

CHUKA



UNIVERSITY

UNIVERSITY EXAMINATIONS

EXAMINATION FOR THE AWARD OF DEGREE OF BACHELOR OF SCIENCE IN NURSING UPGRADING

NURU 342: RENAL AND CRITICAL CARE NURSING

STREAMS: BSC (NURS) YITI

TIME: 2 HOURS

DAY/DATE: MONDAY 05/08/2019

2.30 PM – 4.30 PM

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 questions in Section I and II and One question in Section III**
- **All your answers for Section I (MCQs) should be on one page.**

SECTION A: MULTIPLE CHOICE QUESTIONS (20 MARKS)

1. A male client has been hospitalized with congestive heart failure. Medical management of heart failure focuses on improving myocardial contractility. This can be achieved by administering:
 - (a) Digoxin 0.25 mg po every day
 - (b) Furosemide 40mg po every morning
 - (c) Oxygen 2L/min via nasal cannula
 - (d) Nitroglycerin (1 inch topically every 4 hours)
2. A 55-year-old client is admitted with a diagnosis of renal calculi. He presented with severe right flank pain, nausea and vomiting. The most important nursing action for him at this time:
 - (a) Intake and output measurement
 - (b) Daily weights
 - (c) Straining of all urine
 - (d) Administration of O₂ therapy

3. A 19-year-old client fell off a ladder approximately 3 ft to the ground. He did not lose consciousness but was taken to the emergency department by a friend to have a scalp laceration sutured. The nurse instructs the client to:
- (a) Clean the sutured laceration twice a day with povidone – iodine
 - (b) Remove his scalp sutures after 5 days
 - (c) Return to the hospital immediately if he develops confusion, nausea, or vomiting
 - (d) Take pethidine 50 mg po 6-hourly prn for headache
4. A client had a transurethral resection of the prostate yesterday. He is concerned about the small amount of blood that is still in his urine. The nurse explains that the blood in his urine.
- (a) Should not be there on the second day
 - (b) Will stop when the Foley catheter is removed
 - (c) Is normal and he need not be concerned about it
 - (d) Can be removed by irrigating the bladder
5. A 64-year-old client with late-stage chronic renal failure is admitted. What should the nurse expect in the nursing care plan for this client?
- (a) Insert a urinary catheter to promote bladder drainage
 - (b) Elevate the client's feet when out of bed to promote venous return
 - (c) Assess the client's lung sounds each shift to monitor fluid status
 - (d) Supplement the client's diet with protein powder shakes to provide essential amino acids to promote healing.
6. What is the appropriate nursing action for an adult with increased intracranial pressure?
- (a) Head of bed elevated 45 degrees with head maintained in a neutral position
 - (b) Lying flat
 - (c) Heat turned to side
 - (d) Frequent visitation for stimulation
7. A 13-year-old has been diagnosed with acute post-streptococcal glomerulonephritis. The clinical findings were proteinuria, moderately elevated blood pressure, and periorbital edema. Which dietary plan is most appropriate for this client?
- (a) Low – protein diet
 - (b) Low – sodium diet
 - (c) Increased fluid intake
 - (d) High – cholesterol diet
8. An adult is taking warfarin daily. The client's international normalized ratio (INR) is 2:4. Which nursing action is most appropriate?
- (a) Increase the dose of warfarin by 2 mg
 - (b) Withhold the warfarin and notify the physician
 - (c) Administer the warfarin as ordered
 - (d) Call the physician for a decrease in dosage

9. An adult who is on dialysis asks if he can take insulin before the dialysis treatment. Which of the following statements is true about insulin and dialysis and should be included in the nurse's reply?
- Insulin levels are not reduced by hemodialysis
 - Insulin enhances the effects of dialysis
 - Dialysis destroys insulin
 - Dialysis stimulates the production of insulin
10. A 17-year-old boy has received a partial-thickness burn to both legs. He presents to the emergency room approximately 15 minutes after the accident in excruciating pain with charred clothing to both legs. What is the first nursing action?
- Apply ice packs to both legs
 - Begin debridement by removing all charred clothing from wound
 - Apply silver sulfadiazine cream
 - Immerse both legs in cool water
11. An adult is scheduled for an intravenous pyelogram. Which comment by the client is of greatest concern to the nurse?
- "I am afraid of needles."
 - "I get short of breath when I eat crab meat."
 - "When I had an arteriogram, I felt nauseated when they injected the dye."
 - "I am allergic to tetanus shots."
12. A 35-year-old client is admitted to the hospital with diabetic ketoacidosis. Results of arterial blood gases are pH 7.2, PaCO₂ 45, and HCO₃ 16. The nursing assessment of arterial blood gases indicate the presence of:
- Respiratory alkalosis
 - Respiratory acidosis
 - Metabolic alkalosis
 - Metabolic acidosis
13. A 40-year-old client is admitted to the coronary care unit with chest pain and shortness of breath. The physician diagnosed an anterior wall myocardial infarction. What tests should the nurse anticipate?
- Reticulocyte count, creatinine phosphokinase
 - Aspartate transaminase, alanine transaminase
 - Sedimentation rate, WBC count
 - Lactic dehydrogenase, creatinine phosphokinase
14. An adult has started on continuous ambulatory peritoneal dialysis. Which nursing instruction is of highest priority?
- Explain the principles of osmosis and diffusion and how dialysis works
 - Teach the client aseptic technique
 - Plan to withhold all drugs during dialysis
 - Encourage the client to eat a high-sodium, high-potassium diet

15. An adult client has returned to his room following a cystoscopy. When he voids, his urine is pink tinged. What is the most appropriate action for the nurse to take?
- Continue to observe him
 - Report it immediately to the physician
 - Irrigate the catheter with normal saline
 - Take his blood pressure every 15 minutes
16. The nurse needs to be aware that the most common early complication of a myocardial infarction is:
- Diabetes mellitus
 - Anaphylactic shock
 - Cardiac hypertrophy
 - Cardiac dysrhythmia
17. A client presents to the emergency room with cyanosis, coughing, tachypnea and tachycardia. She has a history of asthma. Arterial blood gas values are pH 7.28, PaO₂ 54, PaCO₂, and HCO₃ 24. The nursing assessment of arterial blood gases indicate the presence of:
- Respiratory alkalosis
 - Respiratory acidosis
 - Metabolic alkalosis
 - Metabolic acidosis
18. A client's transfusion of packed red blood cells has been infusing for 2 hours. She is complaining of a raised, itchy rash and shortness of breath. She is wheezing, anxious and very restless. The nurse knows these assessment findings are congruent with:
- Hemolytic transfusion reaction
 - Febrile transfusion reaction
 - Circulatory overload
 - Allergic transfusion reaction
19. The nurse is caring for an adult being admitted with a head injury. The nurse plans to place the client in which position?
- Prone
 - Supine
 - Semi-reclining
 - Upright
20. The nurse is caring for a client who recently had a kidney transplant. Which comments the client makes indicate understanding of the ongoing treatment?
- "We have put hand sanitizer all over the house."
 - "I will be glad when I no longer have to take all this antirejection medicine."
 - "I will be glad when I have had the kidney for six months and the risk of rejection is over."
 - "I am eager to go back to work at the daycare center."

SECTION B: SHORT ANSWER QUESTIONS (30 MARKS)

1. Explain two clinical assessment findings that indicate presence of critical illness in an adult. [6 marks]
2. State four (4) main ways of slowing the progression of worsening health state in an adult client with chronic kidney disease. [4 marks]
3. Explain the emergency management of an adult with 36% torso burns. [6 marks]
4. Describe any two (2) nursing priorities for the client undergoing hemodialysis. [4 marks]
5. Define intravenous pyelogram and explain the appropriate nursing care during the procedure. [6 marks]
6. State four (4) causes of type 1 respiratory failure in critically-ill patients. [4 marks]

LONG ANSWER QUESTIONS (20 MARKS)

1. A 65-year old man is being evaluated at the medical clinic with stage 5 chronic kidney disease (CKD). He has an estimated glomerular filtration rate of 12 mL/min per 1.73 m². He has no complaints and takes all of his medications of schedule. Physical examination reveals a man in no acute distress. His reflexes and mental status are intact. He has trace peripheral edema.
 - (a) Describe the potential causes of his CKD. [12 marks]
 - (b) What clinical changes would warrant the initiation of dialysis for this client? [8 marks]
 2. Explain the emergency management of the adult clients presenting with the following conditions.
 - (a) Acute coronary syndrome [10 marks]
 - (b) Status asthmaticus [10 marks]
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