

UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES
FINAL EXAMINATION

MAY 2007

**COURSE TITLE : ADVANCED MEDICAL/SURGICAL NURSING
SCIENCE I**

COURSE CODE : NUR 400

TIME ALLOWED : 3 HOURS

MARKS ALLOCATED: 100

INSTRUCTIONS:

- 1. PLEASE READ INSTRUCTIONS CAREFULLY**
- 2. ANSWER ALL QUESTIONS**
- 3. ALL QUESTIONS CARRY A TOTAL OF 25 MARKS**
- 4. ONE MARK IS ALLOCATED FOR ONE FACT**

238

Question 1

Multiple choice

Select the most appropriate answer for each question e.g. 1.3 – b.

1.1 What are two principal electrolytes found in intracellular fluid?

- a. Sodium and bicarbonate
- b. Chloride and calcium
- c. Potassium and phosphate
- d. Albumin and magnesium.

1.2 Which electrolyte helps regulate cardiac impulse transmission and muscle contraction?

- a. Sodium
- b. Calcium
- c. Chloride
- d. Potassium

1.3 A client shows signs isotonic fluid deficit, but his weight is stable and he does not have any obvious source of fluid loss, the most likely problem is

- a. fluid volume deficit
- b. fluid volume excess
- c. dehydration
- d. third space Syndrome

1.4 A client with heart failure has had fluid intake of 500 ml and has voided 10ml. What action should the nurse take?

- a. Insert an indwelling Catheter
- b. Continue monitoring intake and output
- c. Notify the physician
- d. Increase the clients intake

1.5 Which of the following is the first step in developing cultural competence?

- a. explore the patient explanatory model
- b. create opportunities to interact with a variety of cultural groups
- c. examine one's own cultural background, values and beliefs about health and health care
- d. learn assessment skills for different cultural groups including cultural beliefs and practice and physical.

239

1.6 According to Selye stress is defined as

- a. any stimulus that causes a response in an individual
- b. a response to an individual to environment
- c. a physical or psychological adaption to internal or external demands
- d. the results of a relationship between an individual and the environment that exceeds the individual's resources

1.7 The nurse utilizes knowledge of the effects of stress on the immune system by encouraging patients to

- a. sleep for 10 to 12 hours per day
- b. receive regular immunisation when they are stressed
- c. use emotion-focused rather than problem focused coping strategies
- d. avoid exposure to upper respiratory infections when physically

1.8 The nurse recognizes that a person who is subjected to chronic stress and/ or daily hassles could be at high risk

- a. osteoporosis
- b. colds and flu
- c. low blood pressure
- d. high serum cholesterol

1.9 The nurse recognizes that a patient with newly diagnosed cancer of the breast is using an emotion-focused coping process when she

- a. joins a support group for when with breast cancer
- b. considers the pros ad cons of the various treatment options
- c. delays treatment until he family can take a weekend trip together
- d. tells the nurse that she has a good prognosis because the tumour is small

1.10 During assessment, the nurse recognizes that a patient is more likely to have a greater response when stressed when the patient

- a. feels that the situation directing his life
- b. sees the situation as a challenged to be addressed
- c. has a clear understanding of his values and goals
- d. uses more problem-focused than emotion-focused coping strategies

240

1.11 An appropriate nursing intervention for a patient who has a nursing diagnosis of ineffective coping related to inadequate psychologic resources is

- a. controlling the environment to prevent sensory overload and promote sleep
- b. encouraging the patient's family to offer emotional support by frequent visiting
- c. arranging for the patient to phone family and friends to maintain emotional bonds
- d. asking the patient to describe previous stressful situations and how she manages to resolve them

1.12 During assessment of a patient with obstructive jaundice the nurse would expect to find

- a. clay-colored stools
- b. dark urine and stools
- c. pyrexia and severe pruritus
- d. elevated urinary urobilinogen

1.13 A patient with hepatitis A is in the prodromal (pre-icteric) phase. The nurse plans care for the patient based on the knowledge that

- a. pruritus is a common problem with jaundice in this phase
- b. the patient is most likely to transmit the disease during this phase
- c. gastrointestinal symptoms are not as severe in hepatitis A as they are in hepatitis B.
- d. extrahepatic manifestations of glomerulonephritis and polyarteritis are common in this phase.

1.14 A patient with hepatitis B is being discharged in 2 days. The nurse includes in the discharge teaching plan instructions to

- a. avoid alcohol for 3 weeks
- b. use a condom during sexual intercourse
- c. have family members get an injection of immunoglobulin
- d. follow a low-protein, moderate-carbohydrate, moderate-fat diet

241

1.15 The patient with advanced cirrhosis asks the nurse why his abdomen is swollen. The nurse's response to the patient is based on the knowledge that

- a. a lack of clotting factors promotes the collection of blood in the abdominal cavity.
- b. portal hypertension and hypoalbuminemia cause a fluid shift into the peritoneal space.
- c. decreased peristalsis in the GI tract contributes to gas formation and distention of his bowel.
- d. bile salts in the blood irritate the peritoneal membrane, causing edema and pocketing of fluid.

1.16 When caring for a patient with hepatic encephalopathy, the nurse may give enemas, provide a low-protein diet, and limit physical activity. These measures are done to

- a. promote fluid loss
- b. decrease portal pressure
- c. eliminate potassium ions
- d. decrease the production of ammonia

1.17 In planning care for a patient with metastatic cancer of the liver, the nurse includes interventions that

- a. focus primarily on symptomatic and comfort measures.
- b. reassure the patient that chemotherapy offers a good prognosis for recovery
- c. promote the patient's confidence that surgical excision of the tumour will be successful
- d. provide information necessary for the patient to make decisions regarding liver transplantation.

1.18 Which of the following is the most likely to be used to describe neuropathic pain?

- a. Dull
- b. Mild
- c. Aching
- d. Burning

1.19 Unrelieved pain is

242

- a. to be expected after minor surgery
- b. to be expected in a person with cancer
- c. dangerous and can lead to many physical and psychologic complications
- d. an annoying sensation, but it is not important as other physical care needs

1.20 During the initial pain assessment process, the nurse should

- a. assess critical sensory components
- b. teach the about the pain therapies
- c. conduct a comprehensive pain assessment
- d. provide appropriate treatment and evaluate its effect

1.21 An example of distraction to provide pain relief is

- a. counting to 1000
- b. music
- c. exercise
- d. biofeedback

1.22 Pain is best described as

- a. a creation of a person imagination
- b. an unpleasant, subjective experience
- c. a maladaptive response to stimulus
- d. a neurological event resulting from activation of nociceptors

1.23 An important nursing responsibility related to pain is to

- a. leave the patient alone to rest
- b. help the patient appear to not be in pain
- c. believe what the patient says about the pain
- d. assume responsibility for eliminating the patients pain

1.24 A neurotransmitter known for its involvement in pain modulation is

- a. dopamine
- b. acetylcholine
- c. prostaglandin
- d. norepinephrine

243

1.25 A nurse believes that patients with the same type of tissue injury should have the same amount of pain. This statement reflects

- a. A belief that will contribute to appropriate pain management
- b. An accurate statement about pain mechanisms and an expected goal of pain therapy
- c. A premise that the nurse's belief will have no effect on the type of care provided to people in pain
- d. The nurse's lack of knowledge about pain mechanisms, which is likely to contribute to poor pain management.

Question 2

A 30year old woman has been told she is HIV positive. Advise her on her worries about the following:

- a) What are her losses and family concerns? (5)
- b) How can this family be helped? (10)
- c) What can she do in order not to develop AIDS? (10)

Total marks 25

Question 3

a) In fluid volume deficit, the desired outcome is return of normal levels of body fluid. Describe three indicators of adequate fluid volume.
(7)

b) The following diseases may develop complications like fluids and electrolytes imbalances,
Discuss the imbalances and how you would manage them.

- I. Diabetes mellitus (6)
- II. Diarrhoea (6)
- III. Congestive heart failure (6)

Total marks 25

244

Question 4

Presently Swaziland has the highest HIV prevalence in the world.

- a) What tests could be done to confirm the diagnosis of AIDS. (5)
- b) Describe how you would manage the following opportunistic infections related to AIDS:
- i. Fungal infections (oral and skin) (10)
 - ii. Pulmonary Tuberculosis (10)

Total Marks 25

245