

## HESI PN GERONTOLOGY ACTUAL EXAM 3 LATEST VERSIONS (VERSION A, B AND C) 2023-2024 EACH VERSION CONTAINS 55 QUESTIONS AND CORRECT DETAILED ANSWERS WITH RATIONALES | ALREADY GRADED A+

### HESI PN GERONTOLOGY EXAM VERSION A

An 83-year-old client diagnosed with type 2 diabetes mellitus has been admitted to home health care for an ulcer on the heel of the left foot. Which changes in the foot should the practical nurse (PN) expect to find? (Select all that apply.)

- a. Pedal pulses will be weak or absent in the left foot.
- b. The client states that the left foot is usually warm.
- c. Flexion and extension of the left foot will be limited.
- d. Capillary refill of the client's left toes is longer than 2 seconds.
- e. The client denies any pain in the left foot. - ANSWER- a. Pedal pulses will be weak or absent in the left foot.
- e. The client denies any pain in the left foot.

**Rationale: Symptoms associated with decreased blood supply are weak or absent pedal and tibial pulses. The client denying any pain is a common complication with type 2 diabetes in the elderly.**

The client is recently diagnosed with Parkinson disease and is to begin medication therapy. What is the purpose of the client's medication therapy?

- a. **Decrease tremors.**
- b. Slow disease progression.
- c. Cure Parkinson disease.
- d. Improve short-term memory. - ANSWER- a. Decrease tremors.

**Rationale: Drug therapy for Parkinson disease is used to reduce symptoms, such as tremors, to improve the client's quality of life.**

The nurse is meeting with a group of older adults to encourage the adults to incorporate exercise into their healthy lifestyle. Which type of exercise should the nurse encourage this group to undertake?

- a. **Walking on a daily basis**
- b. Jogging, but only weekly
- c. Sprinting, but only on weekends
- d. Exercise is rarely recommended for older adults - ANSWER- a. Walking on a daily basis

**Rationale: Exercise for older adults should be regular and low impact. Daily walking fits this criterion. Weekly or weekend only exercise is not frequent enough. Most health older adults can perform some type of increased activity.**

The practical nurse (PN) gives written discharge instructions to an older adult client who has undergone cataract surgery on the right eye. Which discharge instruction should the PN reinforce?

- a. **Avoid sleeping on your right side.**

- b. Follow up with the surgeon in 6 weeks.
- c. Remove the dressing when showering tonight.
- d. Expect to have a headache for the next 2 to 3 days. - ANSWER- a. Avoid sleeping on your right side.

**Rationale: The client should be advised about any limitations such as not sleeping on the operative side, limiting reading, no heavy lifting, and no strenuous activity. The client usually has a follow up visit with the surgeon in the first week after surgery.**

An older adult client who has Alzheimer's disease tries to slap a social worker. Which action is most appropriate for the nurse to take first?

- a. Ask staff members to assist with applying restraints on the client.
- b. Ask the client to walk away and come join others in the dining room.
- c. Ask the client to explain the reason he is trying to hurt the employee.
- d. Calmly explain it is against facility policy to hit facility personnel. - ANSWER- b. Ask the client to walk away and come join others in the dining room.

**Rationale: It is most appropriate to redirect the client's activity if the client's behavior is combative. This is usually effective in reducing the risk of harm to self or staff and should be attempted before applying restraints. When a client has Alzheimer's disease, it is futile to ask the client to explain behavior or to provide detailed information about facility policies.**

An older client is admitted to the hospital after experiencing confusion, nausea and vomiting, and headache for several days. The client's pulse rate is 43 beats/min. The practical nurse (PN) is most concerned about the client's history related to what medication?

- a. Warfarin
- b. Ibuprofen
- c. Nitroglycerin
- d. **Digoxin** - ANSWER- d. Digoxin

**Rationale: Older adult persons are particularly susceptible to the buildup of cardiac glycosides such as digoxin which leads to a toxic level within their systems. Toxicity can cause anorexia, nausea, vomiting, diarrhea, headache, and fatigue.**

The practical nurse (PN) emphasizes ways to prevent constipation to the older adult client. Which instruction should the PN reinforce in the client's discharge teaching plan?

- a. Avoid caffeinated beverages.
- b. Take a stool softener once a week.
- c. **Drink several glasses of water throughout the day.**
- d. Make sure to chew food completely before swallowing. - ANSWER- c. Drink several glasses of water throughout the day.

**Rationale: Adequate hydration is an important measure for preventing constipation.**

The nurse is providing instructions for safely bathing older clients to a group of newly employed unlicensed assistive personnel (UAPs) in a long-term care unit. Which instruction is most crucial to provide?

- a. Make sure to bathe the residents according to the facility schedule.