

**Gerontological Nursing
Forth year exam**

Date:-20-1-2011

Time allowed:1 hours

I-Read each of the following statement and circle (T) if it is true and (F) if it is false in the answer sheet: (10 points)

1- To avoid fracture, elderly should restrict exercise.	T	F
2- Heberden and Bouchard nodes can be painful.	T	F
3- Alzheimer in elderly can not be treated or controlled.	T	F
4- Autopsy is an examination of the body done after death to diagnose depression.	T	F
5- The response of an elderly to a drug is different than that of an adult.	T	F
6- depression is a normal part of aging	T	F
7- Tolerance may develop if the elderly is a chronic user of sedative or hypnotic.	T	F
8- resting tremors are diagnostic to osteoporosis	T	F
9- relocating furniture can help in improving reflux incontinence	T	F
10- MRI is useful in diagnosis osteo-arthritis.	T	F

II- choose the only correct answer and circles the letter you choose on the answer sheet:- (10 points)

- 1- The nurse is administering I.M. injection to an elderly. The nurse should remember that an elderly has:-
 - a) Less subcutaneous tissue and muscle mass than a younger client.
 - b) More subcutaneous tissue and less muscle mass than a younger client
 - c) Less subcutaneous tissue and more muscle mass than a younger client.
 - d) More subcutaneous tissue and muscle mass than a younger client.

- 2- The nurse is assessing an elderly client. when performing the assessment, the nurse should consider that one normal aging change is :
 - a) Cloudy vision.
 - b) Tremors.
 - c) Incontinence.
 - d) Diminished reflexes

- 3- A 78- year- old client has a history of osteoarthritis. Which signs and symptoms would the nurse expected to find on physical assessment?
 - a) joint pain, crepitus , Heberden 's nodes
 - b) hot, inflamed joints ; crepitus; joint pain.
 - c) Enlarged joints, Bouchard' s nodes.
 - d) Swelling , joint pain , tenderness on palpation

- 4- assessing the elderly self care activities include all the following , except:-
 - a) Bathing
 - b) taking medication
 - c) Grooming
 - d) feeding oneself

- 5- side effects of vasodilators include:-
- Dizziness
 - hypotension
 - Throbbing headaches
 - all of the above
- 6- social assessment of the elderly includes all of the following except:-
- elderly attitudes toward examiner
 - the need of care giver
 - availability of social support
 - adjustment to widowhood
- 7- the nurse can communicate with the patient of Alzheimer disease through the following , except :-
- minimize distraction and noise in the environment
 - use complex words and long sentences
 - call the person by name
 - allow enough time to response
- 8- Which of the following statements describing urinary incontinence in the elderly is true?
- Urinary incontinence is a normal part of aging .
 - urinary incontinence is not a disease
 - urinary incontinence in the elderly can not be treated
 - urinary incontinence is a disease
- 9- The nurse is teaching an elderly about good bowel habits. Which statement by the elderly would indicate the nurse that additional teaching is required ?
- "I should eat a fiber- rich diet with raw, leafy vegetables and fruits, and whole grain bread"
 - " I need to use laxatives regularly to prevent constipation"
 - I need to drink 2 to 3 L of fluid every day"
 - " I should exercise 4 times per week"
- 10- blood sugar level of 60 mg-dl or below may be caused by :-
- lack of exercise
 - over eating
 - inadequate levels of insulin
 - skipping or postponing meal

III- Write short notes on the following: - (15 points)

- geriatric homes
- health education to diabetic elderly
- nursing role toward hypertensive elderly

IV- Situation: (15 points)

Mr. saad is 78 years old, looks thin and weak, had a history of osteoporosis for 5 years. Walks with assistive devices. Two weeks ago , he fell in the bathroom while taking shower. No fracture occurred , but he suffered multiple hematoma at several parts. Since that time , he is staying most of the time in bed , unable to walk. Recently , he catches a cold and complained of fever, cough and runny nose .

Questions:

- list the problems of Mr. saad

- 2- list the risks facing Mr. saad
- 3- What is your nursing intervention toward Mr. saad?