Answers to Clinical Scenarios, Chapter 2, Theories of Aging

2.1 Family history, weight, and lack of exercise increase the incidence of osteoporosis and the progression of the disease process.

2.2 Betty should increase her exercise, improve her diet plan, and be offered a change of medication regimen to improve pain control. Her diet plan should include increased vitamin D and calcium or supplements for these vitamins.

2.3 Patient teaching on her condition and ways to improve her quality of life are important factors that need clarification for the patient. Find support groups or church groups to get the patient active. Help the patient find and enroll in yoga, water aerobics, or a simple exercise class to improve the osteoporosis. Exercise will help the patient move better.

2.4 He can encourage her to complete her activities of daily living independently. He can also help encourage his wife to become involved in activities and exercise classes. Going out more in public and being involved in the community will make the patient move her body more and decrease her pain levels.