



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 I

Date: 15. 11. 2018

Time: 11.00a.m – 12.00nn

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 (40marks)

There are **six (06)** questions. Answer **all**.

Part D – Structured Essay Question (40marks)

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

Good Luck!

Part A – Multiple Choice Questions (10marks)

1. Which of the followings is best describe "Gerontological Nursing"?
 - a) Process of caring for elderly people
 - b) Process of caring for sick elderly people
 - c) Process of caring elderly people through multidisciplinary approach
 - d) Process of caring elderly people only focused on their psychosocial aspect

2. It is vital to understand the people's attitudes towards aging and older people as it helps;
 - a) to create a conducive environment for older people in the society.
 - b) to inculcate favorable attitudes among other population groups towards older people.
 - c) to changing people's behaviors for the older people.
 - d) All of the above

3. The rate of growth of elderly population is increased worldwide as a result of;
 - a) expanding the nursing role in health care
 - b) quality improvement in health care
 - c) expanding the research area on "Gerontology"
 - d) changing the attitudes of others on elderly people

4. The body's aging process is influenced by following **except**;
 - a) Abnormality of the cell division
 - b) fragmentation of DNA
 - c) functional replacement of neuron cells
 - d) deterioration of anti-oxidant defense mechanism of the body

5. According to _____, aging process is promoted by repeated body exposure to alcohol, smoking, substance abuse and poor diet.
 - a) wear and tear theory
 - b) cross link theory
 - c) nutrition theory
 - d) free radical theory

- 6. According to the oxidative stress theory, aging process is a result of;
 - a) exhausting or hard working overtime.
 - b) cellular errors secondary to random damage by free radicals.
 - c) cross linking of cellular proteins by radiation or chemical reactions.
 - d) exposure to non-lethal dose of radiation.

- 7. Following are pre-determined aging theories **except**;
 - a) genetic theory
 - b) free radical theory
 - c) radiation theory
 - d) environment theory

- 8. When you care for the elderly people in health care setting, it is better to give them an opportunity to share their unique experiences that influenced by the society. Which of the following theories best describe above statement?
 - a) Social exchange theory
 - b) Age-stratification theory
 - c) Symbolic interaction theory
 - d) Continuity theory

- 9. You may give health education to your clients and advise them to have Vitamin E contain food items to maintain their young appearance. Which theory gives you the rationale for your advices to clients?
 - a) Stochastic theory
 - b) Sociological theory
 - c) Free-radical theory
 - d) Genetic theory

- 10. The demand for the gerontological nurse is increased over the decades due to;
 - a) increase research area for the gerontological nursing
 - b) increase acute, chronic and terminal health conditions among older people
 - c) elderly people refuse to have nurses with less competencies
 - d) elderly people make more demands for educated nurses

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. Scientific study of aging	()	A. Disengagement theory
2. Positive self-concept	()	B. Glutathione
3. Process of programmed cell death	()	C. Skin wrinkles
4. Effect of aging as a random assault	()	D. Influence aging process
5. Aging is an inevitable mutual withdrawal	()	E. Symbolic interaction theory
6. Increase cellular mistakes	()	F. Nonstochastic theories
7. A natural antioxidant	()	G. Stochastic theories
8. Widely vary among individuals	()	H. Evidence-based practice
9. Result of accumulation of cellular errors	()	I. Apoptosis
10. Inner biological clock	()	J. Gerontology
		K. Collagen
		L. Aging process

Part C – Short Answer Questions (SAQs) (40 marks)

Answer within the given space.

- 1. Briefly describe how gerontological nursing differ from geriatric nursing? **(05marks)**

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- 2. "Life satisfaction with engagement or disengagement depends on personality traits". What age related theory would you use to support this statement? **(05marks)**

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- 3. Write **five (05)** key characteristics of gerotranscendence theory. **(10marks)**

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

- 4. "Biological age does not equal to chronological age". What age related theory would you use to support this statement? **(05marks)**

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- 5. What are the two main viewpoints explained by following categories of theories? Give your answer within the given space

- I. **Error theories:** **(05 marks)**

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II. Predetermined aging theories: (05 marks)

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6. Identify a similarity underpinning the error theory and predetermined theory of aging. (05marks)

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Part D – Structured Essay Question (40 marks)

Question No. 01

Sociological theories of aging address the impact of society on life of older adults and also the impact of older population on society in turn.

1. Briefly explain what aspects of aging are addressed by the sociological theories? (08marks)

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2. Disengagement theory is one of the sociological theories of aging. Identify **three (03)** key measurements of this theory. (06marks)

I.
II.
III.

3. Assume that you are assign to give a health education to group of young people in a school considering the caring for the elderly people.

- i. By doing so which sociological theory of aging would you use to guide your behavior? (04marks)

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ii. In your health talk, identify **four (04)** key main aspects you address according to the above mention theory. **(12marks)**

- I.
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- II.
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- III.
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- IV.
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4. When we are getting older, we tend to reflect on our lives relating to social experiences and try to give a meaning for our lives and explore an own position in the society.

i. What is the theory best reflect above incident? **(05marks)**

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ii. As health care workers, what is the importance of learning above theory? **(05marks)**

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