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UNIVERSITY EXAMINATIONS 2022/2023

FIRST YEAR, SECOND SEMESTER SPECIAL/SUPPLEMENTARY EXAMINATION
FOR DEGREE OF BACHELOR OF SCIENCE IN NURSING

NND 3126: FUNDAMENTALS OF NURSING PRACTICE I

DATE: JUNE 2023

TIME: 3 HOURS

INSTRUCTIONS: *Answer all questions in the booklet provided*

Ensure that all your answers are properly numbered

Section A: Multiple Choice Questions (MCQs): Write the correct answer on the space provided in the answer booklet.

Section B: Short Answer Questions-Answer questions following each other on the answer booklet

Section C: Long Answer Questions-Answer the questions on the answer booklet.

SECTION A (MULTIPLE CHOICE QUESTIONS (20 MARKS))

1. A nursing diagnosis is:
 - a. The advancement of a common nursing language.
 - b. A clinical judgment about individual, family, or community responses to actual and potential health problems or life process.
 - c. The identification of a disease condition based on a specific evaluation of physical signs, symptoms, the client's medical history, and the results of diagnostic tests and procedures.
 - d. The diagnosis and management of human beliefs to health and illness.
2. During evaluation the nurse determines the effectiveness of a specific nursing action by:

- a. Reassessing the client for new problems-
 - b. Determining that the specific nursing action was completed
 - c. Comparing the client's response to the nursing action with other client receiving the same nursing action
 - d. Comparing the client's response with expected outcomes established during the planning phase.
3. _____ Is the process of purposefully thinking back or recalling a situation to discover its purpose or meaning.
- a. Reasoning
 - b. Reflection
 - c. Confidentially
 - d. Rethinking
4. Which nursing organization licenses registered nurses to practice in Kenya?
- a. Kenya National Nurses Association
 - b. The Nursing Council of Kenya
 - c. East Central South Africa College of Nursing
 - d. Kenya National Nurses Union
5. Which of the following is **NOT** an attribute of a profession?
- a. Committed to the spirit of inquiry
 - b. Self-directed
 - c. Concerned with quantity
 - d. Independent
6. A theory is a set of concepts, definitions, relationships and assumptions that:
- a. Explain a phenomenon
 - b. Formulae legislation
 - c. Measure nursing functions
 - d. Reflect the domain of nursing practice
7. The conduct of nursing research has its roots with
- a. The American Nurses Association
 - b. Florence Nightingale
 - c. The National Institute of Nursing Research
 - d. The Goldmark report
8. The foundation of research is based on which of the following:
- a. Experience

- b. Problem solving
 - c. Critical thinking
 - d. Scientific method
9. The first journal dedicated to Nursing is the:
- a. Standards of Clinical Nursing Practice
 - b. Journal of Nursing Education
 - c. Nursing Research
 - d. Journal of Advanced Clinical Practice
10. Health promotion activities can include:
- a. Exercise and good nutrition
 - b. Smoking and drinking excessive alcohol
 - c. Unsafe sex
 - d. Exposure to air pollution and noise
11. _____ Defined nursing as assisting the individual, sick or well, in the performance of those activities that will contribute to health, recovery, or peaceful death that the individual would perform unaided if he or she had the necessary strength, will, or knowledge.
- a. Benner
 - b. Nightingale
 - c. Watson
 - d. Henderson
12. Maslow's hierarchy of needs is useful to nurses who continually prioritize client's nursing care needs. The most basic or first levels include:
- a. Esteem and self-esteem needs
 - b. Air, water and food
 - c. Self actualization
 - d. Love and belonging
13. Data collection includes the gathering of subjective and objective data from or about a client. Subjective data are:
- a. Observations made by the data collector
 - b. Reports from various organizations
 - c. Client's perceptions about their health problems
 - d. Doctor's history and reports

14. The process involving use of the mind in forming conclusions, making decisions, drawing inferences, and reflecting is:
- Critical thinking
 - Assessment
 - Think independently
 - Intellectual humility
15. The world Health Organization (WHO) defines health as:
- The absence of disease
 - A personal concept of health
 - Reaching full potential
 - A state of complete physical, mental, and social well-being, not merely the absence of disease or infirmity
16. A person's beliefs about health are shaped in part by the person's:
- Confidence in doctors and nurses
 - Knowledge of the disease origin
 - Confidence in the health care system
 - Knowledge, lack of knowledge, or incorrect information about illness
17. This level would be directed at minimizing complications of disease:
- Primary prevention
 - Secondary prevention
 - Tertiary prevention
 - Illness prevention
18. A nursing diagnosis is:
- A clinical judgement about individual, family, or community responses to actual and potential health problems or life processes
 - The identification of a disease condition based on signs, symptoms, medical history and laboratory results
 - The diagnosis and treatment of human responses to health and illness
 - The development, testing, and refinement of a common nursing language
19. Collaborative interventions are therapies that require:
- Physician and nurse interventions
 - Nurse and client interventions
 - Client and physician intervention
 - Multiple health care professionals

20. Implementation begins when in the nursing process?
- During the assessment phase
 - Immediately, in some critical situations
 - After there is mutual goal setting between nurse and client
 - After the care plan has been developed

SECTION B (SHORT ANSWER QUESTIONS (43 MARKS))

- State five competencies of critical thinking. (5 Marks)
- The nursing profession has defined its domain:
 - Explain what is meant by the word domain. (2 Marks)
 - Describe the domain of nursing (3 Marks)
- Outline five basic needs identified in theory of Virginia Henderson. (5 Marks)
- Describe the five steps of the research process (5 Marks)
- Explain the meaning of the following basic terms used in discussing ethics:
 - Autonomy (4 Marks)
 - Beneficence (1 Mark)
 - Non-maleficence (1 Mark)
 - Justice (1 Mark)
 - Fidelity (1 Mark)
- Outline five characteristics of a profession (5 Marks)
- State five types of research (5 Marks)
- Describe five components of the nursing process. (5 Marks)

SECTION C (LONG ANSWER QUESTIONS (40 MARKS))

- In professional nursing practice, theory is regarded as the philosophical basic of practice. Describe the theory/model developed by the following theorist identifying the goal and framework for each in practice:
 - Florence Nightingale (5 Marks)
 - Virginia Henderson (5 Marks)

- c. Dorothea Orem (5 Marks)
 - d. Sister Callister Roy (5 Marks)
2. While first year Bachelor of Science in nursing students were having their first session in the skills laboratory, the clinical instructor explained that for them to perform clinical procedures correctly, they must use critical thinking skills and the nursing process.
- a. Outline ten critical thinking attitudes explaining, how you will apply each in nursing practice. (10 Marks)
 - b. Outline ten benefits of using the nursing process in clinical practice. (10 Marks)