

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: BSC Y3S2

TIME: 2 HOURS

DAY/DATE: FRIDAY 06/12/2019

2.30 P.M. – 4.30 P.M.

INSTRUCTIONS:

- **Do not write anything on the question paper**
- **The paper has three sections. Answer ALL questions in sections I and II and 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.**

SECTION A: MULTIPLE CHOICE QUESTIONS (20 MARKS)

1. 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
2. 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 clients 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 herein eating
3. 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."
4. 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?"
5. 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."
6. The nurse is caring for an elderly client who has congestive heart failure. Which finding indicates that her condition is getting worse?
- (a) An increase in urine output

- (b) A decrease in blood pressure
 - (c) A decrease in heart rate
 - (d) Warm, moist skin
7. 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) “Sometime I have trouble matching my socks.”
8. The nurse is assessing a 78-year-old woman. The woman says she has some bladder discomfort and urinary frequency. She also says, “I mind the cold so, but I don’t seem to shiver. I don’t have much energy these days.” Her temperature is 98.9, pulse is 76, respirations are 20 and blood pressure is . Which findings are of most concern to the nurse and need to be further evaluated?
- (a) Temperature, pulse, and respirations
 - (b) Blood pressure and temperature
 - (c) Bladder symptoms and fatigue
 - (d) Inability to shiver and cold sensitivity
9. An 81-year old woman is upset and says to the nurse, “Where did you learn to be a nurse? You don’t know anything.” How should the nurse respond?
- (a) “I’m sorry you feel that way.”
 - (b) “I went to a fine nursing school.”
 - (c) “You sound upset.”
 - (d) “Please don’t speak to me that way.”
10. The nurse is caring for an elderly woman admitted with chronic organic brain disease. When her daughter visits, she asks, “Are you my maid?” The nurse describe the client’s behavior as:

- (a) Impaired judgment
 - (b) Disorientation
 - (c) Impairment of abstract thinking
 - (d) Delusions
11. Prior to administering a feeding, the nurse checks for placement of a feeding tube. What is the best way to do this?
- (a) Check for residual
 - (b) Measure the pH of aspirated gastrointestinal fluid
 - (c) Inject 10 to 20 mL of air while auscultating over the epigastric area
 - (d) Ask the client to talk
12. 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
13. The nurse has assigned a nursing assistant to give the client a bath. Which observation reported by the nursing assistant requires immediate attention by the nurse?
- (a) A red area on the back that disappears after it is massaged
 - (b) A red area on the hip that does not go away after the area is massaged
 - (c) The client's insistence on doing most of the bath
 - (d) The indwelling urethral catheter is draining clear, amber urine
14. The client who is receiving cancer chemotherapy asks why the physician recommended she take it in the evening. The nurse's response should include which information?
- (a) It is best to have one set time to take it. It really doesn't matter what time.

- (b) Taking it in the evening means that any nausea that may occur will be during the night when you are asleep and not during meal times.
 - (c) One of the side effects of cancer chemotherapeutic agents is drowsiness. This is less troublesome during the night than during the day.
 - (d) The medication is more effective if you are not active immediately after taking it.
15. 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."
16. 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
17. 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."
18. In evaluating the client with cancer, what best indicates that nutritional status is adequate?
- (a) Calorie intake
 - (b) Stable weight

- (c) Amount of nausea and vomiting
 - (d) Serum protein levels
19. 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.
20. The nurse is caring for several clients who have ostomies. Which client will have the most well-formed drainage? The client whose colostomy is in the:
- (a) Ileum.
 - (b) Ascending colon.
 - (c) Transverse colon.
 - (d) Descending colon.

SECTION B: SHORT ANSWER QUESTIONS (30 MARKS)

1. Briefly describe the effects of normal aging on the following organ system:
- (a) Respiratory (3 marks)
 - (b) Digestive (3 marks)
2. Explain the possible causes and management of the following signs and symptoms during palliative care:
- (a) Difficulty in breathing (4 marks)
 - (b) Confusion (4 marks)
3. Describe (3) common factors that contribute to decreased drug compliance in the elderly population and their specific reductive measures. (6 marks)
4. Explain the following ethical principles as applied in palliative care:
- (a) Justice (2 marks)

- (b) Beneficence (2 marks)
5. Explain three (3) benefits of palliative care to the patients' families. (6 marks)

SECTION C: LONG ANSWER QUESTION (20 MARKS)

1. 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)
2. Discuss the common causes of falls in the elderly population and their appropriate prevention. (20 marks)
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