



# **MAASAI MARA UNIVERSITY**

## **REGULAR UNIVERSITY EXAMINATIONS 2018/2019 ACADEMIC YEAR END OF FIRST TRIMESTER EXAMS**

### **SCHOOL OF SCIENCE BACHELOR OF SCIENCE NURSING (BSc.N)**

**COURSE CODE: NUR 1106**

**COURSE TITLE: FUNDAMENTALS OF NURSING**

**DATE: 19<sup>TH</sup> AUGUST, 2019**

**TIME: 0830 – 1030 HRS**

**INSTRUCTIONS**

- i. This end of year examination consists of three sections; namely section A, B and C**
- ii. Section A is Multiple Choice Questions (MCQs). There are twenty questions, answer all questions**
- iii. Section B is Short Answer Questions (SAQs). 40 marks. All questions are compulsory. Answer questions on piece of paper provided**
- iv. Section C is Long Essay Questions (LEQs). 40 Marks. Answer any two questions on the piece of paper provided.**
- v. Write your registration number and Not your name on all the pages of your answer sheet.**

## SECTION A: MULTIPLE CHOICE QUESTIONS (20 MARKS)

### ALL QUESTIONS ARE COMPULSORY

1. The following statements are true regarding illness and disease EXCEPT?
  - A. A chronic illness is one that lasts for an extended period of time.
  - B. The causation of a disease or condition is called its etiology.
  - C. Acute illness is typically characterized by symptoms of relatively short duration.
  - D. Chronic illnesses usually have a rapid onset.
2. A regular pap smear for woman every 3 years after establishing normal pap smear for 3 consecutive years is advocated. What level of prevention does this belong?
  - A. Primary
  - B. Secondary
  - C. Tertiary
  - D. Primordial
3. External variables affecting health include all the following EXCEPT?
  - A. Physical environment
  - B. Standards of living
  - C. Genetic makeup
  - D. Family and cultural beliefs
4. At the end of the shift, the nurse realizes that she forgot to document a dressing change that she performed for a patient. Which action should the nurse take?
  - A. Complete an occurrence report before leaving.
  - B. Do nothing; the next nurse will document it was done.
  - C. Write the note of the dressing change into an earlier note.
  - D. Make a late entry as an addition to the narrative notes.
5. The nurse reports that the client has dyspnea when ambulating. The nurse is most likely to have assessed which of the following?
  - A. Shallow respirations
  - B. Wheezing
  - C. Shortness of breath
  - D. Coughing up blood
6. The physician's order reads, "Take orthostatic blood pressure measurements once daily." The nurse would measure the blood pressure in which of the following positions?
  - A. Lying, standing, and then sitting.
  - B. Lying, sitting, and then standing.
  - C. Sitting, standing, and then lying.
  - D. Standing sitting, and then lying.

7. Nonverbal communication is defined as:
- A. Communicating through the use of words
  - B. Communicating by sending and receiving wordless messages
  - C. The use of hand gestures, facial expression or touch to communicate with one another
  - D. The use of written documentation to send and receive messages
8. The nurse is assessing a postoperative adult patient. Which of the following should the nurse document as subjective data?
- A. Vital signs
  - B. Laboratory test result
  - C. Patient's description of pain
  - D. Electrocardiographic (ECG) waveforms
9. In critical thinking, the least effective decision-making process is:
- A. Analyzing the data.
  - B. Establishing assumptions.
  - C. Formulating conclusions.
  - D. Synthesizing information
10. The nurse in charge is transferring a patient from the bed to a chair. Which action does the nurse take during this patient transfer?
- A. Position the head of the bed flat
  - B. Helps the patient dangle the legs
  - C. Stands behind the patient
  - D. Places the chair facing away from the bed
11. A nurse is showing a patient how to use crutches at home and instructing his mother about how to change his bandages. At this time, the nurse is primarily acting as:
- A. Communicator
  - B. Patient advocate
  - C. Manager of care
  - D. Teacher
12. Which of the following terms describes the reactivation and recurrence of pronounced symptoms of a disease?
- A. Remission
  - B. Emission
  - C. Exacerbation
  - D. Sub-acute

13. The following vital signs findings during nursing assessment of clients are considered normal, EXCEPT?
- A. Systolic blood pressure of 120 mmHg in an adult
  - B. Respiratory rate of 30 breaths per minute in an adolescent
  - C. Temperature of 36°C in a geriatric
  - D. Pulse rate of 110 beats per minute in a toddler
14. Psychological signs and symptoms of stress include all the following EXCEPT?
- A. Anger
  - B. Irritability
  - C. Increased perspiration
  - D. Anxiety and fear
15. Which one of the following pulse patterns is characterized by a slightly irregular rhythm that speeds up and slows with respirations?
- A. Bradycardia
  - B. Sinus rhythm
  - C. Tachycardia
  - D. Sinus arrhythmia
16. A client who speaks limited English requires instructions for a test. No one at your hospital speaks the person's language. What is the nurse's best approach?
- A. Provide the instructions in writing.
  - B. Locate a professional interpreter.
  - C. Ask a family member to translate on the phone.
  - D. Document that the required instruction is not possible.
17. The most effective nursing action for controlling the spread of infection includes which of the following?
- A. Thorough hand washing.
  - B. Wearing gloves and masks when providing direct client care.
  - C. Implementing appropriate isolation precautions.
  - D. Administering broad-spectrum prophylactic antibiotics.
18. The nurse is communicating with a well oriented older adult client in a long-term care setting. Which statement best reflects respectful and caring therapeutic communication?
- A. "Are we ready for our shower?"
  - B. "It's time to go to the dining room, honey."
  - C. "Are you comfortable, Mrs. Smith?"
  - D. "You would rather wear the slacks, wouldn't you?"

19. Which of the following terms best describes a substance that is usually intended for use on inanimate objects, that destroys pathogens but not the spores?
- A. Sterilization
  - B. Disinfectant
  - C. Antiseptic
  - D. Autoclave
20. A client has been diagnosed with IMPETIGO. What precaution is used for this patient?
- A. Airborne precaution
  - B. Contact precaution
  - C. Droplet precaution
  - D. Standard precaution

**SECTION B: SHORT ANSWER QUESTIONS (40 MARKS)**

**ANSWER ALL THE QUESTIONS**

1. Nursing is a science and an art. Explain. (4 Marks)
2. State five nursing interventions for clients with Hypothermia. (5 Marks)
3. Explain the four stages of a therapeutic nurse-patient relationship (6 Marks)
4. (a) Define nursing assessment (1 Mark)  
(b) Explain two sources of patient data. (4 Marks)
5. State five functions of the Nursing Council of Kenya. (5 Marks)
6. State four areas of human needs according to Maslow and give an example of each. (4 Marks)
7. Explain four factors that influence the blood pressure of patients. (6 Marks)
8. (a) Define nosocomial infections. (1 Mark)  
(b) State four risk factors for nosocomial infections. (4 Marks)

**SECTION C: LONG ANSWER ESSAY QUESTIONS (40 MARKS)**

**ANSWER ANY TWO QUESTIONS.**

1. (a) Explain four factors affecting health care delivery in Kenya. (8 Marks)  
(b) Describe six health care settings for the delivery of nursing care to patients. (12 Marks)
  
2. Describe the phases of the nursing process as applied in the nursing care of patients.  
(20mks)
  
3. Discuss four measures of prevention and control of infections in hospitals. (20 Marks)

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