

**Third Year Benha University**

**Date: 10 \ 1 \ 2017 Faculty of Nursing**

**Time: 3 hours C H Ng. Department NUR: 302**

**Geriatric Nursing Exam**

**All questions should be answered (Total marks 80)**

**I**- **Choose the best answers: - ( 15 Marks)**

**1- Active aging program is designed to help people to:**

1. Plan and prepare for older age
2. Contributes to physical, cognitive well-being
3. Delay disabilities and chronic diseases
4. Ensure one's quality of life in later years

a)1,2,3 b)2,3,4 c)1,3,4 d)1, 2, 3,4

**2- Behavioral determinants of health that affecting quality of life** **is**:

1. Intelligence cognitive capacities
2. Physical activity
3. Medication adherence
4. Nutrition

 a)1,2,3 b) 2,3,4 c)1,3,4 d)1,2,3,4

**3- Major cardiovascular changes with aging include**

1. The heart rate may be slightly decreased.
2. The heart muscle may be slightly decreased
3. The heart muscle size may be slightly increased
4. The heart muscle may be slightly stiffer

a)1,2,3 b) 2,3,4 c)1,3,4 d)1,2,3,4

**4- The relevance of sociologic theory is:**

1. Assessing environment adaptation to improve function status
2. Apply concepts from the continuity theory.
3. Identify area of personality that can be changed
4. Assessing coping mechanism and plan of intervention

a)1,2,3 b) 2,3,4 c)1,2,4 d)1,2,3,4

**5- The misconception of older adult are:**

1. Older adults are productive and active
2. Older adults are senile
3. Older adults are difficult to change
4. Older adults have diminished intellectual capacity

 a) – 1,2 b) 2, 3, 4 c) - 2,3 d)1,2,3,4

**6- Rights of older adult patients is:**

1. Privacy and confidentiality
2. Transfers and discharge
3. Freely decision making
4. Neglect and abuse

a) 1,2,3 b) 2, 3, 4 c) 1, 2,4 d)1,2,3,4

**7- Biologically-based Practices include:**

1. Food and vitamins
2. Bovine cartilage
3. Herbal medicines
4. Reflexology

a) –1 ,3, 4 b) – 2, 3,4 c) - 1,2, 3 d)1,2,3,4

 **8- Non adherence medication takes a variety of forms including:**

1. Not having a prescription filled
2. Taking incorrect dose
3. Having a prescription filled
4. Forgetting to take doses

 a)1,2,3 b)2,3,4 c)1,2,4 d)1,2,3,4

**9- Common application of assistive technology are:**

1. Environmental control
2. Self-care practices
3. Social recreation
4. Hearing impairment

 a)1,2,3 b)2,3,4 c)1,2,4 d)1,2,3,4

**10- The main guideline for assistive technology is:**

1. Repeated in short training session.
2. Linked with life style
3. Repeated in long training session
4. Realistic and positive attitude

 a)1,3,4 b)2,3,4 c)1,2,4 d)1,2,3,4

**11- One principle of ethics is:**

1. Respect each older adult
2. Quality distribution health services
3. Publication the data
4. Minimizing benefit and risks

**12- Biological theory includes**

1. Subculture theory
2. Immunity theory
3. Disengagement theory
4. Life course theory

**13-Which of the following is not advantage of evidence based practice**

a) Confidence in decision making.

b) Consistent decision making.

c) Growing body of good research.

d) Critical appraisal in time-consuming/skills

**14- Ethical dilemma occurs when**

1. Safe to other
2. Self-stability
3. Broken law
4. Decrease stress for others

**15- Changes in nervous System include**

1. Decreasing sensory receptors for temperature
2. Increasing sensory receptors for pain.
3. Decreasing sensory receptors for pain.
4. Increasing atrophy of sensory receptors for pain.

**II- Put (T) if the statement is true and (F) if the statement is falls. (15 Marks)**

|  |  |  |
| --- | --- | --- |
|  |  |  |
|  | Chiro­practice is massage of the feet to activate points on the feet that correspond to other body parts.  |  |
|  | Tertiary prevention includes only the disability limitation |  |
|  | Importance of EBP is improve quality of patient care |  |
|  | Endocrine system changes of older adults decreases secretion of aldosterone |  |
|  | Primary prevention activities prevent the problem after it occurs |  |
|  | Environmental safety is a normalized place for older adult with special loses and changes |  |
|  | Increase secretion of adrenocortcotropic hormone in older adults leads to decrease efficiency of stress response |  |
|  | People over 65 years should be received a flu vaccine in the beginning of winter.  |  |
|  | Advising and teaching is one of social needs of elderly  |  |
|  | Search and collect evidence is the most important barriers of evidence based practice | 10. |
|  | Quality should be done regularly and thoroughness  | 11. |
|  | Justice refers to quality distribution of health services among the older adult. | 12. |
|  |  home services provide house hold affairs and shopping  | 13. |
|  | Support group provide physiotherapy in the home or hospital | 14. |
|  | Imbalance of transmitting chemical in the brain and division refers to wear and tear theory | 15. |

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| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| F | F | T | T | F | T | F | T | F | F | T | F | T | F | F |

**III- Match the correct answer in column (A) with corresponding answer in column (B) (10 Marks)**

|  |  |  |  |
| --- | --- | --- | --- |
| **B** |  | **A** |  |
| effort are directed to protect persons form adopted harmful lifestyle | a | Aging process | 1 |
| holistic and comprehensive care for terminally ill person | b | Alternative medicine | 2 |
| Refers to principles that ought to govern the people.  | c | Rehabilitation  | 3 |
| Refers to products that are not presently apart of conventional medicine | d | Primordial prevention | 4 |
| provide physiotherapy and occupational therapy in home | e | Ethics | 5 |
| most common application of assistive technology | f | Human need theory | 6 |
| Describe self actualized people as fully mature humans.  | g | self-care  | 7 |
| protect patient data and records | h | Biofeedback  | 8 |
| altering physiologic responses by mental process | i | Confidentiality  | 9 |
| gradual accumulation of irreversible function loss | j | hospice  | 10 |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **10** | **9** | **8** | **7** | **6** | **5** | **4** | **3** | **2** | **1** |
| **b** | **h** | **i** | **f** | **g** | **c** | **a** | **e** | **d** | **j** |

**IV- Complete the following: (25 Marks)**

**1 - 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
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 forces you to be as alive and creative as possible.
6. Don't depend on any one else for your wellbeing.
7. Get regular checkups.
8. Don't smoke
9. Never to drink alcohol.

**2- List the criteria for comprehensive services for older adult:**

1. Adequate financial support.
2. Health care services (prevention, early diagnosis, treatment, rehabilitation) in hospital and home.
3. Recreationand activity programs.
4. Specialized transportation services**.**

**3- Basic principles of older adult care:**

1. Strengthening the individuals self-care capacity.
2. Eliminating self-care limitations.
3. Providing direct services by assisting the individual when demands cannot be met independently
4. Maintaining independence produces many advantages for the physical, mental, and social health.
5. Respecting the individuality of the elderly person.
6. Using multidisciplinary approach when caring of the elderly.
7. Nursing intervention should be preceded by a comprehensive assessment of the overall functioning.

**4-Competencies to provide high quality nursing care for older adult:**

1. Recognize one's own and others attitudes.
2. Communicate effectively respectfully and compassionately with older adult and their families.
3. Use technology to enhance older adult function, independence, and safety.
4. Apply evidence based standards of care to recognize and report elder mistreatment.
5. Facilitate older adult active participation in all aspects in own health care.

**5- The immune system changes of older adult are:**

1. The efficiency of the immune system declines with age, but this is variable among persons.
2. Nonspecific defenses become less effective.
3. The ability of the body to make antibodies diminishes.
4. Autoimmune disorders are increased in older adults.

**6-List five of the relevance of biologic theories:**

1. Biological aging affects all living organisms.
2. Biological aging is natural, irreversible, and progressive with time.
3. The course of aging varies from individual th individual
4. The rate of aging for different organs and tissues varies within individual.
5. Biological aging is influenced by non biological factors.
6. Biological aging increases ones vulnerability to disease.

**(IV) Situation**

 Mr. Saber age 62 years, her wife died from one year and he has one son married from one month. Now he is living alone, he is very sad, anxious. Now he suffer from anuria, and with investigation, the result discovered increasing serum creatinine.

Discuss the role of geriatric health nurse according three level of prevention toward Mr. Saber.

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Good luck