

- 1. A nurse in a long-term care facility is promoting reminiscence among older adult clients. Which of the following actions should the nurse take?**

Answer: Institute a daily storytelling hour A storytelling hour is an example of reminiscence therapy, allowing clients to share stories of their past and reminisce with others who might have similar or shared memories. According to Erikson's psychosocial theory, reminiscence is an important action for older adult clients.

- 2. A nurse in the clinic is assessing an older adult client for the second time in a week. The client reports a decreased energy level, insomnia, and anorexia. The client's diagnostic tests are within the expected reference ranges. For which of the following conditions should the nurse screen the client?**

Answer: Depression Depression, characterized by decreased energy levels, insomnia, anorexia, and sadness, is common among older adult clients. It can result from an acute or chronic illness or medications such as analgesics, antihypertensives, steroids, and cardiovascular agents.

- 3. A nurse is caring for an older adult client who has gout and refuses to eat. The client's provider has approved the family to bring food from home. Which of the following foods should the nurse recommend that the client not eat?**

Answer: Lentil soup The client should follow a purine-restricted diet to decrease elevated uric acid levels. This diet is used for gout, renal calculi, or both, in conjunction with medication therapy.

- 4. A nurse in a long-term care facility is providing teaching to a group of adolescents who are new volunteers. The nurse should explain that older adult clients are most likely to exhibit a decrease in which of the following?**

Answer: Short-term memory The ability to process short-term memories decreases as part of the aging process. Older adult clients might require reminders regarding medications, ADLs, or daily schedules.

- 5. A nurse is teaching a group of healthy older adult clients about health screening after age 50 years. Which of the following health screenings should the nurse recommend that the clients complete annually?**

Answer: Visual acuity Screen for glaucoma.