

**UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES
DEPARTMENT OF GENERAL NURSING**

FINAL EXAMINATION, DECEMBER 2013

COURSE TITLE: ADULT MEDICAL-SURGICAL NURSING I

COURSE CODE: GNS 211

TIME ALLOCATED: TWO (2) HOURS

MARKS ALLOCATED: 75

THERE ARE SEVEN (7) PRINTED PAGES EXCLUDING COVER PAGE

INSTRUCTION:

- **ANSWER ALL QUESTIONS**
- **THERE ARE 2 SETIONS, A AND B:**
 - **SECTION A: OBJECTIVE QUESTIONS WORTH 35 MARKS**
 - **SECTION B: SHORT ESSAY QUESTIONS WORTH 40 MARKS**

DO NOT OPEN THIS QUESTION PAPER UNTIL YOU ARE TOLD TO DO SO BY THE INVIGILATOR

SECTION A: OBJECTIVE QUESTIONS (35 MARKS)

For each question/statement, choose the most appropriate response and write in your answer booklet the corresponding letter only, in **capital letters**, e.g. 36. B. Each correct response carries 1 mark.

1. Self-care agency in Orem's theory refers to _____.
 - A. The difference between what a client needs and what he can do for himself
 - B. The ability of a client to do activities for himself/herself
 - C. A person or institution responsible for providing self care
 - D. The inability of a client to do activities for himself/herself

2. Which of the following is part of the body's specific immunity?
 - A. The inflammatory response
 - B. Phagocytes
 - C. B lymphocytes
 - D. B and C

3. At what stage does the pre-operative phase of the surgical experience start?
 - A. From the time the client is put to sleep, ready for the procedure.
 - B. About 8 hours before the procedure
 - C. From the time when the client is admitted specifically for the procedure
 - D. From the moment the surgery is prescribed

Scenario: A client has been complaining of recurrent superficial pain on the medial aspect of his left upper limb. On assessment you don't seem to find any problem on the arm. Questions 4 and 5 refer to this scenario

4. Which of the following could be a reasonable conclusion from a medical-surgical nursing perspective?
 - A. The client may have a heart problem
 - B. The client will develop skin problems on that arm later in life
 - C. Either the client often has some confusion or is an attention seeker.
 - D. None of the above

5. Which of the following may be the best nursing intervention to this client?
- A. Give pain killers to go and take at home
 - B. Refer to a counsellor or psychologist for psychosocial support
 - C. Refer to a doctor for further investigation
 - D. Explain to the client that he has no problem and that he should come back again if the problem continues.
6. Risk factors for development of opportunistic infection in an HIV infected person include _____.
- A. Poor hygiene
 - B. Excessive use of antibiotics
 - C. Stress
 - D. All of the above
7. Which of the following can be a substitute for Zidovudine in an ARV regimen?
- A. Tenofovir
 - B. Cotrimoxazole
 - C. Nevirapine
 - D. Lopinavir

Situation: A 21 year old client came presenting with headache, localised on the forehead. Your history taking revealed that he has been having a running nose and nasal congestion typical of common cold for the past 5 days. On examination you note that his mucous membranes are dry and the skin turgor is poor. Based on this situation, answer questions 8-10 below.

8. How would you explain the headache?
- A. The infectious agent from the nose has now infected the cerebral cortex
 - B. The infectious agent from the nose has now infected the paranasal air sinuses
 - C. The headache is referred pain from the nose.
 - D. The client is likely to be thinking too much, leading to a headache

9. The dry mucous membranes are an indication that _____.
- A. The virus which causes common cold infects mucous membranes only.
 - B. The client has lost significant amount of fluids due to the infection
 - C. Common cold is associated with opportunistic infections of the skin and mucous membranes
 - D. A and B
10. Which of the following could be the best nursing management of this client?
- A. Advocate for a brain scan
 - B. Advocate for admission and infusion of intravenous fluids
 - C. Explain to the client that there is no need for treatment because flue is self-limiting and incurable.
 - D. Administer pain killers and advise client to take a lot of fluids
11. Which of the following is correct about tuberculosis (TB) and/or its treatment?
- A. When the TB bacteria infects other organs beyond the lungs, it becomes known as drug resistant TB
 - B. When the TB bacteria becomes drug-resistant, treatment would now require a combination of four drugs, given over a four months period
 - C. Some people can live for months or years with the TB bacteria but without showing signs and symptoms.
 - D. Only people with HIV suffer from TB
12. Which of the following respiratory tract disorders may necessitate performing a tracheostomy?
- A. Rib fracture
 - B. Laryngeal cancer
 - C. Lung cancer
 - D. Chronic obstructive pulmonary diseases
13. How does splinting of the chest help alleviate pleuritic pain? Splinting _____
- A. stimulates mechanoreceptors, thereby distracting nociception

- B. minimises chest movements, thereby reducing friction between visceral and parietal pleura
 - C. blocks intercostals nerves, thereby preventing them from transmitting pain
 - D. allows the draining of fluids from the pleural space, thereby alleviate pressure and pain
14. Which of the following needle sizes would be most appropriate for injecting a 5 year old child intramuscularly, where "G" stands for "gauge"?
- A. 5 G
 - B. 16 G
 - C. 23 G
 - D. 29 G
15. Which of the following statements is correct about a non-septic wound and its dressing?
- A. The outer margins are considered to be cleaner that the inner or central part.
 - B. Cleaning should be from the outside to the inside
 - C. Cleaning may be done with normal saline
 - D. All of the above
16. Which of the following respiratory disorders qualifies to be called a Chronic Obstructive Pulmonary Diseases (COPD)?
- A. Lung cancer
 - B. Emphysema
 - C. Laryngeal cancer
 - D. All of the above
17. Arterial blood gases are usually measured to diagnose _____.
- A. Tuberculosis
 - B. Impaired liver functions
 - C. Arteriosclerosis
 - D. Chronic Obstructive Pulmonary Diseases

18. Who, among the following people would usually need oxygen therapy? One with

_____.

- A. Congestive heart failure
- B. Vertebral dislocation at the level of the thorax
- C. Renal failure
- D. None of the above

19. Hypertension is often referred to as a “silent killer” because

_____.

- A. It leads to comma before one dies.
- B. It can cause stroke and loss of speech
- C. One may die without symptoms
- D. It progresses slowly and over a long time

20. Following an abdominal surgery, when are the sutures usually removed?

- A. When there is no more bleeding
- B. About 7 to 10 days post-operatively
- C. Only upon discharge from the hospital
- D. About a month post-operatively

Instruction: Match each of the following disease conditions in column A with the corresponding description in column B:

COLUMN A: DISEASE	COLUMN B: DESCRIPTION
21. Tuberculosis	A. It is usually associated with prolonged immobility or bed rest.
22. Atherosclerosis	B. It has no treatment
23. Candidiasis	C. It is a blood borne infectious disease
24. Hypertension	D. It affects children only
25. Elephantiasis	E. It usually shows no signs and symptoms
26. Angina pectoris	F. It involves death of a portion of the heart muscle
27. Deep vein thrombosis	G. It results from accumulation of fats on walls of blood vessels
28. Myocardial infarction	H. It is an opportunistic infection
29. Pneumostatic pneumonia	I. It is characterised by insufficient oxygen supply to a portion of the heart muscle
30. HIV and AIDS	J. It usually manifest as swelling of the lower extremities

State whether each of the following statements is true (T) or false (F) and write the corresponding letter only on the answer sheet provided.

31. According to Orem's Self Care Theory, a physically fit client does not need any nursing care.
32. Any respiratory disease can easily be transmitted from one person to another through coughing.
33. Oxygen therapy may be toxic to a client
34. Scrubbed hands are sterile
35. After scrubbing, the finger tips are considered to be the cleanest part of the hands.

SECTION B: SHORT ESSAY QUESTIONS (40 MARKS)

1. Give a brief explanation to each of the following observations:
 - (a) Steam inhalation can alleviate nasal congestion in a client with common cold. [2]
 - (b) It takes years for an HIV infected person to develop AIDS [1]
2. Outline any 4 indicators that you would use to ascertain whether a pack from the Central Sterile Supply Department (CSSD) is still sterile and safe for use or not. [4]
3. Identify any 4 possible complications which may arise from tracheostomy care or suctioning. For each, give a possible nursing intervention that can be done, or a measure that can be taken, to prevent the complication. [8]
4. Outline with rationales, any 4 issues which you will discuss in the health education of a client who has just been diagnosed with TB. [4]
5. Following a heated argument, John was stabbed with a big screw driver on the third left intercostals space along the mid-clavicular line. When he was brought to the hospital, the screw driver was still in, with only the handle seen on the surface of the chest. Discuss the management of this client in order to save his life. [6]

6. A 55 year old female client came to the outpatients department presenting with chest pains, dyspnoea and swollen legs. Review of her past medical history revealed that she has been admitted several times for anaemia. Based on this scenario, answer the following questions:

(a) What medical condition is this client likely to be suffering from? Justify your answer.

[2]

(b) State any two (2) further investigations which you may advocate for as necessary to this client.

[1]

(c) Develop a nursing care plan for this client based on any three (3) possible nursing diagnoses of your choice

[12]