

**Term End Examination - December, 2018**  
**Certificate in Geriatric Care**  
**CGC-01: BASIC GERIATRIC CARE**

Total Marks: 100

Time: 3 Hrs.

**GROUP-A**

*(Instructions: Answer all the questions from Group A, answer any four questions from Group B & any four from Group C and any two questions from Group D)*

**Q.1 Answer all the questions. (1×10=10)**

A. Which among these is not a sociologic theory -

- i. Disengagement theory
- ii. Activity theory
- iii. Continuity theory
- iv. Free radical theory

B Which one of the symptoms of menopause \_\_\_\_\_

- i. Polymenorrhea
- ii. Amenorrhea
- iii. Dysmenorrhea
- iv. Pain

C. Bronchitis a disease common in elderly is related to which system-

- i. Nervous System
- ii. Cardiovascular System
- iii. Respiratory System
- iv. Skeletal System

D Age related changes in the Digestive system can lead to--

- i. Indigestion
- ii. Constipation
- iii. Changes in taste
- iv. All of the above

E. Potassium and Sodium intake have effect on which of the following-

- i. Blood Pressure
- ii. Respiratory Rate
- iii. Sleep Cycle
- iv. None of the above

F. ....is the primary cause of debilitating hip and wrist fractures that commonly afflict older women.

- i. Glaucoma
- ii. Osteoporosis
- iii. Diabetes
- iv. Hyper Glycemia

G. Hypoglycemia means-

- i. High blood sugar
- ii. Low blood sugar
- iii. Normal blood sugar
- iv. None of the above

H. Which of the following theories proposes that that life satisfaction is largely determined by how active a person is?

- i. Personality theory of development
- ii. Activity theory
- iii. Continuity theory
- iv. Disengagement theory

I. Which of these is not an Antipsychotic-

- i. olanzapine, ,
- ii. quetiapine
- iii. risperidone
- iv. Nifedipine

J..... is planned or emergency temporary care provided to caregivers of a child or adult. -

- i.Hospice Care
- ii. Respite Care
- iii. Home Care
- iv. Day Care

### GROUP-B

**Q.2 Answer any four of the following questions within 50 words each. (5×4=20)**

- a) Write in brief about Disengagement theory of ageing.
- b) What do you mean by Hospice Care?
- c) How to increase the Physical activity in an elderly and what are its benefits?
- d) How can you communicate with the elderly in an effective way?
- e) What are the various types of ophthalmic disorders common in elderly?
- f) Enlist the dietary guidelines to stay healthy with ageing.

### GROUP-C

**Q.3 Answer any four of the following questions within 200 words each. (10×4= 40)**

- a) How to assess the dietary requirements in an elderly? Explain the energy need in elderly with examples.
- b) What do you mean by Assisted Living facilities? Describe.
- c) What are the physiological changes occurs in the cardiovascular system in an elderly?
- d) Write the most common medication with examples used in geriatrics?
- e) What measures are to be taken by a geriatric professional for elderly with hearing problems?
- f) Explain Geriatric giants? What is an approach to illness in an elderly patient?

### GROUP-D

**Q.4 Answer any two of the following questions within 250 words each – (15×2= 30)**

- a) What do you mean by Ageing Process? Write in detail about Prevention of Ageing Process?
- b) Define IPR, what is its importance? What are the principles and misconceptions of IPR?
- c) What do you mean by elder abuse? Explain its various types and add a note on its prevention?
- d) Explain the role of health promotion among elderly. Explain the various types of exercises helpful for elderly to promote health?