1. One reason older adults are at risk for becoming dehydrated is:
   A. thirst increases with age.
   B. thirst decreases with age.
   C. they have more lean body mass.
   D. their urine is more concentrated.

2. Signs of dehydration addressed in this study included:
   A. intermittent, one-sided weakness.
   B. fitful sleep, pruritus, and hypothermia.
   C. fatigue, urinary tract infection, and delirium.
   D. unsteady gait, poor balance, and falls.

3. The Institute of Medicine’s recommendation for fluid intake in older adults is:
   A. the same as for young adults.
   B. the same as for middle-aged adults.
   C. different for all age groups.
   D. that it should remain constant during the life cycle.

4. A strategy used to recruit older adults from different backgrounds to participate in focus groups included:
   A. sending letters of invitation by first-class mail to their homes.
   B. making a presentation at local senior centers on Hydrate for Health.
   C. asking older adults to complete a form listing their educational background and health history.
   D. making telephone contact after older adults provided their contact information on a sign-up sheet.

5. One theme that emerged from the focus groups was:
   A. how to get water inexpensively.
   B. how to best measure water.
   C. the importance of water to dental health.
   D. drinking water in the evening.
6. Older adults in the focus groups expressed frustration at not having:
   A. specific information about hydration that can be easily included in daily life.
   B. Internet access at home to download the hydration factsheets and needed information.
   C. more water fountains in public places.
   D. more talks on health topics at senior centers.

7. One emerging change in the care of older adults is:
   A. incentives for patients to report others’ health behaviors.
   B. incentives for patients to report the effect of staff on health behaviors.
   C. the use of self-monitoring for health conditions.
   D. the use of electronic tracking devices.

8. When describing their health issues, older adults prefer to use:
   A. correct medical terms.
   B. local or common jargon.
   C. medical terms found on the Internet.
   D. words that show they are “health savvy.”

9. In this article, nurses play an important role in:
   A. giving medication safety classes at local senior centers.
   B. collaborating with researchers to provide an evidence base to nursing practice.
   C. raising awareness among older adults by making health information readily available from the Internet.
   D. raising awareness among researchers about the importance of making research relevant to older adults.

10. In the absence of information, older adults will:
    A. overmedicate themselves.
    B. make more emergency department and urgent care visits.
    C. self-manage their symptoms.
    D. become dehydrated, especially in the summer months.

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