

NR601 Final Review

Practice Questions

Ch 1

1. Which one of the following is most true about the rule of fourths?

What used to be called normal aging can be largely explained by processes that are not normal.

2. Which one of the following is most true about aging changes?

Stage 3 and 4 sleep decreases.

3. An old woman who is cared for by attentive, cautious, concerned family is particularly likely to suffer from which one of the following complications after an episode of gastroenteritis?

Immobility related to over concern

4. Which one of the following is most true about psychological aging?

Ageism can lead to isolation and depression.

5. Of the following conditions, which one is most common and most often preventable?

Iatrogenic disease

Ch 4

1. An 86-year-old female comes to your office for a wellness visit. Her blood pressure is 125/70 mmHg, pulse 69 beats per min, and respiratory rate 18 breaths per min. She is well appearing and reports she is up to date on her routine vaccinations. She introduces her partner of 35 years whom she would like to make medical decisions for her in case she becomes unable to make decisions for herself. She reports that she and her partner are not married. She asks if she needs any further documentation to ensure her goals of care are followed. Which one of the following would be the most appropriate recommendation for this patient and her partner?

Advise them to file an advanced directive.

2. An 81-year-old transgender female with history of depression and hyperlipidemia presents to your clinic for routine care. She endorses a history of smoking, currently smoking 1 pack per day, and occasionally drinks a glass of wine, although she denies illicit drug use. She reports she takes atorvastatin 20 mg and subcutaneous estrogen therapy. Which of the following is the most important next step in this patient's primary care?

Counseling on smoking cessation

3. An 84-year-old male with history of stroke without residual deficit, systolic heart failure, and type 2 diabetes presents to clinic for follow-up. He is independently living in a retirement community and still works part time on a golf course. He currently takes aspirin 81 mg, metoprolol tartrate 25 mg BID (twice a day), furosemide 20 mg BID, and lisinopril 10 mg daily. He reports his last colonoscopy was 8 years ago, with no abnormality. He reports he is sexually active with men and women, engaging in receptive oral, receptive anal, and penetrative sex. He states he has had over three sexual partners in the last year with intermittent condom use. What sexually transmitted infection testing should be offered?

Urine testing, blood testing, anal swab, and oropharyngeal swab

Ch 5

1. The US Advisory Committee on Immunization Practices and the Centers for Disease Control currently recommend which one of the following?

All of these are recommended.

2. Healthcare providers should recommend that older adults engage in which one of the following?
150 minutes of moderate intensity physical activity weekly

3. Guidelines for the primary prevention of stroke recommend that aspirin be used in which one of the following?

Individuals whose risk is high enough for the benefits to outweigh the risks

4. Even though older adults are less likely to get counseled for smoking cessation, they have which one of the following?

The same quit rates as younger individuals

Ch 6

1. Which of the following is true about cultural humility?

It places emphasis on power imbalances and promotes interpersonal sensitivity through partnerships with and learning from patients..

2. Racial disparities have been a part of US healthcare for many decades. How might this impact the expectations of older Black Americans?

All of these

3. Dementia is a relatively common condition in the geriatric population. It becomes more common as people age. Which is the most appropriate description of “personhood” as it relates to people with dementia?

The ability to relate to others as people, rather than preserving cognitive independence, is an important aspect of “personhood.”

4. Immigrant families bring cultural traditions into healthcare decisions. With regard to older adults, which of the following is true?

End-of-life care is particularly sensitive to cultural beliefs and should be explored carefully with the patient and family, as appropriate.

Ch 8

1. Which of the following statements is true?

Lack of decision-making capacity should not be presumed if the patient goes against medical advice.

2. Which of the following statements concerning advance directives is true?

A DNR order is not equivalent to a do-not-treat order.

3. The following are components of the open disclosure of medical error, except:

A best guess as to why the error occurred.

4. Mrs. Gloth is an 84-year-old woman whom you are admitting to the nursing home. Her son takes you aside and tells you that she has metastatic ovarian cancer but has not been told the diagnosis. He asks that you not tell her, because she would “lose all hope and die.” Which of the following is an appropriate response?

Suggest that you discuss this further after getting to know the patient and family a little better.

5. Dr. Smith is obtaining informed consent from Mr. Jones to perform a colonoscopy, because the patient had blood in his stool and Dr. Smith is concerned that this might indicate the presence of carcinoma of the colon. Mr. Jones is able to recite back to Dr. Smith what a colonoscopy is, how it is done, and that a colonoscopy is performed to look for cancer. He then tells Dr. Smith that he is refusing the procedure; he knows he does not have cancer because he has not experienced any bleeding. Of the following required elements for Mr. Jones’s decision-making capacity, which is impaired?

Appreciation

6. George Hall is a 91-year-old man visiting his physician to receive the results of a recent computed tomography scan of his abdomen. He is cognitively intact and still works 2 days a week. He is accompanied by his daughter Eleanor. She takes the doctor aside before the appointment and says, “Please do not tell my father any bad news. It would just kill him.” If the physician were to agree, which ethical principles might this violate?

Autonomy

7. Lenore White is an 80-year-old woman who smokes two packs of cigarettes per day. She is hospitalized for pneumonia because she has presenting symptoms of cough and fever. On her second day of hospitalization, she asks the nurse to please wheel her outside so she can smoke a cigarette. The nurse feels uncomfortable agreeing to this and speaks to her clinical nurse manager. What two ethical principles are in conflict?

Autonomy and nonmaleficence

8. Ms. Greta Thornberg is an 88-year-old woman admitted to the hospital with a diagnosis of squamous cell carcinoma of the lung with metastases to liver. She has signed a POLST indicating that she would like no limitation on life-sustaining measures, including resuscitation, artificial feeding, antibiotics, and hydration. On the second day of her stay, she sustains a stroke, resulting in global aphasia and hemiparesis. As her clinician, in addition to instituting appropriate medical management, you contact her healthcare agent and:

Inform her healthcare agent of the POLST and notify her that the change of condition requires that the POLST be reviewed.

Ch 9