

10
NCD 322



(University of Choice)

**MASINDE MULIRO UNIVERSITY OF SCIENCE AND TECHNOLOGY
SCHOOL OF NURSING, MIDWIFERY & PARAMEDICAL SCIENCES
DEPARTMENT OF CLINICAL NURSING AND HEALTH INFORMATICS
UNIVERSITY EXAMINATIONS
2021/2022 ACADEMIC YEAR**

SUP/SPECIAL EXAMINATION

COURSE CODE: NCD 322

COURSE TITLE: GERIATRICS, PALLIATIVE CARE AND HOME BASED CARE

DATE: TUESDAY, 4TH OCT, 2022

Time: 3.00pm to 6.00pm

INSTRUCTIONS TO CANDIDATES

All questions are compulsory

MMUST observes ZERO tolerance to examination cheating

This paper consists of 8 printed pages. Please turn over.

SECTION A: MULTIPLE CHOICE QUESTIONS

1. The nurse is performing an assessment on an older adult client. Which assessment data would indicate a potential complication associated with the skin?
 - a) Crusting
 - b) Wrinkling
 - c) Deepening of expression lines
 - d) Thinning and loss of elasticity in the skin

2. A patient is being discharged after the insertion of a permanent pacemaker. Which statement made by the patient indicates an understanding regarding appropriate self-care?
 - a) Every morning I will perform arm and shoulder stretches

 - b) Each day I'll take my pulse and record it in a log

 - c) I'll have to get rid of my microwave oven

 - d) I won't be able to use my electrical blanket anymore

3. A patient with a diagnosis of Wolff-Parkinson-White syndrome is undergoing a catheter ablation procedure. When caring for the patient after the procedure, which is the priority intervention?
 - a) Assist the patient to the bathroom to void

 - b) Auscultate apical pulse for a full minute every hour

 - c) Monitor insertion site and distal pulses

 - d) Assess level of consciousness

4. The idea that the ability to complete a task depends on the fit between the environment and the person undertaking the task is a basic tenet of which of the following theories of aging?

- a) Environmental
- b) Ecological
- c) Fitness
- d) Congruence

5. Which of the following is not one of the three types of person-environment congruence?

- a) Physical
- b) Social
- c) Emotional
- d) Psychological

6. The docility hypothesis is that

- a) Those with low capabilities are more vulnerable to environmental demands
- b) Those who experience high environmental demands become more docile
- c) Those who experience high environmental demands become less docile
- d) Those with less capability are less vulnerable to environmental demand

7. Older adults may be more attached to a place than younger adults because

- a) That place holds many memories

- b) It's much harder to move when you're older
- c) Young adults pay less attention to place than do older adults
- d) That place represents transcendence

8. The initials ADL stand for

- a) Activities of Daily Living
- b) American Disease Legion
- c) Always Delay Learning
- d) Ancient Dependent Ladies

9. When asked where they would like to live for the rest of their lives most older adults say that they would prefer

- a) Moving to be close to their children
- b) Moving to the cities if they could
- c) Residing in a very nice nursing home
- d) Staying in their own home

10. The design of products and environments to fit the capabilities of people who use them or live there is called _____ design

- a) Environmental
- b) Ecological
- c) Ergonomic
- d) Eclectic

11. An 80-year-old patient is receiving palliative care for heart failure. What is the primary purposes of her receiving palliative care?

- A. Improve her quality of life.
- B. Assess her coping ability with disease.
- C. Have time to teach patient and family about disease.
- D. Provide care that the family is unwilling or unable to give.

12. The home health nurse visits a 40-year-old breast cancer patient with metastatic breast cancer who is receiving palliative care. The patient is experiencing pain at a level of 7 (on a 10-point scale). In prioritizing activities for the visit, you would do which of the following first?

- A. Auscultate for breath sounds.
- B. Administer prn pain medication.
- C. Check pressure points for skin breakdown.
- D. Ask family members about patient's dietary intake.

13. During admission of a patient diagnosed with metastatic lung cancer, you assess for which of the following as a key indicator of clinical depression related to terminal illness?

- A. Frustration with pain
- B. Anorexia and nausea
- C. Feelings of hopelessness
- D. Inability to carry out activities of daily living

14. What is the primary purpose of hospice?

- A. Allow patients to die at home.
- B. Provide better quality of care than the family can.
- C. Coordinate care for dying patients and their families.
- D. Provide comfort and support for dying patients and their families.

15. For the past 5 years, Tom has repeatedly asked his mother to donate his deceased father's belongings to charity, but his mother has refused. She sits in the bedroom closet, crying and talking to her long-dead husband. What type of grief is Tom's mother experiencing?

- A. Adaptive grief

- B. Disruptive grief
- C. Anticipatory grief
- D. Prolonged grief disorder

16. A 67-year-old man has been admitted to the hospital for a surgical procedure. During the admission process, the nurse asks whether he has a living will or a durable power of attorney. The patient asks, "What is a living will?" The best response by the nurse would be which of the following?

- A) "A living will and a durable power of attorney are both advance directives."
- B) "A living will states your wishes regarding future healthcare if you become unable to give instructions."
- C) "A living will identifies a person who will make healthcare decisions in the event you are unable to do so."
- D) "I will tell a case manager that you would like additional information."

17. The influence of genetics on longevity is estimated to be about

- a) 20%
- b) 33%
- c) 50%
- d) 75%

18. A possible positive effect of moderate alcohol consumption is that it may

- a) Inhibit the growth of cancers
- b) Promote healing from injuries and illnesses
- c) Keep blood vessels from stiffening
- d) Result in relaxation and lower blood pressure

19. Longevity is strongly associated with higher levels of

- a) Social support
- b) BMI

NCD 322

c) Alcohol use

d) Supplement use

20. The most important part of the healing process for those who are bereaved is to

a) Stay away from other people for a while

b) Get out and be active

c) Talk about your loss

d) Make new friends who don't know about your loss

SECTION B: SHORT ANSWER QUESTIONS (40 marks)

1. State four main classifications of age related changes in a human body (8 marks)
2. State four key areas of interest when conducting history of a fall in a geriatric patient (8 marks)
3. Explain four indicators of palliative care (8 marks)
4. State four types of abuse in the older generation (8 marks)
5. Explain four major ethical principles that have an impact on older adults' health care (8 marks)

SECTION C: LONG ANSWER QUESTIONS (40 MARKS)

1. Geriatrics is a field of nursing that specializes in the care of the elderly. Describe the roles of a geriatric nurse (20 marks)
2. Palliative care can be given to different patients at home setting, in wards and hospice. Describe the goals of palliative care (20 marks)