

UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES
MAIN EXAMINATION DECEMBER 2012

COURSE CODE : NUR 316
COURSE TITLE : ASPECTS OF COMMUNITY HEALTH NURSING 1
TOTAL MARKS : SEVENTY-FIVE (75)
DURATION : TWO (2) HOURS

INSTRUCTIONS:

1. THE PAPER HAS THREE QUESTIONS
2. ANSWER ALL THREE QUESTIONS
3. INSTRUCTIONS ARE GIVEN AS PER QUESTION.
4. HANDWRITING MUST BE LEGIBLE.
5. FIGURES IN BRACKETS INDICATE MARKS ALLOCATED PER QUESTION OR A PART OF THE QUESTION.

DO NOT OPEN THE EXAMINATION PAPER UNTIL PERMISSION IS GIVEN BY THE INVIGILATOR

Question One

INSTRUCTION

Read the given scenario first and then answer the questions that follow.

Scenario

Fikile Sithole is 25 years old, single and has three children aged between 13 months and 4 years. Her highest level of education is form one. She works in one of the textile factories in Matsapha from Monday through Friday each week and earns E650 – 00 per fortnight. She and her three children live in a rented room (*umcasho*). Fikile has come to the clinic today to start antenatal care. Her last menstrual period was between 26th and 30th July 2012. At some point while talking with Fikile, she exclaimed “*Oh Nurse, life has become a struggle and I just cannot make ends meet*”. [Calendar is attached at the back]

- 1.1 Name the type of family depicted in the afore-mentioned scenario. (1)
- 1.2 Discuss any three reasons that may have prompted Fikile to utter the statement ‘*Oh Nurse, life has become a struggle and I just cannot make ends meet.*’ (2x3=6)
- 1.3 Calculate Fikile’s estimated date of delivery. (1/2x4=2)
- 1.4 Write down the trimester in which the pregnancy is. (1)
- 1.5 Identify which family planning method that you would recommend for her (2)
Motivate your answer (1) [3]

You inform Fikile that you would like to conduct a home visit and she agrees.

- 1.6 Write down any two objectives for carrying out the initial home visit at Fikile’s place of residence. (1x2=2)
- 1.7 Discuss any five ways both you and Fikile will benefit from any subsequent home visits. (2x5=10)

[25 points]

Question Two

INSTRUCTION

Read the given scenario first and then answer the questions that follow.

Having obtained data through interviewing Ntombikayise Mlotsa whose chief complaint is persistent headaches, aches and pains on her back and chest and generally feeling low, you inform her of the need to perform a head-to-toe examination on her as part of data gathering. She hesitates to undress but eventually does. You notice that she has strange marks all over her back and thighs. When you ask what the marks are and how she obtained them, she bursts into tears. Eventually she admits that her partner is responsible for the marks. You assume that this is a case of gender-based violence (GBV).

- 2.1 Describe any two perspectives that may be used to explain GBV. (2x2=4)
- 2.3 Briefly describe each of the three phases of the cycle of violence (1x3)
- 2.3 Discuss any three reasons why the client is being subjected to such inhumane treatment by her partner. (2x3=6)

- 2.4 Describe any three ways through which the partner's behaviour may affect the family. (2x3=6)
- 2.5 Make three suggestions about the community health nurse would seek to eliminate GBV in the community she was deployed. (2x3=6)

[25 points]

Question Three

INSTRUCTIONS:

1. Each multiple choice question carries one mark.
2. Using **UPPER CASE** write the correct answers in your booklet as per examples below:
 - 1.1 = D
 - 1.2 = A

- 3.1 In accordance with the primary health care (PHC) strategy, family planning is a
 - a. human right.
 - b. birth right.
 - c. woman's right.
 - d. family right.

- 3.2 The correct dose of nuroxisterate enanthate (NET-EN) is
 - a. 150 mg/2ml.
 - b. 200ml/mg.
 - c. 150mg/mg.
 - d. 200mg/2ml.

- 3.3 Antiretroviral therapy (ART) is initiated in a pregnant woman who is HIV positive at
 - a. 28 weeks.
 - b. 18 weeks.
 - c. 14 weeks.
 - d. 12 weeks.

- 3.4 The following are non contraceptive benefits of natural family planning methods EXCEPT
 - a. protection against pelvic inflammatory diseases.
 - b. galactorrhoea.
 - c. non systemic.
 - d. self-control.

- 3.5 A pregnant woman who is HIV positive must not be administered with the drug
 - a. nevirapine
 - b. albendazole.
 - c. folic acid.
 - d. tetanus toxoid.

- 3.6 Unless the depth of the uterine cavity is ___ cm or more, an intra uterine device may NOT be inserted.
- 4.5 cm.
 - 5.5 cm.
 - 6.5 cm.
 - 7.5 cm.
- 3.7 The post partum woman who is initiated on microval must remember to switch on to another family planning (FP) method once the infant is ___ weeks old.
- eight
 - sixteen
 - twenty-four
 - thirty-two
- 3.8 The reason for the answer you have given in 3.7 is because
- weaning of the infant will have started.
 - the mother may be breast feeding the infant infrequently.
 - the mechanism of action of microval will be affected.
 - all the above.
- 3.9 Which of the following women of childbearing age will NOT be at high risk should she conceive. The
- 19 year-old university student.
 - 49 year old widow.
 - 39 year old crèche manager.
 - 59 year old farmer's wife.
- 3.10 The first day of the menstrual cycle is counted from the
- last day of menstruation.
 - first day of menstruation.
 - middle of the menstrual flow.
 - day of ovulation.
- 3.11 The ___ gland plays a pivotal role regulating the menstrual cycle.
- anterior lobe of the pituitary
 - posterior lobe of the pituitary
 - hypothalamus
 - thalamus gland
- 3.12 The ___ family planning method has a relatively low Pearl index.
- male condom
 - copper-T
 - injectable (nuristerate enanthate)
 - combined oral pill (ovral)
- 3.13 Within the context of prevention of mother-to-child transmission (PMTCT), strategy

or prong ____ addresses in particular pregnant women who have tested HIV positive.

- a. one
- b. two
- c. three
- d. four

3.14 A packet of microval tablets contains ____ contraceptive tablets.

- a. 28
- b. 30
- c. 21
- d. 35

3.15 Which one of the immediate post operative instructions to a man who has had vasectomy is INCORRECT.

- a. The man must wear a scrotal support.
- b. The man must self-administer analgesia as prescribed.
- c. The man must decide when to resume sexual intimacy.
- d. The man must take at least two baths each day.

3.16 A pregnant woman who has ____ needs to be monitored closely in hospital

- a. glycosuria, elevated blood pressure and pitting oedema of the lower limbs
- b. glycosuria, elevated blood pressure and pitting oedema of the face
- c. albumenuria, elevated blood pressure and pitting oedema of the lower limbs
- d. albumenuria, elevated blood pressure and pitting oedema of the face

3.17 One of the following is NOT a non contraceptive benefit of the male condom method.

- a. Relief of dyspareunia
- b. Relief of dysmenorrhoea
- c. Prevention of sexually transmitted infections
- d. Prevention from allergic reaction to sperm

3.18 A pregnant woman who has tested positive to HIV will require to have the test ____ prior to starting on ART.

- a. liver function test
- b. viral load
- c. CD4 count
- d. blood group and Rhesus factor

3.19 The most appropriate timing for administering tetanus toxoid (TT) in a pregnant woman is the

- a. second trimester.
- b. first trimester.
- c. third trimester.
- d. all the above.

3.20 Within the context of family planning methods, the acronym ACHES is associated with ____.

- a. nurosterate enanthate
- b. combined oral contraception
- c. intra uterine contraceptive devices
- d. vasectomy

3.21 The effectiveness of Cu-T 250 lasts approximately

- a. 1 - 2 years.
- b. 2 - 3 years.
- c. 3 - 4 years.
- d. 4 - 5 years.

3.22 A packet of COC whose eostrogen and progesterone contents are 350micrograms and 0.01mg, respectively, is classified under

- a. standard dose combined oral pill.
- b. high dose combined oral pill.
- c. low dose combined oral pill.
- d. mixed dose pill.

3.23 Which one of the following is associated with gender-based violence?

- a. poverty.
- b. patriarchy.
- c. education.
- d. all the above.

3.24 One of the following is a contra indication to using COC.

- a. Haemorrhoids
- b. Frequency of micturition
- c. Fever
- d. Chills.

3.25 If a woman forgets to swallow her Lo Femenal tablet the night before, she ought to

- a. swallow it as soon as she remembers it the next morning and then use a back-up method for the rest of the month.
- b. swallow it as soon as she remembers it the next morning and do not use a back-up at all.
- c. swallow it as soon as she remembers it the next morning and then abstain for the rest of the month.
- d. none of the above.

[25 points]