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University Examinations 2020/2021

FIRST YEAR, THIRD SEMESTER EXAMINATION FOR THE DEGREE OF BACHELOR OF
SCIENCE IN NURSING

NND 3135: FUNDAMENTALS OF NURSING PRACTICE II

DATE: OCTOBER

TIME: 3 HOURS

INSTRUCTIONS:

All questions are compulsory

Ensure that all your answers are properly numbered in the answer booklet provided

Part I: Multiple Choice Questions (MCQs)-write the correct answer in the space provided in the answer booklet

Part II: Short Answer questions- Answer questions following each other on the answer booklet

Part III: Long Answer Question-answer each question in the answer booklet

Write all rough work on the answer booklet provided. Do not write anything on this question paper.

PART I: MCQ (20 MARKS)

1. Which of the following is closely aligned with leninger's theory?
 - a) Caring for patients from unique cultures
 - b) Understanding the humanistic aspects of life
 - c) Variables affecting a patient's response to a stressor
 - d) Caring for patients who cannot adapt to internal and external environmental demands
 2. An action that is consistent with a nurses' use of a wide base support when assisting a client to get up in a chair is?
 - a) Bend at the waist and place arms under the clients arms and lift
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- b) Face the client, bend knees and place hands on client's forearm and lift
 - c) Spread his or her feet apart
 - d) Tighten his or her pelvic muscle
3. During bathing a patient experiences shortness of breath and labored breathing with a respiratory rate of 30. The bed is in a flat position. The bed position should be changed to:
- a) Trendelenburg's
 - b) Reverse trendelenburg's
 - c) Fowler's
 - d) Orthopneic
4. Application of long strokes moving from distal to proximal when giving complete bed bath are used to:
- a) Decrease the chance of infection
 - b) Help remove dry, flaky skin
 - c) Prevent skin trauma
 - d) Stimulate venous return
5. After redressing a patient's wound, nurse plans to administer a medication to the patient. The correct infection control procedure is?
- a) Leave the gloves on to administer the medication
 - b) Remove gloves and administer the medication
 - c) Remove gloves and perform hand hygiene before administering the medication
 - d) Leave the medication on the bedside table to avoid having to remove gloves before leaving the patient's room
6. Which of the following statement is incorrect about a patient with dysphagia?
- a) The patient will find soft foods easier to swallow than water
 - b) Fowler's or semi fowler's position reduces the risk of aspiration during swallowing
 - c) The patient should always feed himself
 - d) The nurse should perform oral hygiene before feeding the patient
7. The postoperative patient has difficulty voiding after surgery and is feeling 'uncomfortable' in the lower abdomen. Which action should the nurse implement first?
- a) Encourage fluid intake
 - b) Administer pain medication
 - c) Catheterize the patient
 - d) Turn on the bathroom faucet as he tries to void
8. Large volume enemas are typically administered:
- a) To cleanse the bowel
 - b) For fecal impaction
 - c) To manage constipation
 - d) To relieve rectal pain

9. When caring for a 78-year-old patient with diarrhea, the most important problem to consider is
- Malnutrition
 - Dehydration
 - Skin breakdown
 - Incontinence
10. A physician orders an IV solution of dextrose 5% in water at 100ml/hour. What would the flow rate be if the drop factor is 15gtt = 1ml?
- 5 gtt/minute
 - 13 gtt/minute
 - 25 gtt/minute
 - 50 gtt/minute
11. During transfusion, a patient's body temperature increases by 2 degrees Celsius. The baseline temperature was 36.5 degrees Celsius. The patient has no other symptoms. The nurse's initial action is to
- Call the laboratory
 - Disconnect the blood infusion
 - Inform the physician
 - Stop the transfusion
12. After measuring the client's vital signs, the nurse obtains the following results; blood pressure = 160/100 mm Hg, pulse = 82 beats/min, R=6 breaths/min and rectal temp = 37.5⁰C. the nurse should:
- Retake the blood pressure
 - Retake the client's temperature
 - Report all of the findings immediately
 - Record the findings as within normal limits
13. The following techniques help in minimizing the risk of a false high systolic reading except?
- Slowly deflating the pressure from the cuff
 - Supporting the client's arm at the level of the heart
 - Ensuring that the cuff is wide enough for the client's arm
 - Allowing the arm to rest before repeating the blood pressure
14. When administering a sustained-release capsule a patient,
- Ask the prescriber to change the order
 - Crush the pill with mortar and pestle
 - Hide the capsule in a piece of solid food
 - Open the capsule and sprinkle it over food
15. Match the oxygen administration appliance in Column A with the correct corresponding statement in column B

Column A

- a) Nasal cannula
- b) Venturi mask
- c) Non rebreather mask
- d) Oxygen hoods

Column B

- i) Well tolerated in infants
- ii) Allows rebreathing of first 1/3rd of exhaled air
- iii) Controls amount of specific oxygen concentration administered
- iv) Is often used during resuscitation

16. Characteristics of a serosanguineous wound exudate include:

- a) The exudate is thick with the presence of pus and is yellow in color
- b) The exudate is clear and appears blood tinged
- c) The exudate is red to pink and watery
- d) The exudate is bright red and bloody

17. How can you best prevent patients being readmitted to hospital?

- a) Ensure discharge checklist are completed on the day of discharge
- b) Ensure patients understand their diagnosis, treatment and side effects of medications
- c) Ensure patients visit the outpatient clinic after discharge from hospital
- d) Ensure patients are happy to be discharged from hospital

18. A patient who has just been diagnosed with terminal illness states “How can this happen to me? The patient is in what stage of Kubler-Ross’s phases of death and dying?

- a) Denial
- b) Anger
- c) Bargaining
- d) Depression

19. The ration of compressions to breaths during resuscitation of a child by a single rescuer is

- a) 30:2
- b) 15:1
- c) 30:1
- d) 15:2

PART II: (SHORT ANSWER QUESTIONS) 40 MARKS)

- 1. Outline five ways you can meet a dying patient’s physiological needs (5 Marks)
- 2. a) State four disadvantages of parenteral route of drug administration (4 Marks)
b) Explain any three guidelines to follow when administering medication under Dangerous Drug Act(DDA) (6 Marks)
- 3. A patient has high specific urine gravity, tachycardia and decreased skin turgor. Enumerate five nursing interventions for the patient (5 Marks)

4. State five things a nurse should verify before initiating a blood transfusion (5 Marks)
5. State five specific ways the Covid-19 chain of infection can be broken among susceptible hosts (5 Marks)
6. (a) Contrast primary and secondary survey (4 Marks)
(b) Describe first aid intervention for an adult who is choking and appears to be struggling to breathe speak or cough (6 Marks)

PART III: (LONG ANSWER QUESTION) 40 MARKS)

1. Mrs Tims is an 80 year old female patient who was admitted with a lung infection. She is very weak and unable to get out of bed independently. She is also hypotensive, appears dehydrated and is sweating profusely due to fever. When assisting with her bath, you notice that the sacral area has a blister like lesion
 - i. With a reason, outline the possible stage of decubitus ulcer that Mrs Tims has (1 Mark)
 - ii. Describe the pathophysiology of a decubitus ulcer (4 Marks)
 - iii. Outline three specific factors that may have predisposed Mrs. Tims to develop the ulcer (3 Marks)
 - iv. Explain six specific interventions to manage the decubitus ulcer and prevent deterioration of skin condition (12 Marks)
2. Explain how you would collect a sputum specimen from a conscious patient (20 Marks)