# NCLEX GERIATRIC EXAM 1 PRACTICE (SAMPLE)

## STUDY GUIDE



## SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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# Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

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# How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

### 1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

### 2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

### 3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

### 4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

### 5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

### 6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

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# Questions

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1. **In an older person with chronic lung disease living at home, which observation indicates engagement in health improvement activities?**

   A. Walks a pet twice a day

   B. Prepares pasta for dinner

   C. Talks with family once a week

   D. Sleeps in a recliner in the living room

2. **An adult daughter is concerned about her 85-year-old mother's disinterest in activities since retiring from a full-time teaching position. Which aging theory should the nurse use to explain this behavior?**

   A. Developmental

   B. Disengagement

   C. Activity

   D. Continuity

3. **A laboratory result from a non-resident was accidentally faxed to the care area. What should the nurse do with this information?**

   A. Destroy it with a paper shredder

   B. File in the reusable paper file

   C. Place it in a biohazard trash

   D. Throw it in the trash

4. **In smoking cessation counseling for older adults, which statement reflects an evidence-based message?**

   A. It's too late to quit

   B. It's never too late to quit and experience health benefits

   C. Quitting has no effect on health

   D. Quitting is not beneficial for heart health

5. **To meet the national standards for culturally and linguistically appropriate services in healthcare, which action is required?**

   A. Offer language assistance services to the patient.

   B. Post signs in the patient's language.

   C. Provide a written notice informing of the right to receive language assistance services.

   D. All of the above.

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**6. Which aging theory posits that aging involves maintaining routines to preserve self-identity?**

A. Endocrine

B. Wear and tear

C. Activity

D. Continuity

**7. During a physical assessment, a nurse notes an older adult has difficulty removing clothes. Which ADL should be evaluated to determine this person's ability to perform daily activities?**

A. Housekeeping

B. Laundry

C. Bathing

D. Walking

**8. Which assessment helps confirm orthostatic changes in an elderly patient presenting with dizziness?**

A. Heart rate

B. Blood pressure response to standing

C. Urine output

D. Respiratory rate

**9. In community education about cardiovascular disease, which statement about women is correct?**

A. Breast cancer kills more women than heart disease.

B. A woman of 70 is as likely as a man to develop heart disease.

C. Women are more likely than men to develop heart disease in their middle years.

D. For most women, heart disease is a greater problem before menopause.

**10. An older homeless patient who is admitted has no known family and is unresponsive with decision-making capacity uncertain. Which process is used to appoint a guardian to make healthcare decisions for the patient?**

A. The homeless shelter will provide direction.

B. The patient's care will be represented by the hospital social worker.

C. The hospital will make decisions for the patient's healthcare.

D. The hospital will ask a judge to appoint a guardian for the patient.

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# Answers

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1. A
2. B
3. A
4. B
5. D
6. D
7. C
8. B
9. B
10. D

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# Explanations

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**1. In an older person with chronic lung disease living at home, which observation indicates engagement in health improvement activities?**

A. Walks a pet twice a day

B. Prepares pasta for dinner

C. Talks with family once a week

D. Sleeps in a recliner in the living room

*Regular physical activity is a key part of managing chronic lung disease in older adults living at home. Walking a pet twice daily shows deliberate, regular aerobic activity, which strengthens respiratory muscles, improves ventilation, increases endurance, and can reduce dyspnea. This kind of consistent exercise demonstrates engagement in activities that promote lung health and overall fitness. Preparing pasta for dinner is a routine task and can be part of healthy living, but it doesn't by itself show participation in an activity aimed at improving health. Talking with family weekly reflects social support, which is beneficial but not a direct indicator of health-improvement behavior. Sleeping in a recliner suggests sedentary time and possible comfort or sleep issues, not engagement in activity that enhances health.*

**2. An adult daughter is concerned about her 85-year-old mother's disinterest in activities since retiring from a full-time teaching position. Which aging theory should the nurse use to explain this behavior?**

A. Developmental

B. Disengagement

C. Activity

D. Continuity

*Disengagement theory explains this pattern. It suggests that aging involves a gradual withdrawal from social roles and activities, a mutual adjustment between the older adult and society. After retiring from a central role like teaching, an older adult may reduce involvement and interest in activities as part of this natural shift. While not universal, seeing less engagement after retirement aligns with this theory. In contrast, activity theory would predict that staying engaged maintains well-being, so it wouldn't explain a drop in interest. Continuity theory emphasizes keeping consistent patterns from earlier life, and developmental perspectives focus on adapting through later-life tasks rather than specifically describing retirement-induced withdrawal.*

**3. A laboratory result from a non-resident was accidentally faxed to the care area. What should the nurse do with this information?**

A. Destroy it with a paper shredder

B. File in the reusable paper file

C. Place it in a biohazard trash

D. Throw it in the trash

*Protecting patient privacy and handling protected health information properly is the key idea. When a lab result for someone who isn't in your care ends up in your area, it's a potential privacy breach. The safest, most definitive action is to destroy the document securely so the information cannot be read by anyone else. Using a paper shredder permanently destroys PHI and aligns with privacy rules and facility policies about secure disposal. If possible, you'd also follow policy to notify the appropriate person or return it to the sender, but the essential step is preventing unauthorized access. Other options—filing it in a reusable paper file, placing it in biohazard trash, or throwing it in the regular trash—would unnecessarily expose confidential information.*

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**4. In smoking cessation counseling for older adults, which statement reflects an evidence-based message?**

A. It's too late to quit

B. It's never too late to quit and experience health benefits

C. Quitting has no effect on health

D. Quitting is not beneficial for heart health

*Quitting smoking at any age yields health benefits, and for older adults the evidence supports delivering a hopeful, concrete message that it's never too late to quit. Stopping smoking reduces cardiovascular risk, lowers cancer risk over time, improves lung function, and enhances overall quality of life. The gains accumulate the longer someone remains smoke-free, and even after many years of smoking, quitting still lowers health risks and can improve life expectancy compared with continuing to smoke. That's why the best message is that it's never too late to quit and experience health benefits. Statements suggesting it's too late, that quitting has no health effect, or that it's not beneficial for heart health aren't supported by the evidence and can undermine motivation to quit.*

**5. To meet the national standards for culturally and linguistically appropriate services in healthcare, which action is required?**

A. Offer language assistance services to the patient.

B. Post signs in the patient's language.

C. Provide a written notice informing of the right to receive language assistance services.

D. All of the above.

*Providing culturally and linguistically appropriate services means ensuring that every patient can access language help, see clear indications that support is available, and know their rights to receive that help. Offering language assistance services lets patients communicate their needs accurately, participate in decisions, and consent to care without language barriers. Posting signs in the patient's language makes the availability of interpreter services visible and easy to find, reducing delays and confusion. Providing a written notice about the right to language assistance formalizes the commitment and ensures patients understand how to request help, which is essential for equitable access. Together, these steps meet national standards and support effective, respectful care for diverse patient populations.*

**6. Which aging theory posits that aging involves maintaining routines to preserve self-identity?**

A. Endocrine

B. Wear and tear

C. Activity

D. Continuity

*Maintaining self-identity through familiar routines is the idea behind continuity theory of aging. This view holds that aging individuals strive to preserve ongoing patterns of life—habits, activities, roles, and relationships—to keep a stable sense of self. By continuing routines that have been part of their life, they experience psychological continuity and a smoother adjustment to aging. For example, an older adult who always cooked with a familiar routine keeps doing so, or someone who has played a long-standing social role remains engaged in that role. This emphasis on consistency helps protect self-identity amid change. In contrast, the endocrine theory points to hormonal shifts, wear-and-tear to cumulative physical damage, and activity theory to staying active for well-being; the scenario described aligns best with continuity theory because it centers on preserving self-identity through routines.*

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**7. During a physical assessment, a nurse notes an older adult has difficulty removing clothes. Which ADL should be evaluated to determine this person's ability to perform daily activities?**

A. Housekeeping

B. Laundry

C. Bathing

D. Walking

*Removing clothes is a prerequisite for personal care during bathing, which is a basic activity of daily living. If an older adult has trouble undressing, it directly signals limited ability to bathe independently, since bathing includes undressing, washing, and redressing. Evaluating bathing assesses the person's self-care function, including upper-extremity dexterity, range of motion, balance, and safety during a common daily task. The other options involve more complex or different domains: housekeeping and laundry are instrumental activities of daily living, and walking assesses mobility rather than a self-care task. So, assessing bathing provides the most direct insight into the person's ability to perform daily activities.*

**8. Which assessment helps confirm orthostatic changes in an elderly patient presenting with dizziness?**

A. Heart rate

B. Blood pressure response to standing

C. Urine output

D. Respiratory rate

*Assessing orthostatic changes centers on how blood pressure responds when a person moves from lying down to standing. In older adults with dizziness, orthostatic hypotension can occur because gravity reduces venous return and the body's compensatory mechanisms may be slow or blunted. To confirm, measure blood pressure and heart rate after the patient has been supine for several minutes, then again after standing for about 1 to 3 minutes. Look for a drop in systolic pressure of 20 mmHg or more, or a drop in diastolic pressure of 10 mmHg. The heart rate may rise as compensation, but the essential clue is the BP decline. Urine output or respiratory rate don't directly assess orthostatic changes.*

**9. In community education about cardiovascular disease, which statement about women is correct?**

A. Breast cancer kills more women than heart disease.

B. A woman of 70 is as likely as a man to develop heart disease.

C. Women are more likely than men to develop heart disease in their middle years.

D. For most women, heart disease is a greater problem before menopause.

*The key idea is how heart disease risk in women changes with age and menopause. Estrogen gives some protection before menopause, so women have lower risk in middle age. After menopause, that protection fades and risk rises, so as women age, their risk climbs toward the level seen in men. By about age 70, a woman's likelihood of having developed heart disease is roughly equal to a man's, which is why that statement is correct. Breast cancer is a major health issue for women, but heart disease remains the leading cause of death in women, not a greater killer. In middle age, men generally have a higher risk than women, and heart disease is not more problematic for most women before menopause.*

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**10. An older homeless patient who is admitted has no known family and is unresponsive with decision-making capacity uncertain. Which process is used to appoint a guardian to make healthcare decisions for the patient?**

A. The homeless shelter will provide direction.

B. The patient's care will be represented by the hospital social worker.

C. The hospital will make decisions for the patient's healthcare.

D. The hospital will ask a judge to appoint a guardian for the patient.

*When a patient cannot participate in decisions about their care and there is no legally designated surrogate, a court steps in to appoint a guardian to make healthcare decisions. In this situation—no known family and uncertain decision-making capacity—the hospital cannot unilaterally decide what treatment is best or designate someone to decide for the patient. The appropriate path is to file a petition in the court (typically a surrogate or probate court) to assess capacity and, if needed, appoint a guardian who will have the authority to consent to or refuse treatments and to communicate with the medical team. The guardian's role is to act in the patient's best interests and, when possible, honor any known preferences or values of the patient. If preferences aren't known, the guardian makes decisions based on what would best preserve the patient's welfare and rights, while the process protects the patient's autonomy and ensures due process. In urgent situations, a temporary or emergency guardian may be appointed to address immediate needs while the full guardianship process proceeds. This approach is favored because it provides a legally authoritative, ethically grounded mechanism to make medical decisions when no family or other surrogate is available, rather than leaving the hospital to decide autonomously or relying on non-authorized staff.*

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# Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

https://nclexgeriatric1.examzify.com

We wish you the very best on your exam journey. You've got this!

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