

CHUKA



UNIVERSITY

UNIVERSITY EXAMINATIONS

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

NURS 344: PALLIATIVE AND GERIATRIC NURSING

STREAMS: Y3S2

TIME: 2 HOURS

DAY/DATE: THURSDAY 7/12/2017

11.30 A.M - 1.30 P.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 Questions in Section I and II and ONE Question on Section III
- All your Answers for section I (MCQs) should be on the first page of the answer booklet.
- 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: MULTIPLE CHOICE QUESTIONS [20 MARKS]

1. The nurse is discussing the care of a client who has a hearing deficit. The most appropriate suggestion to make to those around him is:
 - A. Speak in a higher tone of voice
 - B. Raise your voice when speaking
 - C. Be sure to stand so there are no bright lights behind you
 - D. Keep the television or radio on when having a conversation
2. An 88-year-old woman in a long-term care facility is having difficulty remembering where her room is. Which of the following solutions would best help her?
 - A. Put a light-blue painting on the door to her room
 - B. Assign her a buddy who will help her when she gets lost
 - C. Put her picture and her name in large letters on the door to her room
 - D. Assign her the room next to the nurses' station so that the staff can assist her

3. The nurse is caring for a client who is being treated for cancer. The following question indicates that the client is not ready for teaching:
 - A. "Am I going to lose my hair?"
 - B. "Should I get a second opinion?"
 - C. "Will this make me really sick?"
 - D. Will I have to stop exercising at the gym?"

4. An elderly woman is admitted to the hospital with a productive cough, progressive forgetfulness, an inability to concentrate and disinterest in her personal hygiene. The greatest priority for the nurse assessment is:
 - A. Her progressive forgetfulness
 - B. Her inability to concentrate
 - C. Her disinterest in her personal hygiene
 - D. Her productive cough

5. The nurse is caring for an elderly client who has congestive heart failure. Which finding indicates that her condition is getting worse?
 - A. An increase in urine output
 - B. A decrease in blood pressure
 - C. A decrease in heart rate
 - D. Warm, moist skin

6. The nurse is caring for an elderly woman admitted with chronic organic brain disease. When her daughter visits, she asks, "Are you my maid?" The nurse describe the client's behavior as:
 - A. Impaired judgment
 - B. Disorientation
 - C. Impaired of abstract thinking
 - D. Delusions

7. A client with terminal cancer yells at the nurse and says, "I don't need your help, I can bathe myself." The stage of grief the client is most likely experiencing is:
 - A. Projection
 - B. Denial
 - C. Anger
 - D. Depression

8. An elderly woman is being treated for severe depression. During the acute phase of her illness, which of these measures should have priority in her care?
 - A. Keeping her in seclusion
 - B. Repeating unit routines to her in detail
 - C. Urging her social interaction with other clients
 - D. Providing her with physical care

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9. A 45-year old woman tells the nurse that she is having difficulty reading the newspaper. She states that she holds it away from her but still cannot see it. The best response for the nurse to make is:
- A. Reassure her that this situation is normal and encourage her to use a magnifying glass
 - B. Ask her if any of her relatives have had this problem
 - C. Suggest that she see an eye doctor for a prescription for reading glasses
 - D. Explain that she can try on reading glasses at the drugstore
10. In evaluating the client with cancer, what best indicates that the nutritional status is adequate?
- A. Calorie intake
 - B. Stable weight
 - C. Amount of nausea and vomiting
 - D. Serum protein levels
11. A client who has congestive heart failure is being admitted. How should the nurse position this client?
- A. Supine
 - B. Sims'
 - C. Semi-sitting
 - D. Side-lying
12. A 70-year old woman is admitted in diabetic ketoacidosis. What observation by the nurse is consistent with the diagnosis?
- A. Deep respirations.
 - B. Foul breath
 - C. Constipation
 - D. Red rash
13. The nurse is preparing a client environment that will reduce the chance of falls. Which action is appropriate?
- A. Keep the half side rails down on the side the client uses to get out of bed
 - B. Keep the lights down since glare bothers some clients
 - C. Call housekeeping to clean up the spilled water
 - D. Make sure that a path is cleared to assist the client when walking
14. The nurse is giving home care to a 69-year old client who has severe arthritis. Which comment made by the client indicate to the nurse that the client is experiencing normal changes associated with the aging process?
- A. "I have such a hard time with the pain in my feet and knees".
 - B. "I have had loose stools for the last few months".
 - C. "My children say I keep my apartment too warm".
 - D. "I have a hard time at night because the lights are all big and fuzzy".

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15. An elderly man who is disoriented, confused, and unable to answer simple questions coherently is admitted. Which action is of highest priority?
- A. Obtain a psychiatric consult
 - B. Check the client's glucose level
 - C. Restrain the client
 - D. Administer lorazepam
16. An 87-year old woman is admitted to the acute care hospital for heart failure. The nurse asks about the client's signs and symptoms and obtains vital signs. Considering the client's age, what additional question is most important for the nurse to ask?
- A. "How do you manage your bowels?"
 - B. When was your last menstrual period?"
 - C. "What are your favourite foods?"
 - D. "When was your last tetanus shot?"
17. The nurse enters the room of an adult who is having a grand mal seizure. Which initial action is appropriate?
- A. Put a padded tongue blade in the client's mouth
 - B. Restrain the client
 - C. Turn the client's head to the side
 - D. Call the physician immediately
18. Because a client is scheduled for a liver biopsy, the nurse should check to be sure that which laboratory test results have been received?
- A. Serum electrolytes
 - B. Prothrombin time
 - C. Complete blood count with differential
 - D. Serum creatinine
19. The nurse is administering hygienic care to an elderly client in her home. What should the nurse wash first?
- A. Perineal area
 - B. Face
 - C. Upper torso
 - D. Hands
20. The nurse is giving home care to an elderly client with angina pectoris and Type 2 diabetes mellitus. Which observation is of most concern and should be reported immediately?
- A. The client reports chest discomfort yesterday while taking a walk
 - B. The nurse observes several brown spots on the client's arms and legs
 - C. The client reports an ingrown toenail that is getting more painful
 - D. The client reports shortness of breath when climbing stairs.

SECTION B: SHORT ANSWER QUESTIONS. [30 MARKS]

1. State five (5) factors that increase the risk of falls in the elderly population. [5 Marks]
2. Urinary incontinence is more prevalent in the elderly population:
 - (a) State any four (4) drugs that can potentially cause or contribute to urinary incontinence. [2 Marks]
 - (b) Describe any two (2) complications associated with the urinary incontinence in the elderly. [5 Marks]
3. Multiple factors contribute to decreased drug compliance in the elderly. Describe any three (3) such factors and their specific reductive measures. [6 Marks]
4. Morphine is the drug commonly used to manage severe pain in palliative care. Explain two (2) common side effects of morphine and their prevention. [4 Marks]
5. State four (4) key elements targeted by communication in palliative care. [4 Marks]
6. Explain the following ethical principles as applied in palliative care:
 - (a) Autonomy [2 Marks]
 - (b) Non-maleficence [2 Marks]

SECTION C: LONG ANSWER QUESTION [20 MARKS]

Explain the causes and appropriate management of the following clinical problems encountered in palliative care:

- A. Breathlessness [5 Marks]
 - B. Fatigue [5 Marks]
 - C. Anxiety [5 Marks]
 - D. Diarrhoea [5 Marks]
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