



Year 2020-2021	Subject: Geriatric nursing
End Exam	Fourth Year
Date: 27 /2 / 2021	Total Marks: (80) Mark
Time Allowed: 2 Hours	Head of department: <i>Dr/ maha mousa Mohamed</i>
	<i>Dr. Nahed Abd ELAzeem</i>

Part I

15 Marks

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- Programmed theory views people as unique, self-determined, worthy of respect.	T	F
2-Biological theory focus is on the individuals need to maintain a productive life for it be a happy one.	T	F
3- The most nonverbal communication not accurate and the form of communication, without use words facial expression, eye contact, gesture and body language .	T	F
4-A balanced diet of a healthy elderly should contain 18-20% of total caloric intake	T	F
5-Daily requirement of calcium for elderly is 1200 mg./day if there is no contraindications	T	F
6- Easy chewing, dry mouth, decreased appetite, heartburn after meals and constipation are problems in GIT system.	T	F
7- Communicating with the deaf write messages if the person can read.	T	F
8 –Dietary guideline for old persons use sugar &salts in moderate &drink 2000—3000cc/daily.	T	F
9-Social benefits of exercise: improve social interaction relation with other.	T	F
10-Esophageal dilatation leads to decreased gag reflex and increased incidence of choking and aspiration in older adults.	T	F
11-Health promotion means improve quality of life and maintain function	T	F



12-Sensory impairment are the barrier of communication with elderly.	T	F
13-Cultural factors: eating habits may miss certain food group as vegetarians.	T	F
14- According to <i>Erikson's theory</i> the psychological sense of health elderly is Generatively vs. Stagnation in elderly above 65 years.	T	F
15- Increase fat intake may increase incidence of cancer prostate.	T	F

Part II

15 Mark

**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



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**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- While the nurse caring for Mr. Mohamed in geriatric home she observed he had Gum atrophy and tooth loss so she apply nursing care plan toward.....**

- a- Constipation.
- b- Decreased digestion.
- c- Heartburn.
- d- . Decreased nutritional status

**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- Depression
- 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.

**Part III**

**50 Mark**

**Give a short account about :-**

- 1- Explain (5) five components of health promotion ?  
(15 Marks)**
- 2- Discuss Social factors that influencing the elderly?**
- 3-Enumerate needs of the elderly?**
- 4- What are role of geriatric nurse?**

*Good Luck*

*Dr/ Nahed Abd ELAzeem*