



# **MAASAI MARA UNIVERSITY**

**REGULAR UNIVERSITY EXAMINATIONS  
2023/2024 ACADEMIC YEAR  
FIRST YEAR SECOND TRIMESTER**

**SCHOOL OF PURE, APPLIED AND HEALTH SCIENCES  
BACHELOR OF SCIENCE IN NURSING**

**COURSE CODE: NUR 1202**

**COURSE TITLE: FUNDAMENTALS OF NURSING PRACTICE 2**

**DATE: 14/4/24**

**TIME: 0830-1030HRS**

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## **INSTRUCTION TO CANDIDATES**

**Section A: Multiple Choice Questions. Answer ALL Questions**

**Section B: Short Answer Questions. Answer ALL Questions**

**Section C: Long Answer Questions. Answer Question ONE and any other ONE question.**

*This paper consists of 6 printed pages. Please turn over.*

**SECTION A: MULTIPLE CHOICE QUESTIONS (20 MARKS) SELECT THE CORRECT ANSWER.**

1. A nurse asks the client "Do you wake up throughout the night?" Which of Gordon's functional health patterns is the nurse assessing?
  - A. Sleep-quality pattern
  - B. Rest-sleep pattern
  - C. Activity-sleep pattern
  - D. Sleep-rest pattern
2. A nurse is performing musculoskeletal assessment to a hospitalized adult client. There is active movement against gravity only. How should the nurse grade the muscle strength as?
  - A. 4
  - B. 2
  - C. 3
  - D. 5
3. The nurse is MOST LIKELY indicate objective data on decreased skin turgor in a patient who has
  - A. Diarrhea
  - B. Crackles
  - C. Obesity
  - D. Keloids
4. The concept of adaptation and adaptive human behavior are described by which nursing theorist?
  - A. Martha Rodgers
  - B. Callista Roy
  - C. Dorothea Orem
  - D. Imogene King
5. Select the INCORRECT practice regarding wound cleaning and dressing
  - A. Clean superficial non-infected wounds by irrigating them with normal saline
  - B. Dry a wound after cleaning it
  - C. Use gauze squares or nonwoven swabs
  - D. Clean from the wound in an outward direction
6. When assessing a dark-skinned client for signs of jaundice, where can the nurse examine to BEST detect jaundice?
  - A. Tongue
  - B. Sclera
  - C. Hard palate
  - D. Palms
7. The nurse is preparing a client for surgery. What is the most effective method for obtaining an accurate blood pressure reading from the client?
  - A. Use a cuff that is wide enough to cover the upper two thirds of the client's arm
  - B. Position the cuff approximately 4 inches above the antecubital fossa

- C. Obtain a cuff that covers the upper one third of the client's arm
  - D. Identify the Korotkoff sounds and take a systolic reading at 10mmHg after the first sound
8. Virginia Henderson believed the model of a person to be?
- A. Biopsychosocial being in a changing environment
  - B. An integrated whole in a constant state of change because of dynamic interrelationship of many variables
  - C. Physical, intellectual and spiritual attributes
  - D. Mind and body are inseparable
9. Which of the following indicates a partial obstruction of the larynx or trachea and requires immediate attention?
- A. Rhonchi
  - B. Pleural rub
  - C. Stridor
  - D. Mediastinal crunch
10. Finger clubbing is a sign of:
- A. Allergic reaction
  - B. Bacterial infection
  - C. Hypoxia
  - D. Malnutrition
11. The following statements regarding administration of intravenous medications using a piggyback setup are correct. Which one is NOT?
- A. It allows for administration of medications at regular intervals
  - B. The fluids infuse simultaneously
  - C. The second infusion set connects to the first at the upper Y-port
  - D. The medication is diluted in fluid volumes of about 50 to 200 mL
12. During nursing assessment, which of the following data represents information concerning health belief?
- A. Use of prescribed and over the counter medications
  - B. Promotive, preventive and restorative health practices
  - C. Educational level and financial status
  - D. Family role and relationships
13. The theorist who addresses hospice nursing issues during end-of-life care is
- A. Jean Watson
  - B. Rosemarie Parse
  - C. Madeleine Lieninger
  - D. Hildegard Peplau
14. A nurse has assessed the residual amount before beginning a nasogastric tube feeding and has found 100mL. What should the nurse do next?
- A. Nothing; this amount is within normal limits
  - B. Discard the aspirate; then administer the prescribed amount of feed
  - C. Administer the prescribed amount of feed, less 100mL

- D. Administer the prescribed amount of feed, plus 100mL
15. A nurse preparing to perform urinary catheterization of a female client should instruct the client to assume which position?
- A. Lithotomy
  - B. Supine
  - C. Dorsal recumbent
  - D. Jack knife
16. The marked rhythmic waxing and waning of respirations from very deep to very shallow breathing and temporary apnea refers to:
- A. Biot's (cluster) respirations
  - B. Cheyne stokes respirations
  - C. Paradoxical breathing
  - D. Orthopnea
17. Orthostatic hypotension occurs when:
- A. The Blood pressure decreases significantly after the patient assumes supine position
  - B. The blood pressure decreases significantly after the patient assumes an upright position
  - C. The blood pressure increases after the patient assumes an upright position
  - D. The blood pressure decrease after sudden hemorrhage
18. The term which refers to pain that has a slower onset, is diffuse, radiates, and is marked by somatic pain from organs in a body activity is;
- A. Acute pain
  - B. Chronic pain
  - c. Superficial pain
  - D. Deep pain
19. During an otoscopic examination, which action should be avoided to prevent the client from discomfort and injury?
- A. Tipping the client's head away from the examiner and pulling the ear up and back
  - B. Inserting the otoscope inferiorly into the distal portion of the external canal
  - C. Inserting the otoscope superiorly into the proximal two-thirds of the external canal
  - D. Bracing the examiner's hand against the client's head
20. Wounds may be described according to how they are acquired. Which term BEST describes the type of wound is sustained by a blow from a blunt object, such as to the chest, and is characterized by ecchymoses?
- A. Laceration
  - B. Contusion
  - C. Concussion
  - D. Abrasion

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

1. a) State four (4) indications of urinary catheterization. **(4 Marks)**  
b) Mention any eight equipment/requirements that you would avail when setting up for urinary catheterization. **(4 Marks)**
2. Describe the Glasgow Coma Scale. **(8 Marks)**
3. Following a logical order, describe the physical assessment of the abdomen. **(8 Marks)**
4. A physician prescribes 1,500 mL of normal saline to be infused over seven hours. The drip factor is 15 drops/mL. What flow rate of the infusion should the nurse set on the  
(i) Infusion pump?  
(ii) Gravitational infusion set? *\*Show your calculation* **(3 Marks)**
5. Distinguish between Functional nursing and Team nursing modalities. **(5 Marks)**
6. Oxygen administration  
a) Explain hyperbaric oxygen administration, giving relevant examples. **(3 Marks)**  
b) Explain five (5) complications of oxygen administration. **(5 Marks)**

**SECTION C: LONG ANSWER QUESTIONS (40 MARKS).QUESTION ONE IS COMPULSORY, THEN CHOOSE EITHER QUESTION 2 OR 3.**

1. Nursing theories have impacted the modern practice of nursing.  
a) Describe the Metapardigm of nursing. **(4 Marks)**  
b) Describe Patricia Benner's Stages of Skill acquisition in Nursing. **(10 Marks)**  
c) Illustrate the application of Patricia Benner's stages of skill acquisition in the practice of nursing. **(6 Marks)**
2. You have been providing care to Mr. Jones, a 40-year old client admitted at the medical ward with advanced cancer. You suspect that death is imminent.  
a) State six (6) key features of impending death. **(6 Marks)**  
b) Describe how death is ascertained. **(4 Marks)**  
c) Following a logical sequence, describe the end-of-life care that you would provide after death has been confirmed. **(10 Marks)**
3. Pressure ulcers are a common cause of morbidity and mortality in hospitals.  
a) Explain the etiopathogenesis of pressure ulcers. **(4 Marks)**  
b) Describe the stages of pressure ulcer development, highlighting the clinical features of each stage. **(6 Marks)**  
c) Discuss the role of the nurse in the prevention of pressure ulcer development. **(10 Marks)**

**END//**