

## RN Learning System Gerontology Practice Quiz Answer Key PDF

RN Learning System Gerontology Practice Quiz Answer Key PDF

*Disclaimer: The rn learning system gerontology practice quiz answer key pdf was generated with the help of StudyBlaze AI. Please be aware that AI can make mistakes. Please consult your teacher if you're unsure about your solution or think there might have been a mistake. Or reach out directly to the StudyBlaze team at [max@studyblaze.io](mailto:max@studyblaze.io).*

**Reflect on the ethical considerations involved in end-of-life care for older adults.**

**Key ethical considerations include respecting patient autonomy, ensuring informed consent, and balancing quality of life with the desire to prolong life.**

**What are ways nurses can stay updated with gerontological nursing practices? (Select all that apply)**

- A. Attending workshops ✓**
- B. Reading research journals ✓**
- C. Ignoring new technologies
- D. Joining professional organizations ✓**

**What is the most effective way to prevent falls in older adults?**

- A. Use of canes
- B. Regular exercise ✓**
- C. Increased lighting
- D. Medication adjustments

**What is the most common chronic condition affecting older adults?**

- A. Asthma
- B. Arthritis ✓**
- C. Hepatitis
- D. Tuberculosis

**What is a common symptom of depression in older adults?**

- A. Increased energy
- B. Weight gain

**C. Loss of interest in activities ✓**

D. Improved concentration

**Which nutrient is often deficient in older adults, leading to bone health issues?**

A. Vitamin C

**B. Vitamin D ✓**

C. Vitamin E

D. Vitamin K

**Which term describes the use of multiple medications by a patient, often seen in older adults?**

A. Monotherapy

**B. Polypharmacy ✓**

C. Pharmacodynamics

D. Pharmacokinetics

**Explain how diabetes management might differ in older adults compared to younger populations.**

**Diabetes management in older adults may involve more careful monitoring of medications, consideration of comorbid conditions, and adjustments in lifestyle recommendations, while younger populations may focus more on insulin management and lifestyle changes without as many complicating factors.**

**Which of the following are key principles of gerontological nursing? (Select all that apply)**

**A. Holistic care ✓**

B. Disease-focused care

**C. Individualized care ✓**

**D. Age-specific care ✓**

**Which strategies are effective in promoting health in older adults? (Select all that apply)**

**A. Regular screenings ✓**

**B. Smoking cessation ✓**

C. High-intensity workouts

**D. Balanced diet ✓**

**Which of the following are legal considerations in elder care? (Select all that apply)**

**A. Elder abuse reporting ✓**

**B. Patient confidentiality ✓**

C. Medication cost management

**D. Informed consent ✓**

**Describe the psychological changes that may occur as part of the normal aging process.**

Psychological changes that may occur as part of the normal aging process include a decline in cognitive functions such as memory and processing speed, increased emotional resilience, and a tendency to prioritize meaningful relationships over social networks.

**What are some common nutritional challenges faced by older adults, and how can they be addressed?**

Common nutritional challenges faced by older adults include decreased appetite, difficulty in chewing or swallowing, and increased needs for certain nutrients like protein and vitamins. These challenges can be addressed by implementing meal planning strategies, using nutritional supplements, and ensuring regular health assessments.

**Which document outlines a patient's wishes regarding medical treatment at the end of life?**

**A. Living will ✓**

B. Power of attorney

C. Health insurance policy

D. Prescription

**How can technology assist in the care of older adults? (Select all that apply)**

**A. Telehealth services ✓**

**B. Electronic health records ✓**

C. Social media monitoring

**D. Automated medication dispensers ✓**

**Which communication technique is most effective when speaking with an older adult with hearing impairment?**

- A. Speaking loudly
- B. Using complex vocabulary
- C. Facing the person directly ✓**
- D. Speaking quickly

**What should be included in a comprehensive assessment of an older adult? (Select all that apply)**

- A. Physical examination ✓**
- B. Social history ✓**
- C. Financial status
- D. Mental health evaluation ✓**

**How can nurses assess and address depression in older adults?**

**Nurses can assess depression in older adults by using tools like the Geriatric Depression Scale (GDS) and conducting comprehensive assessments, while addressing it through supportive interventions, education, and referrals to mental health services.**

**Which of the following is a normal age-related change in the cardiovascular system?**

- A. Increased cardiac output
- B. Decreased blood pressure
- C. Thickening of the heart valves ✓**
- D. Increased heart rate

**Discuss the risks associated with polypharmacy in older adults and strategies to mitigate these risks.**

**The risks associated with polypharmacy in older adults include increased likelihood of adverse drug reactions, drug-drug interactions, cognitive impairment, and falls. To mitigate these risks, healthcare providers should conduct regular medication reviews, prioritize deprescribing unnecessary medications, and ensure effective communication and education for patients regarding their medications.**