



Third Year

Date: 1 \ 1 \ 2018

Time: 3 hours

Benha University

Faculty of Nursing

C H Ng. Department NUR 302

Geriatric Nursing Exam

(Total marks 80)

I- Choose the best answers: -

(20 Marks)

1-Evidence-based health care means integration of:

- a. **Best research evidence.**
- b. Patient preference.
- c. Clinical expertise.
- d. Nursing clinical skills.

2- Social determinants of health that affecting quality of life:

- a. Intelligence cognitive capacities.
- b. Education and illiteracy.
- c. Poverty.
- d. **Violence and abuse.**

3-Self-care assistive devices includes the following except:

- a. Electric feeder, specially Immunization for selected conditions.
- b. Adapted utensils.
- c. **Large type books.**
- d. Designed toilet seats.

4-Characteristics of biological theories are:

- a. Extrinsic.
- b. **Deleterious.**
- c. Suddenly.
- d. Localized.

5- Person environment fit theory discusses that:

- a. Lower level of competence tolerate with lower environmental press
- b. Lower level of competence tolerate with higher environmental press
- c. Higher level of competence tolerate with lower environmental press
- d. Higher level of competence tolerate with higher environmental press

6- Rights of older Adult patient:

- a. Control one's own funds.
- b. Involved in decision making.
- c. Vote.
- d. Right to complain.

7- Active aging program is designed to help people to:

- a. Plan and prepare for older age.
- b. Contributes to physical, cognitive well-being.
- c. Faster disabilities and chronic diseases.
- d. Ensure one's quality of life in early age.

8- Apitherapy is the use of honey bee venom to treat all the following except:

- a- Chronic pain.
- b- Cancer.
- c- Diabetes.
- d- Dermatologic conditions.

9- The alternative therapy approach which focus on life style intervention called:

- a. Traditional Asian Medicine.
- b. Homeopathy.
- c. Mind Body Medicine.
- d. Ayurvedic.

10-Chiro-practice care is based on:

- a. Activate points on the feet.
- b. Activate body joints as vertebra.
- c. Activate movable pressure for feet.
- d. Activate external energy to the body

11- During your field work as a geriatric nurse you meet Mr. Ahmed 69 years old living with his family from one month, he suffered from symptoms of diabetes melitus after death of his wife according to this situation answer the following questions

11- Rights of Mr. Ahmed are:

- a. Fully informed.
- b. Participate in his own care.
- c. Respect and freedom.
- d. Transfers to hospital.

12- The aging theory describes this condition is:

- a. Genetic theory.
- b. Human needs theory.
- c. Subculture theory.
- d. Cross linkage theory.

13- The type of community support services for Mr. Ahmed is:

- a- Transportation services.
- b- District nursing services.
- c- Geriatric home care services.
- d- Senior citizen center.

14- Needs for Mr. Ahmed is

- a- Nutritional needs
- b- Social needs
- c- Environmental needs
- d- Economical security

15- The level of prevention for Mr. Ahmed is

- a. Primordial
- b. Primary
- c. Secondary
- d. Tertiary

16- Misconception about Mr. Ahmed is

- a. productive and active
- b. Senile
- c. Easy to change
- d. Increasing intellectual capacity

17- Changes in men' reproductive system includes all following except:

- a. Erections decreases
- b. Viable sperms motility increases
- c. Testosterone decreases.
- d. Testes decreased in size.

18- Major urinary system changes:

- a. Kidney tissue increases.
- b. Nephrons units decreased
- c. Blood vessels supplying the kidney softer
- d. Bladder becomes more hardly

19- Relevance of biological theory is

- a- affects all living organisms
- b- coping mechanisms and plan interventions
- c- appreciate the importance of environmental adaptations
- d- conceptualizing the nature of interventions in institutional

20- Changes in integumentary system is

- a- decreased number of nephrons
- b- Decreased skin elasticity
- c- Decrease water in cartilage
- d- Decrease number of alveoli

II- Put (T) if the statement is true and (F) if the statement is falls.

(10 Marks)

Code	Statement	Answer
1	Homeopathy is the most common type of unconventional western systems of medicine.	
2	Traditional ceremonies are used to treat common health problems by indigenous medicine practitioners.	
3	Personal determinants affecting quality of life include self- efficacy and coping style	
4	People over 65 years should be encouraged to receive a yearly flu vaccine and the pneumonia vaccine, which is recommended every 5 year	
5	Gerontological nurse should have all knowledge and skills related to old age and others	

6	Need for advising and teaching is one of social needs of elderly	
7	In older adult there are increasing the weak of muscles surrounding the hiatus	
8	assess coping mechanisms and plan interventions is one of relevance related to psychological theory	
9	The elderly people need for dependence in making decisions.	
10	More stress should be placed on the practical application of assistive technology.	

1	2	3	4	5	6	7	8	9	10
T	T	F	T	T	F	T	F	F	T

III- Match the correct answer in column (A) with corresponding answer in column (B) (5 Marks)

	A		B
1	Aging process	A	Respect older adult to make decision
2	Ageism	B	Integrated health and quality of life
3	Active aging	C	Decrease in muscle mass & contractile force
4	Autonomy	D	a mutually beneficial process of withdrawal between society and older people
5	Primordial prevention	E	a prejudice against older people
6	Confidentiality	F	The transition from perimenopause to menopause
7	Climacteric	G	Protection of data from dissemination
8	Assistive technology	H	Action and measures that inhibit the emergence of risk factor
9	Sarcopenia	I	Gradual accumulation of irreversible function losses
10	Disengagement theory	J	Mechanical aids that enhance the function of physical ability

1	2	3	4	5	6	7	8	9	10
I	E	B	A	H	G	F	J	C	D

IV- Complete the following:

(25 Marks)

1- Skills necessary for evidence –based clinical decisions:-

- 1-The ability to define the patient problems
- 2-Conduct the efficient search of the literature to select the best of relevant study
- 3-Apply the rules of evidence to determine their validity
- 4-Extract the clinical message
- 5-Determined how the patient value affect the balance between advantage and disadvantage of the available management options
- 6- Involve the patient appropriate in the decision

2- Strategies for successful aging include:-

- 1-do at least 30 minutes, of sustained rhythmic, vigorous exercise four times a week
- 2-eat like a bushman(a healthy diet of fruits, whole grains, vegetables).
- 3-get as much sleep and rest as needed
- 4- Maintain a sense of humor and deflect anger
- 5-set goals and accept challenges that force you to be as alive and creative as possible
- 6- don't depend on any one else for your wellbeing
- 7- be necessary & responsible, live outside yourself(give to others and become involved)

3-Determinants of health that affecting quality of life

- 1-behivoral determinants
- 2-personal determinants
- 3-physical environment
- 4-social environment
- 5-econonmic
- 6- social services

4-The food pyramid for older adults:

- 1-whole enriched and fortified grains and cereals such as brown rice and 100% whole white bread
- 2-bright color vegetables such as carrots and broccoli
- 3-deep color fruits such as melons
- 4-low and non fats dairy products such as low lactose milk
- 5-dry beans and nets, fish, poultry , meat and eggs
- 6- Liquid vegetables oil and soft spreads low in saturated fats
- 7- Fluid intake as water and fat free milk

5-Major types of complementary and alternative medicine

- 1-whole medical system
- 2mind body medicine
- 3biological based practices
- 4- manipulative and body based practices
- 5-energy medicine

V- Situation:

(15 Marks)

During your field work as a geriatric nurse you visit Mr. Mohamed family's and meet Emad 32 years old suffering from recurrent attacks of kidney stones, he treated from it since one week ago; according to this situation:

Apply the three level of prevention for Emad?

Primary prevention

Secondary prevention

Tertiary prevention

Good luck

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