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| **Subject: Geriatric Nursing** | **Year: 2021-2022** |
| **Fourth Year** | **Final Exam** |
| **Total Mark: (25) Mark** | **Date: 18 / 6 / 2022** |
| **Subject professor: Dr. Nahed Abd Elazeem** | **Time Allowed: 2**  **Hours** |

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| **PART I 7 MARKS** |

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

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| 1. The aging process is a universal natural phenomena characterized by sudden, reversible and evitable process. | **T** | **F** |
| 1. Taste changes in geriatric include decreased number of taste buds. | **T** | **F** |
| 1. Older adults are more easily distracted to any stimuli and are less able to retain information longer than 45 minutes | **T** | **F** |
| 1. Recent memory better than remote memory among elders. | **T** | **F** |
| 1. Noise, language differences and poor listening skills are barriers that affecting communication process in elderly. | **T** | **F** |
| 1. Daily requirement of calcium for elderly is 1200 mg/day | **T** | **F** |
| 1. Multiple losses are considered as one of the psychological changes among elders | **T** | **F** |
| 1. High risk behaviors among elders are smoking, caffeine and multiple medications. | **T** | **F** |
| 1. Fecal occult blood and sigmoidoscopy screnning tests should be done every 2 years for elderly. | **T** | **F** |
| 1. Dietary guidelines for old persons include use sugar &salts in moderate. | **T** | **F** |
| 1. Continuity theory focuses on the individual’s need to maintain a productive life. | **T** | **F** |
| 1. Physical benefits of exercise for elderly involve control hypertension, blood sugar and increase independency. | **T** | **F** |
| 1. Increase fat intake may increase incidence of cancer prostate for elderly. | **T** | **F** |
| 1. Learning process may be affected by hearing and visual deficits related to the aging process. | **T** | **F** |

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| **PART II 5 MARKS** |

**Read the following statements carefully then circle the best answer:-**

1. **The elderly must be having a suitable time for sleep and rest which will be ---------**
2. 5- 7 hours during night
3. 8-10 hours during the night
4. 6-8 hours during night
5. 10-12 hours during the night

1. **Signs of spiritual distress include:**
2. Doubt
3. Despair
4. Guilt
5. All of above
6. **Tetanus and diphtheria immunization for elderly given every---------**
7. 7 years
8. 10 years
9. 9 years
10. 8 years

**4- The need of daily water intake for elderly is :**

1. 1200cc -1500cc/daily
2. 1500cc- 1700cc/daily
3. 2000cc-2500cc/daily
4. 2000cc- 3000cc/daily
5. **All of the following normal physiological changes related to urinary System among older adults are EXCEPT**
6. Decrease in blood flow
7. Decrease in bladder capacity
8. Reduction in muscle tone of bladder.
9. Increase ability to concentrate urine.
10. **Psychological benefits of exercise are ----------------------------------**
11. Improve mood state
12. Increase stress
13. Enhance sleep
14. A & C
15. **All are factors that influence aging process EXCEPT**
16. Psychological factors
17. Political factors
18. Social factors
19. Economic factors
20. **Which of the following is Physiological Change related to integumentary system among older adults :**
21. Increase thickness of epidermis
22. Decrease subcutaneous fat
23. Increase blood supply to the dermis layer
24. Decrease androgen to estrogen ratio
25. **Principles of effective communication are ---------**
26. Be aware of the person's health issues.
27. Use clear [questions](http://www.wikihow.com/Ask-a-Question-Intelligently)& sentences
28. Focus on nurse's background, knowledge and values.
29. A+ b
30. **Which of the following Physiological Change related to vision among older adults:**
31. Pupil size decreases
32. Reduced secretions of tears.
33. Reduced the number of eyelashes
34. All of the above.

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| **PART III 2 MARK** |

**Match from column A the correct answer from column B:**

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| 1. **Senility** | 1. A negative un favorable attitudes toward the elderly |
| 1. **Neglect** | 1. The pathological and functional defect resulting from aging process |
| 1. **Disengagement theory** | 1. Theory that proposes that reactive oxygen species with excessive energy, capable of damaging DNA. |
| 1. **Elder abuse** | 1. Theory that proposes that the increase in autoimmune diseases and allergies is caused by change in the immune system. |
| 1. **Ageism** | 1. Mistreatment of older people |
| 1. **Life expectancy** | 1. Decreased hearing ability which associated with aging |
| 1. **The immunologic theory** | 1. Older people are systematically separated, or excluded from society as a whole. |
| 1. **Presbycusis** | 1. The average number of years a person is expected to live. |
|  | 1. The refusal or failure to fulfill a care givers obligations to older adults |

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| **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** |
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| **PART IV 11 MARK** |

**Answer all of the following questions:-**

1- Describe three most common life-course theories? (3 marks).

2- Explain social changes among the elderly? (3 marks).

3- Discuss available health services for the elderly in Egypt? (5 marks).

**Good Luck**

**Dr/ Nahed Abd ELAzeem**

**18/6/2022**