

American Nurses Credentialing Center

Sample Certification Examination Questions

Gerontological Nurse (09)

The following practice examination is provided to assist candidates in preparing for the Gerontological Nurse Certification Examination. The practice examination contains 75 test items, whereas the certification examination contains 150 scored items.

The distribution of items per Test Content Outline (TCO) content domain on this practice examination is similar to the distribution on the scored examination.

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1. For an individual with age-related hearing loss, which sound is most difficult to hear?
 1. A recording of a march played softly
 2. A young child talking in a cafeteria line
 3. Hammering during construction of a house next door
 4. The voice of a man speaking in an elevator

2. Pain of gastrointestinal origin is best differentiated from pain of cardiac origin by the presence of:
 1. chest pain lasting longer than five minutes.
 2. chest pain of rapid onset.
 3. left flank pain.
 4. substernal chest discomfort.

3. The progression of intermittent claudication is measured by the:
 1. distance walked before leg pain starts.
 2. pedal edema after dangling the legs for 20 minutes.
 3. peripheral pulses in the affected leg.
 4. skin temperature and color of the feet.

4. An early sign of alcohol withdrawal is:
 1. auditory hallucinations.
 2. decreased blood pressure.

3. depression.
 4. diaphoresis.
5. A stage III pressure ulcer is characterized by:
1. blisters, abrasions, or shallow craters.
 2. deep craters with or without undermining and full-thickness skin loss involving subcutaneous tissue.
 3. full-thickness skin loss with tissue necrosis or damage to muscle or bone.
 4. partial-thickness skin loss involving the dermis or epidermis.
6. The primary risk factor for the development of pressure ulcers in older adult patients is:
1. immobility.
 2. impaired circulation.
 3. incontinence.
 4. malnutrition.
7. An 80-year-old resident of a retirement center states that something is wrong with the lighting in the room because colored rings appear around the light bulbs. The resident most likely has:
1. cataracts.
 2. delusions.
 3. glaucoma.
 4. increased intracranial pressure.
8. The most common cause of chronic pain in older adults is:
1. arthritis.
 2. fractures.
 3. headaches.
 4. neuropathy.
9. A 72-year-old man with asthma, chronic obstructive pulmonary disease, and chronic anxiety is admitted to a nursing home. Care plan objectives for this man include:
1. adherence to his medication regimen, inhalation therapy, and instruction about methods of conserving energy.
 2. an exercise program to increase the vital capacity of his lungs.
 3. instruction in respiratory exercises with emphasis on forced inhalation.
 4. oxygen therapy at 3 L/min as needed and deep-breathing exercises for relaxation.

10. A 65-year-old man with a 45-year history of smoking complains of a change in his cough pattern, a nonproductive cough, and an ache in his chest. The man's chest x-ray reveals an infiltrate. The gerontological nurse suspects:
1. a lung tumor.
 2. chronic obstructive pulmonary disease.
 3. pulmonary edema.
 4. tuberculosis.
11. Which symptom in older adults is most indicative of a urinary tract infection?
1. Confusion
 2. Dysuria
 3. Fever
 4. Frequency
12. Which is a risk factor for vaginitis in older adult women?
1. Anticoagulation therapy
 2. Increased sexual activity
 3. Poor nutrition
 4. Prolonged antibiotic therapy
13. Which condition might be indicated by an increase in hemoglobin values?
1. Dehydration
 2. Infection
 3. Malnutrition
 4. Opiate use
14. An 83-year-old female patient underwent a total hip replacement three days ago. She should not cross her legs because:
1. abduction of the hip can cause dislocation of the prosthesis.
 2. adduction of the hip can cause dislocation of the prosthesis.
 3. blood clots often result from pressure on arteries in the legs.
 4. contracture can be prevented by avoiding acute flexion of the hip.
15. A 76-year-old patient with osteoarthritis complains of pain, stiffness, and deformities of the fingers. The gerontological nurse recommends:
1. cold packs.
 2. exercise.
 3. meditation therapy.
 4. vitamin therapy.

16. A factor that contributes to hypothermia in older adults is:
1. decreased activity.
 2. decreased vulnerability to cold.
 3. increased perception of cold.
 4. increased subcutaneous fat.
17. Heat stroke is a serious form of hyperthermia that is characterized by:
1. absence of sweating.
 2. decrease in body temperature.
 3. increase in sweating.
 4. nausea and vomiting.
18. A gerontological nurse is teaching dressing techniques to a patient with right hemiplegia and a severe speech impairment. An appropriate first step in the nurse's teaching would be to:
1. ask the patient to put on a shirt.
 2. demonstrate the proper way to put on a shirt.
 3. explain the difficulties in putting on a shirt.
 4. give verbal instructions on dressing procedures.
19. Older adults with Parkinson disease exhibit:
1. confusion and depression.
 2. dementia and hyperkinesia.
 3. rigidity and tremor at rest.
 4. weakness and tremor with movement.
20. To prevent injury, a gerontological nurse advises an older adult who is taking tricyclic antidepressants to:
1. eat a diet high in roughage.
 2. get an additional night light.
 3. provide lubrication for the oral mucosa.
 4. stand up slowly from sitting or lying positions.
21. Persons who are taking anticholinergic drugs are at high risk for:
1. cardiac arrhythmias.
 2. dry mouth.
 3. orthostatic hypotension.
 4. slurred speech.

22. Age-related changes in which two organs most affect an older adult's reaction to medication?
1. Heart and lungs
 2. Intestines and spleen
 3. Liver and kidneys
 4. Pancreas and gall bladder
23. Sildenafil citrate (Viagra) is hazardous for patients with:
1. a history of coronary artery bypass graft.
 2. a history of shingles.
 3. heart failure and borderline hypotension.
 4. Paget disease and hypertension.
24. A 78-year-old patient calls a telephone triage nurse and reports several falls after taking over-the-counter medication for a recent cold. Which medication contributed to the falls?
1. Diphenhydramine (Benadryl)
 2. Ferrous sulfate
 3. Guaifenesin (Robitussin)
 4. Loratadine (Claritin)
25. Older adults who take the herbal supplement cascara sagrada are monitored for the presence of:
1. fever.
 2. hypokalemia.
 3. jaundice.
 4. vertigo.
26. A nursing home conducts a survey to evaluate nursing care. However, some residents did not express their concerns due to fear of reprisal by the staff. Which aspect of the evaluation is most affected?
1. Generalizability
 2. Reliability
 3. Statistical significance
 4. Validity
27. A common side effect of angiotensin-converting enzyme inhibitors that frequently results in discontinuation of therapy is:
1. a dry, persistent cough.
 2. exacerbation of heart failure.
 3. sedation.

4. urinary incontinence.
28. A patient with Stage 2 Alzheimer disease visits the mental health clinic. During the interview, the patient becomes hostile and refuses to answer further questions. The gerontological nurse's best action is to:
1. ask if the questions upset the patient in any way.
 2. discontinue the interview.
 3. explain that the information is needed to plan the patient's care.
 4. ignore the patient's reaction and proceed.
29. A gerontological nurse at a nursing home conducts a reminiscence therapy group for residents with confusion. A member of the group stands up and says, "I just heard my cow. I have to go and milk her now." The nurse's most therapeutic response is:
1. "All right, you may leave the group now."
 2. "Please tell us about your cow."
 3. "That wasn't a cow; maybe you heard a vacuum cleaner."
 4. "You live here at the nursing home now, not on the farm."
30. Reminiscence therapy promotes an older adult's sense of security by:
1. increasing socialization skills.
 2. meshing the past with the future.
 3. providing praise and recognition.
 4. reviewing comforting memories.
31. A physician has just informed an older adult patient that test results indicate that the patient has cancer and will require extensive surgery. The patient says, "I know the tests are wrong. I feel fine." The gerontological nurse's most appropriate response is to:
1. acknowledge that the patient looks healthy and encourage seeking a second opinion.
 2. advise the patient to join a support group.
 3. convey availability to talk to the patient.
 4. tell the patient that the tests are reliable and accurate.
32. A 75-year-old patient who sustained a stroke has residual left-sided weakness. From the first day of hospitalization, the patient has been combative and demanding, and has refused to swallow any medication. The most constructive nursing action is to:
1. continue to attempt to follow the physician's orders.
 2. determine the patient's premorbid personality.
 3. restrain the patient and request a change in the route of medication.
 4. wait for the patient to become more cooperative.

33. A healthy 80-year-old female patient complains that her skin feels dry and sometimes itchy. The gerontological nurse advises her to:
1. avoid scratching since breaks in the skin increase the risk of infection.
 2. drink more liquids and take showers instead of baths.
 3. take fewer baths, use soap sparingly, and apply skin cream afterward.
 4. wear cotton clothing and try a different brand of soap.
34. A 90-year-old patient with multiple medical problems is admitted to the hospital's geriatric care unit. The nursing assessment reveals lethargy, poor capillary perfusion, and urinary incontinence. These findings alert the gerontological nurse to the potential for:
1. aspiration.
 2. contractures.
 3. dehydration.
 4. skin breakdown.
35. An 80-year-old patient complains of sleeping less despite spending more time in bed. The patient does not use alcohol, caffeine, or any medications other than acetaminophen for arthritis pain. The patient goes to bed at 11:00 pm, falls asleep in 15 minutes, awakens several times during the night, and promptly goes back to sleep. The patient feels refreshed in the morning and works five days a week as a volunteer. The gerontological nurse's most appropriate response is to:
1. recommend that the patient eliminate fluid intake after 6:00 pm.
 2. recommend that the patient go to bed one hour earlier.
 3. suggest that the patient enroll in a sleep study.
 4. tell the patient that the sleeping pattern is a normal age-related change.
36. Which signs are characteristic of deep vein thrombosis?
1. A cool, non-tender limb
 2. Limb numbness with diaphoresis
 3. Rapid onset of unilateral leg swelling with dependent edema
 4. Vertigo with an abrupt onset of blurred vision
37. Unusual symptoms of pneumonia often found in long-term care residents include:
1. anorexia and new behavioral problems.
 2. headache and difficulty breathing.
 3. muscle aches and fever.
 4. nonproductive cough and chest pain.
38. Which symptom is exhibited first by an older adult with a urinary tract infection?

1. Anorexia
 2. Confusion
 3. Fever
 4. Restlessness
39. Which assessment tool measures economic resources, mental health, and activities of daily living?
1. Lawton's Physical Self-Maintenance Scale
 2. Older Americans Resources and Services Assessment
 3. Problem Oriented Medical Record
 4. Short Portable Mental Status Questionnaire
40. All care plans for older adult patients include:
1. a bowel and bladder program.
 2. a fall prevention program.
 3. discharge planning.
 4. reminiscence therapy.
41. An older adult patient, who is recovering from surgery, has a sodium level of 128 mEq/L and is confused. The physician diagnoses syndrome of inappropriate secretion of antidiuretic hormone. The gerontological nurse's primary goal for this patient is to:
1. decrease edema by restricting free water intake.
 2. prevent complications of hyponatremia.
 3. reorient the patient to his or her surroundings.
 4. restore the patient's fluid and electrolyte balance.
42. The adult children of an aging couple ask a gerontological nurse about alternative therapies or nontraditional services to improve their parents' health. The nurse's most appropriate response is to:
1. discuss the benefits, risks, and limitations of various therapies.
 2. distinguish between folk and traditional medicine.
 3. give a firm warning about alternative therapies.
 4. recommend a reputable holistic health therapist.
43. A 73-year-old patient is admitted to a rehabilitation facility after sustaining a mild stroke. After three nights in the facility, the patient begins to sleep only four to five hours a night and to awaken frequently during the night. The patient then complains of not feeling rested and begins to nap during the day. Which is the most appropriate nursing action?
1. Completing an assessment of the patient's sleep-wake cycle to determine necessary interventions
 2. Doing nothing since this type of sleep pattern is associated with normal aging

3. Inquiring if the patient takes a medication at bedtime and requesting that the physician order it
 4. Moving the patient further away from the nurse's station to minimize disturbances
44. A 68-year-old man calls his daughter every night to talk about his beloved wife who died four weeks ago. During the day, he is sad and goes out frequently to get away from the empty house. The man's most probable state is:
1. depression.
 2. mourning.
 3. neurosis.
 4. prolonged grief.
45. The main reason that older adults with a chronic illness tolerate functional impairments is that they:
1. are afraid to seek medical advice for fear of what they may find.
 2. associate their symptoms with aging rather than an illness.
 3. believe in home remedies and parental traditions.
 4. relate their symptoms to conditions that resolved in the past without treatment.
46. An 87-year-old man, who has been living independently, is entering a nursing home. To help him adjust, the most effective action is to:
1. involve him in as many activities as possible so he can meet other residents.
 2. move him as quickly as possible so that he does not have time to think.
 3. restrict family visits for the first two weeks to give him time to adjust.
 4. suggest that he bring his favorite things from home to make his room seem familiar.
47. An 80-year-old patient is in the terminal stage of Alzheimer disease. The treatment team meets with the patient's who are angry and complain about a recent incident in which their parent's dentures were misplaced. The team members realize that:
1. anger at staff is a symptom of grief and needs to be addressed.
 2. anxiety about the meeting may have interfered with the children's affect.
 3. material items are the focus for the children at this time.
 4. the focus of control should shift to the parent.
48. When relocating from a family home to a continuing care community, the most crucial factor in an older person's adjustment is his or her:
1. level of economic independence.
 2. perceived control of the move.
 3. physical proximity to remaining family.
 4. risk-taking ability.

49. A 78-year-old male resident at a long-term care facility, who is a former business executive, has been smoking and extinguishing cigarettes in a paper cup in areas where smoking is prohibited. He has been informed repeatedly of the designated smoking areas. The resident's behavior indicates an attempt to:
1. express self-transcendence.
 2. maintain autonomy by exercising control.
 3. maintain his previous professional role.
 4. react against the facility's ageism.
50. A gerontological nurse is caring for an older adult who has been confined to home for the last 10 weeks due to illness. The patient is anxious, has multiple somatic complaints, and has become unable to follow instructions. The nurse knows that this phenomenon commonly occurs with:
1. environmental overload.
 2. protective isolation.
 3. selective inattention.
 4. sensory deprivation.
51. The gerontological nurse facilitates the benefits of life review by:
1. assisting the older adult to accept death as the inevitable last stage.
 2. changing the topic when a patient talks about his or her morbid past.
 3. encouraging reminiscence, oral histories, and storytelling.
 4. helping the older adult explore how spiritual involvement assists with stress relief.
52. The holiday season is approaching and a woman is admitted to a psychiatric unit. She reports that her husband of 45 years passed away four weeks ago. She frequently cries, eats poorly, periodically complains of back and stomach aches, and has begun isolating herself. What type of grief is this woman exhibiting?
1. Acute
 2. Anticipatory
 3. Disenfranchising
 4. Dysfunctional
53. A 92-year old patient, who recently underwent a below-the-knee leg amputation, is resisting attempts at rehabilitation. The most likely reason for the resistance is that the patient:
1. has goals that differ from the rehabilitation care plan.
 2. has too many disabilities to realistically plan for rehabilitation.
 3. is too old to undergo rehabilitation.
 4. requires a psychiatrist's assistance to deal with the loss.

54. When the gerontological nurse in a clinic asks a 70-year-old man about his sexual activity, he begins to cry and says, "I feel so bad for my wife; she is only 60, and I can't seem to satisfy her as often as I used to." Which is the nurse's most appropriate response?
1. "At your age, sexual activity diminishes because of changes in your circulation. I will explain this to your wife."
 2. "Certain body functions, such as erections, slow down with age. Could you tell me more about your sexual relations? For instance, how often do you have intercourse?"
 3. "Your problem is probably an emotional one. If you could relax, you would be as sexually active as you were 10 years ago."
 4. "Your problem is probably due to a decrease in your sexual hormones. This occurs naturally as people age."
55. An alert and oriented 82-year-old woman, who lives with her daughter, has been admitted to the hospital with bruises about the face and head. The daughter reports that her mother fell. Which behavior by the daughter raises the greatest suspicion of elder abuse?
1. Becoming defensive when questions are asked
 2. Complaining about care delivered by hospital staff
 3. Giving an illogical account of her mother's fall
 4. Refusing to leave her mother alone to answer questions
56. In teaching an older adult client, the gerontological nurse's most appropriate initial strategy is to:
1. assess the client and individualize the teaching methods.
 2. set a slow learning pace and begin teaching simple concepts.
 3. teach slowly and use repetition.
 4. use demonstration and provide ample opportunity for practice.
57. In preparing a presentation for older adults, a gerontological nurse keeps in mind that:
1. older adults are unlikely to participate in educational programs due to lack of interest.
 2. older adult learners are heterogeneous due to diverse educational experiences and learning strategies.
 3. the ability to acquire knowledge from a verbal presentation decreases with age more than the ability to acquire knowledge through reasoning.
 4. the age-related decline in intellectual performance creates obstacles for acquiring new information.

58. Members of a family are caring for their father at home. Which statement by a family member indicates a need for teaching and caregiver instruction?
1. "Dad has gotten lazy about his bathroom habits. He blames his arthritis medication for his toileting accidents."
 2. "Dad's room is close to the bathroom and we keep a light on for him at night."
 3. "It's inconvenient, but we stop other activities to remind Dad to go to the bathroom on a regular schedule."
 4. "We try to avoid coffee and tea at night, but Dad really likes a cup of coffee for breakfast."
59. When hospital quality assurance indicators are assigned, the nursing staff strives to:
1. avoid emphasizing performance deficits.
 2. decrease patient falls.
 3. focus on achieving 100% compliance.
 4. identify high-risk, high-volume, or problem-prone areas.
60. The most appropriate environment for a person with chronic dementia is one that:
1. changes often to decrease boredom.
 2. contains familiar objects.
 3. is limited in color and sound.
 4. is stimulating so as to challenge thought.
61. In assessing the lighting for a patient with glaucoma, the gerontological nurse knows that:
1. ceiling lights are best.
 2. drapes should be left open during the daylight hours.
 3. higher levels of light are needed.
 4. lower levels of light are needed.
62. A 63-year-old patient is returning home after being hospitalized for injuries received during a robbery and home invasion. Although neighborhood robberies are rampant, the patient has lived in the same house for 50 years and does not want to move. The patient receives a monthly social security check. The gerontological nurse's most appropriate step is to:
1. advise the patient to arrange for someone to visit regularly or move into the home.
 2. advise the patient to have the social security check deposited directly to the bank and to get a dog.
 3. assume that the patient is incompetent and initiate commitment proceedings.
 4. take no action since the patient has a right to autonomy.

63. A gerontological nurse in a daycare program for older adults observes that the participants have long toenails, corns, calluses, and other problems indicating a need for better foot care. What is the nurse's best action?
1. Developing an educational program on foot health and arranging for podiatry services at the site
 2. Establishing a regular foot care plan whereby the participants' toenails would be cut and corns and calluses shaved
 3. Instructing competent family members in the proper methods of cutting toenails and using commercial foot care products.
 4. Recommending that the participants soak their feet for 10 minutes before cutting their toenails using safe toenail clippers
64. The occurrence of tuberculosis in the older adult is significantly increased among individuals who:
1. are physically inactive.
 2. are cigarette smokers.
 3. have received the Bacille Calmette Guérin (BCG) vaccine.
 4. reside in institutions.
65. Which type of fracture has the highest morbidity and mortality in the older adult?
1. Ankle
 2. Hip
 3. Shoulder
 4. Vertebral
66. The primary reason for establishing quality improvement committees at long-term care facilities is to:
1. facilitate staff participation.
 2. initiate changes based on interdisciplinary exchange.
 3. monitor and record incidents, accidents, and injuries.
 4. provide quality care based on measurable data.
67. An accrediting body evaluates a nursing home by monitoring the number of residents who developed pressure ulcers and urinary tract infections. What type of audit is being conducted?
1. Outcomes
 2. Process
 3. Prospective
 4. Structure

68. A gerontological nurse is creating a staff development program for a unit. To assess the staff's learning needs, the nurse's best approach is to ask staff members:
1. "How do you want to learn new material?"
 2. "What do you need to know to do your job better?"
 3. "What do you think others need to learn?"
 4. "What do you think others want you to learn?"
69. A comprehensive staff development program in a long-term care facility is based on the:
1. availability of educational resources.
 2. nursing director's perceptions of staff learning needs.
 3. philosophy, goals, and objectives of the organization.
 4. recommendations of the ombudsman.
70. A gerontological charge nurse delegates the administration of a nasogastric tube feeding to a licensed practical nurse (LPN). Which statement about this situation is most accurate?
1. The charge nurse is responsible for delegated care.
 2. The charge nurse should implement the care and not delegate the task.
 3. The LPN is accountable for his or her own actions.
 4. The LPN should respectfully refuse to initiate this care.
71. Which profession first developed standards of gerontological care and provided a certification mechanism to ensure expertise?
1. Medicine
 2. Nursing
 3. Physical therapy
 4. Social work
72. The gerontological nurses in a teaching nursing home are informed of a research project to obtain voiding cystometrograms on all residents. The gerontological nurses' responsibility is to ensure that the:
1. non-English speaking residents receive a complete explanation of the study in their native languages.
 2. nursing home administration know that the nurses do not support such invasive studies on the residents.
 3. research team is well staffed so that the nursing home staff can provide care as usual.
 4. residents will be properly medicated in the examining room where the tests will be conducted.
73. Which is an accurate statement about Medicare?

1. Medicare is a health insurance program with carefully described benefits that may restrict the length of hospital stays.
2. Medicare patients can expect to receive routine household and attendant care under Part A of their Medicare insurance.
3. Medicare pays for the majority of nursing home care for persons who are 65 years of age or older.
4. Persons covered by Medicare must pay once-in-a-lifetime deductibles on both the physician and hospital portions of the program.

74. Nursing facilities that receive federal funds must complete for all residents a:

1. minimum data set and care plan within seven days.
2. resident assessment instrument and care plan on admission.
3. resident assessment instrument and care plan within 14 days.
4. resident assessment instrument within 14 days and a care plan within 21 days.

75. The primary function of an ombudsman is to:

1. act as a clearinghouse for complaints and problems.
2. initiate complaints about the facility's operations.
3. question the facility administrator and the director of nursing.
4. welcome and interview patients and their families.

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1. For an individual with age-related hearing loss, which sound is most difficult to hear?
 1. A recording of a march played softly
 2. A young child talking in a cafeteria line
 3. Hammering during construction of a house next door
 4. The voice of a man speaking in an elevator

Correct Response: 2

2. Pain of gastrointestinal origin is best differentiated from pain of cardiac origin by the presence of:
 1. chest pain lasting longer than five minutes.
 2. chest pain of rapid onset.
 3. left flank pain.
 4. substernal chest discomfort.

Correct Response: 4

3. The progression of intermittent claudication is measured by the:
 1. distance walked before leg pain starts.
 2. pedal edema after dangling the legs for 20 minutes.
 3. peripheral pulses in the affected leg.
 4. skin temperature and color of the feet.

Correct Response: 1

4. An early sign of alcohol withdrawal is:

1. auditory hallucinations.
2. decreased blood pressure.
3. depression.
4. diaphoresis.

Correct Response: 4

5. A stage III pressure ulcer is characterized by:

1. blisters, abrasions, or shallow craters.
2. deep craters with or without undermining and full-thickness skin loss involving subcutaneous tissue.
3. full-thickness skin loss with tissue necrosis or damage to muscle or bone.
4. partial-thickness skin loss involving the dermis or epidermis.

Correct Response: 2

6. The primary risk factor for the development of pressure ulcers in older adult patients is:

1. immobility.
2. impaired circulation.
3. incontinence.
4. malnutrition.

Correct Response: 1

7. An 80-year-old resident of a retirement center states that something is wrong with the lighting in the room because colored rings appear around the light bulbs. The resident most likely has:

1. cataracts.
2. delusions.
3. glaucoma.
4. increased intracranial pressure.

Correct Response: 3

8. The most common cause of chronic pain in older adults is:

1. arthritis.
2. fractures.
3. headaches.

4. neuropathy.

Correct Response: 1

9. A 72-year-old man with asthma, chronic obstructive pulmonary disease, and chronic anxiety is admitted to a nursing home. Care plan objectives for this man include:
1. adherence to his medication regimen, inhalation therapy, and instruction about methods of conserving energy.
 2. an exercise program to increase the vital capacity of his lungs.
 3. instruction in respiratory exercises with emphasis on forced inhalation.
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Correct Response: 1

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1. a lung tumor.
 2. chronic obstructive pulmonary disease.
 3. pulmonary edema.
 4. tuberculosis.

Correct Response: 1

11. Which symptom in older adults is most indicative of a urinary tract infection?
1. Confusion
 2. Dysuria
 3. Fever
 4. Frequency

Correct Response: 1

12. Which is a risk factor for vaginitis in older adult women?
1. Anticoagulation therapy
 2. Increased sexual activity
 3. Poor nutrition
 4. Prolonged antibiotic therapy

Correct Response: 4

13. Which condition might be indicated by an increase in hemoglobin values?

1. Dehydration
2. Infection
3. Malnutrition
4. Opiate use

Correct Response: 1

14. An 83-year-old female patient underwent a total hip replacement three days ago. She should not cross her legs because:

1. abduction of the hip can cause dislocation of the prosthesis.
2. adduction of the hip can cause dislocation of the prosthesis.
3. blood clots often result from pressure on arteries in the legs.
4. contracture can be prevented by avoiding acute flexion of the hip.

Correct Response: 2

15. A 76-year-old patient with osteoarthritis complains of pain, stiffness, and deformities of the fingers. The gerontological nurse recommends:

1. cold packs.
2. exercise.
3. meditation therapy.
4. vitamin therapy.

Correct Response: 2

16. A factor that contributes to hypothermia in older adults is:

1. decreased activity.
2. decreased vulnerability to cold.
3. increased perception of cold.
4. increased subcutaneous fat.

Correct Response: 1

17. Heat stroke is a serious form of hyperthermia that is characterized by:

1. absence of sweating.
2. decrease in body temperature.
3. increase in sweating.
4. nausea and vomiting.

Correct Response: 1

18. A gerontological nurse is teaching dressing techniques to a patient with right hemiplegia and a severe speech impairment. An appropriate first step in the nurse's teaching would be to:
1. ask the patient to put on a shirt.
 2. demonstrate the proper way to put on a shirt.
 3. explain the difficulties in putting on a shirt.
 4. give verbal instructions on dressing procedures.

Correct Response: 2

19. Older adults with Parkinson disease exhibit:
1. confusion and depression.
 2. dementia and hyperkinesia.
 3. rigidity and tremor at rest.
 4. weakness and tremor with movement.

Correct Response: 3

20. To prevent injury, a gerontological nurse advises an older adult who is taking tricyclic antidepressants to:
1. eat a diet high in roughage.
 2. get an additional night light.
 3. provide lubrication for the oral mucosa.
 4. stand up slowly from sitting or lying positions.

Correct Response: 4

21. Persons who are taking anticholinergic drugs are at high risk for:
1. cardiac arrhythmias.
 2. dry mouth.
 3. orthostatic hypotension.
 4. slurred speech.

Correct Response: 2

22. Age-related changes in which two organs most affect an older adult's reaction to medication?
1. Heart and lungs
 2. Intestines and spleen
 3. Liver and kidneys
 4. Pancreas and gall bladder

Correct Response: 3

23. Sildenafil citrate (Viagra) is hazardous for patients with:
1. a history of coronary artery bypass graft.
 2. a history of shingles.
 3. heart failure and borderline hypotension.
 4. Paget disease and hypertension.

Correct Response: 3

24. A 78-year-old patient calls a telephone triage nurse and reports several falls after taking over-the-counter medication for a recent cold. Which medication contributed to the falls?
1. Diphenhydramine (Benadryl)
 2. Ferrous sulfate
 3. Guaifenesin (Robitussin)
 4. Loratadine (Claritin)

Correct Response: 1

25. Older adults who take the herbal supplement cascara sagrada are monitored for the presence of:
1. fever.
 2. hypokalemia.
 3. jaundice.
 4. vertigo.

Correct Response: 2

26. A nursing home conducts a survey to evaluate nursing care. However, some residents did not express their concerns due to fear of reprisal by the staff. Which aspect of the evaluation is most affected?
1. Generalizability
 2. Reliability
 3. Statistical significance
 4. Validity

Correct Response: 4

27. A common side effect of angiotensin-converting enzyme inhibitors that frequently results in discontinuation of therapy is:

1. a dry, persistent cough.
2. exacerbation of heart failure.
3. sedation.
4. urinary incontinence.

Correct Response: 1

28. A patient with Stage 2 Alzheimer disease visits the mental health clinic. During the interview, the patient becomes hostile and refuses to answer further questions. The gerontological nurse's best action is to:

1. ask if the questions upset the patient in any way.
2. discontinue the interview.
3. explain that the information is needed to plan the patient's care.
4. ignore the patient's reaction and proceed.

Correct Response: 2

29. A gerontological nurse at a nursing home conducts a reminiscence therapy group for residents with confusion. A member of the group stands up and says, "I just heard my cow. I have to go and milk her now." The nurse's most therapeutic response is:

1. "All right, you may leave the group now."
2. "Please tell us about your cow."
3. "That wasn't a cow; maybe you heard a vacuum cleaner."
4. "You live here at the nursing home now, not on the farm."

Correct Response: 2

30. Reminiscence therapy promotes an older adult's sense of security by:

1. increasing socialization skills.
2. meshing the past with the future.
3. providing praise and recognition.
4. reviewing comforting memories.

Correct Response: 4

31. A physician has just informed an older adult patient that test results indicate that the patient has cancer and will require extensive surgery. The patient says, "I know the tests are wrong. I feel fine." The gerontological nurse's most appropriate response is to:

1. acknowledge that the patient looks healthy and encourage seeking a second opinion.
2. advise the patient to join a support group.
3. convey availability to talk to the patient.

4. tell the patient that the tests are reliable and accurate.

Correct Response: 3

32. A 75-year-old patient who sustained a stroke has residual left-sided weakness. From the first day of hospitalization, the patient has been combative and demanding, and has refused to swallow any medication. The most constructive nursing action is to:

1. continue to attempt to follow the physician's orders.
2. determine the patient's premorbid personality.
3. restrain the patient and request a change in the route of medication.
4. wait for the patient to become more cooperative.

Correct Response: 2

33. A healthy 80-year-old female patient complains that her skin feels dry and sometimes itchy. The gerontological nurse advises her to:

1. avoid scratching since breaks in the skin increase the risk of infection.
2. drink more liquids and take showers instead of baths.
3. take fewer baths, use soap sparingly, and apply skin cream afterward.
4. wear cotton clothing and try a different brand of soap.

Correct Response: 3

34. A 90-year-old patient with multiple medical problems is admitted to the hospital's geriatric care unit. The nursing assessment reveals lethargy, poor capillary perfusion, and urinary incontinence. These findings alert the gerontological nurse to the potential for:

1. aspiration.
2. contractures.
3. dehydration.
4. skin breakdown.

Correct Response: 4

35. An 80-year-old patient complains of sleeping less despite spending more time in bed. The patient does not use alcohol, caffeine, or any medications other than acetaminophen for arthritis pain. The patient goes to bed at 11:00 pm, falls asleep in 15 minutes, awakens several times during the night, and promptly goes back to sleep. The patient feels refreshed in the morning and works five days a week as a volunteer. The gerontological nurse's most appropriate response is to:

1. recommend that the patient eliminate fluid intake after 6:00 pm.
2. recommend that the patient go to bed one hour earlier.

3. suggest that the patient enroll in a sleep study.
4. tell the patient that the sleeping pattern is a normal age-related change.

Correct Response: 4

36. Which signs are characteristic of deep vein thrombosis?

1. A cool, non-tender limb
2. Limb numbness with diaphoresis
3. Rapid onset of unilateral leg swelling with dependent edema
4. Vertigo with an abrupt onset of blurred vision

Correct Response: 3

37. Unusual symptoms of pneumonia often found in long-term care residents include:

1. anorexia and new behavioral problems.
2. headache and difficulty breathing.
3. muscle aches and fever.
4. nonproductive cough and chest pain.

Correct Response: 1

38. Which symptom is exhibited first by an older adult with a urinary tract infection?

1. Anorexia
2. Confusion
3. Fever
4. Restlessness

Correct Response: 2

39. Which assessment tool measures economic resources, mental health, and activities of daily living?

1. Lawton's Physical Self-Maintenance Scale
2. Older Americans Resources and Services Assessment
3. Problem Oriented Medical Record
4. Short Portable Mental Status Questionnaire

Correct Response: 2

40. All care plans for older adult patients include:

1. a bowel and bladder program.
2. a fall prevention program.

3. discharge planning.
4. reminiscence therapy.

Correct Response: 3

41. An older adult patient, who is recovering from surgery, has a sodium level of 128 mEq/L and is confused. The physician diagnoses syndrome of inappropriate secretion of antidiuretic hormone. The gerontological nurse's primary goal for this patient is to:
1. decrease edema by restricting free water intake.
 2. prevent complications of hyponatremia.
 3. reorient the patient to his or her surroundings.
 4. restore the patient's fluid and electrolyte balance.

Correct Response: 4

42. The adult children of an aging couple ask a gerontological nurse about alternative therapies or nontraditional services to improve their parents' health. The nurse's most appropriate response is to:
1. discuss the benefits, risks, and limitations of various therapies.
 2. distinguish between folk and traditional medicine.
 3. give a firm warning about alternative therapies.
 4. recommend a reputable holistic health therapist.

Correct Response: 1

43. A 73-year-old patient is admitted to a rehabilitation facility after sustaining a mild stroke. After three nights in the facility, the patient begins to sleep only four to five hours a night and to awaken frequently during the night. The patient then complains of not feeling rested and begins to nap during the day. Which is the most appropriate nursing action?
1. Completing an assessment of the patient's sleep-wake cycle to determine necessary interventions
 2. Doing nothing since this type of sleep pattern is associated with normal aging
 3. Inquiring if the patient takes a medication at bedtime and requesting that the physician order it
 4. Moving the patient further away from the nurse's station to minimize disturbances

Correct Response: 1

44. A 68-year-old man calls his daughter every night to talk about his beloved wife who died four weeks ago. During the day, he is sad and goes out frequently to get away from the empty house. The man's most probable state is:
1. depression.

2. mourning.
3. neurosis.
4. prolonged grief.

Correct Response: 2

45. The main reason that older adults with a chronic illness tolerate functional impairments is that they:
1. are afraid to seek medical advice for fear of what they may find.
 2. associate their symptoms with aging rather than an illness.
 3. believe in home remedies and parental traditions.
 4. relate their symptoms to conditions that resolved in the past without treatment.

Correct Response: 2

46. An 87-year-old man, who has been living independently, is entering a nursing home. To help him adjust, the most effective action is to:
1. involve him in as many activities as possible so he can meet other residents.
 2. move him as quickly as possible so that he does not have time to think.
 3. restrict family visits for the first two weeks to give him time to adjust.
 4. suggest that he bring his favorite things from home to make his room seem familiar.

Correct Response: 4

47. An 80-year-old patient is in the terminal stage of Alzheimer disease. The treatment team meets with the patient's who are angry and complain about a recent incident in which their parent's dentures were misplaced. The team members realize that:
1. anger at staff is a symptom of grief and needs to be addressed.
 2. anxiety about the meeting may have interfered with the children's affect.
 3. material items are the focus for the children at this time.
 4. the focus of control should shift to the parent.

Correct Response: 1

48. When relocating from a family home to a continuing care community, the most crucial factor in an older person's adjustment is his or her:
1. level of economic independence.
 2. perceived control of the move.
 3. physical proximity to remaining family.
 4. risk-taking ability.

Correct Response: 2

49. A 78-year-old male resident at a long-term care facility, who is a former business executive, has been smoking and extinguishing cigarettes in a paper cup in areas where smoking is prohibited. He has been informed repeatedly of the designated smoking areas. The resident's behavior indicates an attempt to:
1. express self-transcendence.
 2. maintain autonomy by exercising control.
 3. maintain his previous professional role.
 4. react against the facility's ageism.

Correct Response: 2

50. A gerontological nurse is caring for an older adult who has been confined to home for the last 10 weeks due to illness. The patient is anxious, has multiple somatic complaints, and has become unable to follow instructions. The nurse knows that this phenomenon commonly occurs with:
1. environmental overload.
 2. protective isolation.
 3. selective inattention.
 4. sensory deprivation.

Correct Response: 4

51. The gerontological nurse facilitates the benefits of life review by:
1. assisting the older adult to accept death as the inevitable last stage.
 2. changing the topic when a patient talks about his or her morbid past.
 3. encouraging reminiscence, oral histories, and storytelling.
 4. helping the older adult explore how spiritual involvement assists with stress relief.

Correct Response: 3

52. The holiday season is approaching and a woman is admitted to a psychiatric unit. She reports that her husband of 45 years passed away four weeks ago. She frequently cries, eats poorly, periodically complains of back and stomach aches, and has begun isolating herself. What type of grief is this woman exhibiting?
1. Acute
 2. Anticipatory
 3. Disenfranchising
 4. Dysfunctional

Correct Response: 1

53. A 92-year old patient, who recently underwent a below-the-knee leg amputation, is resisting attempts at rehabilitation. The most likely reason for the resistance is that the patient:
1. has goals that differ from the rehabilitation care plan.
 2. has too many disabilities to realistically plan for rehabilitation.
 3. is too old to undergo rehabilitation.
 4. requires a psychiatrist's assistance to deal with the loss.

Correct Response: 1

54. When the gerontological nurse in a clinic asks a 70-year-old man about his sexual activity, he begins to cry and says, "I feel so bad for my wife; she is only 60, and I can't seem to satisfy her as often as I used to." Which is the nurse's most appropriate response?
1. "At your age, sexual activity diminishes because of changes in your circulation. I will explain this to your wife."
 2. "Certain body functions, such as erections, slow down with age. Could you tell me more about your sexual relations? For instance, how often do you have intercourse?"
 3. "Your problem is probably an emotional one. If you could relax, you would be as sexually active as you were 10 years ago."
 4. "Your problem is probably due to a decrease in your sexual hormones. This occurs naturally as people age."

Correct Response: 2

55. An alert and oriented 82-year-old woman, who lives with her daughter, has been admitted to the hospital with bruises about the face and head. The daughter reports that her mother fell. Which behavior by the daughter raises the greatest suspicion of elder abuse?
1. Becoming defensive when questions are asked
 2. Complaining about care delivered by hospital staff
 3. Giving an illogical account of her mother's fall
 4. Refusing to leave her mother alone to answer questions

Correct Response: 4

56. In teaching an older adult client, the gerontological nurse's most appropriate initial strategy is to:
1. assess the client and individualize the teaching methods.
 2. set a slow learning pace and begin teaching simple concepts.

3. teach slowly and use repetition.
4. use demonstration and provide ample opportunity for practice.

Correct Response: 1

57. In preparing a presentation for older adults, a gerontological nurse keeps in mind that:
1. older adults are unlikely to participate in educational programs due to lack of interest.
 2. older adult learners are heterogeneous due to diverse educational experiences and learning strategies.
 3. the ability to acquire knowledge from a verbal presentation decreases with age more than the ability to acquire knowledge through reasoning.
 4. the age-related decline in intellectual performance creates obstacles for acquiring new information.

Correct Response: 2

58. Members of a family are caring for their father at home. Which statement by a family member indicates a need for teaching and caregiver instruction?
1. "Dad has gotten lazy about his bathroom habits. He blames his arthritis medication for his toileting accidents."
 2. "Dad's room is close to the bathroom and we keep a light on for him at night."
 3. "It's inconvenient, but we stop other activities to remind Dad to go to the bathroom on a regular schedule."
 4. "We try to avoid coffee and tea at night, but Dad really likes a cup of coffee for breakfast."

Correct Response: 1

59. When hospital quality assurance indicators are assigned, the nursing staff strives to:
1. avoid emphasizing performance deficits.
 2. decrease patient falls.
 3. focus on achieving 100% compliance.
 4. identify high-risk, high-volume, or problem-prone areas.

Correct Response: 4

60. The most appropriate environment for a person with chronic dementia is one that:
1. changes often to decrease boredom.
 2. contains familiar objects.
 3. is limited in color and sound.
 4. is stimulating so as to challenge thought.

Correct Response: 2

61. In assessing the lighting for a patient with glaucoma, the gerontological nurse knows that:
1. ceiling lights are best.
 2. drapes should be left open during the daylight hours.
 3. higher levels of light are needed.
 4. lower levels of light are needed.

Correct Response: 4

62. A 63-year-old patient is returning home after being hospitalized for injuries received during a robbery and home invasion. Although neighborhood robberies are rampant, the patient has lived in the same house for 50 years and does not want to move. The patient receives a monthly social security check. The gerontological nurse's most appropriate step is to:
1. advise the patient to arrange for someone to visit regularly or move into the home.
 2. advise the patient to have the social security check deposited directly to the bank and to get a dog.
 3. assume that the patient is incompetent and initiate commitment proceedings.
 4. take no action since the patient has a right to autonomy.

Correct Response: 2

63. A gerontological nurse in a daycare program for older adults observes that the participants have long toenails, corns, calluses, and other problems indicating a need for better foot care. What is the nurse's best action?
1. Developing an educational program on foot health and arranging for podiatry services at the site
 2. Establishing a regular foot care plan whereby the participants' toenails would be cut and corns and calluses shaved
 3. Instructing competent family members in the proper methods of cutting toenails and using commercial foot care products.
 4. Recommending that the participants soak their feet for 10 minutes before cutting their toenails using safe toenail clippers

Correct Response: 1

64. The occurrence of tuberculosis in the older adult is significantly increased among individuals who:

1. are physically inactive.
2. are cigarette smokers.
3. have received the Bacille Calmette Guérin (BCG) vaccine.
4. reside in institutions.

Correct Response: 4

65. Which type of fracture has the highest morbidity and mortality in the older adult?

1. Ankle
2. Hip
3. Shoulder
4. Vertebral

Correct Response: 2

66. The primary reason for establishing quality improvement committees at long-term care facilities is to:

1. facilitate staff participation.
2. initiate changes based on interdisciplinary exchange.
3. monitor and record incidents, accidents, and injuries.
4. provide quality care based on measurable data.

Correct Response: 4

67. An accrediting body evaluates a nursing home by monitoring the number of residents who developed pressure ulcers and urinary tract infections. What type of audit is being conducted?

1. Outcomes
2. Process
3. Prospective
4. Structure

Correct Response: 1

68. A gerontological nurse is creating a staff development program for a unit. To assess the staff's learning needs, the nurse's best approach is to ask staff members:

1. "How do you want to learn new material?"
2. "What do you need to know to do your job better?"
3. "What do you think others need to learn?"
4. "What do you think others want you to learn?"

Correct Response: 2

69. A comprehensive staff development program in a long-term care facility is based on the:
1. availability of educational resources.
 2. nursing director's perceptions of staff learning needs.
 3. philosophy, goals, and objectives of the organization.
 4. recommendations of the ombudsman.

Correct Response: 3

70. A gerontological charge nurse delegates the administration of a nasogastric tube feeding to a licensed practical nurse (LPN). Which statement about this situation is most accurate?
1. The charge nurse is responsible for delegated care.
 2. The charge nurse should implement the care and not delegate the task.
 3. The LPN is accountable for his or her own actions.
 4. The LPN should respectfully refuse to initiate this care.

Correct Response: 1

71. Which profession first developed standards of gerontological care and provided a certification mechanism to ensure expertise?
1. Medicine
 2. Nursing
 3. Physical therapy
 4. Social work

Correct Response: 2

72. The gerontological nurses in a teaching nursing home are informed of a research project to obtain voiding cystometrograms on all residents. The gerontological nurses' responsibility is to ensure that the:
1. non-English speaking residents receive a complete explanation of the study in their native languages.
 2. nursing home administration know that the nurses do not support such invasive studies on the residents.
 3. research team is well staffed so that the nursing home staff can provide care as usual.
 4. residents will be properly medicated in the examining room where the tests will be conducted.

Correct Response: 1

73. Which is an accurate statement about Medicare?

1. Medicare is a health insurance program with carefully described benefits that may restrict the length of hospital stays.
2. Medicare patients can expect to receive routine household and attendant care under Part A of their Medicare insurance.
3. Medicare pays for the majority of nursing home care for persons who are 65 years of age or older.
4. Persons covered by Medicare must pay once-in-a-lifetime deductibles on both the physician and hospital portions of the program.

Correct Response: 1

74. Nursing facilities that receive federal funds must complete for all residents a:

1. minimum data set and care plan within seven days.
2. resident assessment instrument and care plan on admission.
3. resident assessment instrument and care plan within 14 days.
4. resident assessment instrument within 14 days and a care plan within 21 days.

Correct Response: 4

75. The primary function of an ombudsman is to:

1. act as a clearinghouse for complaints and problems.
2. initiate complaints about the facility's operations.
3. question the facility administrator and the director of nursing.
4. welcome and interview patients and their families.

Correct Response: 1