



Final Term Examination

2st Semester, Forth Year

Course code and Number: NUR 402

Course Title: Nursing Gerontology

Date of Exam: 2/ 6 / 2019

Duration of Exam: 1 hour

Number of Exam Pages: (7) (Including this cover sheet)

Marking Scheme:

Questions	Score	Student's Marks	Lecturer name &Signature
I	10		
II	15		
III	15		
IV	10		
Total	50		

Answer all the following questions: -

I: -Select letter (T) for the correct statement & (F) for the wrong one in the following statements in the electronic answer sheet: - (10 marks)

1- When introducing a new drug to the elder person it is preferable not tell him about its adverse reaction to prevent make him feels worry.	T	F
2- Bradykinesia is the involuntary contraction of all skeletal muscles	T	F
3- Older people who can walk 50 feet in 20 seconds or less can usually walk dependently in normal activities.	T	F
4- Genetic factors will modify the speed with which the process of aging takes place.	T	F
5- Vegetarian elderly can take balanced good nutrient foods	T	F
6- Serial blood pressure measurements of 150\95 mmHg or greater in person over age 50 confirm hypertension.	T	F
7- The elderly who is suffering from urinary incontinence should decrease the amount of fluid intake.	T	F
8- People with Alzheimer's disease can control their bladder.	T	F
9- Vitamins deficiency can cause dementia	T	F
10- Osteoporosis is a progressive loss of bone mass and progress without pain.	T	F

II: - Choose only correct answer and circle the letter you choose in the electronic answer sheet: - (15 Marks)

1- Shuffling gait is a characteristic of:-

- a) Alzheimer's disease.
- b) Osteoarthritis
- c) Osteoporosis.
- d) Parkinsonism

2- When diabetic patient administrates insulin without taking an adequate caloric diet is a common cause of:-

- a) Heart attack.

- b) Hypoglycemia.
- c) Hypertension.
- d) Hyperglycemia.

3- Which communication approach would the nurse initiate to assess the degree of hearing impairment of a 70-year-old client:-

- a) Use verbal communication and observe the response.
- b) Give message to client in writing.
- c) Asks a family member about the client.
- d) Post a sign "Patient deaf".

4- One of the common reason for medication problems in the elderly is that: -

- a) Enhanced sense of the taste of medications.
- b) Decreased renal function to excretion of drugs.
- c) Regular use of laxatives increases absorption of medications.
- d) Increased perception of pain from injections.

5- The elderly who has inability to voluntary hold the urine after feeling strong desire to void suffered from:-

- a) Urge incontinence.
- b) Functional incontinence.
- c) Stress incontinence.
- d) Complete incontinence

6- When osteoarthritis affects spine this type is called :-

- a) Gout.
- b) Spondylosis.
- c) Sjögren's syndrome.
- d) Rheumatoid arthritis.

7- Cogwheel effect is:-

- a) Loss of normal arm movement.
- b) Slowness in initiating movement.
- c) Poor balance and muscle coordination.
- e) Problems with movement cause difficulty in swallowing.

8- The most common causes of accidents among elderly are all of the following except :-

- a) Impaired senses.
- b) Presence of good lights and handrails.
- c) Loss of muscle power.

- d) Loss of balance.
- 9- In assessing an elderly in the early stage of dehydration. The early manifestations of dehydration is:-**
- a) Coma or seizures.
 - b) Increase heart rate.
 - c) Thirst or confusion .
 - d) Sunken eye.
- 10- A seventy years old women who develop ostoporosis may be related to:-**
- a) Low calcium intake
 - b) Menopause
 - c) Poly drug consumption
 - d) Senility
- 11- The most important known risk factor for Alzheimer's disease is: -**
- a) Infection.
 - b) Drug abuse.
 - c) Aging.
 - d) Hypertension
- 12- The most common type of stroke affect elderly person is:-**
- a) Hemorrhagic strokes
 - b) Ischemic stroke
 - c) Transient ischemic attack
 - d) A and c
- 13- Poor communication can lead to drug related problems when occurs between the elder and the health care professionals. What should be done to prevent this problem?**
- a) Increase dose gradually
 - b) Maintain proper drug monitoring.
 - c) Make a medication reconciliation
 - d) Started drugs in low dose
- 14- Elderly persons whose physical or mental capabilities are reduced to the extent that they become completely dependent on others, they are called:**
- e) Independent elderly.
 - f) Frailly elderly
 - g) Strong elderly.

h) Young elderly

15- Mr. Khaled was broke in a bicycle crash. The doctor describes cyclobenzaprine tablets to him. It is a muscle relaxant. When he started to take these tablets, he had dry mouth and dizziness, which reach to sever degree by the third dose. Do you think that these adverse effects may be related to:-

- a- Drug interaction
- b- Inappropriate drug selection
- c- Drug over dose
- d- Untreated health problem

III. Give an account on the following :(15 Marks)

1- Nursing techniques in communication with a person who had Alzheimer's disease: (5 marks)

- 1-
- 2-
- 3-
- 4-
- 5-

2- Nursing measures adopted to promote elderly sleep include: (5 marks)

- 1.
- 2.
- 3.
- 4.
- 5.

3- Nursing actions for the elderly with gastrointestinal tract changes :(5 marks)

1.
2.
3.
4.
5.

IV- Situation: -(10 Marks)

During your clinical training in geriatric home, you are assigned to Mrs. Amal who is a 75 years old. Seven months ago, Mrs. Amal suffered from pain and swelling in multiple joints that made her difficult to carry out her daily activities. She has been experiencing increased morning stiffness and difficulty with simple tasks such as tying shoelaces, buttoning clothes, and using mobile. Mrs. Amal's physician discussed the possibility of rheumatoid arthritis (RA) and prescribed one month of treatment with a nonsteroidal anti-inflammatory drug (NSAID). This treatment did not reduce the severity of Mrs. Amal's symptoms and her primary care provider referred her to a rheumatologist. She is diagnosed as rheumatoid arthritis (RA).

Answer all the following questions:

1- What are Symptoms of rheumatoid arthritis? (3 marks)

1.
2.
3.

4.

5.

6.

2- Write three nursing diagnosis for Mrs. Amal. (3 marks)

1.

2.

3.

3- Nursing intervention for Mrs. Amal. (4 marks) :

1.

2.

3.

4.

5.

6.

GOOD LUCK