

UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES
DEPARTMENT OF GENERAL NURSING

MAIN EXAMINATION, MAY 2015

COURSE TITLE: ADULT MEDICAL-SURGICAL NURSING II

COURSE CODE: GNS 217

TIME ALLOCATED: TWO (2) HOURS

MARKS ALLOCATED: 75

THERE ARE SEVEN (7) PRINTED PAGES EXCLUDING COVER PAGE

INSTRUCTION:

- **ANSWER ALL QUESTIONS**
- **THERE ARE 2 SECTIONS, 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 (30 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. 31. B. Each correct response carries 1 mark.

1. Which of the following best describes fluid and electrolyte status during fluid shift?
 - A. The net body water composition remains the same
 - B. The net intracellular fluid volume is depleted
 - C. The net extracellular fluid volume is depleted
 - D. The intracellular fluid volume decreases while the extracellular fluid volume increases

2. In order to diagnose a joint related disorder for a client, a specimen of synovial fluid was aspirated for laboratory tests. Apparently no abnormality was found. Among other findings, which of the following could be true?
 - A. Neither sodium nor potassium will be found in this specimen
 - B. There will be a higher concentration of sodium than potassium
 - C. There will be a higher concentration of potassium than sodium
 - D. The levels of sodium and potassium will be the same

3. An ill looking female client with sunken eyes and poor skin turgor has the following lab results among others: Na⁺: 165 mmol/L, K⁺ 4.0 mmol/L. Which of the following can be the best IV fluid to administer to this client?
 - A. 0.45% normal saline
 - B. 3% normal saline
 - C. 5% dextrose
 - D. Ringer lactate

4. Nursing management of a client with oral candidiasis includes all of the following EXCEPT _____.
 - (i). Administration of antibiotics
 - (ii). Diet rich in proteins and vitamins
 - (iii). Strictly parenteral nutrition only
 - (iv). Analgesics

- A. i, ii and iv.
- B. i and iii
- C. ii and iv
- D. i, ii, and iii.

5. Which of the following factors activates the Renin Angiotensin Aldosterone System?

- (i). Hypertension
- (ii). Hypotension
- (iii). Plasma hyperosmolarity
- (iv). Plasma hypoosmolarity

- A. ii and iv.
- B. i and iii
- C. ii only
- D. i, ii, iii and iv.

6. Gastroesophageal reflux disease is a result of weakness in the _____ sphincter

- A. Cardiac
- B. Pyloric
- C. Upper oesophageal
- D. Duodenal

7. One of the main causes of gastric ulcers is *Helicobacter pylori* infection. Which of the following diagnostic tests can be used to detect the presence of *H. Pylori* as a cause of gastric ulcers

- (i). Breath test
- (ii). Endoscopy
- (iii). Biopsy for analysis
- (iv). Litmus paper

- A. ii only
- B. i and iii
- C. ii and iv
- D. i, ii, and iii.

8. Which of the following condition may result in peptic ulcers

- (i). A pH of 5 in the stomach
- (ii). A pH of 5 in the duodenum
- (iii). A blockade of the common bile duct
- (iv). A pH of 1 in the stomach

- A. i, iii and iv.
 - B. i and iii
 - C. ii and iv
 - D. ii, iii, and iv.
9. Peter has been a smoker for years, until recently when he started feeling unwell. He was eventually diagnosed of advanced liver cirrhosis with multiple associated manifestations. The following are possible clinical manifestations which Peter may present with.
- (i). Stomatitis
 - (ii). Black tarry stool
 - (iii). Generalised oedema
 - (iv). Cancer of the colon
- A. iii only
 - B. i, ii and iii
 - C. ii and iii
 - D. i, ii, iii, and iv.
10. Which of the following is a correct characteristic of gastric ulcers?
- (i). The pain can be worsened by eating food
 - (ii). The pain can be alleviated by eating food
 - (iii). The pain can be referred to the back
 - (iv). The ulcers may be cured by antibiotics
- A. iii only
 - B. i, ii and iii
 - C. ii and iv
 - D. i, ii, iii, and iv.
11. One of the major clinical manifestations of bone tumours is _____.
- A. Hypercalcaemia
 - B. Hypokalaemia
 - C. Nausea and vomiting
 - D. Excessive bleeding
12. A 65 year old woman has been diagnosed of osteoporosis. Which of the following would be the best health education to this client?
- A. To avoid eating red meat
 - B. To eat foods rich in vitamin D and calcium
 - C. To avoid any form of exercise to prevent fractures
 - D. To adhere to the antibiotics prescribed for the condition

13. To a client who is complaining of joint pain, the following can be possible diagnoses EXCEPT _____.
- A. Osteoarthritis
 - B. Rheumatoid arthritis
 - C. Osteomyelitis
 - D. None of the above
14. A client reports that after a bowel action, he remains with a feeling of incomplete bowel evacuation. Which of the following could the client be possibly suffering from?
- A. Cancer of the colon
 - B. Constipation
 - C. Intestinal obstruction
 - D. A. and B
15. To clients who have been having their normal nutritional patterns, who among the following clients would be consider to be constipated?
- (i). One has been eating less roughage and drinking less water
 - (ii). One who, with difficulties, passes out dry, hard stool.
 - (iii). One is passing out stool less than 3 times a day.
 - (iv). One with continuous abdominal pains which worsen by eating.
- A. ii only
 - B. i, ii and iii
 - C. ii and iii
 - D. i, ii, iii, and iv.
16. Which of the following is correct about haemorrhoids
- A. Occult blood is one of their manifestations
 - B. They have no cure
 - C. Pregnant women are at a higher risk of developing them
 - D. All of the above
17. Which of the following is correct about anal fistula and anorectal abscess?
- (i). Both conditions can only be cured surgically
 - (ii). In both conditions, the client can benefit from diet rich in fibre and plenty of oral fluids.
 - (iii). The primary manifestation in both conditions is stool stained with fresh blood
 - (iv). Pregnancy is a risk factor for both conditions
- A. ii only
 - B. i, ii and iii
 - C. ii and iii
 - D. i, ii, iii, and iv.

18. An elderly client came presenting with diffuse low back pain as the chief complaint. Subsequent history taking could not reveal any attributable cause. If further investigations are to be made, which of the following medical diagnoses could be a possible cause to think along?
- A. Osteoporosis
 - B. Pancreatitis
 - C. Arthritis
 - D. All of the above

A five year old child sustained a fracture of both the tibial and fibula. Each of the bones did not separate completely but just bent with the concave side of the bones still continuous. On the convex side, broken ends pierced the skin. Questions 19 and 20 refer to this scenario.

19. This fracture is best described as _____
- A. Open compound greenstick fracture
 - B. Compound comminuted double fracture
 - C. Closed compacted simple fracture
 - D. Close curved greenstick fracture
20. Which of the following treatment modalities is the best in fixing this fracture until it heals?
- A. Plaster of Paris
 - B. Open reduction and internal fixation
 - C. Skin traction
 - D. Skeletal traction

Match each of the following disease conditions in column A with the most appropriate characteristic or description in column B

column A	column B
21. Ascites	A. Eating red meat worsen the condition
22. Stomatitis	B. Has no cure
23. Gingivitis	C. Inflammation of the stomach
24. Gastric cancer	D. A state of fluid shift
25. Intestinal obstruction	E. Its management involve decompression using an nasogastric tube
	F. Inflammation of the oral mucosa
	G. Inflammation of the gums
	H. None of the above

State whether each of the following sentences is true or false

26. Hypovolemia can occur without dehydration
27. Nausea and vomiting are characteristics of both gastric cancer and bowel obstruction
28. The preferred analgesic for osteoarthritis is acetaminophen
29. Skin traction is contraindicated in children because their skin is still very weak
30. In elderly clients, activities of osteoblasts exceed activities of osteoclasts

SECTION B: SHORT ESSAY QUESTIONS (45 MARKS)

Question 1

(a) Write on your answer booklet, only the most appropriate word or phrase to fill in the blank spaces in each of the sentences below.

- (i). Sister Mary Joseph's sign is a manifestation of _____.
- (ii). A form of arthritis affecting mainly the small joints, especially the big toe, resulting from defective purine metabolism is known as _____.
- (iii). Administration of an enema is a treatment for _____.
- (iv). Rigid external immobilising devices that are moulded to the contour/shape of the body are known as _____.
- (v). The condition in which the gastroesophageal sphincter and part of the stomach move up through the diaphragm into the thoracic cavity and back to the abdomen when abdominal pressure decreases is known as _____.

[5]

(b) Give a brief explanation to the following?

- (i). People with gastritis often have a feeling of fullness and cannot eat anything [2]
- (ii). Some headaches can be alleviated by drinking some water [2]
- (iii). A client who is rapidly getting into shock may present with sweating and hyperventilation [2]

(c) On examining an in-patient who has been bedridden for some days, vital signs were as follows: BP: 165/110; Temperature: 38.9°C; Respirations: 38 b/min; Pulse: 96 b/min.

Discuss how these vital signs may impact on the client's fluid and electrolyte balances.

[12]

[Subtotal 23 marks]

Question 2

- (a) A client reports to be passing black tarry stool among other signs and symptoms. State any three (3) possible medical diagnoses which the client may be suffering from. For each of those diagnoses, outline one diagnostic test which will confirm that diagnosis. [6]
- (b) A 50 year old client sustained a femoral fracture in a road traffic accident. He has just been put on skeletal traction pending the fixation on a date to be advised. The client looked facially tense and somehow restless.
- (i). Outline any three functions/purposes which the traction is serving [3]
 - (ii). State the range of size of weights in kg which may be appropriate for this client [1]
 - (iii). Develop a nursing care plan for this client based on any 3 priority nursing diagnoses of your choice, two (2) actual and one (1) potential diagnoses [12]

[Subtotal 22 marks]