

Gerontology  
Final Study Guide

1. Define: gerontology
2. Define – ageism
3. Know the changes associated with aging
  
4. Know (in order) - the 5 stages of grief and give examples of each
  
5. Know and list the signs/symptoms of imminent death
  
6. Know the benefits of physical exercise
7. Endurance exercises – examples of
8. Muscle strengthening exercises – examples of
9. Pain – assessment of
10. List measures to promote health maintenance
  
11. Define elder abuse and list the symptoms
12. Carbon monoxide poisoning
13. List some fire hazards in the older adult's home
14. List some home safety risks for older adult
  
15. Know the steps of the nursing process in order and explain what a nurse does in each one
16. Goals – Define the following: a. **measurable** b. **timely** c. **specific** d. **attainable**
  
17. Know and list factors contributing to sleep disruption
18. Explain the normal sleep cycle for older adults
19. List risk factors for sleep disorders
20. Know the sleep patterns for older adults
21. Know the common reason people cannot rest
22. Know the measures/interventions to assist the older adult with sleep
23. Know the common sleep disorders
24. Define and know the difference between: - delirium  
- neurocognitive disorder
  
25. List the guidelines for foot care for a patient with DM
  
26. List the skills of a good listener
  
27. List interventions to improve nutritional status in the older adult
28. Explain the nutritional needs of older adults
29. Know how to assess the nutritional needs of older adults
30. Define: mechanical soft diet
31. Define: clear liquid diet (list examples of foods)
32. Define: therapeutic diet
33. Potassium – function of
34. Sodium – function of
35. Vitamin C – function of
36. Calcium – function of

37. Vitamin K – function of
38. Zinc- function of
39. Sodium level – and function of
40. Iron – function of
41. Electrolyte imbalance – cause of
42. Explain the reason why thickening agents may need to be used in the older adult
  
43. Health promotion – immunizations for the older adult
44. Infection – indications of
  
45. Define: Wear and Tear Theory
46. List the expected findings associated with aging
47. List the theories for physiological theories of aging
48. Know the age-related changes of the older adult
  
49. Restorative Care: Know the following -
  1. practice role of the nurse
  2. educator role of the nurse
  3. advocate role of the nurse
  4. counselor role of the nurse
  5. physical changes affecting
  6. goal of
  7. define
  
50. Define the following:
  - a. **bedside caregiver**
  - b. **rehabilitation**
  - c. **restorative care**
  - d. **advocate**
  
51. **Hearing impaired** – communicating with – use of hearing aids
  
52. Falls - Know the contributing factors
53. Risk for falls – list measures to prevent falls
54. Define: fall risk assessment
55. List the causes directly linked to **dizziness**
  
56. Erik Erikson development task for the elderly
  
57. TB – precautions
  
58. Define – palliative care
59. Define: TR (terminal restlessness)
60. Define: Advance directives – living will
  
61. Define the following:
  - a. acute caregiver
  - b. extended care facilities
  - c. home care
  - d. hospice care
  - e. rehabilitation facilities