THE OPEN UNIVERSITY OF SRI LANKA

FACULTY OF HEALTH SCIENCES

DEPARTMENT OF NURSING

ACADEMIC YEAR 2023/2024

SEMESTER I

BACHELOR OF SCIENCE HONOURS IN NURSING

NGU6304- GERONTOLOGICAL NURSING – LEVEL 6

FINAL EXAMINATION

Date: 19th March 2024   Time: 9.30 am- 12.30 pm   Duration: 03 hours

NIC No. ....   Index No. ....

Part B (Short Answer Questions) (50 marks)

1. Scientists used biological theories of aging to describe the physical aspect of aging.

     1.1 State the two (02) main types of biological theories of aging? (02 marks)

     1.2 Briefly describe the proposition of each of these two types of theories in three (03) sentences maximum (08 marks)

2. Evidence-based practice and standards are two of the core elements in Gerontological nursing

     2.1 Briefly describe each of these two (02) elements each in three (03) sentences maximum (08 marks)

     2.2 Principles are another core-element of Gerontological Nursing. As discussed in the class, identify five (05) principles of Gerontological Nursing practice?
     (10 marks)

3. Chronic illnesses are more common in old age due to age-related changes.

    3.1 Briefly describe the term "chronic disease" **(04 marks)**

    3.2 State five (05) possible negative consequences of chronic illnesses you could see among older people? **(10 marks)**

4. Maintaining an optimal nutritional level is a very important need in old age. Identify four (04) threatening conditions for maintaining good nutritional level in older people **(08 marks)**

Part C – Structured Essay Question (30 marks)

1. Sleep and rest are major requirements particularly in old age. Therefore, knowledge about sleep disturbances is very important for Gerontological nurses to support older people for a good sleep.

    1.1 Identify five (05) sleep disturbances among old people **(05 marks)**

    1.2 Identify seven (07) non-pharmacological measures that nurses can follow in order to promote sleep in older people? **(07 marks)**

    1.3 Considering the sleep history of a person is very important in every assessment. Identify five (05) main areas that should include in the sleep history assessment **(10 marks)**

    1.4 Describe following terms briefly in your own words **(08 marks)**

        a. Sleep latency

        b. Circadian sleep-wake cycle

        c. Pittsburgh Sleep Quality Index

        d. Nocturnal Myoclonus and Restless Leg Syndrome

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