



MACHAKOS UNIVERSITY

University Examinations for 2018/2019 Academic Year

SCHOOL OF HEALTH SCIENCES

DEPARTMENT OF PUBLIC AND COMMUNITY HEALTH

FOURTH YEAR SECOND SEMESTER EXAMINATION FOR

BACHELOR OF SCIENCE IN POPULATION HEALTH

PPH 417: GERONTOLOGY

DATE: 3/5/2019

TIME: 11:00 – 1:00 PM

INSTRUCTIONS:

SECTION A (COMPULSORY)

- **This section has one question**
- **The question is compulsory**
- **The question is 30 marks**

QUESTION ONE (30 MARKS)

- a) Define the following theories of ageing (3 marks)
- i) Cellular Garbage theory
 - ii) Accumulation-of-Errors theory
 - iii) Wear-and-Tear theory
- b) Highlight three (3) changes in demographics and social values that have an effect on the care for the elderly (3 marks)
- c) “Aging means decline in health”. Comment on this statement (3 marks)
- d) Highlight three (3) aging changes in the female reproduction system. (3 marks)
- e) Outline the challenges of “Owning a house” a housing option for the elderly people. (3 marks)
- f) Highlight three (3) economic impacts of an ageing population in the society (3 marks)
- g) ” The government of Kenya has neglected its elderly population” critique this statement (3 marks)

- h) Categorize the management of pain among the elderly and give one example in each case (3 marks)
- i) Outline the causes of sleep problems among the elderly (3 marks)
- j) Highlight the symptoms of advanced Alzheimer's disease (3 marks)

SECTION B:

- **This section has four (4) questions**
- **Answer any two (2) questions**
- **Each question is 20 marks)**

QUESTION TWO (20 MARKS)

Lydia has been employed by Mr. and Mrs. Kamau family to take care of their 90 years old and ailing mother.

- a) Describe the roles to be played by Lydia in her new job (10 marks)
- b) Explain five (5) diseases Mr. and Mrs. Kamau's mother could be suffering from (10 marks)

QUESTION THREE (20 MARKS)

After attending the 70th marriage anniversary of his grandparents Tom observed that, his grandparents had problems in getting asleep especially at night and surprisingly the grandfather was looking younger compares to the grandmother

- a) Discuss health conditions that could be disrupting their sleep. (10 marks)
- b) Explain why the grandfather was looking younger compared to the grandmother. (10 marks)

QUESTION FOUR (20 MARKS)

Mrs. Teresa is 80 years old and living with her grandson Samson in his house. Mrs. Teresa has feeding problems, speech difficulties and sleepless nights. As a result, her grandson has been abusing her

- a) Explain the warning signs that Mrs. Teresa has been abused. (10 marks)
- b) Discuss health consequences Mrs. Teresa may experience because of the abuses. (10 marks)

QUESTION FIVE (20 MARKS)

Ruth, Population Health Officer and works in a nursing home specializing in care of the elderly

- a) Explain mental challenges she is likely to address from her clients (10 marks)
- b) Discuss possible sources of communication barrier between her and the clients. (10 marks)