

## CARING FOR THE ELDERLY-GERONTOLOGY 4Hr

### Examination

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*Fields in bold are required*

Question 1

**Aging is not a disease; but a NORMAL progressive process.**

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- ☐ True
- ☐ False

Question 2

**Changes to the bones and muscles of the chest and spine include \_\_\_\_\_.**

- ☐ A. Bones become thinner and change shape. This can change the shape of the ribcage. As a result, the ribcage cannot expand and contract as well during breathing.
- ☐ B. The diaphragm, the muscle that supports breathing becomes weakened. This weakness may prevent the individual from breathing enough air in or out.

- ☐ C. The changes in the bones and muscles may lower the oxygen level in the body and less carbon dioxide may be removed from the body.
- ☐ D. All of the above

Question 3

**To decrease the effects of aging on the lungs, practitioner /the health care worker and others involved in their care, should educate the individual /patient to \_\_\_\_\_**

- ☐ A . Avoid smoking because smoking harms the lungs and speeds up lung aging.
- ☐ B. Do physical activity/ exercise to improve lung function.
- ☐ C. Stay in bed and get more rest, especially during an illness.
- ☐ D. A and B

Question 4

**Educate the elderly patient to get up and move around because lying in bed or sitting for long periods allows mucus to collect in the lungs, which puts the individual at risk of lung infections.**

- ☐ True
- ☐ False

Question 5

**What statement is inaccurate regarding the bone changes experienced with aging?**

- ☐ A. The bones lose calcium and other minerals
- ☐ B. Bones become much stronger and more difficult to break
- ☐ C. Bones become more brittle and may break more easily
- ☐ D. Individuals lose bone mass or density as they age, especially women after menopause

Question 6

**With aging, men sometimes have a lower level of testosterone**

- ☐ True
- ☐ False

Question 7

**As the individual grow older, the immune system does not work as well. The following immune system changes may occur:**

- ☐ A. The immune system becomes quicker to respond.
- ☐ B. The body may heal more quickly.
- ☐ C. The immune system's ability to detect and correct cell defects declines.
- ☐ D. There are more immune cells in the body to bring about healing.

Question 8

**What statement is inaccurate regarding menopause?**

- ☐ A. Menopause is a normal part of a woman's aging process
- ☐ B. Menopause is an abnormal part of a woman's aging process.
- ☐ C. Most women experience menopause around the age of 50, although it can occur before that age.
- ☐ D. After menopause, the individual can no longer become pregnant.

Question 9

**With menopause \_\_\_\_\_.**

- ☐ A. The ovaries stop making the hormones estrogen and progesterone.
- ☐ B. The ovaries also stop releasing eggs.
- ☐ C. The menstrual periods stop.
- ☐ D. All of the above

Question 10

Some of the changes in the bladder include\_\_\_\_\_.

- ☐ A. The bladder wall changes and the elastic tissue becomes tough and the bladder becomes less able to stretch.
- ☐ B. The bladder cannot hold as much urine as before.
- ☐ C. The bladder muscles strengthens.
- ☐ D. A and B

Question 11

When identifying the patient, it is mandatory for you to use at least two identifiers (Use 2 methods to identify the patient). Therefore you may use a bed number or room number as identifiers?

- ☐ True
- ☐ False

Question 12

What statement is not accurate regarding Sensory changes in the elderly individual?

- ☐ A. As we age, the senses (hearing, smell, vision, taste, touch) change and become less sharp.
- ☐ B. Sensory changes do not affect daily lifestyle.
- ☐ C. The aging person may have problems communicating and enjoying activities.
- ☐ D. Sensory changes can lead to isolation.

Question 13

Assistance with activities of daily living means the certified nursing assistant or a home health aide provides to the patient individual assistance with activities of daily living, including the following except:

- ☐ A. Ambulation
- ☐ B. Administering medications prn.
- ☐ C. Bathing
- ☐ D. Dressing

Question 14

**Ambulation includes providing physical support to enable the patient to move about within or outside of the patient's place of residence. Physical support includes holding the patient's hand, elbow, under the arm, or holding on to a support belt worn by the patient to assist in providing stability or direction while the patient ambulates.**

- ☐ True
- ☐ False

Question 15

**Assisting the elderly patient with bathing includes:**

- ☐ A. Helping the patient in and out of the bathtub or shower being available while the patient is bathing.
- ☐ B. Helping the patient in and out of the shower and leaving the patient alone while the patient is bathing.
- ☐ C. Washing and drying the patient.
- ☐ D. A and C

Question 16

**Toileting the elderly patient involves \_\_\_\_\_.**

- ☐ A. Reminding the patient about using the toilet, assisting him/Her to the bathroom, helping to undress, positioning on the commode
- ☐ B. Helping with related personal hygiene, including assistance with changing of an adult brief.
- ☐ C. Assisting with positioning the patient on the bedpan, and helping with related personal hygiene.
- ☐ D. All of the above

Question 17

**Assistance the elderly patient with physical transfer includes \_\_\_\_\_. Providing verbal and physical cueing, physical assistance, or both while the patient moves from one position to another, for example between the following: a bed, chair, wheelchair, commode, bathtub or shower, or a standing position. Transfer can also include use of a mechanical lift.**

- ☐ True

☐ False

Question 18

**It is very important to wash your hands \_\_\_\_\_**

- ☐ A. Only if needed before providing care
- ☐ B. Before and after providing any type of care
- ☐ C. only when they look soiled
- ☐ D. Only when they become wet

Question 19

**Some causes of medication errors include:**

- ☐ A. Poor communication between health care providers, between providers and patients
- ☐ B. Prescribing errors, product labeling, packaging, dispensing, distribution
- ☐ C. Medical abbreviations, sound alike medication names, Illegible prescriptions or confusing directions.
- ☐ D. All of the above

Question 20

**While caring for the elderly patient you observe that he is experiencing anaphylaxis. Which statement is not accurate regarding Anaphylaxis?**

- ☐ A. Anaphylaxis is an emergency situation
- ☐ B. Anaphylaxis will resolve just give the patient some time to feel better
- ☐ C. Anaphylaxis requires medical attention immediately.
- ☐ D. Call 911 immediately