

CHUKA



UNIVERSITY

UNIVERSITY EXAMINATIONS

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

NURU 191: FUNDAMENTALS OF NURSING PRACTICE 1

STREAMS: Y1S1

TIME: 2 HOURS

DAY/DATE: THURSDAY 9/04/2020

11.30 A.M - 230 P.M.

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

MULTIPLE CHOICE QUESTIONS [20MKS]

1. The nurse is monitoring the patient who is 24 hours post operation from surgery. Which finding requires intervention?
 - a) A. BP 100/80
 - b) B. 24-hour urine output of 300 ml
 - c) C. Pain rating of 4 on 1-10 scale
 - d) D. Temperature of 37.1⁰c
2. A patient is 6 days post-operative from abdominal surgery. The patient is to be discharged later today. The patient uses the call light and asks you to come to his room and look at his surgical site. On arrival, you see that approximately 2 inches of internal organs are protruding through the incision. What intervention would you NOT do?
 - a) Put the patient in prone position with knees extended to put pressure on the site
 - b) Cover the wound with sterile normal saline dressing
 - c) Monitor for signs of shock

- d) Notify the medical officer and administer as prescribed antiemetic to prevent vomiting
3. A patient reports he hasn't had a bowel movement or passed gas since surgery. On assessment, you note the abdomen is distended and no bowel sounds are noted in the four quadrants. You notify the MD. What non-invasive nursing interventions can you perform without a MD order?
- a) Insert a nasogastric attached to intermittent suction
 - b) Administer IV fluids
 - c) Encourage ambulation, maintain NPO status, and monitor intake & output
 - d) Encourage at least 3000 ml of fluids per day
4. Nursing practice in the twenty-first century is an art and science that is centered on the
- a) Client
 - b) Health care facility
 - c) Nursing process
 - d) Cultural diversity
5. Who decreased mortality by improving sanitation in the battlefields, resulting in a decrease in illness and infection?
- a) Lillian Wald
 - b) Clara Barton
 - c) Dorthea Dix
 - d) Florence Nightingale
6. The document that assures clients that they will receive quality care from a competent nurse is the:
- a) Standards of care
 - b) Nurse Practice Act
 - c) Accreditation certification
 - d) National council licensure
7. A nurse who has been in a position on the same unit for 2 years understands the organization and care of the clients on that nursing unit. Benner defines this nurse as able to anticipate nursing care and to formulate long-range goals; this nurse is given the title:
- a) Expert
 - b) Proficient
 - c) Competent
 - d) Advanced beginner
8. Bachelor of Science in Nursing training in Kenya was began in the following year
- a) 1992
 - b) 2002
 - c) 1990
 - d) 1987

9. Which of the following professional nursing organisation (association) in Kenya has both regional and international recognition?
- a) The national nurses association of Kenya of Kenya (NNAK)
 - b) The national nurses association of Kenya (KNUN)
 - c) The nursing council of Kenya (NCK).
 - d) The East , Central and Southern Africa college of nursing (ECSACON).
10. Which nursing theorist emphasized on positive adaptation to the stimuli and stresses encountered by the client
- a) Virginia Henderson
 - b) Florence Nightingale
 - c) Calister Roy
 - d) Dorothea Orem
11. 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.
12. 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) Anger
 - b) Bargaining
 - c) Denial
 - d) Acceptance
13. A patient is being transferred from the ICU to a regular hospital room. What must the ICU nurse be prepared to do as part of this transfer?
- a) Provide a verbal report to the nurse on the new unit
 - b) Provide a detailed written report to the unit secretary or the records officer.
 - c) Delegate the responsibility for providing information
 - d) Make a copy of the patient's medical record
14. The following are parenteral routes of drug administration except;
- a) sub cutaneous (SC)
 - b) Transdermal (TD)
 - c) intravenous (IV)
 - d) intradermal (ID).

15. When providing health promotion classes, a nurse uses concepts from models of health. What do both the health–illness continuum and the high-level wellness models demonstrate?
- a) Illness as a fixed point in time
 - b) The importance of family
 - c) Wellness as a passive state
 - d) Health as a constantly changing state
16. A patient develops a urinary tract infection after an indwelling urinary catheter has been inserted. This would most accurately be termed as which type of infection?
- a) A viral infection
 - b) A chronic infection
 - c) An iatrogenic infection
 - d) An opportunistic infection
17. An acute illness is:
- a) Less than 2 weeks
 - b) Less than one month
 - c) Less than three months
 - d) Less than six months
18. Which of the following is a complete wellness diagnoses?
- a) Readiness for spiritual well-being
 - b) Readiness for enhanced family coping
 - c) Possible social isolation
 - d) Risk for powerlessness
19. An Example of an ethical principles would be;
- a) Malpractice and veracity.
 - b) Confidentiality and justice.
 - c) Justice and maleficence.
 - d) Advocacy and negligence.
20. Manifestations of a systemic infection include the following except
- a) Redness
 - b) Fever
 - c) Anorexia
 - d) tenderness

B. SHORT ANSWER QUESTIONS [30MARKS].

1. Define nursing as per Virginia Henderson [2Marks]
2. Describe six (6) ethical principles used in the nursing practice [6Marks]
3. Outline five (5) conditions that have given rise to a Need for Nursing [5Marks]
4. State eight (8) benefits of Nursing Process [8Marks]
5. Explain two (2) barriers of professionalism in nursing [4Marks]
6. One of the common nursing management systems currently used in Kenya is functional nursing
 - A. State three (3) Advantages of functional Nursing. [3Marks]
 - B. State two (2) disadvantages of functional nursing [2Marks]

C. LONG ANSWER QUESTIONS [20MARKS].

- 1) Nursing theories provide a knowledge base for the science of nursing.
 - a) Describe six(6) areas of environment a nurse is able to control as per Florence Nightingale environmental model of nursing [12 Marks]
 - b) Describe the four metapardigms as per Nightingale’s environmental theory. [8Marks]

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