

**UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES
MBABANE**

**SEMESTER 1
FINAL EXAMINATION
DECEMBER 2008**

COURSE TITLE: THEORETICAL BASIS OF NURSING I

COURSE CODE: NUR 507

TIME ALLOWED: TWO HOURS

TOTAL MARKS: 75

TOTAL NO. OF PAGES: 7

EXAMINER: DR. M.D. MATHUNJWA

- INSTRUCTIONS:**
- 1. ANSWER ALL QUESTIONS**
 - 2. QUESTION ONE CARRIES 30 MARKS**
 - 3. QUESTION TWO CARRIES 20 MARKS**
 - 4. QUESTION THREE CARRIES 25 MARKS**
 - 5. ONE MARK ALLOCATED FOR EACH CORRECT FACT UNLESS OTHERWISE INDICATED.**

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MULTIPLE CHOICE QUESTIONS
CHOOSE THE MOST CORRECT ANSWER

QUESTION 1

1. Dorothea Orem's Self Care Deficit Theory of nursing is composed of:
 - a) Self care, self care agency and universal self care.
 - b) Self-care, self-care deficit and nursing systems.
 - c) Maintenance of sufficient intake of fresh air.
 - d) Basic conditioning factors and therapeutic self-care.

2. According to this theorist a person is an open system seeking balance and harmony; a composite of physiologic, psychological, socio-cultural and developmental variables viewed as a whole.
 - a) Watson, Jean
 - b) Neuman, Betty
 - c) Roy, Callista
 - d) Orem, Dorothea

3. This theorist's model suggests various primary, secondary and tertiary prevention nursing activities to reduce stress factors and strengthen the person's resistance.
 - a) Virginia Henderson
 - b) Callista Roy
 - c) Betty Neuman
 - d) Dorothea Orem

4. Human beings according to Orem are distinguished from other things by their capacity to:
 - i) Reflect upon themselves
 - ii) Function physically, psychologically and interpersonally
 - iii) Symbolize what they experience
 - iv) Use symbolic creations
 - a) i and ii
 - b) i and iv
 - c) i, ii and iv
 - d) All of the above

5. This theorist model included health of houses, light, noise and personal cleanliness
 - a) Dorothea Orem
 - b) Florence Nightingale
 - c) Jean Watson
 - d) Betty Neuman

6. According to this theorist a humanistic altruistic value system involves, the capacity to view humanity with love and appreciate diversity and individuality:
 - a) Virginia Henderson
 - b) Dorothea Orem
 - c) Jean Watson
 - d) Callista Roy

7. The following theorist can be classified under the needs / problem oriented category
- Betty Neuman
 - Margaret Newman
 - Imogene King
 - Jean Watson
8. Nursing is considered a practice discipline. The main difference between this and a research/theory discipline is:
- Nursing uses theory and research to understand its focus
 - Nursing is not considered a practice discipline, and therefore does not utilise research
 - Non practice disciplines do not use theory in development of their focus.
 - Non-practice disciplines have a central focus of performance of a professional role.
9. According to this theorist, disease, pathology and health are value terms, hence health was not addressed in her theory
- Dorothea Orem
 - Florence Nightingale
 - Martha Rogers
 - Virginia Henderson
10. A major strength of this theorist's work is that she specifically defines when nursing is needed
- Florence Nightingale
 - Betty Neuman
 - Callista Roy
 - Dorothea Orem
11. According to this theorist nursing is a science of humanity- the study of irreducible human beings and their environment.
- Martha Rogers
 - Betty Neuman
 - Jean Watson
 - Virginia Henderson
12. Which statement would the nurse include in a report on Jean Watson's theory on human caring?
- There are ten adaptive mechanisms commonly used by clients
 - There are five environmental factors related to client care.
 - There are ten carative factors related to human care
 - There should be guidelines for including the family to client care
13. According to this theorist an environment is all conditions, circumstances and influences that surround and affect the development and behaviour of humans as an adaptive system with a particular consideration of persons and other resources.
- Florence Nightingale
 - Callista Roy
 - Dorothea Orem
 - Martha Rogers

14. This theorist describes a person as an open system seeking balance and harmony; a composite of the physiologic, psychologic socio-cultural and developmental variables.

- a) Jean Watson
- b) Martha Rogers
- c) Betty Human
- d) Callista Roy

15. This theorist proposed 14 components of basic nursing care to augment her definition of nursing

- a) Florence Nightingale
- b) Betty Neuman
- c) Virginia Henderson
- d) Ernestine Weidenbach

16. Nursing theories have many purposes and uses. Among others they:

- i) Predict outcomes of nursing care
- ii) Contribute to increasing the general body of knowledge of professional nursing practice
- iii) Describe and / or explain phenomena in nursing
- iv) Guide nurses in the improvement of their practice
- v) Form the basis for a testable hypothesis

- a) i, ii, iii, iv, v
- b) i, ii, iii, v
- c) ii, iii, iv, v,
- d) ii, iv, v,
- e) i, iii

17. Concepts are viewed as:

- i) Words that describe objects, properties or events.
- ii) The basic components of a theory
- iii) Abstract images that can be interpreted differently
- iv) Deductible or abstract symbols of the real life
- v) Interpretation influenced by previous learning experiences

- a) i, ii, iii, iv, v
- b) i, ii, iv, v
- c) ii, iii, iv, v
- d) i, iv, v
- e) i, ii

18. Theorists have different opinions about the four concepts in the nursing meta-paradigm. Florence Nightingale understands the concept "individual" as:

- i) Having the capacity to reflect upon self and the environment
- ii) Being affected by the environment and by the nurse who influences the health of the

individual

- iii) Having basis needs that are reflected in the fourteen components of basic nursing care
 - iv) Having the ability to repel disease by means of vital reparative powers
 - v) A complex being to be viewed holistically
- a) i, ii, iii, iv, v
 - b) ii, iv, v
 - c) i, iii, iv
 - d) ii, iv
 - e) i, iii
19. In the application of Dorothea Orem's theory on the nursing process, the nursing diagnosis is based on the self-care deficits that can be identified in a patient. These self-care deficits can:
- i) Originate from universal or development of self-care requisites
 - ii) Be influenced by age and life experience
 - iii) Be influenced by the availability of resources in the environment
 - iv) Be used as a basis for decision making with regard to the choice of a nursing system
 - v) Be viewed as the difference between self-care needs and self-care capabilities
- a) i, iii
 - b) i, ii, v
 - c) ii, iii, iv
 - d) ii, iii, iv, v
 - e) i, ii, iii, iv, v
20. According to this theorist nursing structure is derived from actions deliberately selected and performed by nurses to help individuals or groups under their care to maintain or change conditions in themselves or their environment
- a) Florence Nightingale
 - b) Virginia Henderson
 - c) Dorothea Orem
 - d) Martha Rogers
21. According to this theorist a person's mind and emotions are windows to the soul.
- a) Betty Neuman
 - b) Martha Rogers
 - c) Callista Roy
 - d) Jean Watson
22. Environment is seen as a central concept in that it constantly interacts with the individual, providing matter, energy and information to the individual stimuli originate in the environment.
- a) Florence Nightingale
 - b) Martha Rogers

- c) Callista Roy
 - d) Jean Watson
23. Health is viewed as a state of wholeness or integrity of the individual and universal self-care is the bases for optimal functioning in six areas
- a) Martha Rogers
 - b) Dorothea Orem
 - c) Florence Nightingale
 - d) Virginia Henderson
23. Implies a world view or ideology, a medium within which the theory, knowledge and process for knowing find meaning and coherence and are expressed.
- a) Philosophy
 - b) Conceptual framework
 - c) Paradigm
 - d) Concept
25. Is a way of defining or describing something, assisting with analysis of systems, specifying relationships and processes and representing situations in symbolic terms that may be manipulated to derive predictions
- a) Nursing theory
 - b) Conceptual framework
 - c) Model
 - d) Assumption
26. A set of interrelated constructs and propositions that represent a systematic view or phenomena.
- a) Assumption
 - b) Concept
 - c) Theory
 - d) Paradigm
27. Is a category or class of objects which represents either an abstract version of the real world or a concrete idea.
- a) Phenomenon
 - b) Paradigm
 - c) Concept
 - d) Theory
28. Is a group of concepts plus a set of propositions which spells out the relationship between those concepts.
- a) Conceptual frame work
 - b) Theory
 - c) Science
 - d) Philosophy

29. According to Meleis which theories attempt to describe the “what” of nursing.
- a) Growth and development theories
 - b) Those based on nursing outcomes
 - c) Those based on needs
 - d) Those based on interaction
30. A set of beliefs that are acquired or interpreted throughout the life time of experiences with reality.
- a) Paradigm
 - b) Meta-paradigm
 - c) Philosophy
 - d) Model

QUESTION 2

The system theory – Roy’s adaptation model views an individual as receiving input or stimuli from the self and the environment.

- a) Describe the four responses to stimuli in this model where the person is seen as an adaptive system. 12 marks
- b) Differentiate between descriptive and prescriptive theories. 8 marks

Total 20 marks

QUESTION 3

a) Describe Orem’s three nursing systems.

- i) Wholly compensatory
- ii) Partly compensatory
- iii) Supportive educative

Give examples of a person / client needing care in each situation. 12 marks

b) Using the criteria for evaluating nursing theory in George (textbook) discuss how Orem’s framework may be considered as a framework. 7 marks

c) When analysing the different conceptual models of nursing, it is found that they all contain four elements (health, nursing, person and environment).

Describe these elements according to Betty Neuman’s system model.

6 marks

Total 25 marks

TOTAL MARKS 75