



**Geriatric Health Nursing**  
**Written Final Exam.**  
Total Marks (80)

**I- Read the following statements carefully, select the proper answers if the statement is true circle (T) and if statements are false circles (F) (20 marks)**

NO	Statement	T	F
1.	Senility showing a decline or deterioration of physical strength or mental functioning.	T	F
2.	Hearing loss may not lead to isolation, loss of self-esteem and other organic diseases.	T	F
3.	Many older adults with COPD find it helpful to join a support group with those who are living with similar problems	T	F
4.	Geriatric Nursing is a branch of gerontology or medicine concerned with the health of the elderly in all its aspects.	T	F
5.	Psychosocial theories of aging defined as an involuntary process change in cells and tissue of the older for over time .	T	F
6.	Attitude is the mental picture about elderly, representing mistaken or over-simplified beliefs	T	F
7.	Active aging is a process of optimizing opportunities for person health and participation in the community	T	F
8.	The aging process is mainly extrinsic in nature	T	F
9.	A high fat diet , obesity , physical inactivity , and stress are non modifiable risk factors of heart disease in elderly.	T	F
10.	The geriatric nurse should be concerned with the financial aspects of aging.	T	F
11.	Alzheimer refers to a group of symptoms involving progressive impairment of brain function.	T	F
12.	In elderly there is a greater risk of hypothermia, skin shearing and blunt trauma injury.	T	F
13.	Hormonal and vascular changes may contribute to a decrease in	T	F

	esophageal motility in elderly.		
14.	nurses can play a vital role in preventing falls or minimizing injury for older people	T	F
15.	Urinary incontinence is a result of normal age-related changes.	T	F
16.	Esophageal changes increases the incidence of pernicious anemia, peptic ulcer disease (PUD), and cancer	T	F
17.	Stomach changes increases the incidence of pernicious anemia, peptic ulcer disease (PUD), and stomach cancer	T	F
18.	Age-related changes in the small intestine include atrophy of the muscle and mucosal surfaces, thinning of the villi and increase in epithelial cells	T	F
19.	In elderly, there is increase in incidence of constipation due to dullness of nerve impulses that indicate the need to defecate.	T	F
20.	Changes in the large intestine include decrease in the elasticity of the rectal wall	T	F

**II. Choose the Best Correct Answers:** (36 marks)

**1. Objectives of geriatrics nursing are to:**

- a. Cope with the elderly people own problems.
- b. Increase length of elderly hospitalization.
- c. Teach the elderly to be dependent on him/ her-self
- d. Enhance self- care approach.

**2. Age-related changes in the small intestine include:**

- a. Atrophy of the muscle and mucosal surfaces with thinning of the villi.
- b. The patient can complaints of dysphasia, heartburn, or vomiting of undigested foods
- c. Decrease hydrochloric acid and intrinsic factor may lead to malabsorption of iron, vitamin B12, calcium, and folic acid.
- d. All of the above.

**3. Nursing management of Respiratory Problems all the following except:**

- a. Alternating rest and activity.
- c. Stress management.

b. Mood assessment

d. Energy conservation,

**4. Characteristics of the aging process is**

- a. A universal natural phenomena and is general, gradual, developmental, irreversible and inevitable process.
- b. Reflected negative prejudice and result in discrimination toward older persons.
- c. A & B
- d. Nothing from the above.

**5. Pressure ulcers for elderly patient can be prevented by:**

- a. Eliminate friction, moisture, encourage changing positions, and turn patient frequently.
- b. Good nutrition that include increase fat, carbohydrates and vitamins.
- c. Change incontinent-soiled sheets at the end of the shift.
- d. All of the following.

**6. The first step of Maslow's Hierarchy of Needs of the Older Persons:**

- a. Basic needs.
- b. Physiological needs
- c. Sense of Belonging (love and be loved)
- d. Self - Esteem (recognition, dignity, worth)

**7. Respiratory changes in the older adult all the following except:**

- a. Increased anteroposterior diameter of chest.
- b. Muscle atrophy of the larynx and pharynx.
- c. Decreased vital capacity, residual volume and functional capacity.
- d. Decreased airway resistance.

**8. Complications of hearing loss are:**

- a. Hallucinations of taste or smell.
- b. Decreased number of papillae.
- c. Confusion, irritability and coma.
- d. Affects communication with others and may lead to depression, social isolation

**9. Common Causes of Confusion all the following except:**

- a. Low blood sugar
- b. Thyroid problems
- c. Concussion is a brain injury

d. Fluid and electrolyte imbalance

**10. Delirium is one from the Common nervous system problems for elderly patient.  
The truth about delirium is:**

- a. Severe form of Alzheimer's disease (AD) that refers to a degenerative, progressive neuropsychiatry disorder.
- b. Severe confusion and rapid changes in brain function.
- c. Severe form of dementia that refers to a group of symptoms involving progressive impairment of brain function.
- d. A & C

**11. Disengagement theory views the aging as:**

- a. interdependence between older and society.
- b. internal mechanism determines senescence.
- c. decrease in cellular division of older adult
- d. withdrawal process of older adult from life

**12 ..... Is inadequate supply of calcium and phosphorus in bone tissue matrix, often caused by vitamin D deficiency?**

- a. Primary osteoarthritis
- b. Secondary osteoarthritis
- c. Rheumatoid arthritis
- d. Osteomalacia.

**13. Nursing interventions for Constipation:**

- a. Encourage fluid intake of at least 2 quarts a day (unless contraindicated)
- b. Change the food texture as needed for thicker consistency.
- c. Alternate cold and hot foods for sensory stimulus.
- d. Retention of food in the oral cavity after placing it in the mouth.

**14. Respiratory change in the older adult is:**

- a. Increase exchange of  $O_2$  and  $CO_2$
- b. Decrease anteroposterior diameter of chest
- c. Increase strength of the respiratory accessory muscles.
- d. Muscle atrophy of the larynx and pharynx.

**15. The correct nursing management for elderly patient that complains from Dysphagia is .....**

- a. Ensure that all fluids and food is so thin that become easy to swallow.
- b. Position the patient in an upright position for all meals and oral fluids.
- c. Do not assist him during feeding to cut food into manageable bites to encourage independency.
- d. A & C

**16.. Which of the following are physical environment determinants for active aging?**

- a. Safe and adequate housing and neighborhoods.
- b. Social support and opportunity for education.
- c. Health promotion and disease prevention for older.
- d. Difference between positive social interaction and isolation.

**17. Integumentary changes of elderly include all except:**

- a. Thinning of the skin
- b. Thinning of nails
- c. Breast tissue becomes more granular and atrophic in appearance
- d. Diminished elasticity of the skin

**18. Young old age include the:**

- a. Age from 75 to 85 years.
- b. Age from 65 to 74 years.
- c. Age from 85 to 95years.
- d. Age from 95 to 105 years.

**19. Functions of the Skin include:**

- a- Prevention.
- b- Promotion.
- c- Protection.
- d- Permeation.

**20. All the following items are considered changes in the sensory organs except:**

- a. Eyes and vision.
- b. Ears and hearing.
- c. Nails & hair.
- d. Taste & smelling.

**21. Effect of musculoskeletal changes during aging include**

- 1- Unsteady walking
- 2- have more energy
- 3- Risk for injury
- 4- loss of balance and instability

**Choose**

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

**22. Mobility changes that occur with aging are:**

- 1-loss of bone mass
- 2- loss of muscle strength
- 3- Increase in reaction time
- 4- decrease speed of movement

**Choose**

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

**23. Osteoporosis is resulting from**

- 1- Decrease of bone density
- 2- thinning of bone tissue
- 3- Increase vulnerability to fracture
- 4- increase speed of movement

**choose**

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

**24. Management of osteoporosis include advising to**

- 1- Avoid heavy activities
- 2- avoid overweight
- 3- Prevent supportive aids during walking
- 4- prevent injury and falls

**choose**

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

**III- Define the following:**

- 1. Geriatric nursing (2 marks)
- 2. Senility (2 marks)
- 3. Confusion (2 marks)
- 4. The Aging Process (2 marks)
- 5. Al-Zheimer disease (2 marks)

**IV .Answer the following :** (14 marks)

- 1. What are the common health problems related to sensory changes in the elderly (4 marks)
- 2. Mention the biological, environmental and behavioral risk factors of falling? (5 marks)
- 3. You are assigned to work in Geriatric Home; write your role as geriatric health nurse. (5 marks)

**Good luck**