



Year 2019-2020	Subject: Geriatric Nursing
First semester	Final Exam
Date:	Total Marks: ٨٠ Marks
Time Allowed: 3 Hours	Assis.prof.dr.fatma elemam-Dr. Afaf Abdallah

**Part I (5 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.

1. Gerontology is the study of all aspects of the aging process, including the biologic, psychologic, sociologic and economic aspects of older adults, and the consequences of these problems for older adults and society.	T	F
2. Aphasia is a decreased hearing associated with aging	T	F
3. Atrophy of ovaries (ovulation usually stops 1 to 2 years before menopause) is a normal physiological change in elderly.	T	F
4. Older persons may display more readiness to learn and didn't depend on previous experience for solutions to problems	T	F
5. Day care centers are a place for the elderly who has some physical or mental limitation that interferes with totally independent living and who needs social, nutritional or recreational services.	T	F
6. In Programmed theory: exposure to chemicals or radiation can cause damage which lead to Chromosomal abnormalities or loss of function later in life.	T	F
7. According to <i>Erikson's theory</i> the psychological sense of health elderly is Generativity vs. Stagnation in elderly above 65 years	T	F
8. Inappropriate medium, emotions and Language differences consider barriers of communication with elderly	T	F
9. Reminiscing: -is how an older adult reassess life experiences and further develops a sense of accomplishment, fulfillment, and rewards in life.	T	F
10. Increase fat intake may increase incidence of cancer prostate.	T	F

**Part II (10 Marks)**

Read the following statements carefully then circle the best answer:

- One of the following changes lead to increased incidence of orthostatic hypotension in elderly
  - The circulation does not respond quickly to postural changes.
  - Decreased tissues oxygenation.
  - Increased systolic pressure with diastolic pressure maintained.
  - Cardiac arrhythmias.
- The Activity theory in elderly proposes that .....
  - older adults have different responses to the aging process.
  - Older age try to maintain previous habits, preferences.
  - The focus is on the individual's need to maintain a productive life
  - Older adults desire to withdraw from society as they age.
- What are the effect of decreased physical mobility and elasticity in lung tissue in elderly?
  - Decreased muscle mass.
  - Decreased number of capillaries
  - Increased pooling of secretions
  - Decreased number of cilia.
- ..... is a disease caused by an error of metabolism that results in elevated levels of uric acid?
  - Osteoarthritis



- 2) Rheumatoid arthritis
  - 3) Osteoporosis
  - 4) Gouty Arthritis
5. All of the following are normal physiological changes in neurological system in elderly EXCEPT
- 1) Increased adjustment time to changes in light,
  - 2) loss of balance, dizziness, and syncope,
  - 3) Decreased perception of stimuli, as temperature
  - 4) Changes in sleep patterns
6. While the nurse caring for Mr. Mohamed in geriatric home she observed he had Gum atrophy and tooth loss so she applies nursing care plan toward.....
- 1) Constipation.
  - 2) Decreased digestion.
  - 3) Heartburn.
  - 4) Decreased nutritional status
7. The normal urinary tract changes in elderly include decreased renal blood flow 53% by the time one is 80 years of age which lead to .....
- 1) Decreased bladder capacity
  - 2) Decreased removal of urea and uric acid.
  - 3) Electrolyte and acid-base imbalance.
  - 4) Decreased filtration rate.
8. According to categories of elderly middle old elderly age from.....
- 1) 50-64 years old
  - 2) 65 - 74 years old
  - 3) 75 - 84 years old
  - 4) > 85 years old
9. Diaphoresis, sensation of pressure in the ear and tinnitus, all of them are signs of .....
- 1) Meniere's Disease
  - 2) Otosclerosis:
  - 3) Deafness.
  - 4) Presbycusis.
10. The common memory concerns for older adults including.....
- 1) Forgetting names.
  - 2) Misplacing items.
  - 3) long- term recall
  - 4) All of above
11. All of the following are causes of depression Except:
- 1) Increased dependency on others
  - 2) Socialization with other
  - 3) Physical changes
  - 4) Death of a loved one
12. Which of the following items are related to the causes of fractures
- 1) Trauma,
  - 2) Fall
  - 3) Osteoporosis



- 4) All of the above
13. Which of the following instruction is appropriate for patient with urinary incontinence:
- 1) Increase fluid intake
  - 2) Avoid fluid that irritate the bladder
  - 3) Wear tight clothes
  - 4) Eat more high-fiber food
14. Decreased ability to distinguish high-frequency sounds in old age is known.
- 1) Otitis media
  - 2) Presbycusis
  - 3) Deafness.
  - 4) Meniere's Disease.
15. Changes in integumentary system include
- 1) Increased number of pigment cells
  - 2) Decreased number of pigment cells
  - 3) Atrophy of pigment cells
  - 4) Decreased functioning of pigment cells
16. Physical elder abuse includes all but:
- 1) Wounds, cuts, abrasions.
  - 2) Physical restraint or confinement.
  - 3) Unexplained or unexpected deterioration of health.
  - 4) Helplessness.
17. Self-neglect or abuse include the following:
- 1) Attempted suicide.
  - 2) Lack of proper toilet facilities.
  - 3) Residence infested with animals.
  - 4) All of the above.
18. Which of the following are examples on neglect?
- 1) Over or under medicating
  - 2) Leaving an older person alone for long periods of time
  - 3) Failure to provide adequate food or clothing
  - 4) Hitting, slapping, kicking or punching
19. Which of the following is a true definition of Communication?
- 1) Listening is agreed upon
  - 2) One person says something and the other person hears.
  - 3) Sent and received between people
  - 4) A process of sending a message without the need for an audience
20. One of the following provide professional and supportive assistance from health aids for elderly:
- 1) Sheltered housing
  - 2) Day care centers
  - 3) Day hospitals
  - 4) Home health services



**Part III**

**(16 Marks)**

**Situation**

Mona is a 75-year-old female patient with a history of Alzheimer's disease. Although she is forgetful, she is still able to live a relatively independent life. She experienced an episode of fainting, and she was taken to her primary care physician. It *took a great deal of talking to her to help her understand* that the fainting spell was, in fact a major problem that needed to be investigated.

**Please Read the situation and answer the following question:**

- I. What is the barrier which face you when communicate with such case? (6 marks)**
- II. How to communicate effectively with such case (10 marks)**

**Part IV**

**(9 Marks)**

**Give a short account about :-**

- 1. Free radical theory? (3 marks)**
- 2. Vision changes associated with aging? (3 marks)**

*Good luck*