

OLLSCOIL NA hÉIREANN, GAILLIMH
NATIONAL UNIVERSITY OF IRELAND, GALWAY

SUMMER EXAMINATIONS 2001

HIGHER DIPLOMA IN NURSING STUDIES(GERONTOLOGY)

THE NATURE AND EXPERIENCE OF AGEING (NU850)

Prof. Noel Sheehy
Prof. J. V. McLoughlan
Prof. Jack James
Dr. Karen Doyle
Dr. Aideen Henry
Dr. Ailish Hynes
Ms. Anne Feeny

Please answer ONE question from Section A and THREE questions from Section B. Please use a separate answer book for each section.

Time allowed: Two (2) Hours

Section A
Psychology (40%)

Please answer one question from this section. All questions carry an equal mark.

1. During late adulthood it is universal, normal and natural to distance one-self from society and withdraw from the world (Cumming and Henry, 1961). Discuss this theory of disengagement, supporting your answer by referring to the literature.
2. Loss of memory is a common complaint during late adulthood. Discuss this issue, with particular reference to the different processes involved in memory. Refer to the literature to support your answer.
3. A common myth is that old age is characterised by poor mental health. Choosing either senility or depression, discuss this myth, referring to the literature to support your answer.

Section B
Physiology (40%)

Please answer any three question from this section. All questions carry an equal mark.

4. Write a short note describing the age related anatomical and functional changes in the cardiovascular system.
5. Write a short note describing the age related anatomical and functional changes in the central nervous system.

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6. Describe briefly the age related changes that occur in T-lymphocyte immunity.
7. Define osteoporosis and list any preventative measures and any risk factors that you know associated with it.
8. List **four** benefits that exercise in the elderly can have on each of the following systems:
 - (a) Cardiovascular
 - (b) Musculoskeletal
 - (c) Metabolic
 - (d) Psychological

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