



KENYATTA UNIVERSITY

CONTINUING EDUCATION PROGRAMME (CEP) 2021/2022

EXAMINATION FOR THE DEGREE OF BACHELOR OF NURSING SCIENCES

HNS 391: GERIATRIC AND HOME BASED CARE

APRIL 2021/2022

TIME: 2Hrs

INSTRUCTIONS: Answer ALL Questions in the booklet provided.

A: MULTIPLE CHOICE QUESTIONS (20 marks)

Q1. One of the following is characterized by chronic illnesses.

- a) Aging
- b) Gerontology
- c) Disability
- d) Need to meet basic needs

Q2. One of the following statements is true about aging and home based care.

- a) Aging is a disease of elderly people
- b) All elderly people are taken care in the rescue homes in Kenya
- c) Aging can kill
- d) Aging process is reversible

Q3. One of the following statements refers to sexuality among the elderly persons.

- a) Emotional closeness to another human being
- b) Intimacy
- c) Physical activity one engages in to obtain sexual pleasure
- d) How a person perceives his or her maleness or femaleness

Q4. The following statements are true reasons why elderly people don't express their sexuality EXCEPT?

- a) They are deprived of the joy and comfort of feeling wanted by someone else
- b) Lack of a sex partner because they may have lost a spouse through death or divorce
- c) Expression of sexuality among the elderly has been received with prejudice
- d) Elderly people don't care about how they look or being attractive to opposite sex

Q5. One of the following endocrine glands is also called the Master Gland

- a) Pituitary gland
- b) Pineal gland
- c) Thyroid gland
- d) Thymus gland

Q6. Improved health promotion and care are associated with the following outcomes EXCEPT

- a) Understanding of causes of aging
- b) Awareness on the trends of non- communicable illnesses
- c) Improved self- health care
- d) Less elderly people in the society

Q7. Aging is a progressive occurrence nurses must know how to manage because

- a) It can be cured through treatment
- b) It can be reversed through nursing care
- c) It is associated with chronic illnesses
- d) It is can only be managed by Physician

Q8. The elderly people must learn to cope with one of the following

- a) Travelling to rural home
- b) Death of their life-stock
- c) Death of their friends
- d) Cerebrating their birthdays

Q9. Spiritual and religious beliefs among the elderly people refers to as one of the following

- a) Practices of the older people
- b) Culture of the elderly people
- c) Drinking habits of the elderly
- d) Hobbies of the elderly

Q10. Ensuring elderly people experience a sense of love and belonging is a

- a) Nursing care option
- b) Nursing care requirement
- c) A basic need
- d) Palliative

Q11. To affirm life and regard dying as normal process is a general

- a) Philosophy of palliative care
- b) Protocol of palliative care
- c) Rule of counseling in palliative care
- d) Policy in palliative care

Q12. Palliative care is defined as

- a) Care of geriatric patients
- b) Care of terminally ill and their families.
- c) Care of the chronically ill persons
- d) Care of elderly people with acute illnesses

Q13. One of the following is an objective of palliative care

- a) Honor and respect the patient
- b) Ensure the best treatment is administered for cure
- c) Help the patient to be active until death.
- d) Grief the loss of health

Q14. One of the following health professionals established the discipline of palliative care.

- a) Elizabeth Kubler Ross
- b) Maria Shriver
- c) David Kissler
- d) Cicely Saunders

Q15. Palliative care is practiced

- a) With treatments for the specific illness
- a) Alone to ensure efficiency
- c) To postpone death of the patient
- d) To alleviate symptoms of terminal illnesses

Q16. Most of the elderly people are cared for in the following institutions in Kenya

- a) Hospitals
- b) Rescue homes for the elderly
- c) Long- term care institutions for the elderly
- d) Their residence

Q17. One of the following state departments is responsible for care of the elderly in Kenya.

- a) Social welfare
- b) Social Protection
- c) Long-term care institutions for the elderly
- d) Their residence

Q18. All the elderly people should be fed on the following diet

- a) High carbohydrate diet
- b) High protein diet
- c) High vitamin diet
- d) Optimal diet

Q19. One of the following was the professional training of the founder of palliative care

- a) Critical care nurse, Medical assistant, medical doctor
- b) Palliative care specialist, Medical doctor
- c) Psychologist, oncologist, Medical doctor
- d) Nurse, Social Worker, Medical doctor

Q20. Older people don't care about how they look or being attractive to opposite sex is a

- a) Way of life among old people
- b) Concern of Psychiatric nurses
- c) Brief
- d) Myth

PART B: SHORT ANSWER QUESTIONS. (40 MARKS)

Q1. State five (5) theories of aging. **(5 marks)**

Q2. State eight (8) factors that influence aging. **(8 marks)**

Q3. Explain four (4) high prevalence diseases among the elderly people. **(8 marks)**

Q4. Outline five (5) early signs of aging. **(5 marks)**

Q5. Explain six (6) key roles of a nurse in palliative care of a terminally ill patient. **(6 marks)**

Q6. Itemize the hierarchy structures of management of palliative care services in Kenya. **(8 Marks)**

PART C: LONG ANSWER QUESTIONS

Q1. Explain TEN (10) societal attitudes on the elderly persons critically. **(20 Marks)**

Q2. Explain the effects of aging on the endocrine system. **(20 marks)**