



Year 2020-2021	Subject: Geriatric nursing
End Exam	Fourth Year (new)
Date: 12 /6 / 2021	Total Marks: (25) Mark
Time Allowed: 2 Hours	
	<i>Dr. Nahed Abd ELAzeem</i>

Part I	5 Marks
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Answer all the following question.

Read the following statements carefully and circle the letter "T" if the statement is true and the letter "F" if the statement is false

1- Daily requirement of calcium for elderly is 1200 mg./day	T	F
2- Increase fat intake may increase incidence of cancer prostate.	T	F
3- A balanced diet of a healthy elderly should contain 18-20% of total caloric intake	T	F
4- Easy chewing, dry mouth, decreased appetite, heartburn after meals and constipation are problems in GIT system.	T	F
5 –Dietary guideline for old persons use sugar &salts in moderate &drink 2000—3000cc/daily.	T	F
6 - Social benefits of exercise: improve social interaction relation with other.	T	F
7- Physical benefits of exercise : control hypertension, blood sugar&↑ independency.	T	F
8- Health promoting: is an action for health using knowledge, communication & understanding.	T	F
9- According to <i>Erikson's theory</i> the psychological sense of heath elderly is Generatively vs. Stagnation in elderly above 65 years.	T	F
10 - Increase fat intake may increase incidence of cancer prostate.	T	F

Part II	5 Mark
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Read the following statements carefully then circle the best answer:-

1- The elderly must be have a suitable time for sleep and rest which will be

a-5- 7 hours during night



- b- 8-10 hours during the night
- c- 6-8 hours during night
- d- 10-12 hours during the night

2- Signs of spiritual distress include:.....

- a- Doubt
- b- Despair
- c- -Guilt
- d- All of above

3-Tetanus and diphtheria immunization for elderly given every.....

- a-7 years
- b- 8 years
- c- 9 years
- d-10 years

4- The need of daily elderly of water is:.....

- a-1200cc -1500cc/daily
- b- 1500cc- 1700cc/daily
- c- 2000cc-2500cc/daily
- d- 2000cc- 3000cc/daily

5-- The Activity theory in elderly proposes that

- a- older adults have different responses to the aging process.
- b- Older age try to maintain previous habits, preferences.
- c- The focus is on the individual's need to maintain a productive life
- D-Older adults desire to withdraw from society as they age.

**6 All of the following are normal physiological changes in neurological system in elderly
.....except**

- a-Increased adjustment time to changes in light a-
- loss of balance, dizziness, and syncope b-
- Decreased perception of stimuli, as temperature c-



d-

Changes in sleep patterns

7- Physical wellbeing depend on :

- a- Social structure
- b- Personal relationships
- c- Psychosocial wellbeing
- d- All the above

8- Role of The nurse during exercise including.....

- a- Monitor heart rate .
- b- Stop exercise if elderly has fatigue .
- c- long- term recall
- d- A&B

9- Psychological benefits of exercise .

- a-Improve mood state
- b- Dépression
- c- Reduce sleep
- d- A &C

10- Elderly at high risk for dehydration due to :

- a-Trauma,
- b-Inadequate fluid intake (2000 –3000 cc/day)required.
- c-Arthritis
- d-All of the above.



Give a short account about :-

Q1: Explain of psycho-social theories? (6 marks)

Q2: Enumerate needs of the elderly? (3 marks)

Q3: Discuss available health services for the elderly in Egypt ? (6)

Good Luck

Dr/ Nahed Abd ELAzeem