



The Open University of Sri Lanka  
 Department of Nursing- B.Sc. Honours Nursing Program  
 Academic Year 2018/19- Semester 1  
 NGU6304- Gerontological Nursing  
 No Book Test II

Date: 27.12.2018

Time: 11.00a.m – 12.00noon

Registration Number .....

Duration: 01 hour

This question paper consists of four parts; Part A, Part B, Part C and Part D

**Part A – 10 Multiple Choice Questions** (10 marks)

There are 10 Multiple Choice Questions in this paper and below each question or statement contains **four** responses. Select the **most suitable response** to each question and **encircle** it.

**Part B – 10 Matching Questions** (10 marks)

Match the phrases given on the Left with most relevant words given on the Right. Put the letter belongs to the selected word in the brackets given on the left.

**Part C – Short Answer Questions** (50marks)

There are **seven (07)** questions. Answer **all**.

**Part D – Structured Essay Question** (30marks)

There is **one (01)** question with four parts. Answer **all** parts within the given space.

| Markers use only |  |
|------------------|--|
| Part A           |  |
| Part B           |  |
| Part C           |  |
| Part D           |  |
| Total Marks      |  |

*Good Luck!*

**Part A – Multiple Choice Questions (10marks)**

1. Studying about aging process is timely needed as it helps to;
  - a) examine the myths and realities
  - b) separate the facts and fictions
  - c) gain the knowledge on what elder should be offered
  - d) All of above
  
2. Gerontological Advance Practitioner Registered Nurse's (APRN) capacity is differ from Gerontological Registered Nurse (RN) in the standard of;
  - a) Assessment
  - b) Diagnosis
  - c) Consultation
  - d) Health teaching and health promotion
  
3. In the capacity of care giver, Gerontological nurse expect to;
  - a) promote the highest degree of self-care of elders
  - b) educate elders regarding normal aging, pathophysiology and geriatric pharmacology
  - c) provide loving and compassionate care for elders
  - d) help older adults in asserting their rights
  
4. In the home you observed that your grandmother is having difficulty in swallowing and she used to get small diet every time. Which of the following would be the underlying reason for this age related change?
  - a) Decreased elasticity of the stomach
  - b) Degenerated smooth muscle layer of the lower esophagus
  - c) Decreased motility of esophagus and stomach
  - d) All of above
  
5. Many older adults are having feeling of discomfort when passing urine. Underlying reason for this age related change is;
  - a) Hypertrophy and thickening of the bladder muscles
  - b) Insufficient neurological control of bladder
  - c) Decreased renal circulation
  - d) Increased glomerular filtration rate (GFR)

6. In your ward you may have observed that older people experience difficulty in expiration and they use accessory muscles for breathing. Underlying reason for this age related change is;
  - a) loss of skeletal muscle strength in the thorax and diaphragm
  - b) connective tissue changes in the nasal septum
  - c) reduced elasticity of the connective tissues of the lung
  - d) reduced sub mucosal gland secretion
  
7. Which of the following should be the most relevant nursing diagnosis for an elderly person with Congestive Heart Failure (CHF)?
  - a) Ineffective peripheral tissue perfusion due to decreased elasticity of blood vessels
  - b) Risk for infection due to hospitalization
  - c) Activity intolerance due to decreased resistance of peripheral vessels
  - d) Decreased cardiac output related to increase efficiency of cardiac muscles.
  
8. Older people tend to have high risk of infection due to;
  - a) Decreased the number of immature T cells
  - b) Progressive increase the size of thymus gland
  - c) Reduced response to foreign antigens
  - d) Increased antibody response to microorganisms
  
9. Which of the following structures are remaining unchanged with the aging?
  - a) Neurons and nervous system
  - b) Pupils and retina
  - c) Gallbladder and the bile duct
  - d) Heart valves and myocardial tissues
  
10. You can arrange special exercise regimes to enhance mind-body connection except for the older people who are having;
  - a) Cognitive impairment
  - b) Hypertension
  - c) Mood disorders
  - d) Lack of memory

### Part B - 10 Matching Questions (10 marks)

Match the phrases given on the **left** with most relevant words given on the **right**. Put the letter belongs to the selected word in the brackets given on the left.

| Left                               |         | Right                            |
|------------------------------------|---------|----------------------------------|
| 1. A systematic approach           | (     ) | A. Proper nutrition              |
| 2. Knowledge transformation        | (     ) | B. Demyelination                 |
| 3. Decreased taste sensation       | (     ) | C. Innovator                     |
| 4. Cardiovascular health promotion | (     ) | D. Principles                    |
| 5. Make effort to do experiments   | (     ) | E. Sarcopenia                    |
| 6. Decline vision                  | (     ) | F. Evidence based practice       |
| 7. Weak reflexes                   | (     ) | G. Aging process                 |
| 8. Widely accepted theories        | (     ) | H. Health teaching and promotion |
| 9. Muscle mass reduction           | (     ) | I. Consultation                  |
| 10. Wide variation among adults    | (     ) | J. Opacification                 |
|                                    |         | K. Xerostomia                    |
|                                    |         | L. Advocacy                      |

0043

**Part C – Short Answer Questions (SAQs) (50 marks)**

Answer within the given space.

1. What are the **four (04)** core elements of gerontological nursing practice? **(08 marks)**

- i. ....
- ii. ....
- iii. ....
- iv. ....

2. As a gerontological nurse, you strive to help older adults achieving wholeness. Write **three (03)** main aspects you would consider when giving holistic care to older adults. **(06 marks)**

- i. ....
- ii. ....
- iii. ....

3. Write **five (05)** basic competencies you should have as a gerontological nurse to promote high quality care to older adults. **(10 marks)**

- i. ....
- ii. ....
- iii. ....
- iv. ....
- v. ....

4. In your ward there is a patient diagnosed with upper respiratory tract infection. When he is discharged, write **three (03)** respiratory health promotion advices you gave that client. **(06 marks)**

- i. ....
- ii. ....
- iii. ....

5. Write **four (04)** age related effects on cardiovascular system. **(08 marks)**

- i. ....
- ii. ....
- iii. ....
- iv. ....

6. Identify **three (03)** main age related effects on musculoskeletal functions. **(06 marks)**

- i. ....
- ii. ....
- iii. ....

7. In the role of educator, state **three (03)** key functions expected from a gerontological nurse. **(06 marks)**

- i. ....
- ii. ....
- iii. ....

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**Part D – Structured Essay Question (30 marks)**

1. Mrs. Silva, 75years old retired school principal was admitted to your ward with many complaints. Her husband passed away last month. Mrs. Silva's only daughter carried her to the hospital. According to her daughter, Mrs. Silva always tries to get separated from others after her husband passed away. She is having difficulty in walking and she uses a walker at home. She is on treatment for bronchial asthma for ten years and now she is having mild difficulty in breathing and she uses accessory muscles for breathing. Also Mrs. Silva's daughter complaint that Mrs. Silva has not passed stool for two days and her weight decreased in 3kgs for last 2months. On physical examination, Mrs. Silva is having mild abdominal distension.

Considering the whole situation of the given scenario, write **six (6)** nursing diagnosis for Mrs. Silva according to the **NANDA** system with a nursing **goal** for each diagnosis.

| Se. No | Nursing diagnosis | Goal |
|--------|-------------------|------|
| 1      |                   |      |
|        |                   |      |
| 2      |                   |      |
|        |                   |      |
| 3      |                   |      |
|        |                   |      |
| 4      |                   |      |
|        |                   |      |
| 5      |                   |      |
|        |                   |      |
| 6      |                   |      |
|        |                   |      |