

Gerontology  
Chapter 9 Study Guide

Study and review the following:

1. Sleep apnea – complications of- symptoms of
2. Insomnia – explain cause of
3. Arthritic joint pain – recommended exercises for, explain why they are least likely to exercise
4. Explain the benefits of regular exercises
5. Explain the body positioning for patients with ***heart failure*** and ***GERD***
6. Explain the type of exercise in ***endurance*** exercise
7. Explain the purpose of aerobic exercises
8. Explain the ***best way*** to stay healthy and happy in the aging person
9. Pain level – assessment of
10. Explain the importance of having patients getting a good nights sleep.
11. Name some household items that can be used as weights
12. List some ADLs that a patient can perform
13. Explain why it is important to alternate activities throughout the day
14. Explain what can affect the patient's ability to exercises
15. Explain the aging person's sleep pattern - naps
16. Explain how a can nurse help an aging person deal with stress
17. List the barriers to physical activity
18. List the benefits of physical activity