



**NALPN Education Foundation** a 501 (C) (3) entity within NALPN  
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## **Gerontology Outline for Certification Exam**

104 questions – exam time 1 minute per question

The exam assesses your knowledge base of gerontology concepts, critical thinking skills, clinical application and necessary decision making skills. Review the exam study guide and any additional reference material pertaining to the below topics for preparation to complete the exam.

- I. Foundations of Gerontology
  - A. Theories of Gerontology
  - B. Nursing Process
  - C. Physical and Psychological Changes/Adjustments
  - D. Legal and Ethical Considerations
  - E. Influence on Health and Illness
  
- II. Promoting Health and Wellness
  - A. Nutrition
  - B. Exercise and Rest
  - C. Safety
  - D. Sexuality
  - E. Mental Health
  - F. Facilitating Self-Care
  
- III. Nursing Care of the Elderly with Physical and Psychological Disorders
  - A. Circulatory
  - B. Respiratory
  - C. Endocrine
  - D. Gastrointestinal
  - E. Genitourinary
  - F. Neurological
  - G. Integumentary
  - H. Sensory
  - I. Musculoskeletal
  - J. Mental Health Problems
  
- IV. Special Gerontology Care Issues
  - A. Special Settings
  - B. Rehab and Restorative Care
  - C. Pharmacology
  - D. Lab and Diagnostic
  - E. Pain and Chronic Illness
  - F. Emergencies
  - G. Death and Dying
  - H. Infection
  - I. Cancer
  - J. Substance Abuse