**Chapter 22 Promoting Quality of Life**

1) List the five behavioral determinants of healthy aging as described in this chapter.

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**smoking activity nutrition alcohol medication adherence**

2) In fifty words or less, provide an answer to an elderly patient who asks you whether or not they should start drinking one glass of wine per day for health reasons.

**(graded per instructor – see chapter content; current guidelines state that older adults who do not drink should not start)**

3) Name three options that a nurse could teach an older person about regarding smoking cessation.

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**personal counseling smoking cessation groups smoke free organization(s)**

4) The five A’s for helping persons quit tobacco use include all of the following except:

a. ask

b. advise

**c. acknowledge**

d. arrange

5) The five R’s for helping a person with motivation to quit tobacco use include:

a. risks, remembering, rhymes, repeating, rendering

**b. relevance, risks, rewards, roadblocks, repetition**

c. remember, rest, relaxation, rest, remember

d. risks, repetition, relaxation, risks, repetition

6) The nurse is teaching a patient about the available medications for smoking cessation. All of the following would be appropriate to teach the older person except….?

a. Bupropion SR is an acceptable medication

b. the patch provides a steady dose of nicotine

**c. inhalers and nose sprays are now available over the counter**

d. gum may help control cravings

7) The general consensus on alcohol use in moderation among adults over age 65 is:

**a. limit to one drink per day for females**

b. limit to two drinks per day for females

c. limit to three drinks per day for males

d. there is no limit recommended by any organization

8) Chronic alcohol abuse is associated with cancers of the:

a. esophagus

b. liver

c. gall bladder

**d. a and b**

9) Name two social service determinants of healthy aging.

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**health promotion disease prevention**

10) Name three social environment determinants of quality of life in old age.

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**social support violence and abuse education and literacy**