



# MACHAKOS UNIVERSITY

University Examinations 2019/2020 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: 22/10/2020

TIME: 8.30-10.30 AM

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## INSTRUCTIONS

This paper consists of two sections A and B

### SECTION A

#### Specific Instructions

- This section has one question
- The question is **COMPULSORY**
- The question is **30 Marks**

#### QUESTION ONE (30 MARKS)

- Highlight reasons why people age differently (3 marks)
- Elaborate the theory that “ageing is programmed” (3 marks)
- Outline the causes of disordered communication among the aged (3 marks)
- Describe the role of hormones in ageing among women (3 marks)
- Highlight the challenges of using drugs in management of pain among the elderly people (3 marks)
- Challenge the myth that ‘Memory loss is an inevitable part of ageing’ (3 marks)
- Describe the relationship between loneliness and malnutrition among the aged population (3 marks)
- Explain home-based care services available for the elderly people in the modern world (3 marks)

- i) Explain the benefits of staying in a rental house during old age (3 marks)
- j) Outline reasons why the elderly people are considered a burden to a society (3 marks)

## **SECTION B:**

### **Specific Instructions**

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

### **QUESTION TWO (20 MARKS)**

- a) Discuss the role of the community in promoting healthy ageing among the elderly (10 marks)
- b) As a health officer explain to an elderly client the causes of inadequate sleep (10 marks)

### **QUESTION THREE (20 MARKS)**

- a) Describe government strategies to reduce dependency on family members among older population (10 marks)
- b) Describe strategies population health officers are using to address social changes affecting the health of elderly people (10 marks)

### **QUESTION FOUR (20 MARKS)**

- a) Discuss the health consequences of housing and residence relocation among the elderly population (10 marks)
- b) Advice older women on the various ways of managing aging changes of the reproductive system (10 marks)

### **QUESTION FIVE (20 MARKS)**

- a) Explain why the elderly people are at risk of psychological and emotional abuse in the community (10 marks)
- b) Discuss various ways of aligning the Country's health care system to cater for the elderly population (10 marks)