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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
NSU4104- GERONTOLOGICAL NURSING - LEVEL 6
FINAL EXAMINATION

DATE: 10TH SEPTEMBER 2020

TIME: 9.30AM- 11.30AM

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1

Part B - Matching Questions (10 Marks)

/10 Marks

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.

Left		Right
1. Rename Geriatric Division as “Gerontological”	()	A. Chronological age
2. Risk factor for respiratory tract infection among elders	()	B. Melatonin
3. Core element of gerontological nursing practice	()	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. Fragmentation of DNA	()	H. Evidence Based Practice
9. Institutionalized older clients	()	I. Fragile hair
10. Universally accepted facts which guide nursing practice	()	J. Theories of Aging
		K. Programmed cell death
		L. Journal of Gerontological Nursing

Part C - Short Answer Questions (40 Marks)

/40 Marks

Q 01:

1.1 Identify **two (02)** complications in the circulatory system associated with high fat intake. **(04 Marks)**

I.

II.

1.2 State **three (03)** benefits of having enough fibre in older people's meal. **(06 Marks)**

I.

II.

III.

Q 02:

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

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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 Suggest **three (03)** environmental modifications in the ward environment can be accomplished to improve sleep hygiene among older adults. **(06 Marks)**

I.

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II.

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III.

.....

Q 03:

3.1 What is chronic illness trajectory?

(03 Marks)

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3.2 How does the level of education impact on the onset and the intensity of chronic illnesses.

(05 Marks)

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3.3 Identify **five (05)** competencies nurses need to improve in care of elderly suffering from chronic illnesses.

(10 Marks)

I.
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II.
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III.
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IV.
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V.
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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.

Considering the whole situation of the given scenario, write **five (05)** nursing diagnosis for Mr. Raju according to the NANDA system with **two (02)** nursing interventions for each diagnosis.

Se.No.	Nursing Diagnosis	Nursing Interventions
1.		I.
		II.
2.		I.
		II.
3.		I.
		II.
4.		I.
		II.
5.		I.
		II.