

**THE NATIONAL UNIVERSITY OF LESOTHO**

**DEPARTMENT OF NURSING**

**BSC NURSING SCIENCE**

**NRS 4306 NURSING CARE OF THE ELDERLY**

**JANUARY 2024**

**MARKS 100**

**TIME: 3 HOURS**

**INSTRUCTIONS:**

1. Answer all questions
2. Write neatly and legibly
3. Number your answers correctly
4. Start each question on a new page
5. This paper consists of 7 pages
6. Figures in brackets indicate marks allocated

## Question 1

For the following Multiple Choice questions, choose the most correct response e.g. 30. C

1. Inadequate ego integrity predispose elderly clients to;
  - a. Solicite
  - b. Anxiety
  - c. Anger
  
2. One of the major tasks that can be advised to Mrs. Letona who is 70 years old, introduced by Robert Butler and Myrna Lewis can be;
  - a. Taking care of grand children
  - b. Preparing a will and death insurance
  - c. Buying a new Mercedes-benze car
  
3. Gerontological nurses play a significant role in;
  - a. Fostering hopelessness in elderly clients
  - b. Fostering helplessness in elderly clients
  - c. Promote joy and sense of purpose in elderly clients
  
4. Lineo studies physical, mental, social and societal implications of aging. This is called;
  - a. Geriatrics
  - b. Gerontology
  - c. Ageism
  
5. Mosele enrolled in a specialty that focuses on health care of elderly people which aims to promote health by preventing disease. This is called;
  - a. Geriatrics
  - b. Gerontology
  - c. Ageism
  
6. Mrs. Edward, 74 years old was diagnosed Osteoporosis. Which diet will you recommend?
  - a. Diet rich in proteins and Vitamin D
  - b. Diet rich in proteins and Vitamin C
  - c. Diet rich in Calcium and Vitamin D
  
7. During oral examination, Mr. Sethole, a 67 years old elderly had poor oral care, dry mouth due to insufficient production or secretion of saliva to keep the mouth moist. This can predispose him to;
  - a. Oral thrush
  - b. Gingivitis
  - c. Xerostomia

8. Elderly clients are at risk of circulatory overload during intravenous drug therapy.  
How can you ensure close monitoring?
  - a. Blood Pressure monitoring
  - b. Adverse reaction monitoring
  - c. Monitoring of drugs given on an empty stomach
  
9. Mrs. Martha, 84 years old further had memory loss. Her confusion grew worse and had problems recognizing her closest friend, Mrs. Pink. This stage of Alzheimer is called;
  - a. Mild Alzheimer's Disease
  - b. Moderate Alzheimer's Disease
  - c. Severe Alzheimer's Disease
  
10. High frequency sounds of 2000Hz and above are the first to be lost in this disease;
  - a. Otosclerosis
  - b. Miniere's disease
  - c. Presbycusis
  
11. Mrs. Moses, 84 years old, was seen wearing a "Thithana" at around 04H00 in the morning wondering around at Mrs. Thimothi's house. She reported that she thought it was her home where she stays with her mother and father. Which condition might Mrs. Moses suffer from?
  - a. Mild Mental Retardation
  - b. Alzheimer's Disease
  - c. Memory loss
  
12. Mr. Sethole, a 69 years old man was seen in OPD with the following signs and symptoms; red gums at edges which bleed easily when brushing, has bad breath, bone loss around teeth observed and report that he has a taste of metal in mouth. This could be;
  - a. Canker sores
  - b. Periodontal disease
  - c. Lymphoma
  
13. What could be considered the most indicator of a positive self-image in an older adult in a long-term care facility?
  - a. Feeding self independently
  - b. Maintaining urinary continence
  - c. Neat grooming and wearing fresh clothing
  
14. What statement by the patient would indicate stress incontinence?
  - a. "Lifting my grandchild makes me wet my pants"
  - b. "I frequently wet myself because I just can't get to the bathroom on time"
  - c. "Every time I have a urinary infection, I experience incontinence"

15. How do Kegel exercises aid in the treatment of incontinence?
- Increases the tone of the bladder
  - Reduces urinary retention
  - Strengthens the urinary sphincter
16. A 70 year old woman asks, “how in the world can my bones be brittle when I eat all the right foods?” Which response by the nurse would be the most informative?
- Calcium loss is expected in the older adult
  - Calcium is continuously withdrawn from the bone for nerve and muscle function
  - Walking and standing increase calcium loss from the bone
17. What would be the most helpful response to a 70 year old post-menopausal woman who asks whether her hormone replacement therapy (HRT) will prevent bone loss?
- No. HRT is not helpful after the age of 60
  - Yes. HRT will prevent bone loss but can cause a stroke, heart attack or breast cancer
  - No. HRT is reliant on some natural oestrogen production from the ovaries
18. Why is the patient with arthritis less likely to exercise?
- Fragility of the bones puts the patient at risk for fractures
  - Numbness in the feet and legs puts the patient at risk for fall
  - Stiffened ligaments and tendons put the patient at risk for reduced flexibility
19. The daughter of a resident in a long-term care facility is frustrated with her 80 year old mother’s refusal to eat. Which response would be the most appropriate?
- The refusal to eat is an effort to maintain a portion of independence and self-direction
  - The refusal to eat is an indication of approaching Alzheimer disease
  - The refusal to eat is an effort to gain attention
20. How can continuity of care be provided for the patient with dementia in the hospital setting?
- Keep the patient in the room
  - Reduce environmental stimuli such as the TV or radio
  - Assign care to a consistent group of staff
21. The 93 year old woman with chronic back pain is found crying. When the nurse approaches, the patients says, “I know you can’t do anything more, but it hurts so badly”. What nursing intervention would be most effective?
- Bring pain medication when it is time for it
  - Assure the patient that the pain medication will take effect soon
  - Touch the patient’s shoulder and sit quietly without speaking
22. Mrs. Seale, a 78 year old lady complain of pink eye. When collecting history, she reported that she attends sona (excessive heat) in Maseru, as she really needs her skin to be smooth. What advice can you give her?

- a. To put on sun screen to keep the skin moisture normal
  - b. To wear sun glasses to avoid excessive heat
  - c. To avoid excessive heat as there is less efficient re-absorption of intraocular fluid
23. Mrs. Joyce, 84 year old lady was diagnosed with breast cancer in 2021 and complained of severe pain. She receives palliative care in an institution as she is in the last stage of cancer. This institution is called;
- a. Home care
  - b. Old age home
  - c. Hospice
24. Mr. Lion, 85 year came to Casualty complaining of excessive mucus production with recurrent cough for about 3 months, wheezing, finger tips and nails seem to be bluish. This could be;
- a. Chronic Bronchitis
  - b. Emphysema
  - c. Lung Cancer
25. As a nurse in Casualty, what can be your nursing intervention in question 24?
- a. Prescribe Bronchodilators such as Ventolin (Salbutamol inhaler)
  - b. Put the patient on semi-fowlers position
  - c. Older Chest X-ray

(25 marks)

## Question 2

Match the following items in column A with items in column B

COLUMN A	COLUMN B
1. Elderly people are witches	a. Near Phase
2. Mr. Thabo, 58 years who is employed by Mohau's company decides to do a cattle's project in preparation for retirement	b. Body transcendence versus body pre-occupation
3. Mrs. Mpho, a 66 year old lady takes a journey to Victoria falls in east Europe after getting all her pension fund money yet she has no housing	c. Gerotranscendence
4. Mrs. B. decides to be in church organizations than being obsessed with her physical disability	d. Ego differentiation versus role preoccupation
5. Mr. A, 84 years is very happy and satisfied because he has bought a new Range Rover car	e. Ageism
	f. Honeymoon phase
	g. Gerontology

(5 marks)

### Question 3

#### Answer the following True/false questions

1. Periodontal disease is a serious infection that damages gums and destroy the jaw bone of an elderly
2. The underlying pathogenetical mechanism of Gingivitis in elderly is non-resolving chronic inflammation against local disbyosis
3. Immuno-suppressant drugs may lower capability of immunity to battle infection and cause periodontal disease
4. Anti-depressants might lead to dry mouth
5. Hearing in elderly can be jeopardized by an accumulation of cerumen in the middle ear
6. The acoustic reflex is not diminished in elderly
7. The process of biological aging does not differ from Mpho's grandmother and Teboho's grandfather
8. Mpho's grandmother has varying degrees of physiological changes, capacities and limitations from Teboho's grandmother and this seem to be normal
9. Grandparenthood is a learned role and some elders may need guidance to become effective grandparents
10. Teboho's grandmother need to be guided in establishing rules for baby sitting
11. Nurse A. has to help retirees place their newfound freedom into proper perspectives during remote phase
12. In elderly, the number of cells is gradually reduced, leaving fewer functional cells in the body
13. In elderly client, lean body mass is reduced
14. In elderly client, cellular solids and bone mass are not decreased
15. In elderly, the lungs become larger and more rigid
16. Tooth loss in elderly is not a normal consequence of growing old but poor dental care
17. Taste sensations become less acute with age because the tongue atrophies
18. Mr. T, 84 years old produce one third of saliva as Lineo who is 30 years old
19. Cilia become thicker with age and may readily accumulate greater amount of dust and dirty particles during inspiration
20. Varying degrees of physiological changes are not found among elderly clients of a given age group
21. The rate of aging among different body system within one individual varies
22. A reduction in tissue elasticity associated with many age related changes is an example of cross-linking theory
23. Cancer is an example of Auto-immune response
24. Route of administration to an elderly can alter absorption of drugs
25. Dehydration increase drug distribution and result in higher drug levels in plasma

**(25 marks)**

#### Question 4

4.1. Mrs. Seruwe, 62 years was diagnosed with Osteoarthritis. During assessment, she complained of severe pain, stiffness and swelling. Most of the time, she reported that she has reduced function and immobility and cannot do her daily tasks like cleaning the house and bathing herself. She still wanted to work but was forced to retire before age 65 which was a standard retirement age. She has four grand-children she is taking care of and their parents (her children) are not working, therefore, she was the one taking care of them financially, therefore she is very sad because of her condition. Nurse P. assessed her and discovered bedsores on both hips and buttocks and an offensive odour on her.

4.1.1. Describe how you will utilize the theory of Disengagement in the condition of Mrs. Seruwe (6)

4.1.2. Draw a nursing care plan with **one (1)** actual nursing diagnosis, **one (1)** goal and **one (1)** objective, **five (5)** nursing interventions and **one (1)** evaluation (11)

4.1.3. Describe **three (3)** specific challenges facing Mrs. Seruwe that influence the outcome of ego integrity or despair according to Robert Peck (10)

(27 marks)

#### Question 5

Mrs. Thompson, a 85-year-old woman, is admitted to the hospital for a routine procedure. Despite being generally healthy for her age, she notices that some healthcare professionals assume she's weak and incapable of understanding her own healthcare decisions. During ward rounds, she overhears a conversation among the staff expressing surprise that she's still living at her age, yet she was supposed to have died long time.

5.1. Identify **three (3)** instances of ageism in the scenario and explain how these assumptions may negatively impact Mrs. Thompson's care. (6)

5.2. Discuss **two (2)** potential consequences of ageism on Mrs. Thompson's mental and emotional well-being. (4)

5.3. Propose **two (2)** strategies that nurses and healthcare professionals can implement to combat ageism in the care of elderly clients. (4)

5.4. Regarding Mrs. Thomson's condition, which aging theory can you utilize to describe her condition and explain why? (4)

(18 marks)

**THE END!**