

**CHUKA**



**UNIVERSITY**

**UNIVERSITY EXAMINATIONS**

**THIRD YEAR EXAMINATION FOR THE AWARD OF  
DEGREE OF BACHELOR OF SCIENCE IN NURSING (UPGRADING)**

**NURU 344: PALLIATIVE AND GERIATRIC NURSING**

**STREAMS: Y3S2**

**TIME: 2 HOURS**

**DAY/DATE : TUESDAY 28 /09/ 2021**

**8.30 AM – 10.30 AM**

**INSTRUCTIONS:**

1. Do not write anything on the question paper.
  2. The paper has three sections. Answer ALL questions in Sections I and II and ONE question in section III.
  3. All your answers for Section I (MCQs) should be on one page.
  4. Number ALL your answers and indicate the order of appearance in the space provided in the cover page of the examination answer booklet.
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**Section A: Multiple Choice Questions (20 Marks)**

1. The following statement is incorrect about informed consent:
  - a) It can be revoked by the state, especially when the benefits outweigh the risks
  - b) A person has to be mentally competent to sign an informed consent
  - c) Physicians can waive informed consents in emergency situations
  - d) The name of the procedure, its risks and benefits, and other alternative procedures make up all the essential elements of informed consent
  
2. When performing a comprehensive geriatric assessment of an older adult, the nurse should focus on the patient's:
  - a) Chronic illnesses
  - b) Functional abilities
  - c) Immunologic function
  - d) Physical signs of aging
  
3. Aging affects respiratory function because of all of the following except:
  - a) Chest wall and airways become less rigid and more elastic
  - b) The amount of exchanged air is decreased

- c) Mucous membranes become drier and more fragile
  - d) A decrease in efficiency of the immune system
4. Management of delirium includes all of the following except:
- a) Use of memory cues such as calendars
  - b) Use of physical restraints
  - c) Correcting sensory deficits
  - d) Maintain proper fluid intake and nutrition
5. One of the main goals of palliative care is to:
- a) Provide cure to the life limiting conditions that the patient may experience
  - b) Prolong life by use of technology and sophisticated life support machines
  - c) Enhance the quality of life while positively influencing the course of illness
  - d) Educate the family to understand the terminal nature of the illness and the imminent outcome
6. The family of an elderly client asks why their father puts so much salt on his food. The nurse should include which information in the response?
- a) The taste buds become dulled as a person ages
  - b) The body is attempting to compensate for lost fluids during the aging process
  - c) Elderly clients need more sodium to ensure adequate kidney function
  - d) The client is confused and does not remember putting salt on the food
7. The pain caused by damage to the peripheral or central nervous system is referred to as
- a) Neuropathic pain
  - b) Nociceptive pain
  - c) Persistent pain
  - d) Radiating pain
8. In planning care for elderly patients with chronic illnesses, the nurse recognizes that management of chronic illness requires:
- a) Institutionalization in long-term care facilities
  - b) Restricting social interactions outside of the home
  - c) Intensive rehabilitation to prevent progression of disease
  - d) Planning to manage crises that may occur during the illness
9. An elderly woman with Alzheimer's disease refuses to eat and begins to lose weight. Which approach by the nurse will likely be most effective in getting the client to eat?
- a) Explaining to her the necessity of eating three meals daily
  - b) Asking the client what she thinks should be done about her lack of eating
  - c) Telling the client that if she doesn't eat, she will be given tube feedings
  - d) Accompanying her to meals and assisting her in eating
10. An elderly client says to the nurse, "I have something to tell you because I know you can keep a secret." To respond to his statement, the nurse should make which of these remarks?

- a) "It's nice that you trust me to keep a secret."
  - b) "I would like to hear your secret."
  - c) "I cannot promise that I can keep your secret."
  - d) "A secret is not a secret when it is repeated."
11. The nurse is caring for an elderly client who is being treated for cancer. The following question indicates that the client is not ready for teaching:
- a) "Am I going to lose my hair?"
  - b) "Should I get a second opinion?"
  - c) "Will this make me really sick?"
  - d) "Will I have to stop exercising at the gym?"
12. An elderly client is receiving cancer chemotherapy. Metoclopramide (Plasil) is also prescribed. The client asks why she is getting Plasil. How should the nurse respond?
- a) "Plasil helps to prevent bleeding that may occur as a side effect of your other medications."
  - b) "Plasil helps to prevent any nausea and vomiting that may occur as a side effect of your other medications."
  - c) "Plasil increases the effectiveness of the cancer chemotherapeutic agents."
  - d) "Plasil helps to control pain associated with your disease."
13. The nurse is caring for an older adult. Which statement made by the client is not typical of normal aging?
- a) "I seem to be more sensitive to the taste of salt than I used to be."
  - b) "I have trouble reading the newspaper."
  - c) "I don't drive at dusk anymore."
  - d) "Sometimes I have trouble matching my socks."
14. In evaluating the client with cancer, what best indicates that the nutritional status is adequate?
- a) Calorie intake
  - b) Stable weight
  - c) Amount of nausea and vomiting
  - d) Serum protein levels
15. A client with terminal cancer yells at the nurse and says, "I don't need your help, I can bathe myself." The stage of grief the client is most likely experiencing is:
- a) Projection
  - b) Denial
  - c) Anger
  - d) Depression
16. The client is receiving chemotherapy for cancer. Which statement, if made by the client, would indicate that she has accepted the diagnosis and treatment?
- a) "I hate getting that treatment."
  - b) "The doctor isn't sure if I really have cancer."

- c) "I have a collection of pretty scarves that I am wearing a lot now."  
d) "I don't go anywhere except for my treatments because I look so weird."
17. An elderly woman is being treated for severe depression. During the acute phase of her illness, which of these measures should have priority in her care?  
a) Keeping her in seclusion  
b) Repeating unit routines to her in detail  
c) Urging her social interaction with other clients  
d) Providing her with physical care
18. The nurse is caring for an aging client. Which statement the client makes indicates that he is having difficulty with the developmental tasks of aging?  
a) "I like to make toys for my grandchildren."  
b) "I used to be a farmer, but now I can't do all that hard work."  
c) "I wish I had changed careers when I really wanted to; now it's too late."  
d) "We don't have as much money now as we did before I retired."
19. The statement that is true concerning pain opioid drugs as used in pain management is:  
a) Constipation is a common side effect of opioid use especially following surgery  
b) Opioid-induced nausea and vomiting persists throughout the treatment period  
c) Increasing the time between doses should be avoided so as to prevent sedation.  
d) Opioid analgesics cause addiction to patients hence they should always be avoided
20. A 79-year old woman who was recently widowed says to the nurse, "I just can't believe he's gone. Sometimes I even think I see him standing there." What does this comment indicate about the client?  
a) She is in an early stage of normal grief.  
b) She may be hallucinating.  
c) She is having illusions.  
d) She may be in a severe depression.

**Section B: Short Answer Questions (30 Marks)**

1. Mental health problems are common among the elderly population:  
a) Explain the common risk factors for mental health problems in the elderly (4 marks)  
b) Briefly explain the signs and symptoms of Alzheimer's disease (4 marks)
2. Briefly describe the effects of normal aging on the following organ systems:  
a) Reproductive (3 marks)  
b) Immune (3 marks)
3. Explain the following ethical principles as applied in palliative care:  
a) Justice (3 marks)  
b) Beneficence (3 marks)
4. Explain three (3) benefits of palliative care to the patients' families (6 marks)
5. Explain the procedure of breaking bad news as applied in palliative care (4 marks)

**Section C: Long Answer Question (20 Marks) – Choose one question**

1. An eighty year old man is admitted in the medical ward after sustaining a fractured pelvis secondary to a fall:
  - a) Explain the common risk factors for falls in the elderly population (8 marks)
  - b) Describe the specific nursing instructions for preventing falls in the elderly population (8 marks)
  - c) State four complications of falls in the elderly (4 marks)
  
2. Effective communication between care providers, patients and their families is very essential in palliative care:
  - a) Describe five (5) elements of effective communication in palliative care (10 marks)
  - b) Describe five (5) key aspects targeted by communication in palliative care (10 marks)

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