

**UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES
DEPARTMENT OF GENERAL NURSING
MAIN EXAMINATION PAPER MAY 2005**

COURSE CODE	NUR 101
COURSE TITLE	NURSING FUNDAMENTALS
DURATION	2 HOURS
TOTAL MARKS	80

INSTRUCTIONS:

- **ANSWER ALL QUESTIONS.**
- **READ THE QUESTIONS THOUGHTFULLY.**
- **FIGURES IN BRACKETS INDICATE THE NUMBER OF MARKS ALLOCATED PER QUESTION OR A PART THEREOF OR A SECTION.**
- **THE PAPER IS DIVIDED INTO THREE SECTIONS: A,B AND C. FOLLOW THE INSTRUCTIONS GIVEN PER EACH SECTION.**
- **WRITE LEGIBLY**

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SECTION A

MULTIPLE CHOICE QUESTIONS

INSTRUCTION:

Select the most appropriate answer and write it in your answer book e.g. 1 = a; 2 = b;

1. The nurse demonstrates active listening by:
 - a. smiling constantly and patting the client on her/his back.
 - b. nodding to everything that the client says.
 - c. sitting back with her arms and legs crossed.
 - d. assuming a relaxed posture and leaning toward the client.

2. Which level of prevention would be utilized to minimize complications of disease or dysfunction?
 - a. Primary prevention.
 - b. Secondary prevention.
 - c. Tertiary prevention.
 - d. Illness prevention.

3. Which therapeutic communication technique is the nurse using when she says to the client, "When you mentioned that your only son had died, was this before or after moving to your new house?"
 - a. Questioning.
 - b. Paraphrasing.
 - c. Sympathizing.
 - d. Clarifying.

4. The following are external variables which influence a client's illness behaviour

EXCEPT

- a. accessibility to of health care system.
- b. Perceptions.
- c. Social group
- d. Income.

5. With tears in her eyes and a forced smile, the client responded to the nurse's greeting by saying, "I feel just fine .. don't worry about me, nurse." This type of communication is known as

- a. sign communication.
- b. non verbal communication.
- c. mega communication.
- d. meta communication.

6. Sipho, aged 5 years, has not stopped crying over his stolen BMX bicycle. Which type of loss is he experiencing?

- a. property loss..
- b. perceived loss..
- c. actual loss.
- d. Necessary loss.

7. The following are biographical data EXCEPT

- a. gender.
- b. next of kin.
- c. past medical history.
- d. religion.

8. The instrument with which blood pressure is measured is called a
 - a. sigmoidmanometer.
 - b. syringomanometer.
 - c. sphygmomanometer.
 - d. spiromanometer.

9. A body temperature reading of 38 degrees Celsius is termed
 - a. Pyremis.
 - b. Pychexia
 - c. Pyrexia.
 - d. Pyemia.

10. Which one of the following statements reflects an empathetic nurse?
 - a. Nodding her head she says, "It must feel very frustrating being in your position right now."
 - b. "Men are all the same ... mine was worse than yours."
 - c. "I think you should sue your husband for being unfaithful."
 - d. "God will fix him!"

11. A client informs you that he does not believe in God. He is classified as a/an
 - a. agnostic.
 - b. aesthetic person.
 - c. atheist.
 - d. anaesthetist

12. What is the client's blood pressure if her/his pulse pressure reading is 30 mmHg?
- a. 100/40 mmHg
 - b. 200/150mmHg
 - c. 100/60 mmHg.
 - d. 120/90 mmHg.
12. Universal precautions are practised in order to
- a. prevent health workers from contracting infection from clients.
 - b. prevent clients from contracting infection from health workers.
 - c. protect both health workers and clients from cross contaminating each other.
 - d. protect from contracting the human immune virus.
13. You are in Ward 8 and hear a baby crying. You approach the cot bed and take the baby into your arms and comfort it. Which personal zone of space will you be using?
- a. social zone of space.
 - b. intimate zone of space..
 - c. personal zone of space..
 - d. public zone of space.
14. Nosocomial infection is
- a. infection acquired by a client soon after admission into hospital.
 - b. Infection contracted through the upper respiratory tract.
 - c. more common in children's wards.
 - d. an infection which is contracted by bedridden clients only.

15. One of the following is NOT a nursing diagnosis.
- a. Potential for bedsores related to being bedridden for the next six weeks.
 - b. Pyrexia of unknown origin.
 - c. Altered sleeping pattern; sleeping only two hours per night, related to thinking persistently about her late husband.
 - d. Potential for dental caries, related to not practicing regular oral hygiene.

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SECTION B

FILL IN THE BLANK SPACES

INSTRUCTION:

Choose the correct words from the list of missing words and write them in your answer book e.g. 1 = chronic; 2 = intimate etc. NB: Nine of the provided words are not the correct answers and will be left over.

THE MISSING WORDS:

near death; intimate; risk; belief; encode; negative; social; Hindu; decode; transpersonal; wholly compensatory; spiritual; supportive educative; Islam; assessment; chronic; decode; planning; intrapersonal.

1. A ____ factor is any situation, habit, social or environmental condition physiological or psychological condition, developmental or intellectual condition or other variable that increases the vulnerability of an individual or group to an illness or accident.
2. When you shake hands with another person, you make use of the _____ zone of touch.
3. According to the self care nursing model, a client who is unconscious needs to be nursed using the _____ nursing system.
4. "I once was very sick and saw myself entering a garden that had very green and well cut grass. As I lifted my foot to stepping on the green grass, a fatherly voice told me not to do it, but instead, go back home. At that point, I woke up." This client had undergone a _____ experience.
5. Praying, meditating and praising the Lord is part of _____ personal type of communication.
6. The health _____ model purports addresses the relationship between a person's beliefs and behaviours.
7. According to the religion of _____ its members must pray five times daily.

8. Nursing diagnoses are formulated at the end of the _____ phase of the nursing process.
9. Cancer is classified as _____ illness.
10. According to the communication process model, the receiver, receives and _____ the message.

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SECTION C

GUIDED QUESTIONS.

INSTRUCTION:

Write answer in the answer booklet as directed by the questions.

Question One

After reading the scenario given below, answer the questions that follow.

Scenario

Last weekend, Mr. and Mrs. Cele took their son aged 6 years and daughter aged 3 years on a joy ride in their brand new car. At some point, Mr. Cele lost control of the car which overturned and rolled five times killing him and both children on the spot. Mrs. Cele was subsequently admitted at the Mbabane Government Hospital in the female orthopaedic ward. She sustained the following injuries: (i) torn lower lip, (ii) missing three lower jaw teeth and (iii) fractured right femur. She is on skeletal traction and therefore is bedridden until her condition improves. Since she was told what happened to the rest of her family members she is almost always in tears and has very poor appetite.

- a. List the five stages of the Kubler-Ross's stages of dying. (5)
- b. Identify in which stage Mrs. Cele is (1) and motivate your answer (1). [2]
- c. Describe any four ways in which this terrible accident impacts on Mrs. Cele' (8)
- d. Outline any three areas in which her self care is limited. (3)
- e. Based on the identified problems in answer (d), formulate one actual nursing diagnosis of this lady. (3)
- f. Identify and describe the nursing system/systems which are being utilized to promote her health. (4)

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Question Two

A client is due for routine admitting tomorrow in Ward X, where you are assigned. You shall be taking her/his health history.

- a. Outline any ten points on how you will receive and make him/her comfortable to ensure that he/she feels welcomed into the ward. (10)
- b. Identify and describe any five therapeutic communication techniques you will employ while interviewing the client in order to obtain his/her health profile. (10)

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Question Three

Effective communication and the nursing process are essential in contemporary nursing practice.

- a. State any five barriers to communication when interacting with clients in the wards. (5)
- b. Mention any three benefits to the client and any two to the nurse when the nursing process is used to care for clients. (5)