
 - B. Abnormal findings are often due to physiological aging
 - C. Normal ranges may not be applicable for older adults
 - D. Reference values are not necessarily acceptable values

- ___ 4. Biochemical individuality is best described as:
 - A. Each individual's variation is often much greater than that of a larger group
 - B. The unique biochemical profile of a selected population
 - C. The truly "normal" individual—falling within average range
 - D. Each individual's variation is often much smaller than that of a larger group

- ___ 5. Polypharmacy is best described as taking:
 - A. More than nine medications per day
 - B. More than five medications per day
 - C. Even a single medication if there is not a clear indication for its use
 - D. When a drug is given to treat the side effect of another drug

- ___ 6. Pharmacokinetic changes with aging is reflective of:
 - A. What the drug does to the body
 - B. What the body does to the drug
 - C. The effect at the site of action and the time and intensity of the drug

- D. The side effects commonly associated with the drug
- ___ 7. All the following statements are false about drug absorption except:
- A. Antacids increase the bioavailability of digitalis
 - B. Gastric acidity decreases with age
 - C. Anticholinergics increase colonic motility
 - D. Underlying chronic disease has little impact on drug absorption
- ___ 8. All of the following statements are true about drug distribution in the elderly except:
- A. Drugs distributed in water have lower concentration
 - B. Drugs distributed in fat have less intense, more prolonged effect
 - C. Drugs highly protein bound have greater potential to cause an adverse drug reaction
 - D. The fastest way to deliver a drug to the action site is by inhalation
- ___ 9. Men have faster and more efficient biotransformation of drugs and this is thought to be due to:
- A. Less obesity rates than women
 - B. Prostate enlargement
 - C. Testosterone
 - D. Less estrogen than women
- ___ 10. The cytochrome p system involves enzymes that are generally:
- A. Inhibited by drugs
 - B. Induced by drugs
 - C. Inhibited or induced by drugs
 - D. Associated with decreased liver perfusion
- ___ 11. A statement not shown to be true about pharmacodynamics changes with aging is:
- A. Decreased sensitivity to oral anticoagulants
 - B. Enhanced sensitivity to central nervous system drugs
 - C. Drug responsiveness can be influenced by patient activity level
 - D. There is a decreased sensitivity to beta blockers
- ___ 12. Atypical presentation of disease in the elderly is reflected by all the following except:
- A. Infection without fever
 - B. Depression without dysphoric mood
 - C. Myocardial infarction with chest pain and diaphoresis
 - D. Cardiac manifestations of thyroid disease
- ___ 13. Functional abilities are best assessed by:
- A. Self-report of function
 - B. Observed assessment of function
 - C. A comprehensive head-to-toe examination
 - D. Family report of function

Chapter 1: Changes with Aging

Answer Section

MULTIPLE CHOICE

- | | |
|------------|--------|
| 1. ANS: D | PTS: 1 |
| 2. ANS: C | PTS: 1 |
| 3. ANS: B | PTS: 1 |
| 4. ANS: D | PTS: 1 |
| 5. ANS: C | PTS: 1 |
| 6. ANS: B | PTS: 1 |
| 7. ANS: D | PTS: 1 |
| 8. ANS: A | PTS: 1 |
| 9. ANS: C | PTS: 1 |
| 10. ANS: C | PTS: 1 |
| 11. ANS: A | PTS: 1 |
| 12. ANS: C | PTS: 1 |
| 13. ANS: B | PTS: 1 |

Chapter 2. Health Promotion

Multiple Choice

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

- ___ 1. The leading cause of death in elderly travelers worldwide is:
- A. Cardiovascular disease
 - B. Infections
 - C. Accidents
 - D. Malaria
- ___ 2. Which of the following should be avoided in countries where food and water precautions are to be observed?
- A. Hot coffee
 - B. Bottled water
 - C. Salad buffet
 - D. Unpeeled bananas
- ___ 3. What insect precautions are not necessary to prevent insect-borne diseases in the tropics?
- A. Using 100% DEET on skin to prevent bites
 - B. Treating clothes with permetherin
 - C. Covering up exposed skin to lessen biting surface
 - D. Taking malaria pills as directed for areas at risk for malaria

- ___ 4. An example of secondary prevention you could recommend/order for older adults would be to:
- A. Check for fecal occult blood
 - B. Wear seat belts in the car
 - C. Provide foot care for a diabetic patient
 - D. Administer a tetanus shot
- ___ 5. Ali is a 72-year-old man who recently came to the U.S. from Nigeria. He reports having BCG (bacille Calmette-Guerin) vaccination as a child. Which of the following is correct regarding a tuberculin skin test?
- A. It should not be done at all.
 - B. It should be read as smaller than it really is.
 - C. Vaccination history is irrelevant; read as usual.
 - D. It should be read as larger than it really is.
- ___ 6. A 72-year-old woman and her husband are on a cross-country driving vacation. After a long day of driving, they stop for dinner. Midway through the meal, the woman becomes very short of breath, with chest pain and a feeling of panic. Which of the following problems is most likely?
- A. Pulmonary edema
 - B. Heart failure
 - C. Pulmonary embolism
 - D. Pneumonia
- ___ 7. Ivan W. is a 65-year-old man who is new to your practice. He has a history of COPD, CAD, hypertension, and type 2 diabetes mellitus. He has had no immunizations since his discharge from the military at age 25. Childhood diseases included chickenpox, measles, mumps, and “German measles.” He presents for a disease management visit. Which of the following immunizations would you recommend for Ivan?
- A. MMR, influenza, pneumococcal, Zostavax
 - B. Influenza, pneumococcal, PPD, Hepatitis B
 - C. Tdap, pneumococcal, influenza, Zostavax
 - D. Hepatitis B, influenza, pneumococcal, Hepatitis A
- ___ 8. Leo L. is a 62-year-old African American male who comes for an initial visit to your practice. Personal health history includes smoking 1 pack/day since age 11, consuming a case of beer (24 bottles) every weekend, and working as an assembler (sedentary job) for the past 10 years. Family history in first-degree relatives includes hypertension, high cholesterol, heart attack, and type 2 diabetes mellitus. Leo’s BMI is 32; BP today is 130/86. You order a fasting glucose, lipid profile, and return visit for BP check. This is an example of:
- A. Primary prevention
 - B. Secondary prevention
 - C. Tertiary prevention
 - D. Health profiling
- ___ 9. A local chapter of a nurse practitioner organization has begun planning a community-based screening for hypertension at a local congregate living facility. This population was selected on the basis of:
- A. A predicted decreased incidence of high blood pressure in this population
 - B. A recognized element of high risk within this group

- C. Readily available treatment measures
 - D. Achieving an administrative goal for the congregate living facility
- ___ 10. Performing range of motion exercises on a client who has had a stroke is an example of which level of prevention?
- A. Primary prevention
 - B. Tertiary prevention
 - C. Secondary prevention
 - D. Rehabilitation prevention
- ___ 11. The nurse practitioner demonstrates an understanding of primary prevention of falling among the elderly through which management plan?
- A. Evaluate a need for assistive devices for ambulation after the client has been injured from a fall.
 - B. Provide resources to correct hazards contributing to falls in the home environment.
 - C. Reinforce the need to use prescribed eyeglasses to prevent further injury from falls.
 - D. Provide information about medications, side effects, and interactions.
- ___ 12. An example of an active strategy of health promotion for an individual to accomplish would be:
- A. Maintaining clean water in the local environment
 - B. Introducing fluoride into the water
 - C. Beginning a stress management program
 - D. Maintaining a sanitary sewage system
- ___ 13. You are working with an older male adult with a long history of alcohol abuse and a 30-year history of smoking. In recommending an intervention for this client, your responsibility is to:
- A. Make the individual abandon his own health practices and follow your recommendations
 - B. Register the patient for a local intervention program and secure payments
 - C. Promote positive change in lifestyle choices
 - D. Identify the barriers that the client will encounter
- ___ 14. The four main domains of clinical preventive services that the practitioner will provide are:
- A. Counseling interventions, screening tests, immunizations, and chemoprophylaxis
 - B. Counseling intervention, screening tests, immunizations, and education
 - C. Counseling interventions, transportation, screening tests, and immunizations
 - D. Screening tests, brief psychotherapy, immunizations, and chemoprophylaxis
- ___ 15. Which organism that can be prevented by immunization is most often responsible for an infectious “outbreak” in the nursing home setting?
- A. Haemophilus influenza
 - B. Streptococcus
 - C. Influenza A
 - D. Mycobacterium tuberculosis
- ___ 16. What is the appropriate method for tuberculosis screening of an older adult entering a nursing home?
- A. 5 tuberculin units intramuscular PPD injection and if negative repeat with same dose one week later

- B. 5 tuberculin units intradermal PPD injection and if negative repeat with same dose one week later
- C. Chest x-ray at the same time of PPD testing
- D. 5 tuberculin units intradermal PPD injection and if positive repeat same dose in one week