

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

MAIN EXAMINATION, MAY 2019

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 EXCLUDING THE COVER PAGE

INSTRUCTION:

- **ANSWER ALL QUESTIONS**
- **THE USE OF A CALCULATOR AS PER NEED IS ALLOWED**
- **THERE ARE THREE (3) QUESTIONS, 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 The major cation in the intracellular fluid compartment is _____.

- A. Sodium
- B. Potassium
- C. Chloride
- D. Proteins

1.2 Assessment of a client's fluid and electrolyte status involves measurement of fluid intake and output. Passing out small volumes of urine may be a direct indication of _____.

- (i). Hyponatremia
- (ii). Hypovolemia
- (iii). A risk for hypervolemia
- (iv). Hypokalemia

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

1.3 Which of the following substances is associated with fluid and/or electrolyte retention?

- (i). Anti-diuretic hormone
- (ii). Diuretic drugs
- (iii). Aldosterone

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

1.4 A litre of 0.45% normal saline which was prescribed to run over 12 hours accidentally ran too fast and got finished in 30 minutes. With which of the following signs and symptoms may the client manifest?

- (i). Abnormal ECG
- (ii). Muscle weakness
- (iii). Shortness of breath
- (iv). Oliguria

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

1.5 What is the main difference between ringer lactate and 0.9% normal saline?

- A. Normal saline contains both Na^+ and K^+ while ringer lactate contains Na^+ as the only cation
- B. Normal saline is isotonic while ringer lactate is hypertonic
- C. Normal saline is a crystalloid while ringer lactate is colloid
- D. Ringer lactate contains both Na^+ and K^+ while normal saline contains Na^+ as the only cation

1.6 Regarding oral care, toothpastes and their substitutes are _____.

- A. Acidic because acids kill bacteria
- B. Alkaline in order to neutralise acids from bacteria
- C. Neutral, just like saliva, to avoid irritating the oral mucosa
- D. Of different pH depending on the manufacturer and personal preference

1.7 Which of the following is correct about gastroesophageal reflux disease?

- A. It results from a defective pyloric sphincter
- B. Management includes administration of antibiotics
- C. Tight-fitting clothing can precipitate symptoms
- D. All of the above

1.8 When managing a client with oesophageal varices, one of the main goals will be to _____.

- A. Insert a nasogastric tube
- B. Ensure sufficient intake
- C. Ensure strict fluid intake and output
- D. Mobilise the client

1.9 Which of the following may result directly from chronic stress?

- (i). Constipation
- (ii). Diarrhoea
- (iii). Gastric ulcers
- (iv). Oesophageal cancer

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

1.10 Gastric ulcers may complicate into which of the following?

- (i). Pyloric obstruction
- (ii). Severe diarrhoea
- (iii). Haemorrhage
- (iv). Intestinal obstruction

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

1.11 To which of the following clients is exercising necessary as a treatment measure or to promote healing? A client with _____.

- A. Intestinal obstruction
- B. Osteoporosis
- C. Gastric cancer
- D. Osteoarthritis

Scenario: Among other signs and symptoms, a client reports that even after passing out stool, he still remains with a feeling of incomplete evacuation of the stool. Questions 1.12 and 1.13 refer to this scenario.

1.12 This client is likely to be suffering from _____.

- A. Haemorrhoids
- B. Anorectal abscess
- C. Cancer of colon
- D. Anal fistula

1.13 Which other sign and/or symptom is the client likely to present with?

- (i). Diarrhoea
- (ii). Constipation
- (iii). Bloody stool
- (iv). Pus in stool

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

1.14 In rheumatoid arthritis, the following applies:

- (i). The synovial fluid dries up.
- (ii). Osteoblasts and osteoclasts die
- (iii). Only small joints are affected
- (iv). Synovial membrane is destroyed

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

1.15 Which of the following condition(s) is often considered as a surgical emergency?

- (i). Acute gastritis
- (ii). Acute appendicitis
- (iii). Complete intestinal obstruction
- (iv). Rheumatoid arthritis

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

Instruction: Match each of the following disease conditions in column A with the corresponding description or characteristic in column B: *NB. One response may match more than one condition.*

Column A - Disease condition	Column B - Characteristic or manifestation
1.16 Appendicitis	A. Results from self destruction by own antibodies
1.17 Osteoarthritis	B. Results from rheumatic heart diseases
1.18 Haemorrhoids	C. May complicate into perforations
1.19 Cancer of the descending colon	D. May result from excessive use of joints
1.20 Rheumatoid arthritis	E. Is precipitated by eating red meat
	F. Occult blood is one of its manifestation
	G. May be precipitated by advanced pregnancy

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

- 1.21 Generally men have higher water content than women
- 1.22 The maximum weight on a skeletal traction 10 kg
- 1.23 Gastric motility can occur spontaneously without being stimulated by the central autonomic nervous system.
- 1.24 Haemorrhoids are self limiting, that is, they may resolve on their own without cure.
- 1.25 The first line of treatment for anorectal abscess is administration of antibiotics.

QUESTION 2 (25 MARKS)

2.1. A 28-year old married male client came presenting with intermittent cutaneous (superficial) pain on the superior aspect of the right shoulder, at the back, and at times on the right anterior subcostal region. Further history taking revealed that the pain started when he lost his job a year ago, and life became tough. Apparently the pain is aggravated by hunger and alleviated by eating food. Elimination patterns are normal, though at times the stool comes out black.

- (a) What medical or surgical condition is the client likely to be suffering from? [1]
- (b) Discuss pathophysiologically how the given assessment findings may be related to the condition that you have stated above. [8]
- (c) Briefly describe any two diagnostic tests or investigations that can be carried out to confirm that diagnosis [4]

- 2.2. (a) Discuss the pathophysiology of osteoporosis [8]
(b) Outline the health education that you will give to a client diagnosed with osteoporosis [4]

QUESTION 3 (25 MARKS)

3.1. A client who has sustained 30% burns on the abdomen has the following lab results, among others: Sodium -141.0 mEq/L, and potassium 6.2 mEq/L.

- (a) Give the term used to describe the client's state of ionic imbalance [1]
- (b) Explain this finding in view of the client's condition [2]
- (c) Outline one possible intervention to rectify this imbalance [2]

3.2. You have just received an ill-looking 38-year-old male client from OPD for admission into the male ward for further investigations. Among other assessment findings, the client had the following vital signs: BP – 95/59; Respirations - 29 breath/min; Temperature – 38.9°C, and pulse 88 beats/min.

- (a) Discuss the relationship between these findings and the client's fluid and electrolyte balance [12]
- (b) Develop a nursing care plan for this client based on any two priority nursing diagnoses [8]

THE END