

MULTIPLE-CHOICE

1. Which of the following is a true statement about dental health in older adults?
- Most people can expect to lose most of their teeth by old age.
 - Excessive saliva production is a common problem among older adults.
 - Dentures should be cleaned once a day with a thoroughly brushing.
 - A little blood on the toothbrush is normal.

ANS: C

Careful cleaning of dentures is necessary to prevent the buildup of bacteria that contribute to staining and odor, as well as to infections. Older adults can lose teeth, but many adults are retaining their teeth into older age. Tooth loss is most often a result of periodontal disease. Excessive saliva production is uncommon in a common problem for older persons. Bleeding gums is a sign of periodontal disease.

RPN: 1 ORP: Understood RCP: 1.55
 TCM: Nursing Process: Assessment MSC: Health/Promotion and Maintenance

2. An older adult with a gastrostomy tube has difficulty using the dominant hand. Which of the following should the nurse provide to prevent complications of the gastrostomy tube?
- Use linen wraps to hold the tube.
 - Provide tooth brushing at least twice a day.
 - Supply a soft toothbrush and floss.
 - Position the patient at 90 degrees for tube feedings.

ANS: B

Recommendations are that individuals receiving tube feeding should have their teeth brushed twice a day to decrease the microorganisms on the inside of an older adult with a gastrostomy tube. Floss wraps are ineffective tools to secure plugs; regardless of the technique, because this older adult has difficulty with the dominant hand, providing soft-bristled toothbrush can be a source of harm, unless the nurse assists the older adult to maintain oral health with the supplies. The nurse positions the older adult at a 90- to 45-degree angle during tube feedings to facilitate gastric emptying.

RPN: 1 ORP: Apply RCP: 1.56
 TCM: Nursing Process: Implementation MSC: Health/Promotion and Maintenance

3. Which of the following is a true statement?
- Urine flow gradually decreases in older age.
 - Older adults generally need less fluid than younger people because of their lower body water content.
 - Urine-specific gravity and skin turgor can be used to diagnose dehydration in older adults and in younger people.
 - Multiple physiological changes of aging place older adults at a greater risk of dehydration.

ANS: D

The loss of water-containing tissues, the loss of concentrating power in the kidneys, and a decreased sense of thirst all increase an older person's risk for dehydration. Urine flow does not diminish in old age. Specifically, it does not diminish in the presence of dehydration as it does in a younger person. Lower body water content places an older patient at greater risk of dehydration, not a lower risk. Urine output and less reliable in older age because of changes in the tissues.

RPN: 1 ORP: Understood RCP: 1.56
 TCM: Nursing Process: Assessment MSC: Health/Promotion and Maintenance

4. Which factor increases the risk for chronic dehydration in older adults?
- Decrease of diuretic agents
 - Poor cognitive function
 - Dry mucous membranes
 - Fluid loss from vomiting

ANS: B

Poor cognitive functioning, depending on others for assistance, living in a residential facility, and having poor chronic illnesses are factors that increase the risk of chronic dehydration. An increase of diuretic agents is more likely to cause acute dehydration. Dry mucous membranes are reliable indicators of chronic dehydration. Fluid loss from vomiting leads to acute dehydration.

RPN: 1 ORP: Remember RCP: 1.61
 TCM: Nursing Process: Assessment MSC: Health/Promotion and Maintenance

5. Which of the following is a true statement about fluid intake for older adults?
- Daily total volume should be less 1,500 mL.
 - Coffee is a suitable beverage for maintaining hydration.
 - Caffeinated beverages are sometimes preferable to water.
 - Total daily fluid intake should be approximately 100 mL per kg of body weight.

ANS: A

Daily total volume of fluid should be at least 1,700 mL. Caffeine increases urine production and therefore aggravates age-related dehydration rather than relieving it. Total daily fluid intake should be 100 mL per kg of body weight, not 10 mL.

RPN: 1 ORP: Understood RCP: 1.61
 TCM: Nursing Process: Assessment MSC: Health/Promotion and Maintenance

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