

Week 3 Concepts: Aging and Coping

The Older Adult

Prepare: The Older Adult

Physiologic Changes in the Older Adult

A nurse is observing skin integrity of an older adult. Which finding will the nurse document as a normal finding?

- Faster nail growth
- Increased facial hair in men
- Oily skin
- Decreased elasticity

Physiologic Changes

An older-adult client with no acute distress reports being less able to taste and smell. What is the nurse's best response to this information?

- Perform testing on the vestibulocochlear nerve and a hearing test
- Explain to the client that diminished senses are normal
- Notify the healthcare provider immediately to rule out cranial nerve damage
- Schedule the client for an appointment at a smell and taste disorders clinic

Physiologic Changes

A nurse is teaching a class of older adults about the expected physiologic changes of aging. Which of the following changes should the nurse include in the discussion? Select all that apply.

- Decreased bladder capacity
- Decreased systolic blood pressure
- More difficulty seeing due to a greater sensitivity to glare
- Decreased cough reflex
- Dehydration of intervertebral discs

Self-Check: Assessing Developmental Tasks and Caring

When assessing the older adult, the nurse should review the client's achievement of developmental tasks. Which outcome(s) indicates achievement of developmental tasks? Select all that apply.

- Coping with the loss of the work role
- Accepting himself or herself as aging
- Engaging in more introspective, self-focused activities
- Redefining relationships with children

Caring for the Older Adult

When caring for the older adult, which information is important to consider?

- Be aware that older adults have decreased interest in sex
- Avoid worrying them about their condition
- Treat the client as an individual with a unique history of their own
- Repeat information often because older adults are forgetful

Self-Check: Ageism

Ageism is characterized by which of the following?

- Negative attitudes towards the older adult based on physical disability
- Positive attitudes towards the older adult based on age
- Negative attitudes towards the older adult based on age
- Denial of negative stereotypes regarding aging