



Age-Related Changes

“JEOPARDY!”

The game where the question is an answer and the answer is a question!

This game was developed by Irene Harris, BSN, GNC (c), Clinical Nurse Educator, VIHA Professional Practice Office to correspond with the handout, “Age Related Changes”.

Quizmaster Instructions:

1. Divide participants into two teams. They should choose one member to be their spokesperson.
2. Ask for a volunteer to keep score.
3. Post the Points Chart where the players can see it. (Displaying it on an overhead works well). The numbers under each category heading represent the points that players can "earn" for each correct *Jeopardy!* answer they give. Each number also corresponds to a Jeopardy question, to be read by the quizmaster.
4. The first team chooses a category and a points number. (*“We’ll take Hearing for 200.”*) Cross out that box on the chart.
5. Read the question (an Answer statement). (*“This is the tone of voice which you should use with older adults.”*)
6. The spokesperson for the team responds with their answer, phrased as a question: (*“What is a lower pitch of voice?”*)
7. If the team answers correctly by stating the correct question, the points are awarded to them. If they are incorrect, the opposing team has the opportunity to state the correct question, before going on to select another category and points number.
8. Continue until all the boxes have been crossed off the Points Chart, and tally the teams’ points.
9. Reward the winners!

AGE-RELATED CHANGES

“JEOPARDY!”

Points Chart

Cardio	Resp.	Gastro	Genitourinary	Musculoskel.	Neuro	Visual	Hearing	Integument.
100	100	100	100	100	100	100	100	100
200	200	200	200	200	200	200	200	200
300	300	300	300	300	300	300	300	300

Game developed by Irene Harris, Island Health.(2006)

Age-Related Changes

“Jeopardy!” Questions

(to be read by the quizmaster)

- Cardio:**
- 100: The older adult should change position in this manner.
 - 200: You need to be alert to benign or atypical symptoms, which may signal this.
 - 300: Extreme stress or fever can produce this disorder in the older adult.
- Resp.**
- 100: This symptom may result with less activity than with a younger adult.
 - 200: Watch carefully for this illness in an older adult who is not well.
 - 300: This is what should be suggested when doing strenuous activities.
- Gastro:**
- 100: This should be a suggested position during and after meals.
 - 200: This is good advice about meals.
 - 300: These foods should be encouraged.
- Genito.**
- 100: This is very important to remember when medications are given to older adults.
 - 200: You should anticipate this voiding pattern for older adults.
 - 300: This is a symptom, which needs investigation in the older adult.
- Musculosk.**
- 100: Demineralization of bones can be decreased by doing this.
 - 200: These types of environmental modifications may be appropriate for the older adult.
 - 300: This occurrence can be caused by decreased strength or gait changes.

- Neuro.** 100: You may need to use this teaching method with older adults.
- 200: These types of aides may help older adults remember things.
- 300: You may not be able to rely on these types of complaints to signal problems.
- Visual** 100: This condition makes older adults get reading glasses.
- 200: This is why floors should not be shiny for older adults.
- 300: An older adult may not acknowledge or talk with someone sitting next to them because of this.
- Hearing** 100: This is an easily treated and reversible cause of hearing loss.
- 200: This is the tone of voice, which you should use with older adults.
- 300: Nurses should check this first when an older adult doesn't seem to hear conversation.
- Integum.** 100: Doing this on a daily basis should be avoided.
- 200: Moisturizers should be applied at this time.
- 300: This is why older adults feel the cold more.

“Jeopardy!” Questions and Answers

- Cardio:**
- 100: The older adult should change position in this manner.
Ans= What is gradually?
 - 200: You need to be alert to benign or atypical symptoms, which may signal this.
Ans = What is a heart attack?
 - 300: Extreme stress or fever can produce this disorder in the older adult.
Ans = What is angina or syncope?
- Resp.**
- 100: This symptom may result with less activity than with a younger adult.
Ans = What is shortness of breath?
 - 200: Watch carefully for this illness in an older adult who is not well.
Ans = What is pneumonia?
 - 300: This is what should be suggested when doing strenuous activities.
Ans = What is allow for rest periods?
- Gastro:**
- 100: This should be a suggested position during and after meals.
Ans = What is upright
 - 200: This is good advice about meals.
Ans = What is eat smaller, more frequent meals?
 - 300: These foods should be encouraged.
Ans = What are fibrous and whole grain foods – bran muffins, etc.?
- Genito.**
- 100: This is very important to remember when medications are given to older adults.
Ans = What is that medications excreted by kidneys will remain in the system longer.
 - 200: You should anticipate this voiding pattern for older adults.
Ans = What is that older adult will need to urinate during the night?
 - 300: This is a symptom, which needs investigation in the older adult.
Ans = What is urinary incontinence.
- Musculosk.**
- 100: Demineralization of bones can be decreased by doing this.
Ans = What is activity; weight-bearing activities.
 - 200: These types of environmental modifications may be appropriate for the older adult.
Ans = What is adequate lighting, handrails, bathroom aids. Etc.
 - 300: This occurrence can be caused by decreased strength or gait changes.
Ans = What is falls?

- Neuro.**
- 100: You may need to use this teaching method with older adults.
Ans.= What is using shorter sessions over a longer span of time; or repetition.
- 200: These types of aides may help older adults remember things.
Ans = What are memory aids.
- 300: You may not be able to rely on these types of complaints to signal problems.
Ans = What is pain or change in temperature?

- Visual**
- 100: This condition makes older adults get reading glasses.
Ans = What is presbyopia?
- 200: This is why floors should not be shiny for older adults.
Ans = What is increased sensitivity to glare?
- 300: An older adult may not acknowledge or talk with someone sitting next to them because of this.
Ans = What is some loss of peripheral vision or narrowing of visual field?

- Hearing**
- 100: This is an easily treated and reversible cause of hearing loss.
Ans.= What is cerumen impaction?
- 200: This is the tone of voice which you should use with older adults.
Ans = What is a lower pitch of voice?
- 300: Nurses should check this first when an older adult doesn't seem to hear conversation.
Ans = What is check ears for wax buildup or What is check hearing aide is in and working?

- Integum.**
- 100: Doing this on a daily basis should be avoided.
Ans = What is bathing?
- 200: Moisturizers should be applied at this time.
Ans = What is immediately after bathing when the skin is moist?
- 300: This is why older adults feel the cold more.
Ans = What is decreased blood flow or loss of subcutaneous fat