



**SECTION A: MULTICHOICE QUESTIONS (MCQs)**

**Choose the most correct answer!!!!!!! And each answer carries 1 point**

Most Nursing perspectives depend upon cultural and the family influences which cut across all these aspects.

1. Forcing one's own cultural beliefs and practices on another person is an example of
  - a. Stereotyping
  - b. Ethnocentrism
  - c. Cultural relativity
  - d. Cultural imposition
  
2. When speaking to a patient with a language the nurse does not understand, it is advisable to first attempt
  - a. Having a family member to translate
  - b. Using a trained medical interpreter
  - c. Using specific medical terminology so there will be no mistakes
  - d. Focus on the translation rather nonverbal communication
  
3. Which of the following is the first step in developing cultural competency
  - a. Create opportunities to interact with a variety of cultural groups
  - b. Examines one own cultural background, believes and values about health and health care
  - c. Learn multitude of folk medicines and herbal substances that different cultures use for self-care
  - d. Learn assessment skills for different cultural groups, including cultural beliefs and practices and physical assessments

**A plan for patients and family teaching should be well prepared and the content prepared such that it focuses on the patient's needs and developmental stage.**

4. When planning teaching with consideration of adult learning principles, the nurse would
  - a. Present material in an efficient lecture format
  - b. Recognize that adults enjoy learning regardless of the relevance of their personal lives
  - c. Provide opportunities for the patient to learn from other adults with similar experiences
  - d. Postpone practices of new skills until the patient can independently practice the skills at home
  
5. A necessary skill of the nurse in the role of teacher is the ability to
  - a. Determine if the patients are too distressed physical or psychologically to learn
  - b. Assure the patient that the nurse understands what is necessary for the patient to learn
  - c. Develop standardized teaching plans for use with all patients save time and overcome time constraints
  - d. Present information in medical language to increase the patients vocabulary and understanding of pathophysiology

6. When the nurse find limited time to teach the patient, a strategy that might be used is
  - a. Setting realistic goals that have high priority for the patient
  - b. Referring the patient to a nurse educator in private practice for teaching
  - c. Observing more experienced nurse teachers to learn how to teach fast and effective
  - d. Providing reading materials for the patient to read instead of discussing information
7. The nurse include family members in patient teaching primarily because
  - a. They provide most of the care for the patient
  - b. Evidence has been shown that patients have better outcomes when family members are involved
  - c. The patient may be too ill or too stressed by the situation to understand teaching
  - d. They might feel rejected and less important if not included in the teaching

**Complementary and alternative therapies which include traditional medicines in the case of Swaziland, for many years have been looked down upon whereas about 85% of the population do consult traditional healers even before the western health care practitioners.**

8. Complementary and alternative health therapies can be described as therapies
  - a. Used as a primary form of treatment
  - b. That contradict the values of nursing
  - c. Based on extensive scientific research
  - d. Outside the Western biomedical model
9. Which of the following concepts should be included in patient teaching regarding the use of herbs
  - a. All herbal products are safe to use
  - b. Herbal products are effective immediately
  - c. Herbal labels give all necessary information
  - d. Use of herbal products need to be reported to health care provider
10. Roles of the nurse regarding complementary and alternative therapies include
  - a. Caring for patients rather than caring for self
  - b. Prescribing the appropriate herbal therapies for patients
  - c. Serving as a resource to guide the patients in the use of therapies
  - d. Advocating for use of complementary and alternative therapies instead of the conventional health care

**The following questions from 11 to 14 are related to Stress**

11. Determination of whether an event is a stressor is based on a persons
  - a. Tolerance
  - b. Perception
  - c. Adaptation
  - d. Stubbornness
12. The nurse recognizes that a newly diagnosed patient suffering from cancer of the breast is using an emotion-focused coping process when she
  - a. Joins a support group for women with breast cancer
  - b. Considers the pros and cons of the various treatment options
  - c. Delays her treatment until her family can take a weekend trip together

- d. Tells the nurse that she has a good prognosis since the tumour is small
13. The nurse utilizes knowledge of the effects of stress on the immune system by encouraging patients to
- Sleep for 10 to 12 hours per day
  - Avoid exposure to upper respiratory infections
  - Receive regular immunizations when they are stressed
  - Use emotion focused rather than problem focused coping strategies
14. The nurse recognises that a person who is subjected to chronic stress could be at higher risk for
- Osteoporosis
  - Colds and flue
  - Low blood pressure
  - High serum cholesterol
15. Unrelieved pain is
- Expected after a major surgery
  - Expected in a person with cancer
  - Dangerous and can lead to many physical and psychological complications
  - An annoying sensation that is not like as important as pain
16. An important responsibility for the nurse related to patient who is in pain is to
- leave the patient alone to rest
  - Help the patient appear to not be in pain
  - Believe what the patient says about the pain
  - Assume the responsibility for eliminating the patient's pain
17. Mrs Mamba who was diagnosed with terminal cervical cancer is worrying her children who raised a concern that their mother is "not herself" Which common end-of-life psychological manifestation is she demonstrating
- Decreased socialization
  - Decreased disease progression
  - Decreased sense of helplessness
  - Decreased perception of pain and touch
18. The primary purpose of hospice is to
- Allow patients to die at home
  - Provide better quality of care than the family can
  - Coordinate care for dying patients and their families
  - Provide comfort, support and care for dying patients and their families
19. The family attorney informed Mr Motsa's adult children and the wife that he did not have an advanced directive after he suffered a serious stroke. Who is responsible to identifying end-of-life measures to be instituted when the patient can no longer communicate his or her wishes?
- Adult children
  - Notary and attorney
  - Physician and family
  - Physician and the nursing staff
20. Ageism is characterised by
- Denial of negative stereotypes regarding aging

- b. Positive attitudes towards the elderly based on age
  - c. Negative attitudes towards the elderly based on age
  - d. Negative attitudes towards the elderly based on physical disabilities
21. Autoimmune disease increases with aging. This is consistent with which of the following theories of aging
- a. Immune theory of aging
  - b. Programmed theory of aging
  - c. Neuroendocrine theory of aging
  - d. Intrinsic theory of aging
22. An important nursing action helpful to a chronically ill older adult is to
- a. Avoid discussing future life styles
  - b. Assure the patient that the condition is stable
  - c. Treat the patient as competent manager of the diseases
  - d. Encourage the patient to 'fight' the disease as long as possible
23. When assessing the cardiovascular system of a 79 years old patient, the nurse expects to find
- a. A narrowed pulse pressure
  - b. Diminished carotid pulses
  - c. Difficulty in isolating the apical pulse
  - d. An increased heart rate in response to stress
24. An important nursing responsibility for a patient recovering from a cardiac catheterization is
- a. Checking the percutaneous site and distal pulses
  - b. Assisting the patient to ambulate upon return to the unit
  - c. Informing the patient that general anaesthesia was given
  - d. Instructing the patient about radioactive isotope injection
25. A major consideration in the management of the older adult with hypertension is to
- a. Prevent pseudohypertension from converting to true hypertension
  - b. Recognize that the older adult is less likely to adhere/comply with drug therapy than a younger adult
  - c. Ensure that the patient receives larger initial doses of antihypertensive drugs because of impaired absorption.
  - d. Use careful techniques in assessing BP of the patient because of possible presence of auscultatory gap

## SECTION B

### Question one

- a) Define palliative care according to the World Health Organization (WHO) definition  
(5)
- b) Care and symptom control in palliative care is paramount for the terminally ill patient
  - i) Describe at least three symptoms that the patient is likely to present in order of priority and state briefly the actions a nurse would take to relieve these symptoms  
(10)
- c) Caring for a dying or bereaved client requires nurses to have knowledge of specific cultural and religious rituals. Mr. Mlosi is at his last stage of death and you are on duty.
  - i) Discuss the final act of care/last office that a nurse has to perform when he passes on  
(10)

(25)

### QUESTION TWO

- a) Discuss the drug therapy that will be possible given to a newly diagnosed AIDS patient. These drugs are called anti-retrovirals. Give specific classes, side effects and one example of a drug in each class  
(10)
- b) Mrs Soza a 56 year old lady is diagnosed with pneumonia which is a lower respiratory condition.  
Develop the nursing management protocol of this patient basing it on the **three main priority nursing diagnosis** and indicating the interventions to be taken as your nursing orders  
(15)

(25)