



(University of Choice)

**MASINDE MULIRO UNIVERSITY OF
SCIENCE AND TECHNOLOGY (MMUST)**

MAIN CAMPUS

UNIVERSITY EXAMINATIONS

2023/2024 ACADEMIC YEAR

FIRST YEAR FIRST TRIMESTER EXAMINATIONS

BACHELOR OF SCIENCE IN NURSING (DISTANCE LEARNING)

COURSE CODE: NCD 115 COURSE TITLE: FUNDAMENTALS OF NURSING

DATE: 4TH DEC 2023

TIME: 11:30AM-2:30PM

INSTRUCTIONS TO CANDIDATES

Answer all question in this examination paper in the answer booklet provided.

TIME: 3 Hours

MMUST observes ZERO tolerance to examination cheating

SECTION 1

MULTIPLE CHOICE QUESTIONS (EACH ANSWER IS ONE MARK)

1. Nursing process can be defined as:
 - A. Systematic collection of data from patients and their problems.
 - B. Potential or actual problem in the patient's health status.
 - C. Steps taken by the nurse in giving care to client.
 - D. Finding the best solution to meet the patient's unmet needs.
2. When providing health promotion classes, a nurse uses concepts from models of health. What do both the health-illness continuum and the high-level wellness models demonstrate?
 - A. Illness as a fixed point in time
 - B. The importance of family
 - C. Wellness as a passive state
 - D. Health as a constantly changing state
3. If you harm a patient by administering a medication (wrong drugs, wrong dose, etc.) ordered by a physician, which of the following is true?
 - A. You are not responsible, since you were merely following the doctor's orders.
 - B. Only you are responsible, since you actually administered the medication.
 - C. Only the physician is responsible, since he or she actually ordered the drug.
 - D. Both you and the physician are responsible for your respective actions
4. The following describes Florence Nightingale except?
 - A. Lady with the Lamp.
 - B. Nursing educator
 - C. Emphasised on public health and health promotion roles for nurses
 - D. Politician promoting nursing remuneration during Crimea war
5. You are surprised to detect the elevated temperature (38.6c) in a patient scheduled for surgery. The patient has been afebrile and shows no other signs of being febrile. What is the thing to do?
 - A. Inform the charge nurse
 - B. Inform the surgeon
 - C. Validate your finding
 - D. Document your finding
6. When assessing the temperature rectally, the nurse would use extreme care when inserting the thermometer to prevent which of the following?
 - A. An increase in heart rate
 - B. A decrease in heart rate
 - C. A decrease in blood pressure
 - D. An increase in respiration
7. Which one of the following diagnoses would you place as of high priority?
 - A. Fluid volume deficit related to insufficient intake as evidenced by fever and sweating
 - B. Disturbed sleep/rest pattern related to cough as evidenced by dozing during the ward round.
 - C. Self care deficit related to activity intolerance secondary to sleep pattern disturbance.
 - D. Risk for altered family process related to mother's illness.
8. Which of the following statements about the nursing process is most accurate?
 - A. The nursing process is a four-step procedure for identifying and solving patients problems

- B. Beginning in Florence Nightingale's days, nursing student learned and practised the nursing process
 - C. Use of the nursing process is optional for nurses, since there are many ways of accomplishing the work of nursing.
 - D. The state board examination for professional nursing practice now use the nursing process rather than medical specialties as an organizing concept
9. A nurse manager allocated duties by dividing the tasks among the nurses on morning shift. Which model of nursing care delivery is being applied?
- A. Total patient care
 - B. Case management
 - C. Primary nursing
 - D. Functional nursing
10. What type of authority regulate nursing?
- a) International standards and codes.
 - b) Nurse professional associations.
 - c) State Nursing practice Acts.
 - d) Organizational policies and protocols.
11. An example of objective data is: The patient states
- A. The doctor says I can go home today
 - B. My pain is under the right breast
 - C. I only ate half my breakfast
 - D. I just went in the urinal and needs to be emptied
12. Nursing care plan is an important document in nursing because it:
- A. Prescribe care
 - B. Document clients health care needs
 - C. Identify client's needs
 - D. Outline collaborative care
13. The recipients of nursing are sometimes called all of the following except?
- A. Customer
 - B. Patient
 - C. Consumer
 - D. Client
14. What is not role of Nursing?
- A. Promotion of health,
 - B. Prevention of illness,
 - C. Elevation of suffering,
 - D. Restoration of health
15. Dorothea Orem's self care deficit theory delineates that nursing care is needed when:
- a. A diagnosis of an illness has been made on a patient.
 - b. Adults are incapable of or limited in the ability to provide effective self- care.
 - c. Self care abilities exceed self care demands.
 - d. Patients are preparing for discharge home or to another facility.
16. A female patient is being discharged cataract surgery. After providing medication education, the nurse asks the patient to repeat the instructions. The nurse is performing which role?
- A. Manager

- B. Care giver
 - C. Educator
 - D. Patient Advocate
17. Ineffective breathing pattern related to chest congestion as evidenced by anxiety is:
- A. An actual nursing diagnosis
 - B. A risk nursing diagnosis
 - C. A possible diagnosis
 - D. A wellness diagnosis
18. What historic event in the 20th century led to an increased emphasis on nursing and broadened the role of nurses?
- A. Religious reform
 - B. Crimean War
 - C. World War II
 - D. Vietnam War
19. Principles of primary healthcare are
- A. Appropriate technology and collaboration.
 - B. Primary Nursing
 - C. Nursing evaluation
 - D. Dynamic health
20. According to Leininger's theoretical model nurses are supposed to provide care that is culturally congruent. A nurse is interviewing a newly admitted patient. Which question would be considered culturally sensitive?
- a) "Do you think you will be able to eat the food we have here?"
 - b) "Do you understand that we can't prepare special meals?"
 - c) "What types of food do you eat for meals?"
 - d) "Why can't you just eat our food while you are here?"
21. The most appropriate goal associated with medication is : The patient will
- A. Be taught the common side effects of medication
 - B. Self administer medication correctly
 - C. Have a good understanding with a bout the drug ordered
 - D. Be administered medication as ordered
22. What do both the health-illness continuum and the high-level wellness models demonstrate?
- A. Illness as a fixed point in time
 - B. The importance of family
 - C. Wellness as a passive state
 - D. Health as a constantly changing state
23. A client with myocardial ischemia develops a sudden episode of respiratory distress and the nurse starts oxygen administration immediately. In this situation
- a) Oxygen had not been prescribed and should not be given.
 - b) The nurse's observations were sufficient to begin oxygen administration.
 - c) The symptoms were too vague for the nurse to diagnose a need for oxygen administration.
 - d) The nurse should have called the Doctor first to assess the patient and prescribe Oxygen.
24. Example of ethical principles would be;

- a) Confidentiality and justice.
 - b) Justice and maleficence.
 - c) Advocacy and negligence.
 - d) Malpractice and veracity.
25. Discharge and rehabilitation plans for a patient who had developed paraplegia following road traffic accident;
- a) Should be left to family and relatives alone.
 - b) May not be necessary since the client may never work/walk again.
 - c) Are quite involving and should be ignored.
 - d) Should be considered and planned for early during client's hospitalization period.
26. The nurse who plans and allocates activities of the rest in case where they are allocated to care for a group of patients in a ward is the;
- a) Primary nurse.
 - b) Clinical specialist.
 - c) Team leader.
 - d) Ward in charge.
27. A nurse working in the medical ward learns that a patient is having terminal illness but the spouse warns that he should not be told. In this case the nurse is facing;
- a) An breach of duty
 - b) Corruption issues
 - c) An ethical dilemma
 - d) An ethical principle.
28. The nurse is admitting a patient with end stage renal disease. She is crying and states, 'I feel overwhelmed by this disease.' Which of the following statements is the most therapeutic?
- a) The nurse states, "I understand how you feel. I have encountered patients with similar conditions."
 - b) The nurse places a hand on the patient's arm and states, "you feel overwhelmed?"
 - c) The nurse asks the patient, "Why feel overwhelmed? The Doctor has been seeing you and you have been on dialysis?"
 - d) The nurse asks the patient to take it easy.
29. A professional nurse with a commitment to upholding the principle of autonomy is most apt to do the following;
- a) Provide honest information to patients and the public
 - b) Promote universal access to health care
 - c) Plan care in partnership with patients
 - d) Document care accurately and honestly.
30. After taking history form a mother of a child who was admitted for surgery, she gives you some medication for throat infection for the son and tells you to administer them before bed time. What would be your appropriate response?
- a) I will surely give the medication.
 - b) Did you ask the Doctor if your son could have the medication tonight?
 - c) The Doctor must be aware of your son's infection.
 - d) I will ask your doctor to write an order for this medication before I give it to your son.
31. A patient is being transferred from the ICU to a regular hospital room. What must the ICU nurse be prepared to do as part of this transfer?
- a) Provide a verbal report to the nurse on the new unit

- b) Provide a detailed written report to the unit secretary or the records officer.
 - c) Delegate the responsibility for providing information
 - d) Make a copy of the patient's medical record
32. When reviewing information about the growth of healthcare services, which area would the nurse expect to find as the most rapidly growing area?
- a) Hospitals
 - b) Home care
 - c) Nursing homes
 - d) Parish nursing
33. You tell your instructor that your patient is fine and has "no complaints." You are likely to hear;
- a) "You made an inference that she is fine because she has no complaints. How did you validate this?"
 - b) "She probably just doesn't trust you enough to share what she is feeling. I'd work on developing a trusting relationship."
 - c) "Sometimes everyone gets lucky. Why don't you try to help another patient?"
 - d) "Maybe you should reassess the patient. He has to have a problem—why else would he be here?"
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35. A patient develops a urinary tract infection after an indwelling urinary catheter has been inserted. This would most accurately be termed as which type of infection?
- a) A viral infection
 - b) A chronic infection
 - c) An iatrogenic infection
 - d) An opportunistic infection
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38. A home health nurse has been visiting a patient with AIDS who says, "I'm no longer afraid of dying. I think I've made my peace with everyone, and I'm actually ready to move on." This reflects his progress to which stage of death and dying?
- a. Acceptance

- b. Anger
- c. Bargaining
- d. Denial

39. A patient collapses in the emergency department following severe hemorrhage secondary to road traffic accident. Previously the blood pressure was low and heart rate had increased. According to Roy's adaptation model which sub-system failed?

- a) Cognator subsystem.
- b) Compromised.
- c) Regulator.
- d) Adaptive.

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49. The death of a patient may be referred to the coroner for further investigation if?
- A. The cause of death is unknown
 - B. The person who has died was not seen by a medical practitioner during their final illness
 - C. The death was sudden or unexplained
 - D. All of these
50. When a patient dies in hospital the body is identified by?
- A. A toe tag
 - B. One identification band attached to the patient's wrist
 - C. Two identification bands, one attached to the patient's wrist, the other to their ankle
 - D. A death notice securely attached to the shroud or other clothing in which the patient has been dressed
51. Which of the following can be implemented as part of effective care for bereaved relatives?
- A. Finding a comfortable, non-denominational venue to ensure privacy
 - B. Providing the family with opportunities to verbalise emotions and have their questions answered simply, clearly, sensitively and informatively
 - C. Offering relatives the opportunity to view the deceased (when appropriate)
 - D. All of these
52. Information about the way in which someone wishes to be cared for following death can be obtained from?
- A. The patient, once it becomes apparent that they are dying
 - B. Relatives

- C. Religious / cultural / community leaders
 - D. All of these
53. In the case of an unexpected death in hospital, who can confirm that a patient has died?
- A. A senior nurse
 - B. A doctor
 - C. The coroner
 - D. The nurse caring for the patient
54. Why should you always assume that the unconscious person can hear and understand what is going on around them?
- A. Some people who have regained consciousness have recalled conversations that have taken place around them whilst they have been unconscious.
 - B. This is a policy of the hospital.
 - C. People prefer this.
 - D. It helps the nurse to form a relationship with the patient.
55. Gloves should be worn?
- A. At all times
 - B. Only if necessary
 - C. Whenever you touch a patient
 - D. When your hands will get wet
56. Of the following statements, which is most true of health and illness?
- A. Health and illness are the same for all people.
 - B. Health and illness are individually defined by each person.
 - C. People with acute illnesses are actually healthy.
 - D. People with chronic illnesses have poor health beliefs.
57. While taking an adult patient's pulse, a nurse finds a rate of 140 beats/min. What should the nurse do next?
- A. Check the pulse again in two hours.
 - B. Check the blood pressure
 - C. Record the information
 - D. Report the rate
58. A patient has a blood pressure reading of 130/90mm Hg when visiting a clinic. What would the nurse recommend to the patient?
- A. Follow up measurements of blood pressure
 - B. Immediate treatment by a physician
 - C. Nothing, because the nurse considers this reading is due to anxiety
 - D. A change in dietary intake
59. When a patient you are admitting to the unit asks you why you are doing a history and exam since the doctor just did one, which of the following statement is your best reply?
- A. 'In addition to providing us with valuable information about your health status, the nursing assessment will allow us to plan and deliver individualized, holistic nursing care that draws on your strengths'.
 - B. 'It's hospital policy. I know it must be tiresome, but I will try to make it quick!'
 - C. I am a student nurse and need to develop the skill of assessing your health status and need for nursing care. This information will help me develop a plan of care individualized to your unique needs.

- D. We want to make sure that your responses are consistent and that all our data are accurate.
60. Which of the following nursing tools is a standardized guide for providing nursing care
- A. The thermometer
 - B. The theatre checklist
 - C. The drip stand
 - D. The payment receipt that each patient receives upon payment

SECTION 11

Short Answer Questions (40marks)

1. Describe human needs by Abraham Maslow (5 marks)
2. a. What is pressure area care (1 marks)
b. Describe 2 purposes of pressure area care (2 marks)
c. Describe 2 ways of preventing pressure sore (2 marks)
3. a. What is nursing Process? (2marks)
b. Outline steps in nursing process (8 marks)
4. a) State the five (5) stages of the grieving process as stipulated by Kubbler Ross (5mks)
b) Describe three roles of a nurse to a dying patient (5 marks)
1. Discuss theory of self-care deficit by Dorothea Orem (10 marks)