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Faculty of Nursing
Gerontological Nursing Department

Guided Exam– 2nd year Nursing Institution Gerontological Nursing

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I- Write (T) if the statement is true, and write (F) if the statement is false:

T or F	Statement	NO.
1.	Chronologic age is the amount of time that has passed since birth.	T
2.	High cognitive and low physical function is description of successful aging.	F
3.	The role of gerontological nurse as a communicator, are evaluates the effectiveness of the services in health programs in special setting.	F
4.	Sufficient Sleep one of the factors that affect aging process	F
5.	Cognitive attitude consists of beliefs about an object.	T
6.	Emphysema one of the conditions affecting age 65 years and older	T
7.	Advancement in disease control and health technology factors that affect aging process	F
8.	Life expectancy is the average number of years that a person is expected to live.	T
9.	Senility is a period of one's life during which the greatest amount of aging occurs.	F
10.	Senescence is pathological and functional defect resulting from the aging process.	F
11.	Biological theories explain aging as a manifestation of diseases that occur over lifespan.	F
12.	Free-radical theory is biological theory.	T
13.	Cross-linking theory state that the genes are programmed to	F

	drive a certain number of times, after that the body function deteriorates, and death occurs.	
14.	Immunological theory proposes that aging occur a result of increase in the function of the immune system.	F
15.	Free -radical theory proposes that balanced energy makes the free radical bind itself to another unbalanced molecule to become unbalanced molecules.	F
16.	Free radical result from oxidation of vitamins, minerals and carbohydrates.	F
17.	Genetic theorists believe that individuals inherit an external mechanism or “genetic clock” determines senescence.	F
18.	Sociological theories explain that when an older adult’s useful in roles and relationships ends, death occurs.	F
19.	Natural antioxidants include vitamin C, vitamin E, beta carotene, and vitamin A.	T
20.	The wear and tear theory equates humans with machines and these machines (body functions) become more efficient with prolonged use.	F
21.	With aging, increase thickening of heart walls, especially in the left ventricle and cardiac output decreases by 20%.	F
22.	With aging, decreased in the mucus that produced normally to protects the lungs against infection.	T
23.	Alveoli and alveolar ducts decreased with aging and the surface for gases exchange is reduced, this change is called senile lung.	F
24.	Increase in peak airflow and gas exchange with aging.	F
25.	The volume of saliva can be reduced in the elderly resulting in dry tongue and in chewing difficulties.	T
26.	The tone of esophageal sphincter muscles may increase result in frequent esophageal reflux or heartburn or vomiting of undigested foods.	F
27.	The gag reflex is depressed in older adults, which lead to episodes of heartburn or vomiting of undigested foods.	F
28.	Atrophy of the muscle and mucosal surface in small intestine occur as result of aging, which results in decrease in absorption of fat and vitamin A.	F
29.	Peristalsis of the intestine decrease with aging leading to increase occurrence of constipation, incomplete elimination and fecal impaction.	T
30.	Pancreas becomes more fibrotic and there is a decline in pancreatic secretions and enzyme output and affects the fat digestion.	T
31.	With aging the kidneys lose about one half of their mass as both the number and size of nephrons (filtering units) decreases.	F

32.	The total number of glomeruli falls with aging by 30 to 40% and another 50% may become nonfunctional. These changes reduce the rate of blood filtered by the kidneys.	F
33.	With aging; bladder capacity decreased and involuntary bladder contraction increased, these can lead to urgency and frequency of urination.	T
34.	Height decreases with age by approximately 1-6 cm.	F
35.	With advancing age the epidermis generally thin in sun-exposed areas and thickens in protected areas.	F
36.	With advancing age increase incidence of vascular fragility, leading to the frequent appearance of hemorrhages	T
37.	With aging growth hormone levels decrease, leading to thyroid dysfunction.	F
38.	With ageing, the pinna changes in size, shape, flexibility, and hair growth and affect the conduction of sound waves in health older adults.	F
39.	With aging pupil size decreased, which it is a space that dilates and constricts in response to light.	T
40.	With aging, gradually decrease the size and density of lens occur.	F
41.	Nonverbal behavior reveals feelings and attitudes without using words	T
42.	Eye contact conveys the nonverbal message of being interested in what the older adult is saying	T
43.	Eye contact convey message, Regardless of the culture	T
44.	Allow the periods of silence to more than 10 minutes.	F
45.	Two – way communication allow the sender to remain in control of the situation, the receiver remain passive	F
46.	The elderly respond more to the spoken word than the tone of voice and gestures	F
47.	In overflow incontinence, the bladder muscles are overactive and contract involuntarily before the bladder is full.	F
48.	The bladder becomes overfilled and enlarged until small amounts of urine dribble out in urge incontinence.	F
49.	Incomplete emptying and decrease in bladder elasticity require elderly to void more frequently.	T
50.	Functional incontinence involves lower urinary tract problems and increase among persons in wheelchair.	F
51.	Provide frequent opportunities for urination at least every 2 hrs and restrict fluid intake are considered nursing. intervention of urinary incontinence.	F

52.	Maintained physically active daily life is recommended to prevent fall among elderly.	T
53.	Chronic insomnia is sleep disturbance for longer than 1 month and typically self-limited.	F
54.	Cognitive functioning and perception of pain by other are considered from barriers that interfere with pain assessment in the elderly.	T
55.	Pain assessment in cognitive impairment elderly include screen for anxiety and observe behavioral symptoms.	F
56.	An increase in bladder elasticity with ageing, requires the older adult to void more frequently.	F

☒ Part II: read the following statements and circle only one best answer:-

1. Factors that affecting the attitudes toward the elders:

- a) Interest in working with the elders.
- b) High-Frequency Radiation.
- c) Nutrition.
- d) Excessive or Insufficient Sunlight.

2. One of the following chronic conditions affecting population age 65 and older:

- a) Depression.
- b) Varicose veins.
- c) Hypothermia.
- d) Hyperthermia.

3. One of the following considers characteristics of aging process:

- a) Increase risk for infection.
- b) Decrease risk for diseases.
- c) Accept concept of change.
- d) Hearing impairment.

4. One of the factors that affect the aging process include:-

- a) sufficient sunlight.
- b) Insufficient sleep.
- c) proper exercise.
- d) Nutrition.

5. The psychological theories include one of the following:

- a) Disengagement theory.
- b) Free radical theory.
- c) Selective optimization theory.
- d) Continuity theory.

6. Theory equates humans with machines and these machines become less efficient with prolonged use:

- a) Free radical theory.
- b) Cross linking theory.
- c) Immunological theory.
- d) Wear and tear theory.

7. Cross-linking theory is:

- a) With age, our proteins, RNA and other structural molecules develop inappropriate attachments or cross-links to one another.
- b) With age, our proteins, DNA and other structural molecules develop appropriate attachments or cross-links to one another.
- c) With age, our proteins, DNA and other structural molecules develop inappropriate attachments or cross-links to one another.
- d) With age, our proteins, RNA and other structural molecules develop appropriate attachments or cross-links to one another.

8. Biological theories explain aging as:

- a) Involuntary process that over time causes changes in cognition and feeling.
- b) Voluntary process that over time causes changes in cells and tissues of the body.
- c) Involuntary process that over time causes changes in cells and tissues of the body.
- d) Involuntary process that early causes changes in cells and tissues of the body.

9. Psychological theories of aging:

- a) Do not explain why aging occurs, but rather attempt to explain aging in terms of a person's physiological function.
- b) Do not explain why aging occurs, but rather attempt to explain aging in terms of a person's cognitive function.
- c) Explain why aging occurs, and attempt to explain aging in terms of a person's cognitive function.
- d) Do explain why aging occurs, but rather attempt to explain aging in terms of a person's social function.

10. Age-related changes in kidneys include the following:

- a) Blood flow to the kidneys decreases by 20 percent per decade.
- b) The kidneys lose about one third of their mass as both the number and size of nephrons decreases.
- c) The total number of glomeruli falls by 30 to 40% and another 50% may become sclerotic and nonfunctional.
- d) All of the above.

11. Age-related changes in bladder include the following:

- a) With aging bladder capacity decreased and involuntary bladder contraction decrease.
- b) Bladder muscles weaken, leading to decrease in stream of urine.
- c) Declined bladder muscle tone can impair the voluntary control of the internal sphincter muscle.
- d) All of the above.

12. Age-related changes in muscle include the following:

- a) Muscles become shrinking and elastic.
- b) Loss of muscle strength and mass and can adversely affect the older adult's balance, gait, and falls.
- c) Decreased muscle rigidity contributes to limited movement in areas such as the neck, hips, and knees.
- d) Reduction in blood supply to the ligament can lead to changes in muscle function.

13. Age-related changes in dermis and subcutaneous tissue include the following:

- a) Dermis and subcutaneous tissue thin by as much as 40% with aging.
- b) Decreased of skin strength and elasticity with aging are attributed to collagen changes.
- c) With aging the vascularity of the dermal skin increases.
- d) Decrease incidence of vascular fragility.

14. Age-related change of (ear) hearing function include the following:

- a) Cerumen accumulates and builds up in older adults.
- b) The tympanic membrane (eardrum) become more thicker and stiffer
- c) Muscles and ligaments of the middle ear become weaker and elastic, with increasing age,
- d) Loss of hair cells, reduction of blood supply and increased membrane flexibility of the inner ear.

15. Age related changes affecting cognition:

- a) There is a progressive loss of neurons both in the brain and in the spinal cord about 10%.
- b) Brain atrophy; brain shrinks (10-20%), showing a decrease in both size and weight (1200 gm).
- c) As the brain atrophies, the space between the brain and the skull decreases.
- d) Shrinkage or loss of large neurons, particularly in occipital and temporal lobes.

16. One of the communication process include

- a) Verbal Communication
- b) Facial Expression
- c) Eye contact
- d) Verbal or nonverbal message

17.Types of nonverbal communication include

- a) Facial Expression
- b) Emotions
- c) The message
- d) Emotions and message

18.Guidelines for communicating with cognitively impaired elderly includes:

- a) Ask closed, specific questions
- b) Use visual cues, objects, pictures and gestures as well as words
- c) Encourage articulation even if words convey no meaning
- d) Do not eat while speaking

19.Psycho-social changes that affect communication includes:

- a) Isolation and loneliness
- b) Hearing disorders.
- c) Visual disorders.
- d) Speech disorders

20.Causes of hearing impairment in old age includes:

- a) Infection or side effect of drugs.
- b) Otitis media.
- c) Headache.
- d) Stroke.

21. Communicating with the hearing impaired elderly person includes:

- a) Remain calm and patient.
- b) Speak slowly, ask one question at a time and wait for a response.
- c) Ask closed, specific questions.
- d) Do not shout.

22.Nursing intervention to prevent falls include:-

- a) Prevent orthostatic hypotension.
- b) Medication interactions.
- c) Absence of grab bars on the wall.
- d) Unsafe practice.

23.Chronic insomnia can cause:-

- a) Grief.
- b) Hospitalization.
- c) Breathing cessation.
- d) Impaired mental functioning.

24.Behavioral risk factors of fall include:-

- a) Muscle weakness.
- b) Medication side effects or interactions.
- c) Balance problems.
- d) Vision changes or loss.