

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

**RE-SIT EXAMINATION, FEBRUARY 2020**

**COUESE TITLE:           MEDICAL-SURGICAL NURSING I**

**COURSE CODE:           GNS 211**

**TIME ALLOCATED:       TWO (2) HOURS**

**MARKS ALLOCATED:   75**

**INSTRUCTION:**

- ANSWER ALL QUESTIONS
- USE THE SEPARATE ANSWER SHEET PROVIDED FOR ALL QUESTIONS
- THERE ARE 3 QUESTIONS, EACH WORTH 25 MARKS:
  - QUESTION 1 CONSISTS OF OBJECTIVE PART-QUESTIONS
  - QUESTIONS 2 AND 3 CONSISTS OF STRUCTURED PART-QUESTIONS
- THERE ARE SIX (6) PRINTED PAGES EXCLUDING COVER PAGE

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

## QUESTION 1

For each question, choose the most appropriate response and write in your answer booklet the corresponding letter only, in **capital letters**, e.g. 26 B. Each correct response carries 1 mark.

**Scenario:** From the time Mary started having social problems two months ago, she has been having some intermittent headache, which worsen each time she tries to think about the problem. Questions 1.1 and 1.2 are based on this scenario.

- 1.1 Which of the following is a correct description of this pain?
- A. It is called referred pain
  - B. It is categorised as chronic pain
  - C. It is categorised as acute pain
  - D. A. and B.
- 1.2 From a nursing perspective, which of the following would be the best method for managing this pain?
- A. Massaging the head and teach the client to do the same each time the headache resumes.
  - B. Teaching the client some methods of distraction, and advise her to take some paracetamol if the headache becomes unbearable.
  - C. Advocating for prescription of some opioid analgesics which the client can take home for self-administration each time the client feels the pain
  - D. Giving an injectable analgesics such as diclofenac and advise the client to come again for such each time the headache becomes unbearable
- 1.3 The following terms or abbreviations are used to describe several, or a collection of, conditions or infections:
- i. Common cold
  - ii. Acquired Immunodeficiency Syndrome (AIDS)
  - iii. Chronic Obstructive Pulmonary Diseases (COPD)
  - iv. Hypertension
- A. ii only
  - B. ii and iii
  - C. i, ii and iii
  - D. ii, iii and iv

- 1.4 When health educating a client, an emphasis on drug adherence to prevent drug resistance is necessary in the pharmacological management of \_\_\_\_\_.
- A. Heart failure
  - B. Rheumatic endocarditis
  - C. Lung cancer
  - D. Chronic bronchitis
- 1.5 Common cold is a self-limiting illness. This implies that \_\_\_\_\_.
- A. People with this condition need to limit their activities
  - B. The illness does not need any medical or nursing intervention
  - C. The illness can resolve on its own
  - D. B. and C.
- 1.6 Tonsillitis can complicate into the following:
- i. Deafness
  - ii. Septicaemia
  - iii. Peri-tonsillar abscess
  - iv. Dehydration
- A. iii only
  - B. ii and iv
  - C. i and iii
  - D. i, ii, iii and iv
- 1.7 To a client with pleuritis, the associated pain usually originates from the \_\_\_\_\_.
- A. Parietal pleura
  - B. Visceral pleura
  - C. Lung parenchyma
  - D. All of the above
- 1.8 Chronic obstructive pulmonary diseases include the following:
- i. TB
  - ii. Bronchitis
  - iii. Pneumonia
  - iv. Asthma
- A. iv only
  - B. ii only
  - C. ii and iv
  - D. i, ii, iii and iv

1.9 On examination of a client with a chronic obstructive pulmonary disease, the following are possible findings:

- (i). Reduced air entry into the lungs
- (ii). Abnormal fingernails
- (iii). Low blood pressure
- (iv). Laboured breaths

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

1.10 Emphysema is characterised by the following:

- i. An increase in residual volume
- ii. A decrease in tidal volume
- iii. An increase in total lung capacity
- iv. Reduced lung elasticity

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

1.11 A client who has recently been diagnosed of lung cancer is very anxious, wanting to know more about this condition. Which of the following constitutes the correct facts about lung cancer which you may make the client aware of?

- A. It can be cured
- B. It can be transmitted from one person to another through coughing
- C. It is primarily an opportunistic infection
- D. None of the above

1.12 Which of the following assessment findings will make you suspect a high blood pressure in a client who has raised no other complains.

- A. Partial hearing loss
- B. Cold extremities
- C. Blurred vision
- D. Sensation of hunger and/or thirst

**Scenario:** You measure vital signs of a 38 year old female client who has come presenting with headache and found that the BP was 180/110. No other abnormalities were noted, but history reveals that she recently lost her husband in a car accident. Question 1.13-1.15 refers to this scenario.

- 1.13 According to Orem's theory of self care, the need to seek for medical attention for the headache is referred to as a \_\_\_\_\_.
- A. universal self care requisite
  - B. health deviation self care requisite
  - C. self care demand
  - D. self care deficit
- 1.14 As a nurse, which of the following would you advocate for, or do, as the best way of managing this client?
- A. Start investigating for head injuries and internal bleeding
  - B. Commence the client on hypertension treatment to take at home for a week and come back for review thereafter.
  - C. Tell the client to go back home and come again tomorrow for another check up before a diagnosis of hypertension can be made and treatment commenced.
  - D. Give the client a stat dose of antihypertensive drugs and admit for bed rest and observations.
- 1.15 In addition, which of the following would be a priority complementary nursing intervention for this client?
- A. Advocate for low salt diet and educate the client of the dangers of salt in a diet
  - B. Give counselling and/or psychological support
  - C. Advocate for an urgent CT-scan
  - D. Give normal saline one litre 8 hourly.
- 1.16 What causes elephantiasis?
- A. Uneven distribution of nutrients in the body
  - B. Excessive fluid intake
  - C. Obstruction of the lymphatic system
  - D. Insufficient blood in the body

- 1.17 You receive a male patient in the casualty gasping for breaths following a stab with a blunt steel rod in the chest. What would be the first most appropriate nursing intervention to take?
- A. Call the doctor urgently while strictly monitoring vital signs
  - B. Administer oxygen per face mask urgently at a high flow rate
  - C. Close the stab wound tightly with a sterile gauze
  - D. Give normal saline one litre 8 hourly while waiting for urgent blood transfusion
- 1.18 To a client who has been newly diagnosed of stable angina pectoris, which of the following would be a correct inclusion in the nurses health education? The client should \_\_\_\_\_.
- A. Have daily exercises
  - B. Drink a lot of fluids every day
  - C. Always elevate legs when sitting or lying to promote venous return
  - D. Avoid strenuous activities
- 1.19 A client who has had a history of chronic and poorly controlled hypertension came presenting with severe dyspnoea and difficulties in breathing which has been progressively increasing for quite some time. The temperature was normal and no oedema was palpable on all extremities. What could this client be suffering from?
- A. Left sided heart failure
  - B. Tuberculosis
  - C. Right sided heart failure
  - D. Severe pneumonia

**State whether each of the following statements (20-25) is true (T) or false (F), and write the corresponding letter only, T or F.**

- 1.20 The nursing process is applicable to every nursing situation
- 1.21 People with congestive cardiac failure are encouraged to take a lot of fluids to promote circulation
- 1.22 Lung cancer starts showing signs and symptoms when it is at an advanced stage.
- 1.23 Majority of hypertensive cases are of unknown cause
- 1.24 A client with dehydration is at a risk of deep vein thrombosis.
- 1.25 The TB bacteria does not infect people with competent immunity

## QUESTION 2

A 28 year old female client who works as a receptionist came just for a medical check up. On assessment, the following were some of the findings: BP 150/100; Respirations 20beats /min Temperature 36.2°C; Weight: 69kg; Height 150cm; Hb: 9g/dL; Your review of her records showed more or less the same readings were also recorded on her previous visit a month ago. Her cholesterol levels were also found to be high.

- 2.1 Based on the given data, discuss how the patient's condition can predispose her to congestive cardiac failure [15]
- 2.2 Outline with rationales, the health education or advise that you would give to this client [10]

**[Subtotal 25 Marks]**

## QUESTION 3

- 3.1 Write down the four categories of antiretroviral drugs that are commonly used in the public sector of Swaziland and give an example for each. [4]
- 3.2 Give a brief explanation to each of the following observations:
- (a) Cold compressions can alleviate nasal congestion in a client with common cold. [2]
  - (b) A client in a state of shock would be positioned in a supine position with lower limbs elevated [2]
  - (c) During the acute phase of HIV infection there is a very sharp rise in viral load and a sharp fall in CD4 cell count, but with time the rate of change of each of these parameters becomes gradual. [2]
- 3.3 Describe and explain any five (5) possible post operative complications to a client who has undergone exploratory laparotomy. For each, outline any peri-operative nursing interventions that can be done to prevent or alleviate the complication. [15]

**[Subtotal 25 Marks]**

Total marks - 75