20.19: Chapter 19 (Care of the Older Adult)

Answer Key to Chapter 19 Learning Activities

The SPICES tool can assess many common problems for aging adults.

S: Sleep Disorders

Examples of questions might include the following:

What length of rest periods do you have during the night? Do you rise frequently? How many times per night? Do you nap during the day? Where do you sleep?

P: Problems with Eating or Feeding

Examples of questions might include the following:

Do you notice difficulty swallowing foods or beverages? Do you choke after swallowing? Do you ever experience a sensation of food being caught in the throat?

I: Incontinence

Examples of questions might include the following:

Do you experience frequent urination? Do you feel a sense of urgency or that you will not reach the bathroom in time to void? Do you feel that you are able to empty your bladder completely?

C: Confusion
Examples of questions might include the following:

Who are you? Where are you? Who is the President? Do you ever experience difficulty remembering why you entered a certain room? Do you find yourself forgetting things or people you previously knew? Do your loved ones report that you have memory issues?

**E: Evidence of Falls**

Examples of questions might include the following:

Have you experienced a recent fall? What are the bruises on your arms or legs attributed to? Do you feel unsteady or stumble when first arising out of bed?

**S: Skin Breakdown**

Examples of questions might include the following:

Do you have any open areas on your skin? Do you have areas of redness that do not go away? Are you able to reposition yourself frequently or do you rely on the assistance of others?

Answers to interactive elements are given within the interactive element.