NURSING CARE OF OLDER ADULTS EXAM 1 PRACTICE (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR THE FULL VERSION STUDY GUIDE

https://nursingofolderadults.examzify.com

Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright 1

Table of Contents 2

Introduction 3

How to Use This Guide 4

Questions 5

Answers 8

Explanations 10

Next Steps 16

SAMPLE

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.

SAMPLE

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!

SAMPLE

Questions

SAMPLE

1. Which medication is commonly misused by older adults?

A. Antibiotics

B. Statins

C. Benzodiazepines

D. Statins

2. What are some common signs of dehydration in older adults?

A. Increased heart rate and high blood pressure

B. Dry mouth, decreased urine output, confusion, and dizziness

C. Fatigue and memory loss

D. Weight gain and frequent headaches

3. Which gastrointestinal condition is commonly faced by older individuals?

A. Diarrhea

B. Gastritis

C. Constipation

D. Heartburn

4. Which assessment finding in older adults would suggest a risk for falls?

A. Decreased muscle mass

B. Improved balance

C. Increased agility

D. Regular exercise

5. What is a common complication associated with constipation in older adults?

A. Increased mobility

B. Dehydration

C. Heart disease

D. Improved digestion

SAMPLE

6. What is the focus of gerontological nursing when discussing autonomy with older adults?

A. Ensuring decisions are made without professional input.

B. Respecting the individual's right to make their own choices.

C. Simplifying treatment options without client input.

D. Prioritizing family decisions over patient choice.

7. Which is a common risk factor for depression in older adults?

A. High physical activity levels.

B. Social isolation and loss of loved ones.

C. Increased family support.

D. Good financial stability.

8. When assessing finances in older adults, what should nurses consider as a contributing factor?

A. Availability of healthcare services

B. Geographic location of residence

C. Prior employment history

D. Economic disparity among older adults

9. Which term best describes the attitude exhibited by an 85-year-old client who believes older people are burdens to their families?

A. Discrimination

B. Ageism

C. Empathy

D. Aging

10. Name three common chronic conditions affecting older adults.

A. Arthritis, asthma, and cancer.

B. Hypertension, diabetes, and osteoarthritis.

C. Cardiac problems, kidney disease, and anemia.

D. Influenza, allergies, and common cold.

SAMPLE

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. Which medication is commonly misused by older adults?

A. Antibiotics

B. Statins

C. Benzodiazepines

D. Statins

Benzodiazepines are commonly misused by older adults due to their sedative effects and potential for dependence. Older adults may not fully understand the risks associated with these medications, which can lead to their misuse for anxiety, sleep disorders, or to cope with stress. This age group may also experience increased sensitivity to these drugs, leading to issues such as confusion, falls, and impaired cognitive function. While antibiotics and statins are crucial for treating infections and managing cholesterol levels respectively, they generally don't carry the same level of misuse risk among the elderly. Antibiotics are typically used in adherence to prescribed treatment plans, and statins are often considered essential for long-term health management in those with cardiovascular issues. This contrasts with benzodiazepines, which can be administered without sufficient monitoring, increasing the likelihood of misuse and adverse effects.

2. What are some common signs of dehydration in older adults?

A. Increased heart rate and high blood pressure

B. Dry mouth, decreased urine output, confusion, and dizziness

C. Fatigue and memory loss

D. Weight gain and frequent headaches

The identification of common signs of dehydration in older adults is crucial for effective nursing care, as elderly individuals are at a higher risk due to various physiological changes and potential comorbidities. Dry mouth is a clear indicator of dehydration, as saliva production decreases when the body lacks adequate fluids. Decreased urine output reflects the body's attempt to conserve water in response to low fluid levels, which is particularly significant in older adults who may not recognize thirst signals as well as younger individuals. Confusion can arise due to the effects of dehydration on cognitive function, which is more pronounced in older populations, as brain cells require sufficient fluids to operate efficiently. Dizziness is also a common symptom caused by a drop in blood volume and subsequent blood pressure changes, which can result in balance issues and an increased risk of falls among older adults. Other signs, like increased heart rate and high blood pressure, while potentially related to fluid status, are not as directly indicative of dehydration specifically. Similarly, fatigue and memory loss can be associated with various other health conditions, but they do not exclusively point to dehydration. Lastly, weight gain and frequent headaches are typically not associated with dehydration and would suggest different health issues altogether. The understanding of these signs plays a critical role in timely intervention and management of

SAMPLE

3. Which gastrointestinal condition is commonly faced by older individuals?

A. Diarrhea

B. Gastritis

C. Constipation

D. Heartburn

Constipation is commonly faced by older individuals due to several age-related factors, including decreased physical activity, inadequate fluid intake, and changes in dietary habits. The aging process leads to a slowing of gastrointestinal motility and a decrease in the efficiency of the colon to absorb water from stool, which contributes to harder, drier stools that are more difficult to pass. Additionally, many older adults take medications for various health conditions that can further exacerbate constipation, such as opioids and certain antihypertensives. While other gastrointestinal conditions like diarrhea, gastritis, and heartburn can also occur in older adults, constipation is especially prevalent in this population. It can lead to significant discomfort, a decreased quality of life, and complications such as fecal impaction, which can require medical intervention. Addressing constipation in older adults often involves a multifaceted approach that includes dietary adjustments, hydration, and physical activity, highlighting the importance of a focused nursing assessment and intervention in this area.

4. Which assessment finding in older adults would suggest a risk for falls?

A. Decreased muscle mass

B. Improved balance

C. Increased agility

D. Regular exercise

Decreased muscle mass in older adults is a significant risk factor for falls. As individuals age, they naturally experience a decline in muscle strength and mass, a condition known as sarcopenia. When muscle strength diminishes, it affects balance, coordination, and the ability to recover from a trip or stumble. This contributes to an increased likelihood of falls because the individual may not have the strength to maintain stability or to correct their posture in a precarious situation. In contrast, improved balance, increased agility, and regular exercise generally promote stability and physical fitness, thereby reducing the risk of falls. Regular exercise can enhance muscle strength and improve overall balance and coordination, which are protective factors against falls. Therefore, recognizing decreased muscle mass as a risk factor is crucial in developing appropriate fall prevention strategies for older adults.

SAMPLE

5. What is a common complication associated with constipation in older adults?

A. Increased mobility

B. Dehydration

C. Heart disease

D. Improved digestion

Dehydration is a common complication associated with constipation in older adults because decreased fluid intake can contribute to harder, drier stools that are more difficult to pass. Many older adults may not drink enough fluids due to various factors such as diminished thirst sensation, mobility issues that limit access to fluids, or concerns about frequent urination. When sufferers of constipation do not maintain adequate hydration, it exacerbates the issue by making bowel movements more challenging, creating a cycle of discomfort, pain, and further constipation. Additionally, older adults may experience changes in their gastrointestinal motility, which can affect how well their bodies process fluids and food. Consequently, when they do not hydrate adequately, the risks of dehydration, potentially leading to urinary tract infections, kidney stones, and other complications, increase significantly. Being aware of the risk of dehydration highlights the significance of ensuring that older adults consume sufficient fluids as a preventive measure against constipation and its associated complications.

6. What is the focus of gerontological nursing when discussing autonomy with older adults?

A. Ensuring decisions are made without professional input.

B. Respecting the individual's right to make their own choices.

C. Simplifying treatment options without client input.

D. Prioritizing family decisions over patient choice.

The focus of gerontological nursing when discussing autonomy with older adults centers around respecting the individual's right to make their own choices. Autonomy is a fundamental principle in healthcare, emphasizing the importance of allowing patients to have control over their own decisions regarding their health and well-being. In gerontological nursing, practitioners strive to empower older adults to express their preferences and values, ensuring their voices are heard in the decision-making process. Supporting autonomy involves understanding the specific needs and circumstances of older adults and recognizing that they possess the right to make choices that align with their life goals and personal belief systems. This approach fosters dignity and respect, which are crucial for the overall quality of care. In contrast, other options detract from the essence of autonomy. Making decisions without professional input undermines the collaborative aspect of care. Simplifying treatment options without client input is contrary to the goal of involving patients in their care. Prioritizing family decisions over patient choice disregards the individual's right to self-determination, which is a central tenet of gerontological nursing. Respecting autonomy ultimately enhances trust and engagement between healthcare providers and older adults.

SAMPLE

7. Which is a common risk factor for depression in older adults?

A. High physical activity levels.

B. Social isolation and loss of loved ones.

C. Increased family support.

D. Good financial stability.

Social isolation and loss of loved ones are significant risk factors for depression in older adults. As people age, they may experience changes in their social networks, such as retirement, mobility issues, or the death of friends and family members. These changes can lead to loneliness and a lack of emotional support, which are critical components for mental well-being. The impact of losing loved ones is profound, as it can create feelings of grief and abandonment, heightening the risk for depressive symptoms. In contrast, high physical activity levels, increased family support, and good financial stability are generally associated with better mental health outcomes. Engaging in physical activity can enhance mood and cognitive function, while robust support systems can provide emotional reassurance and decrease feelings of loneliness. Likewise, financial stability can reduce stress and uncertainty about the future, contributing to overall well-being. Thus, social isolation and loss of loved ones stand out as common and critical risk factors for depression in the older population.

8. When assessing finances in older adults, what should nurses consider as a contributing factor?

A. Availability of healthcare services

B. Geographic location of residence

C. Prior employment history

D. Economic disparity among older adults

Understanding economic disparity among older adults is crucial when assessing finances because it directly impacts their access to resources, healthcare, and overall quality of life. Economic disparity refers to the differences in income and economic resources that influence an individual's ability to afford necessary services, including healthcare, housing, and daily living expenses. Older adults may have varying financial foundations based on factors such as pensions, retirement savings, or social security benefits, which can be significantly affected by their earlier life choices, job markets, and socio-economic conditions. This disparity can lead to significant differences in wellbeing and health outcomes, making it a critical component for nurses to consider when evaluating the financial stability of older adults. Recognizing the economic conditions faced by different older adults enables healthcare providers to tailor assessments and interventions, ensuring they address specific needs and challenges experienced by this population. Understanding these disparities can also inform resource allocation, advocacy efforts, and the development of programs aimed at supporting financially vulnerable older adults.

SAMPLE

9. Which term best describes the attitude exhibited by an 85-year-old client who believes older people are burdens to their families?

A. Discrimination

B. Ageism

C. Empathy

D. Aging

The term that best describes the attitude of an 85-year-old client who sees older people as burdens to their families is ageism. Ageism refers to stereotypes and prejudiced attitudes toward individuals or groups based on their age, particularly the discriminatory beliefs about older adults. In this scenario, the client's belief reflects a negative stereotype about aging, suggesting that older individuals lack value or are only a liability. These kinds of attitudes contribute to societal stigma against older adults and can impact how they view themselves and their place in society as they age. Recognizing ageism is crucial in nursing care, as it influences the quality of care and the interactions healthcare providers have with older clients. The concepts of discrimination, empathy, and aging don't accurately capture the specific negative belief about older adults as burdens. Discrimination typically refers to the actions taken against individuals based on their group identity; empathy involves understanding and sharing the feelings of others; and aging is the biological and social process of becoming older. Ageism comprehensively encompasses the prejudicial attitudes the client demonstrates.

10. Name three common chronic conditions affecting older adults.

A. Arthritis, asthma, and cancer.

B. Hypertension, diabetes, and osteoarthritis.

C. Cardiac problems, kidney disease, and anemia.

D. Influenza, allergies, and common cold.

The selection of hypertension, diabetes, and osteoarthritis as common chronic conditions affecting older adults reflects a comprehensive understanding of prevalent health issues in this population. Hypertension, or high blood pressure, is particularly common among older adults due to age-related changes in blood vessel elasticity and increased vascular resistance. It is a significant risk factor for heart disease, stroke, and kidney failure, making its management crucial in this age group. Diabetes is another prevalent condition, especially type 2 diabetes, which has a strong correlation with advancing age. Factors such as decreased physical activity, changes in body composition, and insulin resistance contribute to the high incidence of diabetes among older adults. Complications of diabetes can include cardiovascular disease, neuropathy, and vision problems, underscoring the need for careful monitoring and management. Osteoarthritis is a degenerative joint disease often linked to aging and is characterized by the breakdown of cartilage in the joints, leading to pain and limited mobility. It can significantly affect the quality of life, mobility, and independence of older adults, making it a common concern. The other options, while they include serious health issues, do not reflect the same level of chronic prevalence seen with hypertension, diabetes, and osteoarthritis in the aging population. Conditions like arthritis

SAMPLE

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://nursingofolderadults.examzify.com

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

SAMPLE