



**NATIONAL OPEN UNIVERSITY OF NIGERIA**  
**Plot 91, Cadastral Zone, Nnamdi Azikwe Express Way, Jabi, Abuja, FCT**  
**Faculty of Health Sciences**  
**Department of Nursing Sciences**  
**2024 1 EXAMINATION**

**Programme: Bachelor of Nursing Science**  
**Course Code: NSC501**  
**Course Title: Advanced Public-community Health Nursing 11**  
**Course Credit Units: 3 Units**  
**Time Allowed: 2 Hours**  
**Total Score: 70 Marks**  
**Instruction: Answer All the Questions**

**Question 1**

The elderly are faced with numerous challenges related to aging

- a. Discuss the age-related changes affecting the skin of the elderly (8marks)
- b. Discuss health promotion on skin care (12 marks)
- c. Describe the age-related changes that affect thermoregulation in elderly (5 marks)

**Question 2**

Adolescence is a critical period in the life of an individual with the intent of achieving independence and freedom from parents and family.

- a. Describe the physical characteristics of puberty (10mks)
- b. Discuss the psychosocial and emotional development of an adolescent (10mks)
- c. Highlight the health education you will give an adolescent to help him/her navigate this critical period smoothly. (5mks)

**Question 3**

Write short notes on the following

- a. Barrier methods of contraception
- b. Common health problems of a neonate
- c. Nutritional challenges of the aged
- d. Impaired cognitive function of the elderly (5mks each)