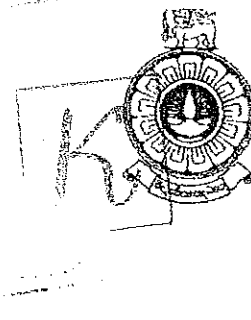


00611

THE OPEN UNIVERSITY OF SRI LANKA  
FACULTY OF HEALTH SCIENCES  
DEPARTMENT OF NURSING  
ACADEMIC YEAR 2019/2020 – SEMSETER I  
BACHELOR OF SCIENCE HONOURS IN NURSING  
NGU6304- GERONTOLOGICAL NURSING - LEVEL 6  
FINAL EXAMINATION



DATE: 10<sup>TH</sup> SEPTEMBER 2020

TIME: 9.30AM- 12.30PM



**Part B - Matching Questions (10 Marks)**

<b>/10 Marks</b>
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Match the phrases given on the **left** with most relevant word/phrases given on the **right**. Put the letter belongs to the selected word/phrases in the brackets given on the left.

<b>Left</b>		<b>Right</b>
1. Rename Geriatric Division as “Gerontological”	(    )	A. Chronological age
2. Risk factor for respiratory tract infection among elders	(    )	B. Melatonin
3. A serious consequence of fall	(    )	C. Health Promotion
4. Potential predictor for health problems in aged	(    )	D. Pressure ulcers
5. Decrease body natural insulation	(    )	E. Immobility
6. Decrease number of melanocytes in the body	(    )	F. Principles
7. Facilitate sleep in older people	(    )	G. Cold intolerance
8. Age related risk factor for fall	(    )	H. Fallophobia
9. Institutionalized older clients	(    )	I. Fragile hair
10. Universally accepted facts which guide nursing practice	(    )	J. Theories of Aging
		K. Gait disturbances
		L. Journal of Gerontological Nursing

**Part C - Short Answer Questions (40 Marks)**

/40 Marks

**Q 01:**

1.1 What is the recommended intake of fibre for older people? **(02 Marks)**

.....

1.2 State **four (04)** benefits of having enough fibre in older people's meal. **(08 Marks)**

I. ....

II. ....

III. ....

IV. ....

**Q 02:**

2.1 What is nocturnal Myoclonus and Restless Leg Syndrome? **(02 Marks)**

.....

.....

2.2 State **two (02)** disease conditions that can cause Nocturnal Myoclonus and Restless Leg Syndrome among elderly people. **(04 Marks)**

I. ....

II. ....

2.3 Sedatives should be used cautiously for sleep disturbances among older people. Why? Explain this statement by giving an example of a sedative and how it may affect an elderly person. **(04 Marks)**

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**Q 03:**

3.1 When arranging in-ward environment for an elderly client with respiratory tract infection, write **four (04)** strategies you would have taken to improve quality of indoor air in the patient's unit. **(08 Marks)**

- I. ....
- II. ....
- III. ....
- IV. ....

3.2 Write **two (02)** measures that can be implemented in order to prevent further respiratory tract disorders among older people. **(02 Marks)**

- I. ....
- II. ....

**Q 04:**

4.1 Identify **four (04)** qualities which will help you to maintain your uniqueness as a gerontological nurse other than knowledge and skills required in general practice. **(04 Marks)**

- I. ....
- II. ....
- III. ....
- IV. ....

4.2 According to the American Nurses Association, write **six (06)** nursing competencies necessary for gerontological nurses to provide high quality care. **(06 Marks)**

- I. ....
- II. ....
- III. ....
- IV. ....
- V. ....
- VI. ....

**Part D - Structured Essay Question (20 Marks)**

**/20 Marks**

**Q 01:**

Mr. Raju, 67 years old, has been living alone for past two years after death of his wife. He became frustrated and saying that he does not have reasons for living any further. He finds that he does not go out socially at anymore except for visiting his two children and their families. He has not visited the temple where he and his wife used to be very involved. He has found he does not enjoy food shopping, so Mr. Raju generally buys his main meal at nearby shop and then snacks on crackers and just cup of milk at night. He has also started smoking a cigarette every evening.

One evening he fell in his backyard and fractured his hip. After two weeks of hospitalization period, Mr. Raju has been discharged and you are the nurse who is doing discharge process of him.

1.1 Write **two (02)** theories of aging best describes Mr. Raju's life after death of his wife. **(02 Marks)**

I. ....

II. ....

1.2 How would you explain Mr. Raju's situation by using above mentioned aging theories? **(05 Marks)**

.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....

1.3 Drawing from above mentioned aging theories, write **two (02)** challenges you believe Mr. Raj is dealing with? **(04 Marks)**

I. ....

II. ....

.....

1.4 Identify **three (03)** priority needs for promoting his health? **(03 Marks)**

- I. ....
- II. ....
- III. ....

1.5 What recommendations can you provide for meeting above mentioned needs of Mr.Raju?  
**(06 Marks)**

- I. ....  
.....
- II. ....  
.....
- III. ....  
.....

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