

Fundamentals of Nursing

FON 01

29/07/2024 08:30 AM – 11:30 AM



ADVANCED LEVEL NATIONAL EXAMINATIONS, 2023-2024

SUBJECT: FUNDAMENTALS OF NURSING

DURATION: 3 HOURS

Instructions to candidates:

- 1) Write your names and index number on the answer booklet as written on your registration form and **DO NOT** write your names and index number on additional answer sheets if provided.
- 2) Do not open this question paper until you are told to do so.
- 3) This paper consists of **THREE** sections: **A, B** and **C**.

Section A: Attempt **all** questions. **(35 marks)**

Section B: Attempt **all** questions. **(35 marks)**

Section C: Attempt any **three** questions. **(30 marks)**

- 4) Use only a **blue** or **black** pen.

Section A: Attempt all questions. (35 marks)

- 1) The following are the Two important aspects of patient/client comfort to assess during patient/client care: **(1 mark)**
 - a) Fever and consciousness
 - b) Pain management and verbal response
 - c) Pain level and emotional well being
 - d) Physical appearance and emotional status

- 2) The typical time for visual readouts in malaria Rapid Diagnostic Tests (RDTs) is: **(1 mark)**
 - a) 1 hour
 - b) 30 minutes
 - c) 20 minutes or less
 - d) 2 hours

- 3) When giving injections in the buttocks the nurse must properly identify appropriate land marks to prevent damage to the **(1 mark)**
 - a) Sciatic nerve
 - b) Spinal cord
 - c) Coccyx
 - d) Atlas

- 4) Among the following conditions, select which one is a contra - indication for both heat and cold therapy. **(1 mark)**
 - a) Muscle spasm
 - b) Joint stiffness
 - c) Open wounds
 - d) Pain

- 5) Select the first intervention a nurse should take if a patient experiences apnea. **(1 mark)**
 - a) Administer oxygen therapy.
 - b) Take the patient's vital signs.
 - c) Initiate CPR immediately.
 - d) Position the patient comfortably.

- 6) What is the main cause of growth? **(1 mark)**
 - a) Improved problem-solving skills
 - b) Increased interaction with the environment
 - c) Multiplication of cells
 - d) Emotional maturity

- 7) Which phase of Piaget's cognitive developmental process involves the use of egocentric thinking and rapid language development? **(1 mark)**
 - a) Sensorimotor phase
 - b) Preconceptual phase

- c) Intuitive thought phase
- d) Concrete operations phase

8) Which of the following is the main concern regarding transporting hazardous wastes? **(1 mark)**

- a) Cost of transportation
- b) Efficiency of the process
- c) Public safety and environmental impact
- d) Convenience for healthcare workers

9) Select the FIRST step a nurse should take before administering medication? **(1 mark)**

- a) Explain the medication to the patient
- b) Calculate the correct dose
- c) Verify the patient's identity
- d) Document the administration.

10) Choose the best purpose of using two hands during deep bimanual palpation. **(1 mark)**

- a) To apply more pressure
- b) To control the movement of an organ
- c) To compare sensations from both hands
- d) To reduce discomfort for the patient.

11) One of the following terms is defined as a condition in which a person continues to consume alcohol despite experiencing adverse consequences. **(1 mark)**

- a) Alcohol intoxication
- b) Alcohol dependency
- c) Alcohol abuse disorder
- d) Alcohol tolerance

12) A nurse is preparing to treat a patient with an open wound sustained from a traumatic injury involving dirt and debris. The nurse notices redness and swelling during wound assessment. What would be the most appropriate classification of this wound based on the likelihood and degree of contamination?

(1 mark)

- a) Clean wound
- b) Clean-contaminated wound
- c) Contaminated wound
- d) Dirty or infected wound

- 13) J., a 30 years old construction worker, recently experienced a fall at a construction site resulting in a sprained ankle. His co-worker quickly applied a bandage to support and immobilize the injured ankle following the RICE method. The bandage was applied using a splint for added stability, allowing J. to continue working until he could seek proper medical attention. However, after a while, J. started complaining that the bandage is too tight.

The following are the signs of a too tight bandage and its effect on the injured limb:

(1 mark)

- a) Warmth and redness; improves blood circulation
 - b) Tingling, coldness, inability to move, paleness or cyanosis; interferes with nerves and blood circulation
 - c) Swelling and bruising; aids in the healing process
 - d) Increased mobility; supports well the body part.
- 14) The recommended intervention if signs of a too-tight bandage are observed is:
- (1 mark)**
- a) Leave the bandage as it is for a few hours
 - b) Remove the bandage and reapply it more carefully
 - c) Apply more pressure to alleviate swelling
 - d) Ignore the signs, as they are common during the healing process
- 15) Which of the following techniques is the best in moving down stairs a causality who has head and spinal injuries?
- (1 mark)**
- a) Blanket drag
 - b) Chair carry
 - c) Rope carry
 - d) Crutch carry
- 16) Which of the following is the goal of survivor centered case management?
- (1 mark)**
- a) Establish a relationship with the survivor
 - b) Promote the survivor's emotional and physical safety
 - c) Build trust
 - d) Helps the survivor restore some control over her life
- 17) How often should newborns typically breastfeed?
- (1 mark)**
- a) Every 6-8 hours
 - b) Every 12-18 hours
 - c) Every 2-3 hours
 - d) Once a day
- 18) How can iron absorption from plant sources be increased?
- (1 mark)**
- a) By consuming them with dairy products
 - b) By eating them with foods rich in vitamin D
 - c) By pairing them with foods rich in vitamin C
 - d) By cooking them at high temperatures

- 19) What is the primary function of the endocrine system? **(1 mark)**
- a) Digestion
 - b) Blood circulation
 - c) Regulation of bodily functions through hormone secretion
 - d) Muscle contraction
- 20) Which of the following conditions a patient may manifest icterus? **(1 mark)**
- a) Bacterial conjunctivitis
 - b) Liver disease
 - c) Trauma of the eyes
 - d) Congenital defect of the eyes
- 21) E., a community health nurse in rural areas, manages a contagious disease outbreak in a small village. She assesses the situation, provides immediate care, implements preventive measures, and conducts health education sessions to raise awareness about proper hygiene practices. Why are good interpersonal relationship skills important for a community health nurse? **(1 mark)**
- a) To win a popularity contest
 - b) To maintain healthy relationships with colleagues
 - c) To impress others
 - d) It is not important
- 22) What does emotional stability mean in the context of a community health nurse? **(1 mark)**
- a) Easily getting emotional in difficult situations
 - b) The ability to handle emotions effectively
 - c) Being indifferent to emotional situations
 - d) Emotional instability is not relevant
- 23) The World Health Organization (WHO) defines palliative care as: **(1 mark)**
- a) A cure for terminal illnesses
 - b) An approach to care focused solely on physical symptoms
 - c) An approach to care improving quality of life for patients and families facing life-threatening illness
 - d) A religious ritual for end-of-life patients
- 24) When should palliative care ideally begin in terms of the timing of care? **(1 mark)**
- a) Only after all other treatment options have been exhausted
 - b) At the onset of a life-threatening condition
 - c) Only during the final days of life
 - d) After the patient's death
- 25) What is the role of a chiropractor in pain management? **(1 mark)**
- a) To provide medication to patients
 - b) To perform surgeries
 - c) To maintain good alignment of the neuro-musculoskeletal system
 - d) To administer hypnosis therapy

26) Match the following statements in column **X** with their corresponding statements in Column **Y**. **(10 marks)**

Column X (Odor/item)		Column Y (Potential Causes/Health condition)	
i)	Feces	a)	Diabetic acidosis
ii)	Foul-smelling stools in infant	b)	Poor dental and oral hygiene, gum disease
iii)	Musty odor	c)	Uremic acidosis
iv)	Ammonia	d)	Pseudomonas (bacterial) infection
5	Sweet, fruity ketones	E	Urinary tract infection, renal failure
6	Sweet, heavy, thick odor	F	Malabsorption syndrome
7	Alcohol	G	Bowel obstruction
8	Body odor	H	Infection inside cast
9	Halitosis	I	Hyperhidrosis, bromhidrosis
10	Stale urine	J	Ingestion of alcohol, Diabetes

Section B: Attempt all questions (35 marks)

- 27) List the three (3) purposes of hand gloving.

(3 marks)
- 28) Why do some historians consider Deaconess Phoebe as the pioneering figure of the 'visiting nurse' concept?

(2 marks)
- 29) One of the Nursing theories is Holism introduced by Florence Nightingale. Discuss about the holism concept and tell whether it is useful nowadays.

(5 marks)
- 30) Identify the three (3) purposes of repositioning a patient in bed?

(3 marks)
- 31) List the five (5) types of defense mechanisms.

(5 marks)
- 32) Organize the following steps of handwashing according to WHO.

(5 marks)

▪ Apply soap,

▪ Lather for at least 20 seconds,

▪ Rinse under running water,

▪ Wet hands,

▪ Dry thoroughly with a clean towel.
- 33) Differentiate the hydrostatic pressure from oncotic pressure; pressures which intervene in maintaining fluid balance in the circulatory system.

(4 marks)

- 34) Illustrate at least four (4) rights of drug administration. **(4 marks)**
- 35) Mrs. S., a 38 years old mother, experienced fatigue, body aches, and a persistent headache. Her body temperature reached 101.5°F, prompting her to visit the hospital for further evaluation. She underwent tests, blood work, and imaging scans to determine the cause. The Healthcare team administered intravenous fluids and antibiotics to address a suspected bacterial infection. Despite feeling weak, S. remained hopeful for a speedy recovery and returned home to her family.
- a) Mrs. S. asks you to show her the body temperature measurements and the value is in Fahrenheit degree while the patient knows only Celsius degree. Explain to Mrs. S. her body temperature findings by using the formula of converting from °F to °C. **(2 marks)**
- b) Differentiate febrile state from afebrile state. **(2 marks)**

Section C: Attempt any three questions (30 marks)

- 36) Mrs. X, an 80 years old woman has been admitted in surgical ward some weeks ago and is recovering from a recent hip fracture. She's been confined to her bed for the past two weeks following surgery. She lives with diabetes mellitus and cognitive impairment diagnosed 5 years ago. Even if she receives diligent care provided by the nursing staff, Mrs. X has started to develop signs of discomfort and redness on her lower back and buttocks. She complains of pain whenever she is repositioned, and the skin in those areas feels warm to the touch. Despite the nurses' efforts to minimize pressure by using specialized cushions and adjusting Mrs. X 's position frequently, the redness seems to persist and worsen over time. Upon examination of Mrs. X, you as an Associate nurse concludes signs of pressure ulcer.
- a) Define pressure ulcer. **(1 mark)**
- b) Describe at least five factors which exposed Mrs. X to develop pressure ulcer **(5 marks)**
- c) At which stage of pressure ulcer development can you classify the pressure ulcer of Mrs.X? Explain why? **(4 marks)**
- 37) The client Y comes to a Health institution where you work. His main complaint is inability to defecate for one week which make him very uncomfortable. An evacuation enema is prescribed and it has to be performed right away.
- a) What do you understand by evacuation enema? **(3 marks)**
- b) Outline any seven complications which may arise with enema procedure and show how each complication can lead to further problems on human. **(7 marks)**
- 38) Mrs. V., a 65 years old woman, visits her primary care physician complaining of fatigue, shortness of breath, and chest pain. She has a history of heart disease and is currently on medication for hypertension. The physician orders a blood test to assess her hemoglobin (Hgb), hematocrit (Hct), and oxygen saturation levels.

- 38.1. What is the normal range for Hemoglobin (Hgb)? **(2 marks)**
- a) 8–12 g/dL
 - b) 11.5–15 g/dL
 - c) 20–25 g/dL
 - d) 30–35 g/dL
- 38.2. What is the normal range for Oxygen Saturation? **(2 marks)**
- a) 90%–92%
 - b) 95%–97%
 - c) 98%–100%
 - d) 80%–85%
- 38.3. What can pulse oximetry be utilized for in individuals with severe myocardial injury and heart failure (HF)? **(3 marks)**
- a) To measure blood pressure
 - b) To assess cholesterol levels
 - c) To monitor oxygen saturation
 - d) To determine glucose levels
- 38.4. Which statement is true regarding the relationship between anemia and heart disease? **(3 marks)**
- a) Anemia cannot be caused by heart disease.
 - b) Anemia is a result of heart disease but not a cause.
 - c) Anemia may be a cause or a result of many forms of heart disease.
 - d) There is no association between anemia and heart disease.
- 39) Mrs. U., a 35-year-old marketing executive, suffers from abdominal pain, nausea, and bloating. After a thorough examination, she is diagnosed with *Helicobacter pylori* infection and gastroduodenal ulcer disease. Treatment includes antibiotics, medications, lifestyle changes, and stress management. Formulate five (5) Nursing diagnosis related to U. 's medical condition and propose two (2) Nursing interventions for each. **(10 marks)**
- 40) J.N, a 65-year-old retiree, was diagnosed with stage IV lung cancer after experiencing persistent fatigue, weight loss, and chronic pain. His family faced difficult decisions about treatment options, managing symptoms, and facing an uncertain future. With the support of his healthcare team, including palliative care specialists, they embarked on a journey to navigate the complexities of his illness. Compare palliative care with hospice care. **(10 marks)**

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