

TEST BANK

Anderson's Caring for Older Adults Holistically

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6th Edition

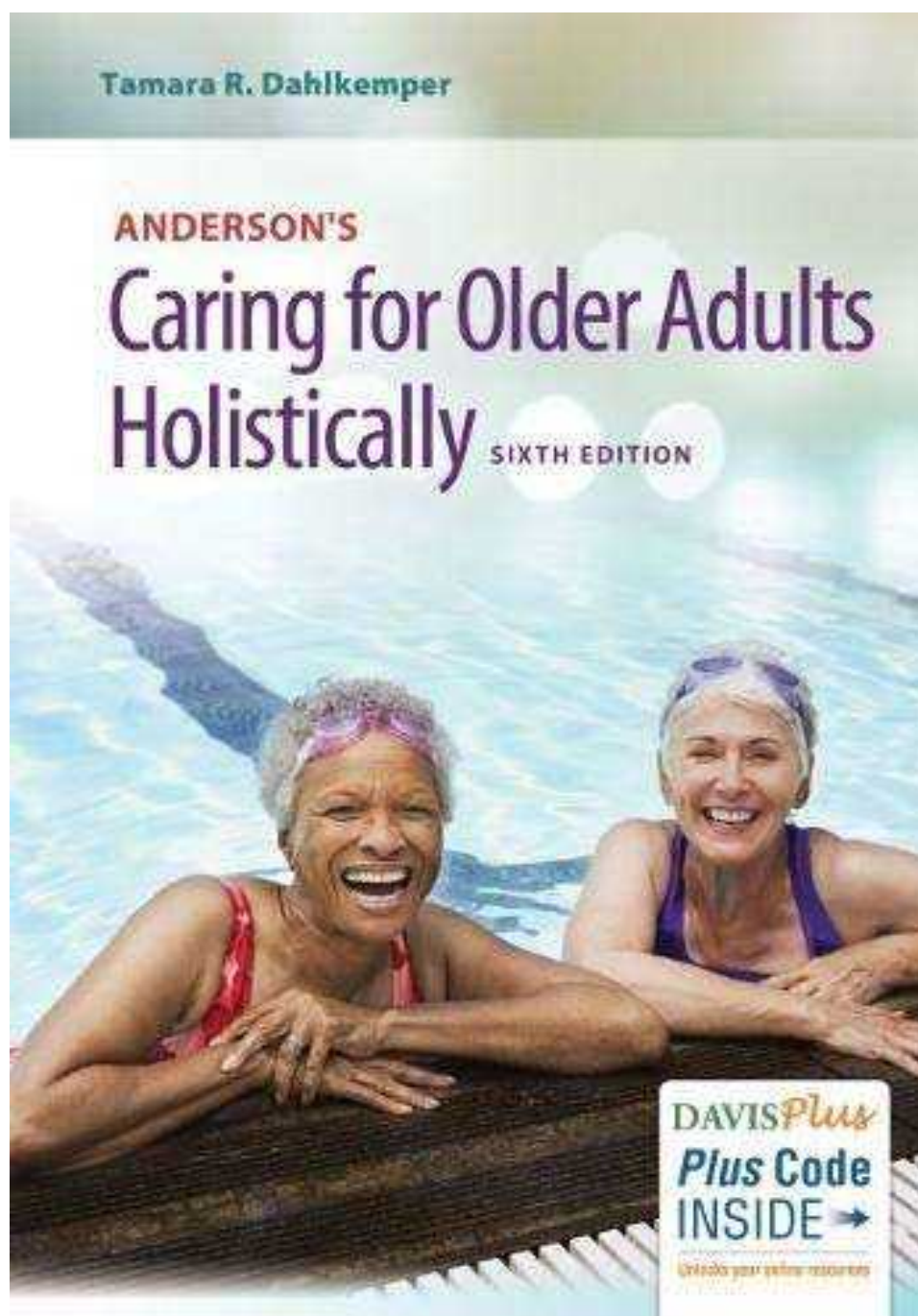


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Chapter 1: Holistic Caring

Multiple Choice

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

- _____ 1. According to the 2010 U.S. Census, approximately how many Americans are older than age 65?
 - 1) 2%
 - 2) 5%
 - 3) 13%
 - 4) 20%

- _____ 2. What is the average life expectancy today?
 - 1) 70.2 years
 - 2) 75 years
 - 3) 81.1 years for women and 76.3 years for men
 - 4) Longer for men than for women

- _____ 3. Which statement is NOT true about holistic nursing?
 - 1) Holistic nursing focuses on the specific disease or disorder a person has in order to treat it effectively.
 - 2) Holistic nursing aims to treat the whole person, not just a specific disease or disorder the person may have.
 - 3) Holistic nursing focuses on the individual patient and uses many techniques, such as empathetic listening, music, and imagery, as well as specific clinical skills.
 - 4) Holistic nursing weaves the technical skills of nursing with the social science skills that enhance communication and rapport between the nurse and the person receiving care.

- _____ 4. The Science of Human Caring theory was developed by
 - 1) Florence Nightingale
 - 2) Clara Barton
 - 3) Jean Watson
 - 4) Savage and Money

- _____ 5. Which is NOT emphasized in The Science of Human Caring?
 - 1) Providing transpersonal caring
 - 2) Focusing on the person while you are with him or her
 - 3) Ensuring that all nonessential tasks, such as bathing, are given according to a strict schedule
 - 4) Reaching out to the patient, making eye contact, touching if appropriate, speaking softly

- _____ 6. Which of the following is included as a basic concept of holistic nursing?
 - 1) Using your developed clinical expertise
 - 2) Developing a close relationship with the patient's family members and significant others
 - 3) Remembering the personal intuition and creativity of patients in your nursing plan
 - 4) All of the above

- _____ 7. Most elderly people having a heart attack have
 - 1) Pain diffused over the entire chest area

- 2) No pain
 - 3) Crushing sternal pain
 - 4) Pain on the left side of the chest and pain that radiates down the left arm
- _____ 8. Compared with the doses of medication given to a young adult, the doses given to an old-old person are usually
- 1) Smaller
 - 2) Larger, because the old-old person is probably sicker
 - 3) The same
 - 4) Minimal, because the person is very old and probably near death
- _____ 9. What communication technique has been developed specifically for dealing with demented elderly persons?
- 1) Cognitive therapy
 - 2) Validation therapy
 - 3) Geriatric Depression Scale
 - 4) Mini-Mental Status Examination (MMSE)
- _____ 10. An 82-year-old patient is diagnosed with liver cancer and has long-standing cardiovascular problems. The patient begins screaming and pushes his meal tray away. What would be an appropriate response?
- 1) Take the meal tray and leave the room without saying anything.
 - 2) Tell him to stop screaming in a loud voice.
 - 3) Calmly ask him what he is upset about and listen carefully to him.
 - 4) Call your supervisor.
- _____ 11. The nurse is overhead addressing an 87-year-old patient as “honey.” What is this an example of?
- 1) Beneficence
 - 2) Paternalism
 - 3) Caring
 - 4) Malfeasance
- _____ 12. The term “elite-old” is used for people
- 1) 65 to 74 years old
 - 2) 75 to 84 years old
 - 3) 85 to 100 years old
 - 4) Older than 100 years
- _____ 13. Which is a key concept in holistic nursing?
- 1) Following physician instructions and follow-up with the physician
 - 2) Developing a relationship with family members of the patient
 - 3) Using what you have learned—your clinical experience
 - 4) All of the above
- _____ 14. How should the nursing instructor explain the term “gerontology” to a new class of students?
- 1) It means the use of older medications to treat illnesses.
 - 2) It comes from a Greek word that means “related to old age.”
 - 3) It focuses on the housing needs of people who are underserved.
 - 4) It is a way of explaining health problems of people over age 50.
- _____ 15. Which term should the nurse use when explaining medical care that an older patient requires?
- 1) Genetics

- 2) Geriatrics
- 3) Gerontology
- 4) Gentrification

- ____ 16. During lunch a nursing colleague states that she never wants to be assigned to care for an older patient. What behavior is this nurse demonstrating?
- 1) Ageism
 - 2) Stereotyping
 - 3) Ethnocentricity
 - 4) Personal preference
- ____ 17. How should a nursing instructor explain the term “baby boomers” to new students?
- 1) People who have large families
 - 2) People who advocate for the care of infants
 - 3) People who have decided not to have large families
 - 4) People born between 1946 and 1965 after World War II
- ____ 18. What explains the decline in the elderly black population since 1980?
- 1) Diabetes
 - 2) Homicides
 - 3) Hypertension
 - 4) Heart disease
- ____ 19. Why are older people more likely to participate in exercise programs?
- 1) They have more time to exercise.
 - 2) They are trying to avoid boredom.
 - 3) They initiated the fitness movement.
 - 4) They want to spend time with their grandchildren.
- ____ 20. What information would be helpful when explaining Social Security to a group of new nursing students?
- 1) It is a federal and state supported process that provides health care to financially disadvantaged people.
 - 2) It is federal regulation providing health care for individuals older than age 65 or individuals who are permanently disabled.
 - 3) It is a federal benefit check paid to persons older than age 65 or persons with disabilities who are unable to work.
 - 4) It is a federal benefit check paid to retired workers of a specific age, disabled workers of any age, and spouses and minor children of deceased workers.
- ____ 21. What should be used to describe a nursing philosophy to a new nursing student?
- 1) It is a personal concept.
 - 2) It defines goals and aspirations.
 - 3) It outlines steps to a successful career.
 - 4) It recognizes the importance of education.
- ____ 22. Which behavior demonstrates that a nurse is developing a healing relationship with a patient?
- 1) Answering a call light using the intercom system
 - 2) Telling a patient that there is no time to try something new
 - 3) Sitting down in the patient’s room to discuss the plan of care

- 4) Reminding a patient that other patients are waiting for the nurse
- ____ 23. Which skill is essential to promote holistic nursing?
- 1) Critical thinking
 - 2) Active listening
 - 3) Time management
 - 4) Care coordination
- ____ 24. Who should the nurse identify as being members of the holistic health-care team for an older patient?
- 1) The nurse, doctor, and pharmacist
 - 2) The nurse, dietician, and discharge planner
 - 3) Those who will help meet the patient's needs
 - 4) The social worker, physical therapist, and nurse
- ____ 25. Which action demonstrates a safe environment?
- 1) Telephoning a patient prior to arriving for a home visit
 - 2) Mounting grab bars near the commode and in the shower
 - 3) Ensuring that a patient receives a requested daily newspaper
 - 4) Making sure that the television in the room has adequate volume
- ____ 26. What action should a nurse take who desires to become a more caring nurse?
- 1) Become a caring person.
 - 2) Ensure adequate daily rest.
 - 3) Set aside time for personal activities.
 - 4) Consume nutritious meals and exercise.
- ____ 27. An older patient with heart failure refuses any diagnostic tests and does not want to take any medication because of having limited health insurance. Which action should the nurse take that demonstrates caring?
- 1) Recommend that the patient be discharged home as soon as possible.
 - 2) Ask family members if they are willing to help pay for the patient's care.
 - 3) Contact a social worker to talk with the patient about health insurance coverage.
 - 4) Find out if the patient has any resources that can be liquidated to pay for the care.
- ____ 28. During a home visit, an older patient is planning to have dinner with a close friend and then see a movie. What does this behavior indicate to the nurse?
- 1) Industry
 - 2) Self-absorption
 - 3) Identity diffusion
 - 4) Gerotranscendence

Multiple Response

Identify one or more choices that best complete the statement or answer the question.

- ____ 29. The home health nurse is completing an admission assessment of an older patient. Which health problems should the nurse identify as being leading chronic diseases of older adults? *Select all that apply.*
- 1) Cancer
 - 2) Diabetes
 - 3) Heart disease

- 4) Hypertension
- 5) Multiple sclerosis

- ____ 30. What should be identified as reasons for the increased number of older adults in today's society? *Select all that apply.*
- 1) Better nutrition
 - 2) Earlier retirement
 - 3) Increased exercise
 - 4) Improved health care
 - 5) Consistent sanitation
- ____ 31. What should the instructor emphasize as being essential elements of a nursing philosophy with beginning students? *Select all that apply.*
- 1) Simple
 - 2) Popular
 - 3) Specific
 - 4) Meaningful
 - 5) Inexpensive

Chapter 1: Holistic Caring

Answer Section

MULTIPLE CHOICE

1. ANS: 3

Chapter number and title: Chapter 1 Holistic Care

Chapter/learning objective: 2. Discuss the current demographics of people older than age 65 years.

Chapter page reference: 7

Heading: Demographics of Aging

Integrated Processes: Nursing Process: Assessment

Client Need: Safe and Effective Care Environment: Coordinated Care

Cognitive level: Knowledge [Remembering]

Concept: Economics

Difficulty: Easy

	Feedback
1	Individuals 65 years of age or older make up more than 2% of the population.
2	Individuals 65 years of age or older make up more than 5% of the population.
3	Based on the most recent U.S. census completed in 2010, individuals 65 years of age and older make up 13% of the population. There were 23 million women and 17 million men older than age 65.
4	Individuals 65 years of age or older do not make up 20% of the population.

PTS: 1

CON: Economics

2. ANS: 3

Chapter number and title: Chapter 1 Holistic Care

Chapter/learning objective: 2. Discuss the current demographics of people older than age 65 years.

Chapter page reference: 7

Heading: Point of Interest

Integrated Processes: Nursing Process: Assessment

Client Need: Safe and Effective Care Environment: Coordinated Care

Cognitive level: Knowledge [Remembering]

Concept: Economics

Difficulty: Easy

	Feedback
1	The average life expectancy is greater than 70.2 years.
2	The average life expectancy is greater than 75 years.
3	The average life expectancy has increased dramatically in the last 75 years—from 59.7 years in 1930 to 81.1 years for women and 76.3 years for men, according to the latest census information.
4	Women live longer than men.

PTS: 1

CON: Economics

3. ANS: 1

Chapter number and title: Chapter 1 Holistic Care

Chapter/learning objective: 4. Define the word holism as it relates to gerontological nursing.

Chapter page reference: 9

Heading: Holistic Nursing

Integrated Processes: Caring

Client Need: Safe and Effective Care Environment: Coordinated Care

Cognitive level: Comprehension [Understanding]

Concept: Nursing Roles

Difficulty: Moderate

	Feedback
1	The word “holism” is derived from the Anglo-Saxon root “hal,” which means “whole” or “to heal.” Holistic nursing focuses on the whole person, not the person’s specific disease or disorder.
2	Holistic nursing treats the whole person and not just a disease or disorder.
3	Holistic nursing uses techniques such as empathetic listening, music, and imagery, as well as specific clinical skills.
4	Holistic nursing uses technical skills in combination with those that enhance communication and rapport.

PTS: 1

CON: Nursing Roles

4. ANS: 3

Chapter number and title: Chapter 1 Holistic Care

Chapter/learning objective: 5. Discuss the theory “The Science of Human Caring” by Dr. Jean Watson as it relates to clinical practice.

Chapter page reference: 11

Heading: Human Caring

Integrated Processes: Caring

Client Need: Safe and Effective Care Environment: Coordinated Care

Cognitive level: Knowledge [Remembering]

Concept: Nursing Roles

Difficulty: Easy

	Feedback
1	Florence Nightingale, known as the Mother of Modern Nursing, practiced holistic nursing long before the term was even used.
2	Clara Barton served as an exemplary nurse during the Civil War.
3	The Science of Human Caring is a nursing philosophy developed by Dr. Jean Watson of the University of Colorado. This philosophy is taught worldwide and serves as the basis for teaching and caregiving.
4	Savage and Money have written on the concepts of holistic nursing.

PTS: 1

CON: Nursing Roles

5. ANS: 3

Chapter number and title: Chapter 1 Holistic Care

Chapter/learning objective: 5. Discuss the theory “The Science of Human Caring” by Dr. Jean Watson as it relates to clinical practice.

Chapter page reference: 12

Heading: Human Caring

Integrated Processes: Caring

Client Need: Safe and Effective Care Environment: Coordinated Care

Cognitive level: Comprehension [Understanding]

Concept: Nursing Roles

Difficulty: Moderate

	Feedback
1	Transpersonal caring is the human-to-human relationship, which is a part of The Science of Human Caring.
2	The person is the focus in The Science of Human Caring.
3	It is important that essential tasks, such as giving medications, be done according to schedule, but if a patient is in distress, needs to talk, or needs answers, there should be some flexibility for nonessential tasks. The nurse needs to treat the whole person, not just give out drugs and see to it that certain grooming tasks are performed routinely.
4	Personal contact, eye contact, and speaking softly are parts of The Science of Human Caring.

PTS: 1

CON: Nursing Roles

6. ANS: 4

Chapter number and title: Chapter 1 Holistic Care

Chapter/learning objective: 4. Define the word holism as it relates to gerontological nursing.

Chapter page reference: 12

Heading: Basic Concepts of Holistic Care

Integrated Processes: Caring

Client Need: Safe and Effective Care Environment: Coordinated Care

Cognitive level: Knowledge [Remembering]

Concept: Nursing Roles

Difficulty: Easy

	Feedback
1	The practice of holistic nursing uses clinical expertise.
2	A close relationship is developed with family members and significant others in holistic nursing.
3	Holistic nursing uses personal intuition and creativity when planning patient care.
4	The practice of holistic nursing includes following physicians' orders, using your clinical expertise, respecting and drawing on a person's knowledge of and intuition of his or her own body, and integrating significant others in the patient's life into his or her care.

PTS: 1

CON: Nursing Roles

7. ANS: 2

Chapter number and title: Chapter 1 Holistic Care

Chapter/learning objective: 4. Define the word holism as it relates to gerontological nursing.

Chapter page reference: 6

Heading: Gerontological Nursing

Integrated Processes: Nursing Process: Assessment

Client Need: Safe and Effective Care Environment: Coordinated Care

Cognitive level: Knowledge [Remembering]

Concept: Comfort; Perfusion; Nursing

Difficulty: Easy

	Feedback
1	Pain over the chest area is a symptom often found in younger people.
2	Most elderly people who have a heart attack are less likely to have chest pain.
3	Crushing sternal pain is a symptom often found in younger people.
4	Pain over the left side of the chest radiating down the left arm is a symptom often found in younger people.

PTS: 1 CON: Comfort | Perfusion | Nursing

8. ANS: 1

Chapter number and title: Chapter 1 Holistic Care

Chapter/learning objective: 4. Define the word holism as it relates to gerontological nursing.

Chapter page reference: 7

Heading: Gerontological Nursing

Integrated Processes: Nursing Process: Planning

Client Need: Physiological Integrity: Pharmacological Therapies

Cognitive level: Comprehension [Understanding]

Concept: Medication; Nursing

Difficulty: Easy

	Feedback
1	Medication doses for a young or middle-aged person may overwhelm the systems of an elderly person with devastating results. As people age, their metabolism often slows, and there are many changes in body systems that can affect a drug's absorption and excretion. Older people often require smaller drug dosages.
2	Medication doses are not larger because the patient is sicker.
3	Medication doses are not the same.
4	Medication doses are not being withheld because the patient is old and possibly near death, which is an uncaring belief.

PTS: 1 CON: Medication | Nursing

9. ANS: 2

Chapter number and title: Chapter 1 Holistic Care

Chapter/learning objective: 1. Define gerontological nursing.

Chapter page reference: 6

Heading: Gerontological Nursing

Integrated Processes: Communication and Documentation

Client Need: Psychosocial Integrity

Cognitive level: Comprehension [Understanding]

Concept: Cognition

Difficulty: Easy

	Feedback
1	Cognitive therapy, also known as cognitive behavioral therapy, is a method of treating many emotional and psychological problems, including anxiety, depression, and phobias.
2	Validation therapy is a communication technique that has been developed specifically for dealing with demented elderly persons (including persons with Alzheimer's disease). It focuses on accepting the person's view of reality and age-appropriate

	behavior and can be used to calm a pacing, agitated older person.
3	The Geriatric Depression Scale is a tool used in neurological and psychological assessment.
4	The MMSE is a tool used in neurological and psychological assessment.

PTS: 1 CON: Cognition

10. ANS: 3

Chapter number and title: Chapter 1 Holistic Care

Chapter/learning objective: 6. Describe five examples of how you, as a novice nurse, can use Watson's theory as you give nursing care to older adults.

Chapter page reference: 15

Heading: Expanding the Concept of the Science of Human Caring

Integrated Processes: Communication and Documentation

Client Need: Psychosocial Integrity

Cognitive level: Application [Applying]

Concept: Caring

Difficulty: Moderate

	Feedback
1	Removing the meal tray and leaving the room is uncaring and insulting to the patient.
2	Telling the patient to stop screaming in a loud voice is responding with anger and does not determine the cause of the outburst.
3	The nurse should try to find out what is bothering him and ask specific questions. Remember that the patient has been given a very serious and probably terminal diagnosis, and anger is understandable. There is a reason for every behavior, and the nurse has the responsibility to learn the reason before reacting.
4	If the patient becomes unruly assistance should be obtained, but first try to determine the reason for the outburst and provide comfort if possible.

PTS: 1 CON: Caring

11. ANS: 2

Chapter number and title: Chapter 1 Holistic Care

Chapter/learning objective: 6. Describe five examples of how you, as a novice nurse, can use Watson's theory as you give nursing care to older adults.

Chapter page reference: 14

Heading: Point of Interest

Integrated Processes: Communication and Documentation

Client Need: Psychosocial Integrity

Cognitive level: Comprehension [Understanding]

Concept: Nursing; Communication

Difficulty: Easy

	Feedback
1	Beneficence is an ethical principle in nursing. Beneficence is to be aimed for.
2	Speaking to patients as if they are children is a form of paternalism. Elderly people should be addressed with respect, usually by Mr. or Mrs., unless they specifically ask you to use their first name.