



**UNIVERSITY OF JAFFNA, SRI LANKA
FACULTY OF ALLIED HEALTH SCIENCES
FOURTH YEAR SECOND SEMESTER EXAMINATION IN B.SC (HONS.) IN
NURSING –2019**

NURGN 4242 GERIATRIC NURSING – PAPER II

Date: 21.06.2021

Time: 02 Hours.

ANSWER ALL QUESTIONS

1. When you are doing nursing rounds in your ward, an 81 year old elderly patient says that “I usually struggle to fall sleep, also after hospitalization this ward setup even keeping me awake all the night.”
 - 1.1. Describe how sleep pattern change with aging. (20 Marks)
 - 1.2. List the possible causes of sleep disturbance of this patient. (10 Marks)
 - 1.3. List the causes for sleep disturbance of older individuals. (20 Marks)
 - 1.4. Describe the nursing interventions to promote sleep of this patient. (50 Marks)

2.
 - 2.1. Discuss the changes in absorption, distribution, metabolism, elimination of medication associated with ageing (60 Marks)
 - 2.2. Describe the causes of increased risk of adverse drug reaction among the elderly. (40 Marks)

3.
 - 3.1. Discuss the aging related physiological changes which affect the nutritional intake of elderly. (60 Marks)
 - 3.2. Explain the nursing interventions to improve the nutritional intake of elderly. (40 Marks)

4. Discuss, how the age related physiological changes that increase the susceptibility to cardiovascular and respiratory diseases (100 Marks)

5. While you are talking to a 71 year old lady in the geriatric unit, she expressed that “My husband died two years ago and the relationship with my children has not been perfect, I feel that God abandoned me and that I will die all alone.”
- 5.1. List the possible causes for such feeling among the older adults (20 Marks)
- 5.2. Describe the ways to assess the spiritual concern of this patient (30 Marks)
- 5.3. Explain the possible measures to overcome the spiritual distress of this lady (50 Marks)
6. Write a note on the following:
- 6.1. Effective communication with elders (50 Marks)
- 6.2. Factors contributing to fall (50 Marks)

