



UNIVERSITY EXAMINATIONS

FIRST YEAR EXAMINATION FOR BACHELOR OF SCIENCE IN NURSING

NURS 191: FUNDAMENTALS OF NURSING PRACTICE 1

STREAMS: BSC (NURS) Y1S1

TIME: 3 HOURS

DAY/DATE: THURSDAY 05/12/2019
A.M.

8.30 A.M. – 10.30

INSTRUCTIONS:

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

A. MULTIPLE CHOICE QUESTIONS (20 MARKS)

1. What historic event in the 20th century led to an increased emphasis on nursing and broadened the role of nurses?
 - a) Religious reform
 - b) Crimean War
 - c) World War II
 - d) Vietnam War
2. A professional nurse with a commitment to upholding the principle of autonomy is most apt to do the following;
 - a) Provide honest information to patients and the public
 - b) Promote universal access to healthcare

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- c) Plan care in partnership with patients
 - d) Document care accurately and honestly.
3. Nurse working in the surgical ward learns that a patient is having terminal illness but the spouse warns that he should not be told. In this case the nurse is facing;
- a) An ethical dilemma
 - A breach of duty
 - b) Corruption issues
 - d) An ethical principle
4. A home health nurse has been visiting a patient with AIDS who says, —I'm no longer afraid of dying. I think I've made my peace with everyone, and I'm actually ready to move on. This reflects his progress to which stage of death and dying?
- a) Acceptance
 - b) Anger
 - c) Bargaining
 - d) Denial
5. What type of authority regulate nursing?
- a) International standards and codes.
 - b) Nurse professional associations.
 - c) State Nursing practice Acts.
 - d) Organizational policies and protocols
6. After changing unoccupied bed
- A) Lock the wheels of the bed if you unlocked them while changing the bed
 - B) Lower the bed enough so the person can safely get back in bed
 - C) Help the person back in bed and make sure he is in a comfortable position
 - D) Always raise the side rails
7. Vital signs are measured in the order of
- A) Pulse, Temperature, Respiration and Blood Pressure
 - B) Temperature, Pulse, Respiration and Blood Pressure
 - C) Respiration, Temperature, Pulse and Blood Pressure
 - D) Blood Pressure, Temperature, Pulse and Respiration
8. The normal core body temperature ranges between

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- A) $36^{\circ}\text{c} - 37^{\circ}\text{c}$.
B) $36.5^{\circ}\text{c} - 37.9^{\circ}\text{c}$.
C) $36^{\circ}\text{c} - 37.2^{\circ}\text{c}$.
D) $36.2^{\circ}\text{c} - 37.2^{\circ}\text{c}$.
9. Choose the most appropriate formula for conversion of Temperature measurement from centigrade to Fahrenheit
- A) $(^{\circ}\text{C} \times 9/5) + 32$
B) $(^{\circ}\text{C} \times 5/9) + 32$
C) $(^{\circ}\text{F} - 32) \times 5/9$
D) $(^{\circ}\text{F} + 32) \times 9/5$
10. Which one of the following is the most appropriate pulse point in case of emergency?
- A) Brachial
B) Radial
C) Femoral
D) Carotid sites
11. After taking history from a mother of a child who was admitted for surgery, she gives you some medication for throat infection for the son and tells you to administer them before bed time. What would be your appropriate response?
- a) I will surely give the medication.
b) Did you ask the Doctor if your son could have the medication tonight?
c) The Doctor must be aware of your son's infection.
d) I will ask your doctor to write an order for this medication before I give it to your son.
12. The nurse who plans and allocates activities for the rest in case where they are allocated to care for a group of patients in a ward is the;
- a) Primary nurse.
b) Clinical specialist.
c) Team leader.
d) Ward in charge.
13. Which of the following are parenteral medications?
- A) Intradermal, intravenous, subcutaneous.
B) Intramuscular, intrathecal, intradermal.
C) Intramuscular, topical, intravenous

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- D) Intramuscular, sublingual, subcutaneous.
14. Nurses **must** use proper turning and positioning techniques in order to:
- A) Increase client discomfort
 - B) Prevent contractures
 - C) Prevent contractions
 - D) Help nurse access their environment

For questions 15-17 choose the most appropriate position

- A) Supine
 - B) Dorsal Recumbent
 - C) Knee-chest
 - D) Lithotomy
15. Used for rectal and vaginal examinations
16. Used for examination of pelvic organs.
17. Used for most physical examinations
18. Of the following statements, which is most true of health and illness?
- a) Health and illness are the same for all people.
 - b) Health and illness are individually defined by each person.
 - c) People with acute illnesses are actually healthy.
 - d) People with chronic illnesses have poor health beliefs.
19. The nurse is admitting a patient with end stage renal disease. She is crying and states, I feel overwhelmed by this disease. Which of the following statements is the most therapeutic?
- a. The nurse states, I understand how you feel. I have encountered patients with similar conditions.
 - b. The nurse places a hand on the patient's arm and states, you feel overwhelmed?
 - c. The nurse asks the patient, why feel overwhelmed? The Doctor has been seeing you and you have been on dialysis?
 - d. The nurse asks the patient to take it easy.

B. SHORT ANSWER QUESTIONS (41 MARKS)

1. State seven (7) factors affecting pulse rate (7 marks)

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2. Describe four (4) barriers of professionalism in nursing (8 marks)
3. State six(6) Advantages of Computerized Documentations (6 marks)
4. Explain six (6) benefits of theories to the Nursing practice (6 marks)
5. State six (6) ethical principles that guides nursing profession (6 marks)
6. State eight (8) Methods of infection prevention in our hospitals (8 marks)

C. LONG ANSWER QUESTION (40 MARKS)

1. a). Explain five (5) benefits of defining a scope of practice for nurses (5 marks)
 - b). Describe five (5) characteristics of a profession (10 marks)
 - c). Briefly explain five (5) functions of National Nurses Association of Kenya (NNAK) (5 marks)
 2. a) Define the term nursing process (2 marks)
 - b) Describe five (5) components of a nursing care plan (10 marks)
 - c) Outline eight (8) benefits of Nursing Process (8 marks)
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