



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

MAIN CAMPUS

**UNIVERSITY EXAMINATIONS
2023/2024 ACADEMIC YEAR**

**FIRST YEAR SECOND TRIMESTER EXAMINATIONS
MAIN PAPER**

**FOR THE DEGREE
OF
BACHELOR OF SCIENCE IN NURSING (DL)**

COURSE CODE: NCD 115

COURSE TITLE: FUNDAMENTALS OF NURSING

DATE: Monday 8th April , 2024

TIME: 8.00 am – 11 am

INSTRUCTIONS TO CANDIDATES

THIS PAPER CONSISTS OF THREE SECTIONS
ANSWER ALL QUESTIONS IN THIS PAPER

TIME: 3 Hours

MMUST observes ZERO tolerance to examination cheating

This Paper Consists of 7 Printed Pages. Please Turn Over. ►

SECTION A
MULTIPLE CHOICE QUESTIONS

(20 MARKS)

1. Self-care deficit theory was proposed by:
 - A. Virginia Henderson
 - B. Betty Neuman
 - C. Imogene King
 - D. Dorothea Orem
2. Which theory defines nursing as the science and practice that expands adaptive abilities and enhances person and environment transformation?
 - A. Goal attainment theory
 - B. Henderson's definition of nursing
 - C. Roy's adaptation model
 - D. Faye Glen Abdelah's theory
3. Nursing is therapeutic interpersonal process". This definition was stated by:
 - A. Hildegard Peplau
 - B. Jean watson
 - C. Faye Glen Abdelah
 - D. M. Rogers
4. Which of the following statements is related to Florence Nightingale?
 - A. Nursing is therapeutic interpersonal process.
 - B. The role of nursing is to facilitate "the body's reparative processes" by manipulating client's environment.
 - C. Nursing is the science and practice that expands adaptive abilities and enhances person and environment transformation
 - D. Nursing care becomes necessary when client is unable to fulfill biological, psychological, developmental, or social needs.
5. Which of the following is NOT a concept related to Roy's Adaptation Model?
 - A. Focal Stimuli
 - B. Cognator Subsystem
 - C. Role function
 - D. Flexible line of defense
6. Imogene King's "goal attainment theory" is a type of:
 - A. Need theories
 - B. Interaction theories
 - C. Outcome theories
 - D. Humanistic theories
7. Which of the following theory has used "General Systems Theory" as a framework for its development?
 - A. Florence Nightingale's Environment Theory
 - B. Hildegard E. Peplau's Psychodynamic Nursing Theory
 - C. Martha E. Roger's: Science of Unitary Human Beings
 - D. Neuman's model
8. Transcultural Model of Nursing was proposed by:
 - A. Joyce Travelbee
 - B. Rosemarie Rizzo Parse

- C. Madeleine Leininger
 - D. Ida Jean Orlando
9. Wellness interventions can be initiated at any point of the continuum
- A. True
 - B. False
10. the three dynamic elements of the ecologic/epidemiologic model?
- A. Host, agent, environment
 - B. Health, disease, wellness
 - C. Theory, model, fact
 - D. Healthcare, health-provider, health recipient.
11. The goals of healthy people 2020 are the following
- A. Attain high-quality, longer lives free of disease, disability, and premature death.
 - B. Achieve health equity, eliminate disparities(inequality), and improve the health of all groups.
 - C. Create environments that promote good health for all.
 - D. All the above
12. What are factors affecting adherence?
- A. Effects of Rx, health personnel, distance of health facility
 - B. Cultural and belief systems and the health care system
 - C. Client motivation, lifestyle, severity of health problem
 - D. Quality of health, quality of care, availability of drugs
13. An illness that has slow onset >6 months & has remission and exacerbation phases is which type of illness?
- A. Acute illness
 - B. Accidental illness
 - C. Chronic illness
 - D. Etiological illness
14. A personal state in which the person's physical, emotional, intellectual, social, developmental, or spiritual functioning is thought to be diminished is the definition of:
- A. An illness
 - B. An injury
 - C. A disease
 - D. A malaise
15. It reduces capacities or shortens the normal life span:
- A. An illness
 - B. A prognosis
 - C. A disease
 - D. A malaise
16. A wellness dimension that brings meaning a purpose to life is:
- A. Emotional
 - B. Spiritual
 - C. Emotional
 - D. Intellectual
17. A nurse is using critical thinking and has been able to recognize and question the problem. To continue thinking critically, the nurse would perform what action next?
- A. Information gathering

- B. Evaluation
 - C. Communication
 - D. Recognition
18. Five actions that help nurses to think critically are:
- A. Recognition, questioning, information gathering, evaluation and communication
 - B. Realizing, questioning, inquisition, evaluation and communication
 - C. Recognition, intervention, information gathering, communication and meeting.
 - D. Critical thinking, communication, discipline or reward, conclusion, repeat
19. A patient dies in a word, the nurses come together to discuss the events that led to the death and what each of them did to avert the situation. The nurses in this situation are:
- A. Problem solving.
 - B. Showing humility.
 - C. Conducting reflective practice.
 - D. Exercising responsibility.
20. A nurse has been working on a surgical unit for 3 weeks. A patient requires a Foley catheter to be inserted, so the nurse reads the procedure manual for the institution to review how to insert it. The level of critical thinking the nurse is using is:
- A. Commitment.
 - B. Scientific method.
 - C. Basic critical thinking.
 - D. Complex critical thinking.
21. The nurse refers to the written plan of care, noting that the health care provider is to be notified when serous fluid drainage of a patient that had hip replacement exceeds 100 mL for the day. The nurse looks at the device and carefully notes the amount of drainage currently in it. This is an example of:
- A. Planning
 - B. Evaluation
 - C. Intervention
 - D. Diagnosis
22. A client was admitted 2 days ago with sepsis. The nurse updates the client's care plan based upon improvements in his condition. This is an example of which type of planning?
- A. Discharge
 - B. Ongoing
 - C. Initial
 - D. Outcome
23. The nurse recognizes that identifying outcomes/goals must include which of the following?
- A. Input form the nursing team
 - B. Involvement from the nurse manager and the multidisciplinary team
 - C. Involvement of the client and family
 - D. Input prom the physician

Questions 24- 27. A nurse is prioritizing the following patient diagnoses according to Maslow's hierarchy of human needs: List the problems in order of highest priority to lowest.

24.D

25.A

26.C

27.D

- A. Disturbed body image
- B. Spiritual distress
- C. Impaired social interaction
- D. Ineffective airway clearance

28. The nurse who is responsible for following the patient from admission through discharge or resolution of illness while working with a broad range of health care providers is called a:

- A. Nurse manager
- B. Case manager
- C. Family nurse
- D. Primary nurse

29. Choose the best description of critical thinking

- A. Thinking that results in putting in place activities related to an accepted standard
- B. Thinking resulting in acts of wonder, shame and anxiety
- C. Thinking that makes one attached to friends or colleagues for direction
- D. Thinking that excites the thinker and reminds of desired future achievements

30. People identifying themselves on the basis of ancestral heritage is a form of:

- A. Racism
- B. Ethnicity
- C. Subculture
- D. Minority

31. Stereotyping is:

- A. Discriminating a less powerful group
- B. Describing a group of people negatively
- C. Viewing one's own culture as the only standard
- D. Profiling and treating people based on their skin color

32. The following are forms of nonverbal communication except:

- A. Voice tone
- B. Rate of speech
- C. Body posture
- D. Books

33. The theorist who came up with a hierarchical framework of human needs is:

- A. Eric Erickson
- B. Sigmund Freud
- C. Jean Piaget
- D. Abraham Maslow

34. The first physical assessment technique a nurse uses to obtain objective data is:

- A. Inspection
- B. Interviewing
- C. Taking TPR
- D. Palpation

35. The body's thermostat is:

- A. Progesterone
- B. The pituitary gland
- C. The hypothalamus
- D. The brain

36. Nosocomial infection refers to:

- A. Infections through the nose
- B. Infections brought to the hospital by visitors
- C. Hospital-acquired infections
- D. Surgery related infections

37. The chain of infection is composed of some of the following:

- A. Infectious Agent, Susceptible Host and Environment
- B. Infectious Agent, Mode of Transmission, Susceptible Host
- C. Time of infection, Place of infection and Person infected
- D. Client Resistance, Drug Resistance, Microorganism Resistance

38. A drug that is ordered to be given as needed is abbreviated as:

- A. PRN
- B. BID
- C. TID
- D. QID

39. Which of the following factors is not true about slowing intravenous fluid flow rate?

- A. Height of the solution container is low
- B. Position of the hand with an IV line is not bent
- C. The tubing is kinked
- D. There is a blood clot at start of the needle.

40. Fluids that would be given to a patient with hypovolemia is:

- A. Colloid solutions
- B. Hypertonic fluids
- C. Crystalloid solutions
- D. Isotonic fluids

41. When tissue layers move on each other to cause pressure ulcers, this is called:

- A. Shearing
- B. Friction

- C. Pinching
- D. Rubbing

42. The movement across membranes of ions and molecules from an area of lesser concentration to an area of greater concentration is:

- A. Diffusion
- B. Osmosis
- C. Active Transport
- D. Filtration

43. Water and electrolytes lost from the lungs is:

- A. Perspiration
- B. Urine
- C. Insensible water
- D. Stool or vomit

44. Pain associated with passing urine is known as:

- A. Dysuria
- B. Polyuria
- C. Oliguria
- D. Pyuria

45. The involuntary elimination of bowel or urinary bladder contents is known as:

- A. Flatulence
- B. Incontinence
- C. Retention
- D. Diarrhoea

46. Which of the following non verbal behavior may signal presence of pain

- A. Praying
- B. Sighing
- C. Groaning
- D. Grimacing

47. Socially prescribed behaviors exhibited by people after the death of their significant other is called:

- A. Grief
- B. Mourning
- C. Bereavement
- D. Anger

48. NANDA is:

- A. National Association of Nurses and Diagnostic Assessments
- B. North American Nurses Diagnostics Association

- C. Nairobi Nurses Diagnostic Association
- D. North American Nursing Diagnosis Association

49. The nurse must verify the client's identity before administration of medication. Which of the following is the safest way to identify the client?

- A. Ask the client his name
- B. Check the client's identification band
- C. State the client's name aloud and have the client repeat it
- D. Check the room number

50. This is characterized by severe symptoms relatively of short duration.

- A. Chronic Illness
- B. Acute Illness (Your Answer)
- C. Pain
- D. Syndrome

51. Which of the following is included in Orem's theory?

- A. Maintenance of a sufficient intake of air
- B. Self perception
- C. Love and belonging
- D. Physiologic needs

52. A nurse obtained a client's pulse and found the rate to be above normal. The nurse should do the following:

- A. Give medication for hypertension
- B. Call the doctor and report the finding
- C. Ask another nurse to verify the results
- D. Document the finding in the patient's charts

53. The nurse is preparing to take vital signs in an alert client admitted to the hospital with dehydration secondary to vomiting and diarrhea. What is the nurse doing?

- A. Diagnosing the patient
- B. Assessing the patient
- C. Treating the patient
- D. Preparing for intervention

54. Which of the following nursing tool is a standardized guide for providing nursing care?

- A. The thermometer
- B. The theatre check-list
- C. The drip stand
- D. The payment receipt that each patient receives upon payment.

55. Nurses use Gordon's functional health pattern framework at what stage in the nursing process?

- A. Assessment
- B. Diagnosis
- C. Desired outcomes
- D. Planning

56. The concept of Holistic nursing believes that
- The whole fraternity of health care givers must manage a client in one accord
 - The client should acquire nursing knowledge to become independent in health care
 - Patient services must be integrated whenever the client comes to the healthcare facility.
 - Religious beliefs control the mind body and soul in the healing process
57. The nurse is inserting a naso-gastric tube on a patient with a tracheostomy, which intervention is he undertaking?
- Surveillance
 - Psychosocial
 - Maintenance
 - Psychomotor
58. Nursing care delivery system that focuses on the task alone is;
- Team nursing
 - Functional nursing
 - Primary nursing
 - Case nursing
59. Which one of the following diagnoses would you place as of high priority?
- Fluid volume deficit related to insufficient intake as evidenced by fever and sweating
 - Disturbed sleep/rest pattern related to cough as evidenced by dozing during the ward round
 - Self-care deficit related to activity intolerance secondary to sleep pattern disturbance.
 - Risk for altered family process related to mother's illness
60. Reflective questions are described as interventive because:
- They facilitate changes for improved nursing care
 - They are asked during intervention in nursing care
 - They are similar and reflect most nurses' questions
 - They are a set of classified questions nurses should ask

SHORT ANSWER QUESTIONS (20 MARKS)

- Discuss FIVE factors that influence health status, belief, and practice. (10 Marks)
- Describe the clinical health model explaining the idea behind the three interactive elements. (10 Marks)

LONG ANSWER QUESTIONS (20 MARKS)

Describe evaluation in nursing process under the following headlines. (20 Marks)

Definition

Types of evaluation

Process of evaluation

