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Chapter 1. Changes with Aging

Multiple Choice

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

- _____ 1. The major impact of the physiological changes that occur with aging is:
 - A. Reduced physiological reserve
 - B. Reduced homeostatic mechanisms
 - C. Impaired immunological response
 - D. All of the above

- _____ 2. The strongest evidence regarding normal physiological aging is available through:
 - A. Randomized controlled clinical trials
 - B. Cross-sectional studies
 - C. Longitudinal studies
 - D. Case control studies

- _____ 3. All of the following statements are true about laboratory values in older adults except:
 - A. Reference ranges are preferable
 - B. Abnormal findings are often due to physiological aging
 - C. Normal ranges may not be applicable for older adults
 - D. Reference values are not necessarily acceptable values

- _____ 4. Biochemical individuality is best described as:
 - A. Each individual's variation is often much greater than that of a larger group
 - B. The unique biochemical profile of a selected population
 - C. The truly "normal" individual—falling within average range
 - D. Each individual's variation is often much smaller than that of a larger group

- _____ 5. Polypharmacy is best described as taking:
 - A. More than nine medications per day
 - B. More than five medications per day
 - C. Even a single medication if there is not a clear indication for its use
 - D. When a drug is given to treat the side effect of another drug

- _____ 6. Pharmacokinetic changes with aging is reflective of:
- A. What the drug does to the body
 - B. What the body does to the drug
 - C. The effect at the site of action and the time and intensity of the drug

D. The side effects commonly associated with the drug

- _____ 7. All the following statements are false about drug absorption except:
- A. Antacids increase the bioavailability of digitalis
 - B. Gastric acidity decreases with age
 - C. Anticholinergics increase colonic motility
 - D. Underlying chronic disease has little impact on drug absorption
- _____ 8. All of the following statements are true about drug distribution in the elderly except:
- A. Drugs distributed in water have lower concentration
 - B. Drugs distributed in fat have less intense, more prolonged effect
 - C. Drugs highly protein bound have greater potential to cause an adverse drug reaction
 - D. The fastest way to deliver a drug to the action site is by inhalation
- _____ 9. Men have faster and more efficient biotransformation of drugs and this is thought to be due to:
- A. Less obesity rates than women
 - B. Prostate enlargement
 - C. Testosterone
 - D. Less estrogen than women
- _____ 10. The cytochrome p system involves enzymes that are generally:
- A. Inhibited by drugs
 - B. Induced by drugs
 - C. Inhibited or induced by drugs
 - D. Associated with decreased liver perfusion
- _____ 11. A statement not shown to be true about pharmacodynamics changes with aging is:
- A. Decreased sensitivity to oral anticoagulants
 - B. Enhanced sensitivity to central nervous system drugs
 - C. Drug responsiveness can be influenced by patient activity level
 - D. There is a decreased sensitivity to beta blockers
- _____ 12. Atypical presentation of disease in the elderly is reflected by all the following except:
- A. Infection without fever
 - B. Depression without dysphoric mood
 - C. Myocardial infarction with chest pain and diaphoresis
 - D. Cardiac manifestations of thyroid disease
- _____ 13. Functional abilities are best assessed by:
- A. Self-report of function
 - B. Observed assessment of function
 - C. A comprehensive head-to-toe examination
 - D. Family report of function

Chapter 1: Changes with Aging

Answer Section

MULTIPLE CHOICE

- | | | | |
|----------|---|------|---|
| 1. ANS: | D | PTS: | 1 |
| 2. ANS: | C | PTS: | 1 |
| 3. ANS: | B | PTS: | 1 |
| 4. ANS: | D | PTS: | 1 |
| 5. ANS: | C | PTS: | 1 |
| 6. ANS: | B | PTS: | 1 |
| 7. ANS: | D | PTS: | 1 |
| 8. ANS: | A | PTS: | 1 |
| 9. ANS: | C | PTS: | 1 |
| 10. ANS: | C | PTS: | 1 |
| 11. ANS: | A | PTS: | 1 |
| 12. ANS: | C | PTS: | 1 |
| 13. ANS: | B | PTS: | 1 |

Chapter 2. Health Promotion

Multiple Choice

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

- _____ 1. The leading cause of death in elderly travelers worldwide is:
- A. Cardiovascular disease
 - B. Infections
 - C. Accidents
 - D. Malaria
- _____ 2. Which of the following should be avoided in countries where food and water precautions are to be observed?
- A. Hot coffee
 - B. Bottled water
 - C. Salad buffet
 - D. Unpeeled bananas
- _____ 3. What insect precautions are not necessary to prevent insect-borne diseases in the tropics?
- A. Using 100% DEET on skin to prevent bites
 - B. Treating clothes with permethrin
 - C. Covering up exposed skin to lessen biting surface
 - D. Taking malaria pills as directed for areas at risk for malaria