



Year 2021-2022	Subject: Geriatric nursing
End Exam	Fourth Year (new)
Date: 15 /1 / 2022	Total Marks: (25) Mark
Time Allowed: 2 Hours	Head of department: <i>Dr/ magda aly Mohamed</i>
	<i>Dr. Nahed Abd ELAzeem</i>

Part I

7.5 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- –urethral stenosis , urethra fibroids and urethra cancer causes of urinary retention.	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-Osteoprosis a disease characterized by low bone mass &deterioration of bone tissue which can lead to increased risk of fracture .	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

6 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

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- Normal changes that affect the cardio-vascular system include all of the following: -
EXCEPT**

a. Heart muscle losses its strength

b. Heart valves become thick and rigid

c. Blood vessels loose their elasticity

d. Increase efficiency of venous valve

7- Changes of musculoskeletal system include all the following: EXCEPT -

.a-Decreasing height

.b-Decrease in neurotransmitters

.c-Decreased bone mass

.d-Synovial membranes become more fibrotic

8- Physical wellbeing depend on :

a- Social structure

b- Personal relationships

c- Psychosocial wellbeing

d- All the above

9- 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



10- Psychological benefits of exercise .

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

11- 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.

Which of the following items are related to the causes of fractures12 -

- ‘a-Trauma
- b-Fall**
- c-Osteoporosis
- d-All of the above

Part III

11.5 Mark

Give a short account about :-

**1- List components of health promotion?
(1.5 Marks)**

**2-List Social factors that influencing the elderly ?
(1.5Marks)**

3-Explaine needs of the elderly? (2 mark)

4- Discuss role of geriatric nurse to elderly needs? (2.5 mark)

5-: Discuss available health services for the elderly in Egypt ? (2.5 mark)

**6- Explain of psycho-social theories?
mark)**

(1.5

Good Luck

Dr/ Nahed Abd ELAzeem