



Zagazig University
College: Faculty of Nursing
Fourth Year Exam.
Department: Gerontological Nursing Department
Date: 21 / 5 / 2016
Second Semester: 2016

Final Theoretical Exam
Subject: Gerontological Nursing
Time: 3 hours
Total Score: 60 marks
Number of questions: 7
Number of papers: 4 (sided papers)

Answers all the following questions:

I- Choose the correct answer: (15 Marks/ 1 for each)

1- Which of the following would be a priority nursing diagnosis for the client with heart failure and pulmonary edema?

- A. Risk for infection related to stasis of alveolar secretions
- B. Impaired skin integrity related to pressure
- C. Activity intolerance related to pump failure
- D. Constipation related to immobility

2- If you care for a relative with Alzheimer's, which of these measures will help stabilize the patient mentally?

- A. Move to a small apartment
- B. Correct "bad" behavior gently
- C. Establish a regular routine
- D. Repaint or buy new furniture

3- A patient is receiving a drug that contains calcium carbonate. The nurse will inform the elderly patient to watch for which possible adverse effect?

- A. Diarrhea
- B. Fecal impaction
- C. Abdominal cramping
- D. Constipation

4- Which of these makes it more likely to get osteoarthritis?

- A. old age
- B. Excess body weight
- C. Joint pain
- D. Being female

5- Coronary heart disease may be manifested as chest pain, which is a character of reversible episodes of

- A. Myocardial infarction
- B. Heart failure
- C. Myocardial ischemia
- D. Heart attacks

6- Causes of diarrhea in elderly include all the following EXCEPT:

- A. Ulcerative colitis
- B. Poor eating habits
- C. Nuts
- D. Drinking milk

7- Symptoms of Diabetes include all the following EXCEPT:

- A. Increased weight loss
- B. Anorexia
- C. Vomiting
- D. Blurred vision

8- Symptoms of fecal impaction include:

- A. Vomiting
- B. Anorexia
- C. Abdominal cramping
- D. A,C

9- Which of the following is FALSE about dementia?

- A. People with dementia need supervision.
- B. The best thing for people with severe dementia is to provide new challenges and changes to their routine every day.
- C. People with severe dementia often lose the ability to perform routine tasks as buckling a belt.
- D. Routine and structure may help the person with dementia function better.

10-Why are people in hospitals more likely to get hospital-acquired pneumonia?

- A. Because they are sicker and unable to fight off germs
- B. Germs in the hospital are more dangerous than those in the community
- C. Because they are on a ventilator which can cause pneumonia
- D. All of the above

11- Which of the following statements regarding hypertension is true?

- A. The rise in blood pressure seen in elderly due to increase peripheral vascular resistance and aortic wall elasticity.
- B. Hypertension seen in renal disease is classified as primary hypertension.
- C. The primary reason for hypertension is known
- D. Expected systolic blood pressure reduction range is 4-9mmHg with Regular aerobic physical activity at least 30 min at least 5days /wk.

12- A patient who has experienced a stroke is being monitored during the acute management phase. The clinician notes that the patient's intracranial pressure (ICP) is 30mm Hg. Which of the following interventions should be taken first?

- A. Raise the head of the bed to 30°
- B. Assess level of consciousness
- C. Obtain vital signs
- D. Lay the patient flat

13- The healthcare provider is teaching a student about Parkinson disease (PD). Which of these statements best describes the brain abnormality characteristic of the disease?

- A. Amyloid plaques are deposited in the brain
- B. Central nervous system neurons become demyelinated
- C. There is a progressive breakdown of the blood-brain barrier
- D. Neurons in the substantia nigra begin to degenerate

14- Symptoms of advanced prostate cancer include:

- A. Hematuria
- B. Blood in semen.
- C. Impotence
- D. Nocturia

15- Type of urinary incontinence occurs when bladder isn't able to empty completely.

- A. Overflow
- B. Stress.
- C. Urge
- D. Mixed
- E. Transient

II- Read the following sentences and put (T) OR (F) (10 Marks/ 1 for each)

16	The Blood pressure is a variable hemodynamic phenomenon.	
17	Osteoarthritis is an inflammatory disease of the joint that is characterized by progressive articular cartilage deterioration.	
18	In stage II of prostate cancer, cancer cannot spread to the seminal vesicles.	
19	Parkinson's disease is a degenerative disorder of the central nervous system mainly affecting the sensory system.	
20	Change in usual food and eating pattern is physiological cause of constipation in elderly	
21	Alzheimer's is the most common form of dementia	
22	Elderly men are liable for stroke more than elderly women	
23	Antibiotics are prescribed to fight all types of pneumonia	
24	Physicians should avoid prescribing a narcotic without prescribing a laxative drug.	
25	UI is involuntary loss of urine due to insufficient pelvic floor muscles strength.	

III- Matching: (8 Marks/ 1 for each)

	Sentences	
1	Cause of Urinary incontinence is	A. Ischemic heart disease
2	Arteriovenous malformation can cause	B. Hypertension
3	Vascular cause of Parkinson's disease is	C. Hyperthyroidism
4	Hypertension is a major risk factor for	D. Coronary Heart Disease
5	Many cases of chronic renal failure have been linked to	E. Decreased GIT motility
6	One of the major causes of death in elderly diabetics is	F. Cerebral atherosclerosis
7	Metabolic cause of Congestive Heart Failure is	G. Abdominal muscle weakness
8	Functional cause of constipation is	H. Multiple sclerosis
		I. Hemorrhagic stroke

IV- Write the Scientific Term: (3.5 Marks/ 0.5 for each)

	Statements	Scientific Term
1	The most common symptomatic chronic complication in diabetic patients.	
2	It is the most common cause of incontinence in men	
3	The possibly deadly complication of pneumonia.	
4	It indicates deterioration of the synovial covering of the joint.	
5	It usually caused by a dislodged blood clot	
6	In this stage damage occurs in areas of the brain that control language, reasoning, sensory processing, and conscious thought.	
7	Walking difficulties caused by extremely elevated blood pressure formally called	

V- Differentiate:**(3 Marks)**

	Diabetic ketoacidosis	Nonketotic hyperosmolar syndrome
Occurrence in		
Symptoms		
Diagnosed by		
Treated by		

VI- Complete the following:**(5 Marks/ 0.5 for each point)**

- 1- Structural problems can cause urinary incontinence such as:
A- B-
- 2- The greatest concern for elderly clients with severe diarrhea is
- 3- is very common in heart failure, occurring in at least 1 in 5 patients.
- 4- In osteoarthritis, deep aching joint pain occurs after:
A- B-
- 5- Recommended dietary fiber intake per day for an elderly is
- 6- The most common first cardinal symptom of Parkinson's disease is
- 7- Rectal disorder can cause fecal impaction is
- 8- To prevent deep venous thrombosis after prostate surgery we can use

VII – Situation:**(15.5 Marks)**

Situation (A): Mrs. Hanem is a 74 years old female with a 15-year history of diabetes, she recently suffered from shortness of breath, pain and squeezing in her chest. She came to the hospital where your practice area to seek medical help.

1. What is the medical diagnosis of Mrs. Hanem?

(1.5 Mark)

2. Which department (in hospital) can the patient go and seek medical treatment? (1 Mark)

3. Measures to Control blood sugar levels to prevent further diabetic complications?(2 Marks)

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4. Apply the gerontological nursing intervention for Mrs. Hanem state? (3 Marks)

Situation (B):

Haga Fahima has lived alone for the past several years, doing her own cooking and caring for herself. Her daughter Mona, who lives in another city, calls her each week although she has not seen her mother for about 6 months. During the last phone call, Mona became concerned. Her mother seemed distracted, frequently interrupted the conversation and repeatedly said that she was "so worried." She repeatedly asked the same question. Mona drove to her mother's home six hours away. When she arrived, she was shocked to see how thin her mother had become. There was little in the house to eat, her skin turgor is sluggish. Fahima often started tasks but did not finish them. Often could not think of words, such as the name of the dresser in her bedroom. As evening approached she became more agitated and was unable to sleep.

1. According to signs and symptoms of haga Fahima, she consider in which stage of her disease? (1 Mark)

- a) Warning signs
- b) Early stage
- c) Intermediate stage
- d) Late stage

2. What is the scientific term of her state of evening approached agitated and unable to sleep?

(1 Mark)

3. What family teaching is needed at this time according to the priority of Fahima needs? (6 Marks)

Best Wishes.

Prof. Dr. Eman Shokry Abd Allah

