**King Saud University**

**Applied Medical Sciences College**

**Department of Health Rehabilitation Sciences**

**Occupational Therapy Program**

**Final Term Exam**

Academic year 1433-1434H (2012-2013 G)

**Spring Semester**

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| **Course title:** Geriatric Occupational Therapy  **Course code and #:** RHS 338  **Course Instructor:** Ms. Asma alrushud |

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| **Exam date:** May 20th , 2013-05-19  **Exam duration:** 120 minutes  **Exam marks:** 40 marks  **Exam page numbers:**6 pages |

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| **Student Name: Key answer**    **University ID #:** |

|  |  |  |  |
| --- | --- | --- | --- |
| **Signature** | **Student mark** | **Fall mark** | **Section** |
|  |  | 5 | **A** |
|  | 15 | **B** |
|  | 15 | **C** |
|  | 2.5 | **D** |
|  | 2.5 | **E** |
|  | 40 | **Total** |

*Best of luck*

*Course Instructor*

*Ms. Asma alrushud*

**(A) Put sign (√) for correct statement and sign (X) for the wrong one and correct it: (20X0.25= 5marks)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Correction** | **Wrong word** | **Sign** | **Statement** | **#** |
|  |  | √ | Assessment is the base for rational therapeutic plan for elders. | **1** |
| Complex | Simple | × | Aging is simple process. | **2** |
| poor | Good | × | Alzheimer's patient has good balance. | **3** |
| Some | All | × | All diabetic patients develop kidney disease. | **4** |
|  |  | √ | Mechanism of aging remains a mystery. | **5** |
| Different | Same | × | Same therapeutic plan can be offered for older people. | **6** |
|  |  | √ | Symptoms in the elderly are often described in terms of functional limitation. | **7** |
| Progressive | Sudden | × | Alzheimer's is a sudden brain disease. | **8** |
| And | Not | × | Geriatric assessment includes identification of current problems not anticipated problems. | **9** |
|  |  | √ | Occupational therapy can have a positive impact on the elder's quality of life. | **10** |
| Progressive | Sudden | × | Aging is a sudden process. | **11** |
|  |  | √ | Time of the day affects the performance level of Alzheimer's patient. | **12** |
|  |  | √ | The better a person keeps diabetes and blood pressure under control, the lower the chance of getting kidney disease. | **13** |
|  |  | √ | Stress reliefs through spirituality. | **14** |
| Hard | Easy | × | Taking care of someone who has Alzheimer's disease is a very easy job. | **15** |
| Low | High | × | High-protein diet is beneficial for kidney patient. | **16** |
|  |  | √ | The client is central to all occupational services. | **17** |
| Hazard | Protection | × | Low coffee tables are a falling protection. | **18** |
| Help | Restrict | × | Grab bars restrict with getting in or out of the tub/shower. | **19** |
| No.1 | NO.2 | × | High blood pressure is the No.2 risk factor for stroke. | **20** |

**B-Complete the following statements with the proper word (s)**

**(30x 0.5= 15 marks)**

**1-**Gerontology refers to the study of the…***Biological*** ..process of aging.

**2-**In wear and tear theory, body organs and cells are damaged by ***abuse*** and/or…***over use.***

**3-** Comprehensive geriatric assessment is a…***multidimensional***…evaluation.

**4-**Timeframe should be considered when assessing the elder's ability to…***Execute*** an activity.

**5-**The most important considered factor when deciding the elder competency to live alone is ***Safety.***

**6-**Rearrangement of furniture can be preventing…***Falling***.

**7-**Occupational profile can be defined as…***is the subject ability to perform an occupational activities as dressing, driving,…etc*** .while the performance pattern is defined as…***change in the patient's occupational status after applying intervention (prognosis).***

**8-**In early stages of Alzheimer's disease occupational therapy intervention may focus more on compensation for the loss of…***Cognitive abilities***….while in the later stage it focuses on adaptation of the…***environment***…

**9-**Diabetes disease complications are due to vascular complications which may be either…**macro** or …**micro** .vascular complication.

**10-**Types of exercise that may reduce stress include

***a- Breathing exercise.***

***b- Progressive relaxation exercise***

***c- Stretching***

**11-**Enviroment is the sum total of all…***Surroundings.***.of a living organism which provide conditions for development and growth as well as of…***Danger/ damage***

**12-**Chairs and couches for older people should have arm…***Rests***

**13-**Occupational performance of an individual is influenced by the dynamic relationship of ***person, occupation*** and…***environment***

**14-** Risk factors of ischemic stroke include ***diabetes, lack of exercise, smoking*** ..and ***high level of cholesterol/ high blood pressure***

**15-** Occupational therapy helps stroke patient in ***restore*** function and***…relarn*** skills.

**16-** Ageing is a complex process composed of several features include:

a- Increase in mortality with age;

b- Physiological changes that typically lead to a functional decline with age;

c- Increased susceptibility to certain disease with age.

**C)- Enumerate the following (30x 0. 5= 15 marks))**

**1-** The program of occupational therapy for Alzheimer's patient is to promote the following.

***a) Independence.***

***b) Utilize retained abilities for as long as possible.***

***c) Safety.***

***d) The quality of life.***

**2-** Factors that can influence kidney disease development in diabetic patient may include the following.

***a) Genetics.***

***b) Blood sugar control.***

***c) Blood pressure***

**3-** Symptoms of Alzheimer's disease may include the following.

***a) Changes in mood, cognitive impairment.***

***b) Problems with balance, incontinence, insomnia.***

***c) Confusion, irritability.***

***d) Aggression.***

**4-**Ways to deal with Diabetes-Related Stress include.

***a) Support groups***

***b) Counseling.***

***c) Psychotherapy***

**5-** Types of environment are.

***a) Physical environment***

***b) Social environment***

***c) Cultural environment***

**6-** Role of occupational therapist in environmental assessment of older people.

***a) To identify and evaluate barriers that may challenge an elderly.***

***b) To identify and evaluate resources that will support occupational performance and functioning.***

**7-** Examples of living room environmental adaptation for older people.

***a) Arrange the furniture so that the elder can easily move around it.***

***b) Low coffee tables are a falling hazard and should either be removed or placed out of the way.***

***c) Lamps, extension, and telephone cords should be placed out of the way.***

***d) Chairs and couches should have armrests and high, automatic night-lights.***

**8-** Role of occupational therapist to provide safe environment.

***a) To develop strategies to eliminate barriers***

***b) To utilize resources and support***

**9-**Warning signs of stroke.

***a) Weakness***

***b) Trouble speaking***

***c) Headache***

***d) Vision problem***

***e) Dizziness***

**D) Explain how Alzheimer's disease affects old subject quality of life. (2.5 marks)**

**Students must explain how Alzheimer's disease affect the different domains of QOL including the physical, mental and psychosocial. Supporting the answers with examples is required to prove the student's point of view.**

**(E) Explain what the following pictures show and the benefit of what they show. (5x0.5= 2.5 marks)**

|  |  |  |
| --- | --- | --- |
| Resisted lateral flexion |  | 1 |
| Hamstring stretch to reduce stress |  | 2 |
| Hand rail as kind of toilet adaptation to prevent fall. |  | 3 |
| A sling belt to help patient standing longer time when fell fatique. |  | 4 |
| Lazy Susan in the corner cabinets eliminate the need for a long reach back into an inaccessible area. |  | 5 |