

CHUKA



UNIVERSITY

**UNIVERSITY EXAMINATIONS**

**FIRST YEAR EXAMINATION FOR THE AWARD OF DEGREE OF BACHELOR OF SCIENCE IN NURSING (UPGRADING)**

**NURU 191: FUNDAMENTALS OF NURSING PRACTICE**

**STREAMS: Y1T1**

**TIME: 2 HOURS**

**DAY/DATE: MONDAY 29/03/2021**

**8.30 A.M – 10.30 A.M**

---

**INSTRUCTIONS:**

- Do not write anything on the question paper.
- Mobile phones and any other reference materials are NOT allowed in the examination room.
- The paper has three sections. Answer ALL the questions.
- All your answers for Section I (MCQs) should be on one page.
- Number ALL your answers and indicate the order of appearance in the space provided in the cover page of the examination answer booklet.
- Write your answers legibly and use your time wisely

**SECTION A**

**PART I: Multiple Choice Questions (20 Marks): Answer all questions**

1. Which intervention is an example of secondary prevention?
  - a. Administering digoxin to a patient with heart failure
  - b. Administering a measles, mumps, and rubella immunization to an infant
  - c. Obtaining a Papanicolaou smear to screen for cervical cancer
  - d. Using occupational therapy to help a patient cope with arthritis
  
2. Nurse Nancy is revising a client's care plan. During which step of the nursing process does such revision take place?
  - a. Assessment
  - b. Planning
  - c. Implementation
  - d. Evaluation

3. A subcutaneous injection is given at
  - a. 45°
  - b. 90°
  - c. 10°
  - d. 25°
  
4. A school health nurse decides to provide information on safe sex and prevention of teenage pregnancy to a sexually active teenage girl despite her belief that premarital sex is wrong. The nurse's action is guided by
  - a. beneficence
  - b. teleology
  - c. veracity
  - d. deontology
  
5. The nurse prepares to administer intrathecal medication. The medicine should be placed
  - a. Deep into the vastus lateralis muscle
  - b. Deep into the rectum
  - c. Under the client's tongue
  - d. In the subara
  
6. An infant is to receive 16 mg of Phenobarbital orally per day divided into two equal doses for seizure control. The medication is dispensed as 20 mg per 5 ml. How many millimeters should the nurse administer for each dose?
  - a. 1.0
  - b. 2.0
  - c. 4.0
  - d. 8.0
  
7. A nurse administers an intramuscular injection of a given medication to a two-year old. As a result of faulty administration technique, the child develops gangrene at the injection site. The nurse is liable for
  - a. Negligence
  - b. Malpractice
  - c. Misdemeanor
  - d. Battery
  
8. Which of the following actions should the nurse take to use a wide base support when assisting a client to get up in a chair?
  - a. Bend at the waist and place arms under client's arms and lift
  - b. Face the client, bend knees and place hands on client's forearm and lift
  - c. Spread his or her feet apart
  - d. Tighten his or her pelvic muscles

9. What is the most effective method of obtaining accurate blood pressure reading from a client?
  - a. Obtain a cuff that covers the upper one third of the client's arm
  - b. Position the cuff approximately 4 inches above the antecubital space
  - c. Use a cuff that is wide enough to cover the upper two thirds of the client's arm
  - d. Identify the korotkoff sounds, and take systolic reading at 10mm Hg after the first sound
  
10. the following statements are true about the adaptive model of health EXCEPT
  - a. Extreme good health is flexible adaptation to environment
  - b. Sickness is the inability to perform ones roles
  - c. Disease is failure to adapt
  - d. Health is a creative process
  
11. Which of the following statements most clearly defines the role of the nurse in the early Christian period?
  - a. The nurse was viewed as a slave, carrying out menial tasks based on the orders of the priest-physician.
  - b. Women called deaconesses made the first organized visits to the sick, and members of male religious groups gave nursing care and buried the dead.
  - c. The nurse was usually the mother who cared for her family during sickness by providing physical care and herbal remedies.
  - d. Women who had committed crimes were recruited into nursing in lieu of serving jail sentences.
  
12. When a nurse helps a patient make an informed decision about his/her own health and life, which of the following nurse's roles has been performed?
  - a. Advocate
  - b. Counselor
  - c. Caregiver
  - d. Communicator
  
13. When a nursing theorist identifies a specific idea or action and then makes conclusions about general ideas, he/she is using which of the following methods?
  - a. Inductive reasoning
  
  - b. Nursing process
  
  - c. Deductive reasoning
  
  - d. Teleology
  
14. Which of the following would best define the environment in Orem's self-care model?
  - a. Modern society's values and expectations
  - b. All the patterns that exist external to the individual

- c. The culture of each individual group, or society
  - d. The healthcare system, including the nurse
15. Which of the following guidelines for charting patient information is accurate?
- a. Nursing interventions should be charted chronologically on consecutive lines.
  - b. If a mistake is made on a chart, correcting fluid (white out) should be used to change the mistake.
  - c. Charting should be done in pencil to facilitate correction of mistakes.
  - d. If a procedure is repeated frequently, it is proper to use dittos to decrease recording time.
16. Which of the following nursing diagnoses would be written when the nurse suspects that a health problem exists but needs to gather more data to confirm the diagnosis?
- a. Actual
  - b. Potential
  - c. Possible
  - d. Apparent
17. Nurses who value patient advocacy follow which of the following guidelines?
- a. They value their loyalty to an employing institution or to a colleague over their commitment to their patient.
  - b. They give priority to the good of the individual patient rather than to the good of society in general.
  - c. They choose the claims of the patient's well-being over the claims of the patient's autonomy.
  - d. They make decisions for patients who are uninformed concerning their rights and opportunities
18. Which of the following traits help nurses develop the attitudes and dispositions to think critically?
- a. Thinking independently
  - b. Being intellectually humble
  - c. Being curious and persevering
  - d. All of the above

**Match the step of the nursing process listed in Part A with the related task listed in questions 19 and 20.**

**PART A**

- a. Assessing
- b. Diagnosing
- c. Planning
- d. Implementing
- e. Evaluating

- 19.
  - a. A nurse sits down with the healthcare team halfway through treatment of a patient to see how effective the treatment has been.
  - b. A nurse analyzes data to determine what health problems might exist.
- 20.
  - a. A nurse sets a goal for an obese teenager to lose 2 pounds a week.
  - b. A nurse consults with a patient's support people and other healthcare professionals to learn more about a patient's problem.

**SECTION B – 40 marks**

- 1. Describe the four (4) main paradigms which may be used for the classification of nursing theories. (8 marks)
- 2. Describe the steps of the nursing process as applied in providing nursing care. (10 marks)
- 3. State five characteristics that make nursing a profession. (5 marks)
- 4. Describe four (4) nursing care delivery systems. (8 marks)
- 5. State nine (9) 'rights' of drug administration. (9 marks)

**SECTION C – 20 marks**

- i. Using the four nursing metaparadigms, describe Orem's theory of nursing. (8 marks)
  - ii. Describe the three inter-related theories in Orem's general theory. (12 marks)
-