

## RN Learning System Gerontology Practice Quiz PDF

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

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

- Attending workshops
- Reading research journals
- Ignoring new technologies
- Joining professional organizations

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

- Use of canes
- Regular exercise
- Increased lighting
- Medication adjustments

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

- Asthma
- Arthritis
- Hepatitis
- Tuberculosis

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

- Increased energy
- Weight gain
- Loss of interest in activities
- Improved concentration

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

- Vitamin C
- Vitamin D
- Vitamin E
- Vitamin K

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

- Monotherapy
- Polypharmacy
- Pharmacodynamics
- Pharmacokinetics

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

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

- Holistic care
- Disease-focused care
- Individualized care
- Age-specific care

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

- Regular screenings
- Smoking cessation
- High-intensity workouts

- Balanced diet

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

- Elder abuse reporting  
 Patient confidentiality  
 Medication cost management  
 Informed consent

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

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

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

- Living will  
 Power of attorney  
 Health insurance policy  
 Prescription

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

- Telehealth services  
 Electronic health records

- Social media monitoring
- Automated medication dispensers

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

- Speaking loudly
- Using complex vocabulary
- Facing the person directly
- Speaking quickly

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

- Physical examination
- Social history
- Financial status
- Mental health evaluation

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

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

- Increased cardiac output
- Decreased blood pressure
- Thickening of the heart valves
- Increased heart rate

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

