

UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES
GENERAL NURSING SCIENCE DEPARTMENT

FINAL EXAMINATION

MAY 2016

COURSE NAME: FUNDAMENTALS OF NURSING

COURSE CODE: GNS 100

TOTAL MARKS: 75

ALLOCATED TIME: 2 HOURS

TOTAL NUMBER OF PAGES INCLUDING COVER PAGE: 6

INSTRUCTIONS:

- ANSWER ALL QUESTIONS
- EACH QUESTION CARRIES 25 MARKS
- ANSWER EACH QUESTION ON A NEW PAGE
- WRITE CLEARLY

DO NOT OPEN THE PAPER UNTIL INSTRUCTED BY THE INVILIGATOR

For the multiple choice questions, please select the best response from the options provided, and on your answer sheet, write your choice letter against the corresponding number. e.g. 1. A.

QUESTION 1: [25]

1. As you monitor Ms P's vital signs, you obtains a supine Blood Pressure (BP) reading of 128/72. After an hour, the supine Bp reading of 128/74 is obtained and a sitting BP of 96/60mmHg. Your immediate action is to:

- A. Assist Ms P. to return to supine position
- B. Check BP on the other arm
- C. Ask the client if she is experiencing light-headedness
- D. Report to the nurse in charge

2. To sterilize surgical instruments, parenteral solutions and surgical dressings:

- A. Soap and water is used
- B. Chemicals are used for disinfection
- C. An autoclave is used
- D. Ethyl Oxide gas is used

3. Fever will affect the pulse rate and cause it to become:

- A. Faster
- B. Slower
- C. Irregular
- D. Bounding

4. Mrs. B complained of fainting, when you check her BP you find that its 62/46 mmHg. The Nurse tells you to put her in the appropriate position to counter the syncope. In which position will you put her?

- A. Semi-Fowler's Position
- B. Fowler's Position
- C. Trendelenburg's Position
- D. Sim's position

5. Mr. D has Chronic Obstructive Pulmonary Disease (COPD), now and again he experiences dyspnoea and persistent coughing especially when lying down. He tells you that he feels relief when sitting and leaning on the over-bed table across his lap. Which position is Mr. B referring to?

- A. Semi-Fowler's Position
- B. Prone Position
- C. Dorsal recumbent position
- D. Orthopnoeic Position

When measuring blood pressure, certain practices could lead to erroneous reading. Match the following practice error for a more likely effect.

No.	Error	Effect
6	An unsupported arm	A. Erroneously high BP reading
7	Deflating the cuff too quickly	B. Erroneously low BP reading
8	Arm above heart level	C. Erroneously high systolic and low diastole reading
9	Cuff wrapped loosely and unevenly	D. Erroneously low systole and high diastole reading
10	Assessing immediately after a meal	E. Erroneously low diastolic reading
11	Stethoscope applied too firmly on the antecubital fossa	

12. When caring for a patient with pulmonary tuberculosis (PTB), which of the following standard precautions should be consistently observe?

1. Use of N95 respirator mask when working with or close to the patient
2. Use gloves for all contact with the patient
3. Hand hygiene before applying and after removing gloves
4. A gown when conducting a physical examination.

- A. 1 and 3
- B. 1, 2, 3
- C. 1,2,3 & 4
- D. Only 1

13. When the nurse dorsiflexes the client's foot, the client complained of pain on the calf. This is referred to as:

- A. Positive Homans's Sign
- B. Negative Homan's sign
- C. Positive Babinski
- D. Negative Babinski

14. The nurse is caring for a client after laparotomy. In what order would the client's diet progress:

- A. Regular diet, fluid diet, clear liquid diet, soft diet, NPO.
- B. NPO, clear liquid diet, soft diet, regular diet, fluid liquid, soft diet.
- C. NPO, fluid liquid diet, clear liquid diet, soft diet, regular diet.
- D. NPO, clear liquid diet, fluid liquid diet, soft diet, regular diet.

15. Which Statement is TRUE of Passive Range of Motion (ROM) exercises?
- A. Passive ROM exercises are helpful in maintaining muscle strength
 - B. Passive ROM exercises are useful in maintaining joint flexibility
 - C. Passive ROM exercises are isotonic exercises in which the client moves without assistance.
 - D. A& B
16. Which movement is the appropriate when performing passive ROM exercises?
- A. Flex the wrist 80-90°
 - B. Abduct the hip 90°
 - C. Extend the knee 45-90°
 - D. Flex the elbow 180°
17. A 10 year old's vital signs read: BP- 120/80mmHg, P- 100 b/min, R- 26, axillary Temp- 38.2°C. How would you interpret the results?
- A. She has a fever, and the rest are normal
 - B. She has a fever and tachycardia
 - C. She has tachycardia and tachypnoea and a fever
 - D. The vital signs are normal
18. A 35 year patient's Blood pressure reading is 142/94 mmHg. In which classification does this BP reading qualify?
- A. Normal
 - B. Prehypertension
 - C. Hypertension, Stage 1
 - D. Hypertension, Stage 2
19. Malwande is a 5 year old who suddenly failed to breathe while being fed by his mother. As a nurse you quickly noticed this incident. Your immediate response would be to:
- A. Provide a mouth to mouth resuscitation
 - B. Provide an intrascapular back blow
 - C. Provide Cardio Pulmonary Resuscitation (CPR)
 - D. Call the doctor.
20. In what position shall a patient who has just had a seizure be put?
- A. Sim's position
 - B. Lateral position
 - C. Prone position
 - D. Dorsal recumbent position

21. When the night shift was handing over to the day shift this morning, the nurse giving the report states, "Zandile told me that she had a bad experience with anaesthesia, but I didn't get a chance to ask get more information about it, and this morning she appears anxious, so I'm not sure if she will agree to go for the operation". After the report the senior nurse went to Zandile to clarify what her experience was. This action is an example of which critical thinking attitude?

- A. Integrity
- B. Discipline
- C. Confidence
- D. Perseverance

22. Consulting the dietician to create a menu for Mrs Zwane who is diabetic is an example of

- A. An independent nursing intervention
- B. Dependant nursing intervention
- C. Collaborative intervention
- D. Client-Centred Intervention

23. Nomzamo, a registered nurse (RN) decides to get assistance from a colleague to transfer Mr. Zulu onto the gurney to take him to the Operating Theatre. This is an example of:

- A. An independent nursing intervention
- B. Dependant nursing intervention
- C. Collaborative intervention
- D. Client-centred Intervention

24. What sign do you expect to find next to where oxygen cylinders are kept:

- A. Bio-hazardous material
- B. No smoking sign
- C. Flammable sign
- D. B & C

25. In observing standard precautions, Pulmonary Tuberculosis is regarded as:

i) Contagious, ii) Airborne, iii) Droplet infection, iv) Bacterial

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

QUESTION 2**[25]**

2.1 With your understanding of the history of nursing until Florence's era, critically analyse its contribution and influence to what the profession is and how it is perceived today. In your response discuss the positive, negative as well as the developmental matters. **[10]**

2.2 Florence Nightingale is revered as the pioneer and founder of modern nursing. Briefly discuss why nursing is considered a profession today? **[10]**

2.3 Part of the foundations of nursing involves professional communication skills. Describe 5 (five) therapeutic communication skills necessary for you as a nurse to develop when caring for patients and clients. **[5]**

QUESTION 3

Mabandla is a 44 year old male who is admitted in ward 16 (orthopaedic unit) for a fractured femur and is on a Beck's skin traction. According to the orthopaedic surgeon, Mabandla will be on traction for at least 6 weeks.

3.1 **Describe** Dorothea Orem's Theory of Nursing Systems and how it applies to Mabandla **[9]**

3.2 **Develop** a nursing care plan for Mabandla to ensure that he does not develop decubitus ulcers (pressure ulcers). Use the following framework: **[10]**

- a. Nursing Diagnosis (2)
- b. Nursing Goal (1)
- c. Planning (2)
- d. Scientific Rationale (2)
- e. Implementation (2)
- f. Evaluation (1)

3.3 **Explain** how the following attitudes are necessary in critical thinking:

- a. Humility
- b. Autonomous thinking
- c. Responsibility and Accountability

[6]**GOOD LUCK !!!**