

CHUKA



UNIVERSITY

UNIVERSITY EXAMINATIONS

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

NURU 344: GERIATRIC AND PALLIATIVE CARE NURSING

STREAMS: Y3S2

TIME: 2 HOURS

DAY/DATE: TUESDAY 04/12/2018

11.30 A.M. – 1.30 P.M.

INSTRUCTIONS:

- **Do not write anything on the question paper.**
- **Mobile phones and any other reference materials are NOT allowed in the examination room.**
- **The paper has three sections. Answer ALL questions in section I and II ONE question in section III**
- **All your answers for section I (MCQs) should be on one page**
- **Number ALL your answers and indicate the order of appearance in the space provided in the cover page of the examination answer booklet.**
- **Write your answers legibly and use your time wisely.**

Section A: Multiple Choice questions (20 marks)

1. An elderly woman is admitted to the hospital with a productive cough, progressive forgetfulness, an inability to concentrate and disinterest in her personal hygiene. What should be of greatest priority as the nurses assess this client?
 - (a) Her progressive forgetfulness
 - (b) Her inability to concentrate
 - (c) Her disinterest in her personal hygiene
 - (d) Her productive cough
2. An elderly man tells the nurse that all his family members mumble when they talk. How should the nurses respond to this statement?
 - (a) Refer the family members to speech therapy
 - (b) Suggest that the client have his hearing tested
 - (c) Discuss with the family how to speak more clearly
 - (d) Ask the client if his parents had difficulty hearing

3. A woman who is severely depressed begins to improve. Which of these behaviours may be indicative of an impending suicide attempt?
 - (a) Responding sarcastically when asked about her family
 - (b) Avoiding conversation with some clients on the unit
 - (c) Identify with problems expressed by other clients
 - (d) Appearing detached when walking about the unit

4. The nurse is discussing the care of a client who has a hearing deficit. Which suggestion is most appropriate to make to those around him?
 - (a) Speak in a higher tone of voice
 - (b) Raise your voice when speaking
 - (c) Be sure to stand so there are no bright lights behind you
 - (d) Keep the television or radio on when having a conversation

5. 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

6. Digoxin has been prescribed for a 70-year-old man who has atrial fibrillation. Which behaviour indicates that the client understands the nurse's instructions about taking digoxin?
 - (a) The client states that he will not spend much time in the sun.
 - (b) The client says to the nurse, "Is this the correct way to check my pulse? I want to do it right."
 - (c) The client tells the nurse he will be very careful to sit on the edge of the bed for a few moments before standing up.
 - (d) The client says, "I will not take Cialis while I am taking this medicine."

7. The nurse is caring for an adult who is admitted in right heart failure. Which observation is most consistent with this condition?
 - (a) Distended neck veins
 - (b) Facial edema
 - (c) Renal failure
 - (d) Constipation

8. The nurse is giving home care to a 69-year-old client who has severe arthritis. Which comment made by the client would indicate to the nurse that the client is experiencing normal changes associated with the aging process?
- (a) "I have such a hard time with the pain in my feet and knees."
 - (b) "I have had loose stools for the last few months."
 - (c) "My children say I keep my apartment too warm."
 - (d) "I have a hard time at night because the lights are all big and fuzzy."
9. A client with cancer states that he has no reason to live anymore. What is the most therapeutic response for the nurse to give at this time?
- (a) "You feel as though you have no reason to live?"
 - (b) "Your wife needs you and wants you to live."
 - (c) "Your children care about you."
 - (d) "I care about what happens to you."
10. A 65-year-old woman tells the nurse that she is having difficulty reading the newspaper. She states that she holds it away from her but still cannot see it. What is the best response for the nurse to make?
- (a) Reassure her that this situation is normal and encourage her to use a magnifying glass.
 - (b) Ask her if any relatives have had this problem
 - (c) Suggest that she see an eye doctor for a prescription for reading glasses
 - (d) Explain that she can try on reading glasses at the drugstore
11. An 88-year-old woman in a long-term care facility is having difficulty remembering where her room is. Which of the following solutions would best help her?
- (a) Put a light-blue painting on the door to her room.
 - (b) Assign her a buddy who will help her when she gets lost
 - (c) Put her picture and her name in large letters on the door to her room
 - (d) Assign her the room next to the nurses' station so that the staff can assist her.
12. Following withdrawal from alcohol, a 70-year-old male client is to receive disulfiram. The medication is prescribed for which of these purposes?
- (a) To minimize the effects of alcohol
 - (b) To improve detoxification by the liver
 - (c) To increase her utilization of vitamins
 - (d) To help her refrain from drinking alcohol

13. The nurse is caring for several elderly clients who have ostomies. Which client will have the well-formed drainage? The client whose colostomy is in the:
- (a) Ileum
 - (b) Ascending colon
 - (c) Transverse colon
 - (d) Descending colon
14. Which comment is the client who has Parkinson's disease most likely to make?
- (a) "My hands shake when I reach to pick up my coffee cup."
 - (b) "I get very stiff when I sit for long periods of time."
 - (c) "I have to drink a lot because my mouth is so dry."
 - (d) "It is easier for me to pick up my feet than to slide them."
15. A 64-year-old woman tells the nurse she has vaginal itching and dryness and that she has pain "Down there" at times. What should the nurse do?
- (a) Reassure the client that these are normal changes that come with aging
 - (b) Explain to the client that this situation is of little importance because sexual activity is not likely at this age
 - (c) Suggest to the client that use a vaginal cream for the itching and dryness
 - (d) Encourage the client to see he physician
16. An 80 year old 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 he in seclusion
 - (b) Repeating unit routines to her in detail
 - (c) Urging her social interaction with other clients
 - (d) Providing her with physical care
17. An elderly man who is disoriented, confused and unable to answer simple questions coherently is admitted. Which action is of highest priority?
- (a) Obtain a psychiatric consult
 - (b) Check the client's glucose level
 - (c) Restrain the client
 - (d) Administer lorazepam

18. The nurse enters the room of an elderly man having a grand mal seizure. Which initial action is appropriate?
- (a) Put a padded tongue blade in the client's mouth
 - (b) Restrain the client
 - (c) Turn the client's head to the side
 - (d) Call the physician immediately
19. An 87-year-old woman is admitted to the acute care hospital for heart failure. The nurse asks about the client's signs and symptoms and obtains vital signs. Considering the client's age, what additional question is most important for the nurse to ask?
- (a) "How do you manage your bowels?"
 - (b) "When was your last menstrual period?"
 - (c) "What are your favourite foods?"
 - (d) "When was your last tetanus shot?"
20. 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 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

Section B: Short answer questions (30 marks)

1. Explain the common causes and medical management of depression in terminal illness. (6 marks)
2. Outline six (6) basic competencies necessary for nurses to provide optimum care to older adults and their families. (6 marks)
3. Explain how the following factors influence the palliative care for a 45-year old woman with advanced cervical cancer.
- (a) Family (3 marks)
 - (b) Spirituality (3 marks)
4. Explain any two (2) aging changes that affect communication. (6 marks)
5. State six (6) nursing instructions for enhancing prescribed drug compliance in the older adult. (6 marks)

Section C: Long answer questions (20 marks)

1. Discuss five (5) ethical issues applied in palliative care nursing: (20 marks)
 2. Explain the causes and prevention/management of the following conditions in geriatrics:
 - (a) Falls (10 marks)
 - (b) Urinary incontinence (10 marks)
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