



Third Year  
Date: 10/ 1 /2018  
Time: 3 hours



Benha University  
C. H. Ng. Department

## Geriatric Health Nursing Final Exam

(Total marks 80)

I- Choose the best answers: - (20 Marks)

1- Self-management in altered life style is considered

- a. Tertiary prevention
- b. Secondary prevention
- c. Primary prevention
- d. All of the above

2- Harmful stress factors are described as

- a. Immunity theory
- b. Genetic theory
- c. Wear and tear theory
- d. Medical theory

3- Blading is common changes among elderly people in

- a. Musculoskeletal system
- b. Endocrine system
- c. Integumentary system
- d. Urinary system

4-Manipulative and body-based practices include:

- 1- Chiropractic
- 2- Massage therapy
- 3- Reflexology
- 4- Biofeedback

a) 1,2,3

b) 2,3,4

c)1,3,4

d)1,2,4

**5- Biologically-based Practices include:**

- 1- Food and vitamins
  - 2- Homeopathy
  - 3- Herbal medicines
  - 4- Biologic treatments
- a) 1,2,4                      b) 2, 3,4                      c) 1, 3,4

**6- When older adults have some functional limitations they need**

- a- Self-care
- b- Advocate
- c- **Mechanical aids**
- d- Mechanical depends

**7-Assistive technology encompasses all of the following except**

- a- A huge range of devices
- b- A low technology tools
- c- Supportive utensils
- d- **Adapted aids**

**8- Ramps and door openers are assistive regarding**

- a- Position
- b- Mobility
- c- **Environmental access and control**
- d- Self-care

**9- Changes of gastrointestinal system in old age include**

- 1- Decrease efficient peristalsis of esophagus
  - 2- Reflux gastric content into lower region of the esophagus.
  - 3- Pyorrhea and dental caries
  - 4- Increasing mobility, peristalsis and gastrointestinal secretion.
- a)1.3.4                      **b)1,2,3**                      c)1,3,4                      d) 2,3,4

**10- Basic principles of older adults are**

- 1- Eliminating self-care limitations
- 2- Eliminating the individual's self-care capacity
- 3- Maintaining dependence
- 4- Respecting individuality

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

**11- Behavioral determinants which affect aging quality of life is**

- a- Nutrition
- b- Learning speed
- c- Coping styles
- d- Self-care

**12- Psychological determinants which affect aging quality of life is**

- a- Education and literacy
- b- Intelligence and cognitive capacity
- c- Violence and abuse
- d- Household hazards

**13- Cardiovascular changes with aging includes:**

- 1- The blood vessels become tough.
- 2- The heart muscle becomes stiffer
- 3- The heart muscle increase in size
- 4- The heart rate may be slightly slower

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

**14- Goals for chronic care are:-**

- 1- Maintain or improve self-care capacity
- 2- Manage the disease effectively.
- 3- Achieve highest possible quality of life.
- 4- To satisfy a mandate

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

**15- Characteristics of biological theories are:**

- 1- Deleterious
- 2- Progressive
- 3- Extrinsic
- 4- Universal

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

**16- The study of physiology, pathology, and management of the disease for elderly people means:**

- a. Gerontology
- b. Social gerontology
- c. Geriatric**
- d. Aging

**17- The factors affecting health and illness of aging individual are:**

- 1- Genetic influences
- 2- Changes in chemical composition
- 3- Lifestyle
- 4- Self -abuse

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

**18- Genetic counseling in pre -marital care is considered :**

- a. Tertiary prevention
- b. Secondary prevention
- c. Primary prevention**
- d. All of the above

**19- Isolation for a child with poliomyelitis is considered:**

- a- Tertiary prevention
- b- Secondary prevention**
- c- Primary prevention
- d- All of the above

**20- Importance of rest and Exercise among elderly people to:-**

- 1- Improve body tone
- 2- Effectively which increase the quality of elder's life.
- 3- Improve self-concept
- 4- Decreased leisure time.

- a) 1, 2, 3                      b) 2, 3,4                      c) 1, 3,4                      d) all of them

**I- Put (T) if the statement is correct and (F) if the statement is wrong  
(15 Marks)**

	<b>Statement</b>
1	People over 65 years should be encouraged to receive a yearly pneumonia vaccine and the flu vaccine which is recommended every 5 years.
2	Relaxation therapy is the first step in stress management.
3	Older adult needs to follow the routine health screening schedule.
4	Voice synthesizers are common assistive high technology
5	Quality of life including physical health, psychological and functional status dimensions
6	Biologically-based practices are the most safe and economical type of complementary and alternative medicine
7	increase secretion of aldosterone is an endocrine system changes of older adults
8	Increase secretion of adrenocorticotrophic hormone in older adults leads to decrease efficiency of stress response
9	Blood vessels supplying the kidneys can become softer with aging
10	The bladder becomes high stretchy in old age
11	Sarcopenia means increase muscle mass and contractile force with age

۱۲	Autonomy is the right of older adults to make decision regarding health and health services.
۱۳	Justice refers to fair distribution of health services among the older adult persons or groups.
14	Reflex gastric content was increased into upper region of the esophagus
15	Genetic theory estimate the normal human cell and other animals

1	2	3	4	5	6	7	8	9	10

11	12	13	14	15

**I- Match the correct answer in column (A) with corresponding answer in column (B)**  
(10 marks)

	column (A)		column (B)
1	Ageism	a	Comprehensive care to terminally ill patients
2	Primordial prevention	b	Services are prohibitive in cost
3	Primary prevention	c	Actions to minimize future hazards to health
4	Hospice	d	Correct disease state and prevent further deterioration
5	Confidentiality	e	Describe self actualization as fully mature human
6	Tertiary prevention	f	Actions prevent problem before it occurs
7	Energy medicine	g	Prejudice against older adult
8	District nursing services	h	Protect communication and data from publication
9	Accessibility	i	Provide skilled home nursing care
10	Human needs theory	j	Refers to bio-electromagnetic therapies

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

**III- Complete the following: -**

**( 20 Marks)**

**1- Promoting quality of life for elderly people health care providers strive to**

1-promote self-efficacy: encourage patients to assume an active role in their own treatment

2-empower patients to become informed medication consumers

3-plan for regular follow up

4-nurses should provide both written and oral information for patient about treatment recommended and adverse effects may occur

**2- Nursing managements of older adult for common health problems**

1- Community health nurse must be patience, has strict good observation

2- She must be warmth and sympathy but not pity towards those elderly

3- She should be aware of the shy habit

4- She should have sense of human but not laughing at them

5- She must know most of changes i.e. normal aging process

6- She must put in her consideration the patients past experiences, needs, demands, and individual goals

7- She should have the ability for proper communication with this specific age group

8- She should have the art to express their feeling and appreciate their value as individuals

9- She should be flexible and able to provide care by harmonizing her feelings and the needs of elderly

**3- The relevance of psychological theories among older adult are**

1-In caring for older adult, gerontological nurses can use psychological theories of aging as a framework for addressing certain issues, such as response to losses

2-Maslow framework is useful for conceptualizing the nature of intervention in institutional or home settings

3-It might help older adults and their caregivers appreciate the positive attributes of growing older such as the wisdom and creativity that can be derived from life experiences

4-Life course models can help nurses identify areas of personality that are likely to change and those that are more likely to remain stable

**4- Modification of the environment for old age:**

- 1- Wear hat to protect scalp from sunburn
- 2- Wear properly fitted clothes and shoes
- 3- Use electric blanket rather than hot water bottles
- 4- Provide adequate lighting especially on stairs
- 5- Use a night light at night and keep a flashlight handy
- 6- Place furniture to prevent falls
- 7- Keep electrical cords short and take along baseboards
- 8- Discourage use of space heaters, kerosene stoves, and similar devices
- 9- Eliminate throw rugs if possible or use nonskid type
- 10- Install tub rails and other safety fixtures
- 11- Notify police and fire personnel of older person in home
- 12- Promote adequate and safe heating and ventilation of home
- 13- Provide door and window locks and keep care locked
- 14- Do not admit strangers to home
- 15- Ride with others or use a bus rather than drive if sense are impaired
- 16- Use care in crossing streets
- 17- Promote family coping abilities and relieve stress

**5- List the guidelines of introducing assistive technology for older adults:**

1-the use of technology must be perceived as needed and meaningful and must be linked to the life style of the person

2-A generous amount of time as well as repeated short training sessions should be allowed



- 3- More stress should be placed on the practical application of the device than on its technical features
- 4-Only selective, central facts should be presented
- 5-Training session should be held in the home or nature meeting places of the elderly
- 6-The instructor should well known by the elderly
- 7-The attitude of the instructors toward the aged must be positive and realistic

**VI: Situation:**

**(15 Mark)**

During your field as a geriatric nurse in a geriatric home you observed Mr. Ahmed 75 years old who is complain from cough with hemoptysis, he was a heavy smoker man

What is the main diagnosis for Mr. Ahmed?

Discuss the role of geriatric health nurse according to three level of prevention toward the main diagnosis?

"Good Luck"

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