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Nursing

**GNP-BC**

*ANCC Gerontological Nurse Practitioner*

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## Question: 1

Which of the following conditions is characterized by a persistent and pervasive low mood, loss of interest or pleasure in activities, and significant impairment in daily functioning?

- A. Delirium
- B. Depression
- C. Dementia
- D. Anxiety disorder

Answer: B

Explanation: Depression is a mood disorder characterized by a persistent and pervasive low mood, loss of interest or pleasure in activities, and significant impairment in daily functioning. It is different from delirium and dementia, which involve cognitive impairments, and anxiety disorders, which are characterized by excessive worry and fear.

## Question: 2

Which of the following is an example of psychosocial abuse in the care of older adults?

- A. Withholding necessary medications
- B. Physically restraining a resident without proper justification
- C. Ignoring the emotional needs and preferences of a patient
- D. Failing to provide adequate nutrition and hydration

Answer: C

Explanation: Psychosocial abuse refers to any action that causes emotional or

psychological harm to an individual. Ignoring the emotional needs and preferences of a patient, such as disregarding their desires for social interaction or autonomy, is an example of psychosocial abuse.

**Question: 3**

Which of the following is a key characteristic of delirium, a common cognitive impairment in older adults?

- A. Gradual onset and progressive decline in cognitive function
- B. Stable impairment of memory and executive functions
- C. Fluctuating level of consciousness and attention
- D. Chronic and irreversible decline in cognitive abilities

Answer: C

Explanation: Delirium is characterized by a fluctuating level of consciousness and attention, with impaired cognition and disorientation. It typically has an acute onset and is reversible when the underlying cause is addressed. Delirium is often associated with medical conditions, medication side effects, or changes in the environment.

**Question: 4**

Which of the following urinary symptoms is commonly associated with benign prostatic hyperplasia (BPH) in older men?

- A. Urinary incontinence
- B. Urinary urgency
- C. Nocturia (frequent urination at night)
- D. Dysuria (painful urination)

Answer: C

Explanation: Nocturia, or frequent urination at night, is a common urinary symptom associated with benign prostatic hyperplasia (BPH) in older men. BPH is a noncancerous enlargement of the prostate gland that can obstruct the flow of urine and lead to increased urinary frequency, including nighttime awakenings to urinate.

**Question: 5**

Which of the following skin conditions is commonly associated with aging and is characterized by dryness, thinning, and increased vulnerability to injury?

- A. Acne vulgaris
- B. Psoriasis
- C. Dermatitis
- D. Xerosis

Answer: D

Explanation: Xerosis, also known as dry skin, is a common skin condition associated with aging. It is characterized by dryness, scaling, and itching of the skin. Aging leads to a decrease in the production of natural skin oils, resulting in dry and fragile skin that is more susceptible to injury and infections.

**Question: 6**

Which of the following sensory impairments is commonly associated with aging and can significantly impact an older adult's communication and quality of life?

- A. Taste impairment
- B. Olfactory impairment
- C. Visual impairment

## D. Auditory impairment

Answer: D

Explanation: Auditory impairment, or hearing loss, is a common sensory impairment associated with aging. It can significantly impact an older adult's communication abilities, social interactions, and overall quality of life. Regular hearing assessments and appropriate interventions are important in managing hearing loss in older adults.

### Question: 7

Which of the following interventions is recommended for preventing falls in older adults?

- A. Encouraging sedentary lifestyle to minimize the risk of injury
- B. Removing all rugs and carpets from the living environment
- C. Implementing regular exercise programs to improve strength and balance
- D. Prescribing high-dose sedatives to promote better sleep

Answer: C

Explanation: Implementing regular exercise programs to improve strength and balance is recommended for preventing falls in older adults. Exercise helps improve muscle strength, flexibility, and balance, reducing the risk of falls. Sedentary lifestyle, environmental hazards such as rugs, and high-dose sedatives can increase the risk of falls and should be avoided.

### Question: 8

Which of the following hormones is primarily responsible for regulating calcium and phosphorus metabolism in the body?

- A. Thyroid-stimulating hormone (TSH)
- B. Follicle-stimulating hormone (FSH)
- C. Parathyroid hormone (PTH)
- D. Adrenocorticotrophic hormone (ACTH)

Answer: C

Explanation: Parathyroid hormone (PTH) is primarily responsible for regulating calcium and phosphorus metabolism in the body. PTH acts on the bones, kidneys, and intestines to maintain proper levels of calcium and phosphorus in the blood. Imbalances in PTH levels can lead to disorders such as hyperparathyroidism or hypoparathyroidism.

**Question: 9**

Which of the following theories of aging suggests that aging is primarily caused by the accumulation of damage to cells and tissues over time?

- A. Wear and Tear Theory
- B. Programmed Aging Theory
- C. Free Radical Theory
- D. Immunological Theory

Answer: C

Explanation: The Free Radical Theory proposes that aging is a result of the cumulative damage caused by free radicals, which are highly reactive molecules produced during normal cellular metabolism. The theory suggests that the accumulation of this damage leads to the functional decline and aging of cells and tissues.

**Question: 10**

In older adults, a decline in which of the following nutrients is commonly observed and can contribute to impaired immune function?

- A. Vitamin C
- B. Vitamin D
- C. Vitamin B12
- D. Iron

Answer: A

Explanation: A decline in vitamin C levels is commonly observed in older adults. Vitamin C plays a crucial role in immune function, including the production and function of immune cells. A deficiency in vitamin C can impair immune response and increase the susceptibility to infections in older adults.

**Question: 11**

Which of the following is a key component of a comprehensive assessment in geriatric nursing?

- A. Assessment of cognitive function only
- B. Assessment of cardiovascular function only
- C. Assessment of respiratory function only
- D. Assessment of multiple dimensions of health and functioning

Answer: D

Explanation: A comprehensive assessment in geriatric nursing involves assessing multiple dimensions of health and functioning, including physical, cognitive, psychosocial, and environmental factors. This holistic approach helps identify the unique needs and challenges faced by older adults and informs the development of individualized care plans.

## Question: 12

In the context of healthcare system policies, what does the acronym "HIPAA" stand for?

- A. Health Insurance Portability and Accountability Act
- B. Health Information Privacy and Accessibility Act
- C. Hospital Infection Prevention and Assessment Act
- D. Health Intervention Programs and Administration Act

Answer: A

Explanation: HIPAA stands for Health Insurance Portability and Accountability Act. It is a federal law in the United States that provides data privacy and security provisions for safeguarding medical information. HIPAA sets standards for the electronic exchange, privacy, and security of health information.

## Question: 13

Which of the following medications is commonly used for pain management in older adults due to its effectiveness and favorable side effect profile?

- A. Nonsteroidal anti-inflammatory drugs (NSAIDs)
- B. Opioids
- C. Benzodiazepines
- D. Tricyclic antidepressants

Answer: A

Explanation: Nonsteroidal anti-inflammatory drugs (NSAIDs) are commonly used for pain management in older adults. They are effective in reducing pain and inflammation, and they generally have a more favorable side effect profile



compared to opioids, benzodiazepines, or tricyclic antidepressants, which may carry a higher risk of adverse effects in older adults.



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