

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

MAIN EXAMINATION, MAY 2018

COURSE TITLE: ADULT MEDICAL-SURGICAL NURSING II

COURSE CODE: GNS 218

TIME ALLOCATED: TWO (2) HOURS

MARKS ALLOCATED: 75

THERE ARE SIX (6) PRINTED PAGES INCLUDING COVER PAGE

INSTRUCTION:

- **ANSWER ALL QUESTIONS**
- **THE USE OF A CALCULATOR AS PER NEED IS ALLOWED**
- **THERE ARE THREE (3), EACH CARRYING 25 MARKS**

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

QUESTION 1 (25 MARKS)

Chose the most appropriate response out of the multiple responses provided, and write the corresponding letter only in your answer booklet. Each correct response carries 1 mark.

1.1 Cerebrospinal fluid (CSF) is often used in diagnosing neurological conditions. CSF is part of the body's _____.

- A. Intracellular fluid
- B. Extracellular fluid
- C. Transcellular fluid
- D. B and C.

1.2 Following a review of a client's urea and electrolyte results, the doctor prescribed 5% dextrose infusion with insulin. Which of the following could be a correct deduction from these results?

- (i). The client was hypoglycaemic
- (ii). Potassium levels were greater than normal levels
- (iii). Plasma insulin was below normal levels
- (iv). Sodium levels were below normal levels

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

1.3 After a comprehensive health assessment, which of the following finding(s) would be an indication of possible third spacing on the client:

- (i). Hypertension
- (ii). Oedema
- (iii). Hypotension
- (iv). Shortness of breath

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

1.4 The primary mode of action of toothpaste in strengthening and enhancing the integrity of teeth include the following:

- (i) Directly killing microbes which corrode teeth
- (ii) Neutralising acids
- (iii) Providing minerals which strengthen teeth
- (iv) Boosting normal flora to fight opportunistic infections

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

1.5 Which of the following method can be used to verify that a nasogastric tube is correctly placed?

- A. Do a complete examination of the abdomen
- B. Ask the client to confirm that it is in the stomach
- C. Use a laryngoscope to visualise the tube down the oesophagus
- D. Blow air into the tube while auscultating below the xiphoid process.

1.6 A client has been complaining of headache. From your further assessment and review of the client's medical records and lab results you realise that the client is hypovolemic, with a serum sodium concentration of 151 mEq/L. Which of the following would be the best intervention?

- A. Infuse 3% normal saline
- B. Encourage oral intake of plenty of water
- C. Administer paracetamol 1g 6 hourly
- D. Give counselling and bed rest

1.7 A client suspected to have renal disorders was instructed to use a urinary so as to monitor his urine output. In 24 hours he passed out a total of 1700mls of urine. There was no accurate record of his total intake but apparently his nutritional pattern was normal and as usual. Which of the following could be a relevant and appropriate intervention?

- A. Supplement oral fluids while strictly monitoring intake and output.
- B. Restrict oral fluids while strictly monitoring intake and output.
- C. Continue monitoring intake and output.

D. Refer to a physician immediately

1.8 When transfusing ringer lactate, which of the following should you monitor as a primary indicator of possible complications?

- (i). Headache and confusion
- (ii). Abnormal ECG
- (iii). Diarrhoea, nausea and vomiting
- (iv). Pale extremities

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

1.9 The common feature between gastroesophageal reflux disease and hiatal hernia is that in both conditions _____

- A. The major cause is eating acidic foods
- B. An increase in abdominal pressure is the main trigger for symptoms
- C. The major manifestation is black tarry stool
- D. There is no cure

1.10 Nursing interventions to a client with constipation include the following:

- (i) Digital removal of faeces
- (ii) Administration of an enema
- (iii) Surgical removal

- A. ii only
- B. i & ii
- C. i, ii & iii
- D. i & iii

1.11 The following are at a risk of developing cancer of the colon except _____.

- A. A vegetarian
- B. An obese client
- C. An elderly
- D. A drunkard

1.12 Why is acute appendicitis often treated as a surgical emergency? Because

-
- A. The condition can easily affect the brain and cause irreversible brain damage
 - B. It the appendix can easily rupture and contaminate the peritoneum
 - C. The pain is unbearably severe
 - D. The causative infectious agent can easily spread to other parts of the body

On review of the records of a recently admitted client, you realised that loperamide is one of the prescribe medication. Questions 1.13 and 1.14 refer to this scenario.

1.13 Which of the following nursing intervention would be a necessity for this client?

- A. Close monitoring of Hb
- B. Strict intake and output
- C. Semi-fowlers positioning
- D. Range of motions

1.14 As this client continues on this medication which of the following may be a resultant complication or side effect secondary to the use of this medication?

- A. Constipation
- B. Anaemia
- C. Respiratory distress syndrome
- D. Dehydration

1.15 Necessary interventions to a client with an anorectal fistula may include the following:

- (i). Incision and drainage
 - (ii). Sitz bath
 - (iii). IV antibiotic therapy
 - (iv). An analgesic
- A. i & iii
 - B. ii & iv
 - C. i, ii & iii
 - D. i, ii, iii & iv

State whether each of the following statements are true (T) or false (F), and write the corresponding letter only

- 1.16 Laxatives are the first line pharmacological treatment for intestinal obstruction.
- 1.17 Peptic ulcers can be treated surgically.
- 1.18 People with duodenal ulcers are more likely to gain weight than those with gastric ulcers.
- 1.19 A plaster of Paris is contraindicated on open fractures
- 1.20 Haemorrhoids are anorectal veins that are distended as a result of repeated infection.

Write down the most appropriate word or phrase to fill up the blank space in each of the following sentences

- 1.21 Regarding bone cell activities, in osteoporosis, activities of _____ exceed those of _____.
- 1.22 Osteoarthritis usually affects _____ type of joints in the body.
- 1.23 A temporary localised state of elevated potassium levels secondary to prolonged tourniquet time is referred to as _____.
- 1.24 A fracture in which the bone is broken into more than two bone fragments is best described as a _____.
- 1.25 Impaired renal function can result in accumulation of uric acid in the body, which may lead to a joint condition known as _____.

QUESTION 2 (25 MARKS)

- 2.1. State any four (4) possible causes or risk factors for:
 - (a) Osteoporosis [2]
 - (b) Backache [2]
- 2.2. Outline any 5 principles of effective body mechanics [5]
- 2.3. A 55 year old male client has been having hypertension which has complicated into left sided heart failure. Discuss in detail how this condition may ultimately impact on the client's fluid and electrolyte balance [9]

- 2.4. The total fluid volume replacement required for a client with burns in the first 24 hours is calculated as follow: “4 ml × body weight (kg) × % Total Burnt Surface Area (TBSA)”. If 50% of this volume is supposed to be given in the first 8 hours, and the other 50% in the next 16 hours, at what rate should your drip run for a 60 kg man who has sustained 30% burns using a 20 dropper giving set (Show your working). [7]

QUESTION 3 (25 MARKS)

A 33 year old female client has been taking highly active antiretroviral therapy (HAART) for quite some time. Of late anti TB medication has been added following the diagnosis of TB. She has always been cautious to take his medication with food. The client presents at the hospital complaining of vomiting fresh blood for the past 3 days. The abdomen looks distended, but no reports of abdominal pain. Gastric aspirates had a pH of 2.5. Vital signs were as follows: BP: 95/58 mmHg, temperature: 36.8°C, Respirations: 25 breaths/minute and pulse: 111 beats/minute.

- 3.1. In addition to the stated retroviral disease and TB, what other condition (medical diagnosis) is the client likely to be suffering from, which accounts for the vomiting of blood. Give a pathophysiological explanation to your answer. [6]
- 3.2. Outline any three further investigations that can be performed, and the findings, which will confirm the diagnosis you mentioned above. [6]
- 3.3. Give a brief explanation of the vital signs in view of the given subjective data [5]
- 3.4. Develop a nursing care plan for this client based on any two priority nursing diagnoses of your choice [8]