

Handout 25-1

Student's Name _____

Chapter 25: Special Considerations for the Geriatric Patient—Quiz*Circle the letter of the best answer to each multiple-choice question.*

1. _____ is BEST defined as the abandonment or the deprivation of basic needs such as water, food, housing, clothing, or medical care.
 - a. Abuse
 - b. Elder neglect
 - c. Abuse
 - d. Self-neglect

2. Which of the following statements about assessment of an elderly patient is true?
 - a. Address the patient as “dear.”
 - b. Speak to the patient, not a family member, when possible.
 - c. Take a position above the patient’s eye level.
 - d. Ask, “What’s wrong?” to get a concise response.

3. The Emergency Medical Responder physical exam of an elderly patient _____ the physical exam for a younger adult.
 - a. is the same as
 - b. requires more documentation than
 - c. is more thorough than
 - d. is less thorough than

4. Which of the following statements about the assessment of an elderly patient is **NOT true**?
 - a. Poorly functioning heating devices may create problems.
 - b. Curvature of the spine makes it easy to position the patient’s head.
 - c. Properly fitted false teeth can stay in place for artificial ventilation.
 - d. A patient’s lack of self-care should be noted.

5. What can **age-related stiffening of the aorta** lead to?
 - a. Enlargement of the left ventricle
 - b. Susceptibility to tearing
 - c. Degeneration of the heart’s electrical system
 - d. Parkinson’s disease

6. Which of the following is a common change due to aging?
- a. More efficient digestion
 - b. Lower blood pressure
 - c. Increased lung capacity
 - d. Weakened bone structure
7. Depression is _____ in the elderly.
- a. often imaginary
 - b. common
 - c. untreatable
 - d. rare
8. In general, the force needed to cause injury in the elderly is _____ the force needed to cause injury in younger people.
- a. less than
 - b. the same as
 - c. more than
 - d. unable to be compared to
9. _____ are responsible for most of the injury deaths among the elderly.
- a. Burns
 - b. Medication errors
 - c. Falls
 - d. Vehicle collisions
10. Because sensitivity to pain is _____ in the elderly, suspect a serious illness or injury in any elderly patient's complaint of pain.
- a. nonexistent
 - b. increased
 - c. unchanging
 - d. decreased

Chapter 25 Review

In the space provided, write the word or words that best complete each sentence.

1. For your general impression, be sure to note whether or not the elderly patient appears to be _____, well groomed, and cared for.
2. Keep in mind that an elderly patient who has had a stroke may have difficulty _____, _____, or clearing the airway of secretions.
3. Correct positioning of the _____ and _____ for airway care may be a challenge due to a _____ of the spine that occurs with aging.
4. For artificial ventilation of an elderly patient, it may be easier to form a mask seal if you leave properly fitting _____ in place.
5. Bleeding control in the elderly patient may be more _____ if the patient is taking _____ or other blood-thinning medications.
6. Increasingly _____ lifestyles can be due to illnesses such as arthritis, medications that cause excessive tiredness, or even the fear of _____ as their ability to move about becomes more difficult.
7. Age-related changes in the musculoskeletal system can lead to changes in _____, range of _____, and _____.
8. The vast majority of the elderly lead _____, _____ lives and are able to _____ clearly and effectively with those around them.
9. An older adult with a substance-abuse problem, mental illness, or a condition such as Alzheimer's disease may become _____. Be sure to keep safety a priority at all times.
10. During assessment, take a position at the elderly patient's _____ level. It is less intimidating than towering over him. You also might offer a handshake to establish rapport and at the same time note his skin _____, his ability to _____, and his ability to _____.

HANDOUT 25-3

1. SEDENTARY, INJURY
2. PASSIVE
3. DENTURES
4. POSTURE, MOTION, BALANCE
5. CLEAN
6. VIOLENT
7. EYE, CONDITION, MOVE, FOLLOW DIRECTIONS
8. CHEWING, SWALLOWING
9. MULTIPLE PRESCRIPTIONS
10. HEAD, NECK, CURVATURE
11. HEALTHY, ACTIVE, COMMUNICATE
12. DIFFICULT, ASPIRIN
13. INABILITY TO TAKE CARE OF ONES SELF
14. ELDER ABUSE

Instead of writing the
whole word out
just put in the
appropriate number in
the blank
provided



True or False

Indicate if each of the following statements is true or false by writing T or F in the space provided.

- _____ 1. Clues that the Emergency Medical Responder may observe in a depressed elderly patient include poor hygiene, poor eating habits, and a disorderly living situation.
- _____ 2. The Emergency Medical Responder should confront the suspected abuser of an elderly person.
- _____ 3. Increased sensitivity to pain is a function of the aging process.
- _____ 4. When approaching an elderly patient, focus on her rather than on a caregiver or family member.
- _____ 5. Bleeding control in the elderly may be more difficult if the patient is taking aspirin or other blood-thinning medications.
- _____ 6. Perspiration decreases in older adults, which can contribute to heat-related emergencies.
- _____ 7. The ability of the heart to contract with force increases with age.
- _____ 8. If an elderly patient's mental status decreases in the level of responsiveness, it may be the first indication of shock.
- _____ 9. Elderly women are less susceptible to infections of the urinary tract than are younger women.
- _____ 10. Fever will always be present as a sign of infection in elderly patients.

CHAPTER 25 MULTIPLE CHOICE

CIRCLE the letter of the correct answer to each question.

- Compared to an adult's airway, the child's airway is:
A. more curved. C. narrower.
B. wider. D. stronger.
- What are the three components of the Pediatric Assessment Triangle?
A. Pulse; Airway; Trauma
B. Airway; Breathing; Circulation
C. Alertness; Airway; Appearance
D. Appearance; Work of breathing; Circulation
- Blue, or cyanotic, skin in a child indicates:
A. hypothermia. C. hypotension.
B. hypoxia. D. hypoglycemia.
- As a child ages, which of the following would best represent typical changes to vital signs?
A. Lower pulse and lower respiratory rate
B. Higher pulse and higher respiratory rate
C. Lower pulse but higher respiratory rate
D. Higher pulse but lower respiratory rate
- The proper way to attempt to clear a complete airway obstruction in an unresponsive infant is:
A. finger sweeps. C. chest compressions.
B. back blows. D. abdominal thrusts.
- In children, retractions may indicate:
A. a healthy child breathing normally.
B. a foreign body airway obstruction.
C. a suspected rib fracture or chest injury.
D. significant respiratory distress.
- When a young child who may benefit from supplemental oxygen refuses to let you place an oxygen mask on him, you should:
A. withhold the oxygen to avoid further agitation.
B. try to use the blow-by technique for delivering oxygen.
C. hold the oxygen mask against his face so that he cannot remove it.
D. explain the dangers of refusing oxygen, and then reattempt to apply the mask.
- All of the following statements regarding the respiratory system of an infant are true EXCEPT:
A. his tongue is smaller relative to the size of his mouth than an adult's is.
B. he primarily breaths through his nose rather than through his mouth.
C. his airway is more easily obstructed.
D. when lying flat, the size of his head may cause his airway to flex forward and close.
- A conscious child having trouble breathing with no injuries should be placed:
A. sitting upright.
B. lying flat on his back.
C. lying flat on his back with his feet slightly elevated.
D. on his side, with knees bent.
- When performing a physical exam on a young child, you should:
A. conduct it the same way that you would for an adult.
B. rush through the exam before the child realizes what is happening.
C. alternate between explaining a step, then performing the step.
D. first explain all of what you will do in simple words the child can understand.

I answer I'll take either Both

11. For a small child or infant who is frightened, you should perform your assessment:
 - A. head to toe.
 - B. toe to head.
 - C. front to back.
 - D. back to front.
12. The most common cause of cardiac arrest in infants and children is:
 - A. heart attack.
 - B. bleeding and shock.
 - C. respiratory arrest.
 - D. child abuse.
13. You suspect a child has been abused; however, there are no signs of obvious injury. You should:
 - A. do nothing and keep your suspicions to yourself, since there is no physical evidence.
 - B. arrange for transport and report your suspicions to the proper authorities.
 - C. confront the child with direct questions about the possible abuse.
 - D. confront the parent or guardian with direct questions about the possible abuse.
14. When a child enters into the decompensated stage of shock:
 - A. death nearly always results.
 - B. he will begin to exhibit signs and symptoms of shock very slowly.
 - C. the signs and symptoms of shock develop rapidly.
 - D. he can maintain a normal blood pressure but not a normal heart rate.
15. Children are especially prone to hypothermia due to their *relative*:
 - A. large blood volume.
 - B. small skin surface area.
 - C. small blood volume.
 - D. large skin surface area.
16. A sick child with a fever should be:
 - A. immersed in cold water.
 - B. cooled by applying rubbing alcohol to the skin.
 - C. undressed down to a single layer of clothing.
 - D. left fully clothed and covered with a blanket.
17. Compared to adults, infants are more susceptible to dehydration because they:
 - A. have such a small circulating blood volume.
 - B. generally vomit more often.
 - C. are likely to have less fluid intake.
 - D. have much larger heads in proportion to their bodies.
18. Any child who has had a first seizure should:
 - A. receive medication.
 - B. have a medical evaluation.
 - C. be positioned on his or her back.
 - D. be questioned about the cause.
19. You are caring for a child who has just had a seizure. After ensuring that the airway is open and the patient is breathing and has a pulse, you should next:
 - A. insert a bite stick or spoon into the mouth.
 - B. roll the patient onto his side and provide oxygen per local protocol.
 - C. restrain the patient in case he has another seizure.
 - D. look for evidence of trauma or any indication for injury to the spine.
20. Most states have laws that require Emergency Medical Responders to report suspected cases of:
 - A. alcohol abuse.
 - B. illegal drug use.
 - C. infectious disease.
 - D. abuse and neglect.
21. Elder abuse is most commonly seen in all of the following forms EXCEPT:
 - A. financial.
 - B. self-neglect.
 - C. sexual.
 - D. emotional.

- 22. All of the following are ways the respiratory system is affected by the aging process EXCEPT:
 - A. a heightened ability to detect low levels of oxygen in the blood.
 - B. a decreased flexibility of the chest.
 - C. an increasing weakness of respiratory muscles.
 - D. a loss of lung elasticity and collapse of small airway structures.
- 23. Common changes to the musculoskeletal system as people age include:
 - A. the spine straightening and losing its natural curvature.
 - B. a buildup of minerals in the bones.
 - C. decreased range of motion in joints.
 - D. swelling of the disks between vertebrae, lengthening the spine.
- 24. A confused mental status would be LEAST concerning as signifying a serious medical condition when the patient has a history of:
 - A. dementia.
 - B. sepsis.
 - C. diabetes.
 - D. pneumonia.
- 25. An elderly female fell down several steps onto the sidewalk in front of her house. She knows her name and where she is but does not remember falling or what happened just before she fell. You observe a 2-inch laceration to the back of her scalp and abrasions to the palms of both hands. The most appropriate care you can provide is to:
 - A. help her to stand up, help her back into her house, and phone a neighbor or family member to come take care of her.
 - B. help her to a more comfortable seated position and phone for an ambulance.
 - C. question her to find out if she is hurt anywhere else, and then phone her physician for her.
 - D. assess for any immediate life threats, keep her still in a supine position, and phone for an ambulance.

7. Match each condition with the definition.

- | | |
|------------------------------|--|
| _____ 1. Parkinson's disease | A. <input checked="" type="checkbox"/> The ballooning of a weakened artery |
| _____ 2. Dysrhythmia | B. <input checked="" type="checkbox"/> An inflammation of the lower airway |
| _____ 3. Emphysema | C. <input checked="" type="checkbox"/> The inability to retain urine or feces |
| _____ 4. Dementia | D. <input checked="" type="checkbox"/> The inability or unwillingness to care for oneself |
| _____ 5. Aneurysm | E. <input checked="" type="checkbox"/> A degenerative disease that affects the brain and results in impaired memory and behavior |
| _____ 6. Bronchitis | F. <input checked="" type="checkbox"/> A disturbance in heart rate or rhythm |
| _____ 7. Self-neglect | G. <input checked="" type="checkbox"/> A loss of cognitive ability |
| _____ 8. Incontinence | H. <input checked="" type="checkbox"/> A disease causing loss of elasticity in the lungs |
| _____ 9. Alzheimer's disease | I. <input checked="" type="checkbox"/> A nervous system disease characterized by tremors and muscular weakness |

Name _____

MULTIPLE CHOICE. Choose the one alternative that best completes the statement or answers the question.

1) In most states, EMS providers are legally required to report suspected: 1) _____
A) alcohol use. B) drug use. C) elder abuse. D) falls.

2) With geriatric patients, you should avoid: 2) _____
A) shaking the patient's hand. B) eye contact.
C) using nicknames. D) addressing the patient directly.

3) You are called for an elderly man who was found lying on the sidewalk early on a cold winter morning. He has a light jacket on, but it appears he has been outside overnight. There is a pile of mail scattered nearby. Your assessment shows that his extremities are very cold and he seems disoriented. He groans when you palpate his pelvis. You should suspect he is suffering from: 3) _____
A) hypothermia. B) Alzheimer's disease.
C) a closed head injury. D) a medication overdose.

4) Obtaining a medical history may be challenging when treating an elderly patient. Which of the following techniques is helpful when interviewing an elderly patient? 4) _____
A) Write down your questions, and have the patient read them.
B) Ask lengthy questions.
C) Ask simple questions, and provide ample time for answers.
D) Get all information from caregivers.

5) Your elderly patient shows you his list of medications and tells you what he takes them for. You should also ask: 5) _____
A) "Do you share your medications with your wife?"
B) "Are you taking all of them as prescribed?"
C) "Who is your physician?"
D) "How often do you have your prescriptions refilled?"

6) You notice that your elderly patient has multiple bruises and minor skin tears on her arm after striking it on a doorway as she walked through it. You determine her injuries are likely due to: 6) _____
A) liver spots or age spots on her arm. B) loss of elasticity and thickness of the skin.
C) self-abuse due to clinical depression. D) her inability to take care of herself.

7) Which of the following is an appropriate technique to use during the physical exam of an elderly patient? 7) _____
A) Conduct the exam in a cool environment to avoid overheating.
B) Palpate the abdomen more firmly than usual.
C) Handle her gently and carefully.
D) Remove clothing completely to ensure a thorough assessment.

8) A progressive, degenerative disease that attacks the brain and results in impaired thinking is: 8) _____
A) Crohn's disease. B) urticaria.
C) emphysema. D) Alzheimer's.

- 9) Because of changes in the nervous system, many elderly patients may experience: 9) _____
A) difficulty in remembering recent events. B) forgetfulness.
C) decreased reaction time. D) all of the above.
- 10) Changes that commonly occur as a result of aging include: 10) _____
A) decrease in vision. B) increase in blood pressure.
C) loss of skin elasticity. D) all of the above.
- 11) Which of the following is commonly seen as a result of aging? 11) _____
A) Increase in pain sensitivity B) Decrease in the overall brain weight
C) Decrease in blood pressure D) Increase in oil production in the skin
- 12) The leading cause of injury and death among the elderly is: 12) _____
A) cancer. B) poisoning.
C) trauma from falls. D) dementia.
- 13) Which of the following is commonly seen as a result of the aging process? 13) _____
A) Increased electrical conduction in the heart
B) Increased sensitivity to pain
C) Widening of the aorta
D) Enlargement of the left ventricle
- 14) One of the general characteristics commonly associated with geriatric patients is: 14) _____
A) no living relatives. B) multiple illnesses.
C) poverty. D) active social lives.
- 15) Which of the following is a common age-related change in the respiratory system of geriatric patients? 15) _____
A) Excessive mucus production
B) Reduced strength and endurance of respiratory muscles
C) Trouble remembering to breathe
D) Smaller, narrower airways
- 16) Your 71-year-old patient has burned her hands from washing dishes in water that was too hot. 16) _____
You believe this occurred because she:
A) was unable to feel the temperature of the water.
B) wanted to be sure the dishes were sanitized.
C) has very thin skin, which burns easily.
D) was trying to injure herself.
- 17) Unintentional medication errors are common among elderly patients because: 17) _____
A) doctors prescribe the wrong medications. B) they often have multiple prescriptions.
C) caregivers can't read English. D) elder abuse is common.
- 18) You suspect your elderly patient may be the victim of neglect. You should: 18) _____
A) notify the proper authorities.
B) explain the situation to a friend and ask for his or her opinion.
C) keep quiet since you have no proof.
D) confront caregivers.

- 19) Your patient is unable to tell you what day it is or the last time he ate. You are unsure if he is always like this or if this is a new onset of altered mental status. You should first: 19) _____
- A) assume this is normal for the patient but still persuade him to see his physician.
 - B) interview family members and caregivers about his normal mental status.
 - C) check his medications to see if he has been taking them as directed.
 - D) perform a physical assessment to check for traumatic injuries.
- 20) Which of the following is typically true regarding the elderly? 20) _____
- A) Fifty percent of the elderly have diagnosed dementia.
 - B) By age 80 most elderly persons live in assisted living facilities.
 - C) They take an assortment of medications on a daily basis.
 - D) They exercise more regularly since they have more free time.
- 21) In addition to your regular scene size-up, with an elderly patient you should check for: 21) _____
- A) a working vehicle and valid license.
 - B) the size of the home.
 - C) conditions that suggest abuse or neglect.
 - D) family members living nearby.
- 22) You notice that your elderly patient seems to be having trouble hearing you. You should position yourself in front of the patient and: 22) _____
- A) only ask the family questions.
 - B) speak loudly and repeat yourself.
 - C) speak clearly and slowly.
 - D) write questions down.
- 23) You are called for a 72-year-old widower who lives with his grandson in a nice middle-class neighborhood. He is bleeding from a head wound, and he tells you that he fell in the shower. You notice multiple bruises of various colors on his arms and that the room where he stays is messy and has a foul smell. His grandson tells you that he does not need to go to the hospital. You should suspect he: 23) _____
- A) is clinically depressed.
 - B) has mild dementia.
 - C) may be being abused.
 - D) doesn't have insurance.
- 24) Which of the following would indicate emotional abuse of the elderly? 24) _____
- A) embezzlement of property.
 - B) threats of harm or humiliation.
 - C) signs of malnutrition.
 - D) poor hygiene and unkempt appearance.

LIST THE 5 RIGHTS OF MEDICATION ADMINISTRATION