

**UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES
FINAL EXAMINATION – MAY 2005**

**TITLE OF PAPER: NURSING SCIENCE AND ARTS I
COURSE CODE : NUR 202
TIME ALLOWED: 3 HOURS
MARKS ALLOCATED: 100**

INSTRUCTIONS

- 1. ANSWER ALL FOUR QUESTIONS ON THIS PAPER.**
- 2. EACH QUESTION CARRIES 25 MARKS**
- 3. EACH CORRECT STATEMENT IS WORTH ONE (1) MARK**
- 4. QUESTION 4 IS MULTIPLE CHOICE TYPE**

Question 1

Dorothea Orem's self-care deficit model sees nursing as a way of helping people to meet their self-care needs. Answer the following questions related to this model.

- a. Define self-care requisites. (1)
- b. List five self-care requisites as outlined by Orem. (5)
- c. Explain the three nursing systems identified by Orem which determine the form that nursing care has to take. (6)
- d. Give examples of patients who can benefit from each type of nursing system. (3)
- e. A nurse has to understand that each patient has a hierarchy of needs which must be met. This hierarchy as outlined by Abraham Maslow is useful for the organization of patient care.

Question:

With the use of a pyramid, state Maslow's hierarchy of needs and give an appropriate example in each hierarchy. (10)

Question 2

A. Define the following terms:

- i. Atelectasis
- ii. Pain
- iii. Postural hypotension
- iv. Haematemesis
- v. Dyspepsia
- vi. Arteriosclerosis
- vii. Acquired Immune Deficiency Syndrome
- viii. Diarrhoea
- ix. Pneumothorax
- x. Fracture

(10)

B. State one rationale each for performing the following nursing measures.

- a. Providing humidified oxygen to a patient on oxygen therapy
- b. Performing percussion during postural drainage procedures.
- c. Utilising the aseptic technique during wound dressing.
- d. Testing the acidity of aspirated contents during nasogastric tube insertion.
- e. Performing endotracheal suction.

(5)

C. Discuss the postoperative management of a patient who has had a tonsillectomy. (10)

Total marks [25]

QUESTION 3

- a. The 30 year old son of a patient who has cardiac disease expresses concern over his own risks of developing cardiac problems. Based on your knowledge of cardiac risk factors what ten (10) questions can you ask him in order to assess the risk. State the relevance of each question to his concern. (20)
- b. Explain 5 measures to control diarrhoea. (5)

Total marks [25]

QUESTION 4

Choose the letter that corresponds to the most correct answer. In your answer book write only the letter not the whole sentence e.g 1 = A

1. The following factors can contribute to infection by the HIV except:
 - a. Engaging in unprotected sex
 - b. Sharing injection needles
 - c. Sharing eating utensils
 - d. Giving birth

2. Clubbing of the fingers is found in patients with :
 - a. Chronic hypoxia
 - b. Fractured radius and ulna
 - c. Kidney disease
 - d. Low blood pressure

3. An early manifestation of cancer of the larynx is :
 - a. Dysphagia
 - b. Foul breath
 - c. Hoarseness
 - d. Pain radiating to the ear

4. The organism causing pulmonary tuberculosis is :
 - a. Helicobacter pylori
 - b. Streptococcus
 - c. Human ImmunoDeficiency Virus
 - d. Mycobacterium tuberculosis

5. The characteristic of angina pectoris is :
 - a. Chest pain of sudden onset at rest
 - b. Chest pain that doesn't subside with rest
 - c. Chest pain following physical exertion and relieved by rest
 - d. Chest pain that is crushing and chronic

6. John, a 21 year old will not reveal that he is unemployed when the nurse takes history. To him being unemployed is an alteration in which of the basic needs ?
 - a. Safety
 - b. Love
 - c. Physiological
 - d. Esteem

7. Before a patient with cardiac disease can be given digoxin which vital sign has to be checked ?
- Respiratory rate
 - Pulse rate
 - Blood pressure
 - Heart sounds
8. A nosocomial infection is defined as an infection :
- That brings a person to the health care facility for treatment
 - Caused by *Cryptococcus nosocomium*
 - Acquired after admission to a health care facility
 - Harboured in the pharynx
9. You are nursing a patient on blood transfusion when you note that the patient is becoming restless and reports itching of the skin. The immediate action you should take is :
- Reassure the patient
 - Discontinue the transfusion and notify the doctor
 - Monitor vital signs and reassure the patient
 - Provide the patient with a fan
10. What is the best position for nursing a patient with pneumonia in order to improve breathing ?
- Lateral position
 - Semi-Fowler's position
 - Trendelenburg position
 - Recumbent position
11. The angle of the needle should be what degrees for a subcutaneous injection ?
- 15 degrees
 - 90 degrees
 - 30 degrees
 - 45 degrees
12. Which, if any, of the following diseases is considered chronic obstructive pulmonary disease ?
- Asthma
 - Emphysema
 - Neither A nor B
 - Both A and B
13. The nurse working with a patient who is haemorrhaging (bleeding) would expect:
- The stroke volume to increase
 - The heart rate to increase
 - The blood pressure to increase
 - The respiratory rate to be unaltered

14. What nursing intervention will provide comfort for the patient experiencing orthopnoea?
- Placing in upright/ high Fowler's position
 - Positioning on the left side (Sim's position)
 - Positioning in the supine position
 - Elevating the feet higher than the head

The nursing care of persons with AIDS is challenging because of the potential for any organ system to be the target of infection or cancers. Questions 15-20 refer to this syndrome.

15. The type of pneumonia mainly associated with AIDS is
- Mycobacterium avium complex
 - Legionnaire disease
 - Pneumocystis carinii pneumonia
 - Streptococcal pneumonia
16. The commonest upper gastrointestinal manifestation of AIDS is :
- Oral candidiasis
 - Nausea
 - Loss of appetite
 - Chronic diarrhoea
17. In order to maximize the patient's energy conservation and prevent excessive fatigue, the patient is advised to :
- Eat nutritious meals regularly
 - Rest adequately
 - Drink lots of fluids
 - Exercise regularly
18. To improve the appetite of this patient the nurse should :
- Advise the patient to eat small nutritious meals at regular intervals
 - Advise the patient to avoid spicy and rough foods
 - Advise the patient on oral hygiene before and after meals
 - All the above
 - B and C only
19. The stigma associated with HIV infection can be reduced by all the following except:
- Accepting the seropositive patient and treating him like any other.
 - Assisting the patient to identify and explore resources for support and positive mechanisms for coping.
 - Nursing the patient in an isolation ward.
 - Encourage patient interaction with others.

20. One of the ways of preventing hospital acquired infections for this patient is to:
- Administer pain medication
 - Putting the patient into an isolation ward
 - Maintaining aseptic technique when performing invasive procedures like injections, venipuncture and catheterization.
 - Monitoring white blood cell count.
21. Arthritis can severely restrict movement of joints. Arthritis will not restrict movement at which of the following types of joints?
- Suture
 - Ball and socket
 - Hinge
 - Gliding
22. A patient who has had a below knee amputation complains of feeling pain on the amputated foot. The nurse realizes that
- The patient is experiencing referred pain
 - The pain has phantom pain
 - The patient is making up the pain
 - The patient is insane
23. The weight at the end of a skeletal traction is designed to :
- Prevent the patient from moving the limb
 - Provide traction and facilitate bone alignment
 - Prevent callus formation
 - Reduce the patient's pain
24. The following factors enhance fracture healing except :
- Immobilization of fracture
 - Proper nutrition
 - Infection
 - Sufficient blood supply
25. The nurse should be aware that the early symptoms commonly occurring in asthma are:
- Pursed lip breathing and chest tightness
 - Cyanosis
 - Hypercapnia
 - Wheezing and cyanosis