

# Ebersole and Hess' Toward Healthy Aging 11th Edition Touhy Test Bank

## Chapter 01: Aging, Health, and Wellness in a Global Community Touhy: Ebersole & Hess' Toward Healthy Aging, 11th Edition

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### MULTIPLE CHOICE

1. When asked by new parents what the life expectancy is for their African American newborn, the nurse replies that, "2015 statistics indicate that your son:
  - a. will have a life expectancy of approximately 65 years."
  - b. can realistically expect to live into his late 80s."
  - c. has a good chance of celebrating his 75th birthday."
  - d. is likely to live into his late 90s."

ANS: C

The overall life expectancy at birth in the United States in 2015 was 78.8. The disparity between life expectancies for black and white Americans has narrowed significantly between 1999 and 2015, with the death rate for blacks (African Americans) dropping by 25% (Office of Minority Health, 2017). Of the options above, C is the only response that fits into those parameters. The other options are not supported by reliable research.

DIF: Cognitive Level: Understanding TOP: Integrated Process:  
Teaching/Learning MSC: Client Needs: Health Promotion and Maintenance

2. A nurse is planning care for a group of super-centenarians in an assisted living facility. The nurse considers which of the following?
  - a. Most super-centenarians are functionally independent or require minimal assistance with activities of daily living.
  - b. The majority of super-centenarians have cognitive impairment.
  - c. The number of super-centenarians is expected to decrease in coming years as a result of heart disease and stroke.
  - d. It is theorized that super-centenarians survived as long as they have due to genetic mutations that made them less susceptible to common diseases.

ANS: A

Research supports that most super-centenarians are functionally and cognitively intact, requiring minimal assistance with ADLs. The number of super-centenarians is expected to increase in coming years as the number of older adults increases. Although centenarians still carry genetic markers within their chromosomes for any number of health problems, for as yet unknown reasons, these are not "activated" until much later, if at all, when compared with other persons.

DIF: Cognitive Level: Remembering TOP: Integrated Process:  
Teaching/Learning MSC: Client Needs: Health Promotion and Maintenance

3. One reason why many "baby boomers" have multiple chronic conditions such as heart disease, diabetes, and arthritis is that:
  - a. they have less access to medication and other treatment regimens.
  - b. there was a lack of importance placed on healthy living as they were growing up.

- c. they did not have access to immunizations against communicable disease when they were children.

d. they grew up in an era of rampant poverty and malnutrition.

ANS: B

The baby boomers, individuals born between 1946 and 1964, post-WWII, have better access to medication and treatment regimens than other cohorts. They have had the benefit of the development of immunizations against communicable diseases. They grew up in an era of prosperity post-WWII. However, there was a lack of importance placed on what we now consider healthy living when they were younger. Smoking, for example, was not condoned, but was considered a symbol of status. Candy in the shape of cigarettes was popular, and there was much secondhand smoke.

DIF: Cognitive Level: Remembering TOP: Integrated Process:  
Teaching/Learning MSC: Client Needs: Health Promotion and Maintenance

4. A nurse is planning an education program on wellness in a local senior citizen center. The nurse plans to provide education on the importance of immunizations, annual physical examinations, screening for diabetes, and vision and hearing screening. It is important for the nurse to understand which of the following?
- Less than 50% of older adults (ages 65 and older) utilize available preventive services.
  - Preventive strategies are more widely used in the 50-64 age-group than in the 65 and over age-group.
  - The research on health promotion strategies in older adults demonstrates that they have low efficacy.
  - There is an abundance of research specific to health promotion and aging.

ANS: A

Less than 50% of individuals, ages 65 and older, utilize the preventive services that are available to them. However, only 25% of those between the ages of 50 and 64 do so. There is a paucity of research specific to health promotion and aging; however, the research that exists demonstrates that health promotion strategies are highly effective.

DIF: Cognitive Level: Understanding TOP: Integrated Process:  
Teaching/Learning MSC: Client Needs: Health Promotion and Maintenance

5. A nurse is caring for an 85-year-old male client with diabetes in a community setting. The nurse promotes functional wellness by which of the following activities?
- Encouraging the client to maintain current levels of physical activity
  - Assisting the client to receive all the recommended preventive screenings that are appropriate for his age-group
  - Teaching the patient how to use a rolling walker so that he can ambulate for longer distances
  - Encouraging the client to attend his weekly chess

games ANS: A

Maintaining existing levels of physical activity is consistent with functional wellness. Teaching the client how to use a rolling walker enables the client to remain active at the highest level possible, which is an example of promoting functional wellness. Receiving recommended screening is an example of promoting biological wellness. The use of a rolling walker should be based on assessment of physical ability. Encouraging the client to attend weekly chess games is an example of promoting social wellness.

DIF: Cognitive Level: Applying TOP: Integrated Process:  
Teaching/Learning MSC: Client Needs: Health Promotion and Maintenance

6. Based on the census reports of 2015, the typical profile of a centenarian includes which of the following characteristics?
- An American woman with no signs of dementia
  - A Japanese woman with chronic inflammation
  - A Chinese man with an immune disorder
  - An American man who is a lifelong vegetarian

ANS: A

Based on the 2015 U.S. Census data, while the United States has highest number of centenarians, Japan has over double the number relative to the population as a whole. The relatively low number of centenarians (and super-centenarians) with dementia of some kind may be explained by the presence of some type of genetic neuroprotective factors. While most people have normal age-related declines in immune functioning and increases in a state of chronic inflammation, this does not appear to be the case for this group of long lived people.

DIF: Cognitive Level: Applying TOP: Integrated Process: Teaching/Learning  
MSC: Client Needs: Health Promotion and Maintenance

## MULTIPLE RESPONSE

1. Primary prevention strategies for older adults include which of the following? (*Select all that apply.*)
- An annual influenza immunization clinic
  - A smoking cessation program
  - A prostate screening program
  - A cardiac rehabilitation program
  - A meal planning education program for type 2 diabetics

ANS: A, B

Primary prevention refers to strategies that are used to prevent an illness before it occurs and maintaining wellness across the continuum of care. Immunizations and smoking cessation are examples of primary prevention. Secondary prevention is the early detection of a disease or a health problem that has already developed. Prostate screening is an example of secondary prevention. Tertiary prevention addresses the needs of individuals who already have their wellness challenged. Cardiac rehabilitation and meal planning for diabetics are examples of tertiary prevention.

DIF: Cognitive Level: Applying TOP: Integrated Process: Teaching/Learning

MSC: Client Needs: Management of Care

2. A nurse organizes a symposium for health care professionals in the field of geriatrics. Which of the following topics align with *Healthy People 2020s* emerging issues relevant to healthy aging? (*Select all that apply.*)
- Fair pay and compensation standards for informal caregivers
  - Longevity and genetics
  - Emerging chronic conditions among baby boomers
  - Minimum competency levels for health care professionals
  - Health disparities in LGBT older adults

ANS: A, C, D, E

Issues outlined in *Healthy People 2020*: Emerging issues in the health of older adults include person-centered care planning that includes caregivers; quality measures of care and monitoring of health conditions; fair pay and compensation standards for formal and informal caregivers; minimum levels of geriatric training for health professionals; and enhanced data on certain subpopulations of older adults, including aging LGBT populations. Longevity and genetics is an important subject to study but is not listed as an emerging issue to focus on for *Healthy People 2020*.

DIF: Cognitive Level: Analyzing TOP: Integrated Process:  
Teaching/Learning MSC: Client Needs: Health Promotion and Maintenance

3. Baby boomers born before 1960 were subject to which of the following health challenges during their childhood? (*Select all that apply.*)
- Measles
  - Scarlet fever
  - Rubella
  - Smallpox
  - HIV/AIDS

ANS: A, B, C

Most boomers born in 1950s contracted at least several of the “childhood diseases” of measles, mumps, rubella, and chicken pox. Scarlet fever was also common. Smallpox was a concern for the centenarians, not this generation. HIV/AIDS had not been identified in the early years of 1915-1945.

DIF: Cognitive Level: Remembering TOP: Integrated Process:  
Teaching/Learning MSC: Client Needs: Health Promotion and Maintenance

4. A nursing student is preparing a presentation on the wellness-based model for healthy aging. Which of the following concepts should the student include in the presentation? (*Select all that apply.*)
- Healthy aging is defined by the absence of physical illness alone.
  - Healthy aging is individually defined and can change over time.
  - There are many strategies to promote healthy aging that are believed to be helpful but do not have empirical evidence to support them.
  - Healthy aging cannot be achieved by only focusing on later life. It is a lifelong process.
  - According to this model, an individual with a chronic disease would not be

considered healthy.

ANS: B, C, D

Healthy aging is a lifelong process that begins with birth and ends with death. The concept of healthy aging from a wellness perspective is uniquely defined by each individual and can change over time. There are challenges to implementing evidence-based practices on healthy aging because there is a paucity of research on this area. Therefore, there are many strategies that have been used and determined to be effective but do not have research evidence supporting them. The subcomponents with the wellness model are functional independence, self-care management of illness, personal growth, positive outlook, and social contribution and activities that promote one's health.

DIF: Cognitive Level: Applying TOP: Integrated Process:  
Teaching/Learning MSC: Client Needs: Health Promotion and Maintenance

**Chapter 02: Gerontological Nursing: Past, Present, and Future**  
**Touhy: Ebersole & Hess' Toward Healthy Aging, 11th Edition**

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**MULTIPLE CHOICE**

1. Serious and well-controlled research studies on aging have been available:
  - a. only in the past 60 years.
  - b. since the turn of the 20th century.
  - c. following the Great Depression.
  - d. since the year 2000.

ANS: A

Only in the past 60 years have serious and carefully controlled research studies flourished. Before that, anecdotal evidence was used to illustrate issues assumed to be universal, making all the remaining options incorrect.

DIF: Cognitive Level: Remembering TOP: Integrated Process: Teaching/Learning MSC: Client Needs: Health Promotion and Maintenance

2. The son of a nursing home resident asks a nurse: "What is the significance of being certified in gerontology? I see that you are, but not all of the nurses are." The best response by the nurse is which of the following?
  - a. "National certification as a gerontological nurse is a way to demonstrate special knowledge in caring for older adults."
  - b. "National certification in gerontology is required for all nurses who have worked in this setting for 2 or more years."
  - c. "National certification is only available to nurses who have a Baccalaureate degree in nursing."
  - d. "Only advanced practice nurses, like nurse practitioners, are certified in gerontology."

ANS: A

National certification is a way to demonstrate special expertise in caring for older adults. It is not required for practice in any setting across the continuum of care, and it is not exclusive to nurses with Baccalaureate degrees. There is both a generalist and a specialist gerontological nursing certification. The generalist functions in a variety of settings providing care to older adults and their families. The specialist has advanced gerontological education at a Masters level.

DIF: Cognitive Level: Analyzing  
TOP: Integrated Process: Communication and Documentation  
MSC: Client Needs: Management of Care

3. The major goal of the NICHE (Nurses Improving Care for Health System Elders) program includes which of the following?
  - a. Improve outcomes for hospitalized older adults.
  - b. Increase the number of older adults cared for in hospitals.
  - c. Increase the number of iatrogenic complications that occur in hospitalized older adults.