



**UNIVERSITY OF JAFFNA, SRI LANKA**  
**FACULTY OF ALLIED HEALTH SCIENCES**  
**Fourth Year Second Semester Examination in BScHons (Nursing) - 2021**

**NURGN 4242 GERIATRIC NURSING – PAPER II**

**Date: 28.06.2023**

**Time: 2 hours**

**ANSWER ALL SIX QUESTIONS**

**Marks allotted to each question is indicated in brackets.**

1.
  - 1.1. List the common age-related changes in the musculoskeletal system? (20 Marks)
  - 1.2. Briefly describe how do the changes mentioned in 1.1 are impact on mobility and functional independence in older adults? (40 Marks)
  - 1.3. Briefly describe the nursing interventions that can be implemented to improve mobility and functional independence of elderly. (40 Marks)
2.
  - 2.1. List the changes in sleep patterns in older adults? (20 marks)
  - 2.2. Briefly describe the impact of sleep disturbance in the overall well-being of older adults? (30 Marks)
  - 2.3. Briefly describe the nursing interventions that help to promote good rest and sleep of the older adults. (50 Marks)
3.
  - 3.1. List the age-related physiological changes that impact over pharmacotherapy in the elderly population? (20 Marks)
  - 3.2. Briefly describe how do the physiological changes mentioned in 3.1 is influence the pharmacokinetics and pharmacodynamics of medications in older adults? (40 Marks)
  - 3.3. Describe the challenges faced by geriatric nurses in medication management for older adults? (40 Marks)
4.
  - 4.1. List the common types of dementia prevalent in the elderly population? (20 Marks)
  - 4.2. Briefly describe the challenges faced by geriatric nurses in caring for individuals with dementia? (50 Marks)
  - 4.3. Describe the interventions to enhance the quality of life for individuals with dementia? (30 Marks)

5.

- 5.1. List the importance of effective communication while interacting with elderly individuals? (20 Marks)
- 5.2. List the common communication barriers encountered when communicating with older adults? (20 Marks)
- 5.3. Briefly describe the strategies that could be applied by a geriatric nurse to enhance communication with elderly individuals? (60 Marks)

6.

- 6.1. List the effect of stress on the physical and mental well-being of elderly individuals? (20 Marks)
- 6.2. Elucidate the common sources of stress experienced by elderly individuals? (40 Marks)
- 6.3. Describe the coping strategies that could be applied to the elderly individuals to manage stress effectively? (40 Marks)