

# Public Health

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## Archive

## Lecture 20

Health Care Of Elderly I

Corrected By :

shaden al-matar.

Designed By :

Raneem Dmour



1. Type of food for elderly should meet all of the following requirements, EXCEPT:

- a. Protein intake should be increased.
- b. It has to be easily digested and nourishing.
- c. Dietary fat intake should be limited to less than 30% of the total calories.
- d. It should contain good amounts of mineral salts, trace elements and vitamins.
- e. Animal fat should be substituted by vegetable oil.

Answer: A

2. As per features of carcinomas in elderly, one of the following is INCORRECT:

- a. The most common cancer affecting the elderly is the prostate and lung cancers.
- b. The most common non-fatal cancer in the aged is breast in females and prostate in males.
- c. The incidence of cancer differs in different decades of life/age.
- d. In some patients, more than one malignant growth can be found.
- e. Cancer is less frequent in the groups (70-80) and (80-90) years of age.

Answer: A

3. The elderly often have special nutritional requirements due to all of the following factors, EXCEPT:

- a. Physical or mental illness.
- b. Nosocomial infections.
- c. Functional status (dependence and immobility).
- d. Reduced intake.
- e. Medication use.

Answer: B

4. the leading cause of death as the population grows older is:

- a. Respiratory diseases and infections.
- b. Diabetes mellitus.
- c. Cardiovascular diseases.
- d. Accidents.
- e. Cancers.

Answer: B

5. The main contributing factor of fractures in old age is:

- a. Osteoarthritis.
- b. Reduced visual activity.
- c. Osteoporosis.
- d. Hyperlipoproteinemia.
- e. Overweight.

Answer: C

6. One of the following statements about home-based preventive measure to reduce fall and fractures among elderly is INCORRECT:

- a. Removing tripping hazards.
- b. Improving lightning can significantly reduce elder's risk of falls and associated factures.
- c. Installing grasp bars and handrails.
- d. Smoke detectors should be installed and maintained.
- e. Arranging furniture so that pathways are not obstructed.

Answer: D

7. The conditions that cause more discomfort and disability than any other conditions is the elderly are:

- a. Genito- urinary tract diseases.
- b. Cardiovascular diseases.
- c. Digestive systems problems.
- d. Diseases of loco motor system.
- e. Respiratory diseases.

Answer: D

8. Urinary incontinence is one of the major disabilities in the elderly women due to:

- a. Urinary tract infections.
- b. Decrease in the muscle mass which is the source of creatinine.
- c. Estrogen deficiency leading to atrophic urethritis, weakness of the pelvic floor muscles.
- c. Progressive sclerosis of glomeruli with aging with the development of renal vascular disease.
- e. Change in glomerular filtration rate (GFR).

Answer: C

8.: Wrong about cancers in old age :

- a) Most common is prostate and lung XXX

9. Leading cause of death while aging :

- a) diabetes XXX
- b) cardiovascular disease

answer:a

