

***Gerontological Nursing 1st edition Vafeas
Test Bank***

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Contemporary Ageing

MULTIPLE CHOICE QUESTIONS

1. Health-Adjusted-Life-Expectancy (HALE) is best described as:
 - A. a measure that considers the prevailing mortality rates, including poor health, pathology and dysfunction
 - B. an asset-based perspective that considers the number of years spent in full health rather than poor health
 - C. a measure of disease burden that includes ill-health, disability and early death from preventable causes
 - D. an age-weighted measure that is used to assess quality of life-years lived at different ages, including those in disability and poor health

Answer: B

2. The five leading causes of death for Australians aged 65–74 years, in order are:
 - A. coronary heart disease, dementia and Alzheimer's disease, cerebrovascular disease, lung cancer, influenza and pneumonia
 - B. coronary heart disease, dementia and Alzheimer's disease, cerebrovascular disease, chronic obstructive pulmonary disease, lung cancer
 - C. coronary heart disease, dementia and Alzheimer's disease, cerebrovascular disease and heart failure and complications
 - D. lung cancer, coronary heart disease, chronic obstructive pulmonary disease, cerebrovascular disease, colorectal cancer

Answer: D

3. For Indigenous Australians, lower life expectancy is due to:
 - A. higher incidence of chronic disease, such as kidney disease, lung disease and diabetes
 - B. lower health literacy rates
 - C. less access to health assets and resources
 - D. poor health policy and implementation
 - E. All of the above

Answer: E

4. The health gradient in ageing populations contributes strongly to:
 - A. health inequalities in vulnerable groups of older people resulting in deprivation
 - B. differences in access to the resources needed for good health, reflected in the disparities in both social gradient and social structure
 - C. addiction, education, employment and income
 - D. All of the above

Answer: B

5. Ageism is *best* described as:
 - A. attitudes and perceptions of older people that are formulated by stigma, ignorance and stereotypes
 - B. a process of communicating with an older person in a patronising manner
 - C. similar to sexism, except that it includes older men
 - D. the stereotyping, prejudice and discrimination of all people on the basis of their age

Answer: D

6. A 70-year-old man is asked if he considers himself to be old, to which he replies: 'No, I'm 70 years young!'. He then refers to the other residents he lives with as 'old people'. This is an example of:
 - A. internalised ageism
 - B. internalised micro-aggression
 - C. institutionalised ageism
 - D. personally mediated ageism

Answer: A

7. The 'free radical theory on ageing relates to the idea that:
 - A. the body simply just 'wears out' over time and use
 - B. cross-links impair cell function and increase the physical signs of ageing
 - C. damage is caused by oxidative stress induced by continued exposure to free radicals and poor metabolism of antioxidants

- D. the immune system is compromised because of increasing levels of exposure to free radicals, antioxidants and oxidative stress

Answer: C

8. The three main psycho-social theories on ageing are:
- A. compression of morbidity, activity theory, disengagement theory
 - B. activity theory, disengagement theory, continuity theory
 - C. activity theory, continuity theory, compression of morbidity
 - D. activity theory, continuity theory, gero-dynamics theory

Answer: B

9. The World Health Organisation (WHO) Global Strategy and Action Plan on Ageing and Health aims to:
- A. bring together governments, international agencies, civil societies, academia and health professionals, along with the media and private corporations to combat ageism in a multifaceted way to increase an individual's capacity for self-empowerment across the lifespan to age healthily

- B. support all older persons regardless of ethnicity, social status, gender, and age to achieve their full potential across the lifespan

- C. use an intergenerational approach to maintain good health at all stages of life by ensuring access to basic resources necessary for ageing productively

- D. All of the above

Answer: D

10. The three directives of the WHO's Decade of Healthy Ageing include:

- A. to develop and maintain functional ability as one ages, to support physical and mental capacity and to develop resilience that enables wellbeing, life satisfaction, fulfilment and enjoyment

- B. restructuring healthcare delivery, setting priorities for biomedical research in ageing, improving quality of life through financial incentives

- C. engaging consumers in healthcare quality, employing sound strategies for chronic care coordination, funding health professionals training

Answer: A