



2nd year

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Time: 2 hours



Benha University

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Geriatric Health Nursing Final Exam

Total marks (100 marks)

I- Choose the best answers: -

(20 Marks)

1- The most common changes of gastrointestinal system includes

- Increased taste buds
- Increased mobility, peristalsis and gastrointestinal secretion
- Increase weakening of muscles surrounding the hiatus.**
- Increase efficient peristalsis of esophagus

2- Bathroom hazards of elderly people include the following except:

- Bars should be fixed beside the basin, toilet and the shower basin
- A raised toilet seat attachment is useful
- Non slip surfaces are essential for tubs and shower floors
- A high light should be set in the bath room at all times.**

3- Blading is common changes among elderly people in

- Musculoskeletal system
- Endocrine system
- Integumentary system**
- Urinary system

4- Cardiovascular changes with aging includes:

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

a) **2.3.4**

b)1,2,4

c)1,2,4

d) 1.3,4

5- Common applications of assistive technology include the following except:

- a- Environmental access and control
- b- Self care
- c- Environmental safety
- d- Position and mobility

6-Assistive technology encompasses all of the following except

- a- A huge range of devices
- b- A low technology tools
- c- A high Tech. Assistive technology
- d- Adapted aids

7 - Physiological needs of elderly include:

- 1- Housing
- 2- Sound sleeping
- 3- Belonging
- 4- Clothing

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

8-Basic principles of older adults care

- 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

9- Factors affecting older adult nutrition:

- 1- Types of food

- 2- Dental health
- 3- Mental and psychological health
- 4- Appetite

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

10- Factors affecting older adult persons:

- 1- Chronic pain
- 2- Side effects from medication
- 3- Physical health problems
- 4- Increase relationships and independence

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

11- Ethical issues with older adults:

- a- Respecting individuality and worth
- b- Un respect of older adult
- c- Focusing on physical and psychological health problems
- d- Providing unnecessary health care services

12- Social needs of elderly people includes

- a) Belonging intimacy
- b) Sympathy
- c) Independence in making decisions
- d) Spiritual help

13- Urinary system change of older adults includes:

- a) The bladder muscles harden
- b) The bladder can hold as much urine
- c) The bladder becomes less stretchy
- d) All above

14- Criteria for effective service for the older adult:

- 1- coordination
- 2- Accessibility
- 3- Evaluation of the quality of the community services
- 4- Psychological services only

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

15- Goals for chronic care of older adults are:

- 1- Improve dependency
- 2- Manage the disease effectively
- 3- Improve the body's healing abilities.
- 4- Prevent complications.

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

16- Common health problems in cardiovascular system as

- 1- angina and atherosclerosis
- 2- hypertension
- 3- myocardial infarction
- 4- emphysema and pneumonia

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

17- Successful prevention depends upon:

- 1- Dynamics of transmission
- 2- Treatment of complication
- 3- Identification of risk factors and risk groups
- 4- A knowledge of causation

a) 1, 2, 3

b) 2, 3, 4

c) 1, 2, 4

d) 1, 3, 4

18- Before rehabilitation can be assessment must be made in order to determine:

1- The type and severity of ability that is present.

2- To make a realistic rehabilitative plan

3- Availability of prophylactic measures

4- To determine what goals should be aimed for.

a) 1, 2, 3

b) 2, 3, 4

c) 1, 2, 4

d) 1, 3, 4

19- Primary prevention includes:

a- Health promotion and specific protection

b- Early treatment

c- Prevent complication

d- Rehabilitation

20- Secondary prevention includes:

a- Disability limitation

b- Screening procedures and early treatment

c- Minimize future hazards

d- Prevent disease

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

	Statement
1	Sarcopenia means increase muscle mass & contractile force occurs with age (F)
2	Social isolation is consider factor affecting older person (T)

3	Life expectancy is the average number of years that persons can't be expected to live (F)
4	Old age accompanied with decrease number of nightmares (F)
5	Number of filtering units (nephrons) increases with age (F)
6	Freedom from neglect and abuse is the rights of older adults healthy (T)
7	Reflex gastric content was increased into upper region of the esophagus (F)
8	Blood vessels supplying the kidneys can become softer with aging (F)
9	Home help services provide health care to older adult in hospital (F)
10	The bladder becomes high stretchy in old age (F)
11	Primordial prevention actions to prevent a problem before it occurs (F)
12	Decreased water in the cartilage of the intervertebral discs occur with age (T)
13	Tertiary prevention is correct a disease state and prevent it from further deterioration.(T)
14	The senses of taste and smell are decreased with aging (T)
15	In old age long term memory increased than short term memory (T)
16	Rehabilitation promote the client's optimal level of function despite the presence of a chronic health problem. (T)
17	Depression is one of nervous system changes of older adults (f)
18	Impairment is any loss or abnormality of psychological, physiological or anatomical structure or function.(T)
19	Decrease sensory receptors for temperature and pain is one of immune system changes (f)
20	Elderly people needs more love, affection, sympathy to meet social needs (f)

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

11	12	13	14	15
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F	T	T	T	T
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16	17	18	19	20
T	F	T	F	F

I- Match the correct answer in column (A) with corresponding answer in column (B) (20 marks)

	column (A)		column (B)
1	Nervous system changes	a	any device or system that allows an individual to perform a task
2	Ageing	b	Is the medical specialty devoted to aging
3	Gerontology	c	Means decrease muscle mass & contractile force
4	Musculoskeletal system changes	d	Is the multidisciplinary study of old age
5	Geriatrics	e	Includes loss of balance
6	Assistive technology	f	Is the process of becoming older
7	Ethics	g	Includes increase weakening of muscles surrounding the hiatus
8	GIT Changes	h	Actions aimed at eradicating, eliminating or minimizing the impact of disease and disability, or if none of these are feasible, retarding the progress of the disease and disability.
9	Prevention defined	i	Includes joints stiffness and lose flexibility
10	Sarcopenia	j	a philosophical study of the moral value of human conduct the rules and principles that ought to govern it.

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

III- Complete the following: -

(40 Marks)

1- 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 lifestyle 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 sessions should be held in the home or natural meeting places of the elderly
- 6) The instructor should well-known by the elderly
- 7) The attitudes of the instructors toward the aged must be positive and realistic.

2- Nervous system changes of older adults includes:

- 1) Loss of balance manifested by dizziness.
- 2) Changes in sleep patterns increased sensitivity to noises, fatigue, malaise and pain.
- 3) Decreased the weight of brain (11-40%), water content (5%) and blood flow (20%).
- 4) Decrease number of fibers and anterior horn cells causing muscle weakness.
- 5) Increase sensory receptors for temperature and pain.

- 6) Affect short memory but long term memory is usually intact.
- 7) Decrease in neurotransmitters and nerve conduction.
- 8) Slower reflexes especially deep reflexes.
- 9) Irregular sleep stages with more and longer awakening during sleep and greater need for naps.
- 10) Increase number of nightmares particularly for women.

3- Psychological and emotional needs of older adults

- 1) They should be kept in high esteem and they should be respected by the family members.
- 2) The elderly people need for independence in making decisions and managing their own lives to meet self-respect and dignity.
- 3) The elderly people need spiritual help.
- 4) They need for security constricted to financial and economic considerations.
- 5) They need for advising and teaching others from their own experiences in the life
- 6) The elderly need a dignity death as to choice where to be burred.
- 7) Their demands for love and affection should be fulfilled

4- Misconception of older adults

1. Older people aren't interested in the outside world
2. Older people don't want or need close relationships
3. Older people contribute little to society
4. Mental and physical deterioration are inevitable in old age
5. Older people are impoverished

6. Older people are not interested in sex or intimacy
7. Older people can't make good decisions about important issues
8. Older adults lose their desire to live
9. Older people are care dependent
10. Older people increasing health-care costs.

5- Principles of ethics for older people:

- 1- **Autonomy**:-refers to respect each older adult to make decision regarding health services.
- 2- **Beneficence**:- refers to attempt to maximize benefits for the older adult and minimizing risk of harm to them
- 3- **Justice**: - refers to equality in distribution of health services among older adult.
- 4- **Confidentiality**: - protect Confidential communications and data from publication as patients' record

6- Rights of older adults' patient:

- 1- The right to be fully informed and participate in their own care.
- 2- The right to make independent choices and dignity, freedom
- 3- The right to privacy and confidentiality
- 4- The right during transfers and discharges
- 5- The right to complain and to visits.

7-Characteristics of community health nurse:

- 1- Nurse must be warmth and sympathy
- 2- Nurse should be aware of the shy habit

- 3- Nurse should have sense of human
- 4- Nurse must know most of changes i.e. normal aging process
- 5- Consideration the patients past experiences, needs, demands and individual goals
- 6- Nurse should have the ability for proper communication with this specific age group
- 7- Nurse should have the art of express their feeling and appreciate their value as individuals
- 8- Nurse should be flexible and able to provide care by harmonizing her feelings and the needs of elderly
- 9- Nurse is considered as a resource person therefore, she should have a big body of the scientific knowledge and community available resources for people referral.
- 10- Nurse should be able to introduce innovation in the services for larger coverage and better care
- 11- Nurse should let the client to be an active participant in his own plan of care
Utilize the client's potentialities

8-Integumentary system changes of older adult includes

- 1) Wrinkling and sagging of skin occur with decreased skin elasticity; dryness and scaling are common.
- 2) Balding becomes common in men and women experience thinning of hair also, hair loses pigmentation.
- 3) Skin pigmentation and moles are common, although the skin may become pale because of loss of melanocytes.
- 4) Nails typically thicken and become brittle and yellowed.

9-Basic principles of older adult care:

- 1- Strengthening the individual's 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 a multidisciplinary approach when caring of the elderly.
- 7- Nursing intervention should be preceded by a comprehensive assessment of the overall functioning.

10-Health promotion to maintain health through:

- 1- Socio-economic development.
- 2- Health education about proper nutritional habit, personal habit.
- 3- Personal hygiene, rest and sleep, exercise.
- 4- Genetic counseling.
- 5- Increase people awareness and positive approach toward health care as a right, help people to accept primary responsibility for maintaining his health and to make sound decision about their health.
- 6- Equip them with the information's and skills and resources to translate these decisions into action
- 7- Increased level of resistance against common health problem.

Good Luck

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