

FUNDAMENTALS OF NURSING

PART I: MULTIPLE CHOICE QUESTIONS

(40MARKS)

- 1. The best site to palpate for pulse in unconscious patient is: -**
 - a) Radial
 - b) Branchial
 - c) Femoral
 - d) Carotid
- 2. The best position to use when inserting NGT is: -**
 - a) Low fowlers position
 - b) Sims position
 - c) Trendelenburg position
 - d) High fowlers
- 3. Oxygen saturation (SPO2) of less than 92 % suggests: -**
 - a) Hypovolemia
 - b) Hypoxemia
 - c) Normal oxygen saturation
 - d) Hyperventilation
- 4. Sequence of taking vital signs: -**
 - a) Temperature, Pulse, Respiration
 - b) Pulse, respiration temperature
 - c) Respiration, pulse, temperature
 - d) Respiration, temperature pulse
- 5. Patient with high temperature should be given**
 - a) Plenty of fluids
 - b) Normal fluids
 - c) Restricted fluids
 - d) Regular fluids
- 6. Development of an infection occurs in a cycle that depends on presence of all these elements, except: -**
 - a) Causative agent
 - b) Source of pathogen
 - c) Health care worker
 - d) Portal of exit
- 7. -----is not a standard precaution used in the care of patients irrespective of whether diagnosed infections or not: -**
 - a) Hand hygiene
 - b) Improper sharps and waste disposal
 - c) Personal protective equipment
 - d) Aseptic technique

8. One of the following is a plasma expander: -

- a) Normal saline
- b) Haemacell
- c) Ringers lactate
- d) Half strength Darrow's

9. One of the following positions is used to promote venous return and prevent shock: -

- a) Dorsal recumbent
- b) Horizontal recumbent
- c) Reverse Trendelenburg
- d) Trendelenburg

10. Mechanical device used to prevent foot drop: -

- a) Bed block
- b) Foot rest
- c) Knee rest
- d) Back rest

11. Intradermal injection is given at: -

- a) 15-degree angle
- b) 30-degree angle
- c) 45-degree angle
- d) 90-degree angle

12. Bland diet consists of: -

- a) High carbohydrates
- b) High fat
- c) Roughage
- d) Non-irritating foods

13. The meaning of PRN in drug administration: -

- a) When advised
- b) Immediately
- c) Now
- d) When necessary

14. At the end of the shift, the nurse remembers that she forgot to document a dressing change she performed for a patient. The action should be: -

- a) Complete occurrence book before leaving
- b) Do nothing, next nurse will document it was done
- c) Write the note of the dressing change into an earlier note
- d) Make late entry as an addition to the patients notes

15. Mr. x has just been admitted to your ward with onset of disruptive behavior due to unknown cause. He is prescribed haloperidol 2.5 mg IM slow. The pharmacy dispenses haloperidol for injection in form of 5mg/dose the medication you would draw to give Mr. X is: -
- a) 2mls:
 - b) 5mls
 - c) 0.5mls
 - d) 12.5mls
16. An instrument placed against patient's chest to hear both lung and heart sounds: -
- a) Stethoscope
 - b) Otoscope
 - c) Telescope
 - d) Sphygmomanometer
17. The nurse puts a restraint jacket on a client without the client's permission and without the physician's order. The nurse may be guilty of: -
- a) Battery
 - b) Neglect
 - c) Invasion of privacy
 - d) Assault
18. The nursing theorist who developed Adaptation theory is: -
- a) Dorothea Orem
 - b) Madeleine Leininger
 - c) Betty Newman
 - d) Sr. Calista Roy
19. Nursing interventions that require knowledge skills and expertise of multiple health professionals are: -
- a) Dependent
 - b) Independent
 - c) Interdependent
 - d) Intradependent
20. A confused client who fell out of bed because side rails were not used is an example of which type of liability: -
- a) Felony
 - b) Negligence
 - c) Assault
 - d) Battery

21. Contemporary nursing practice is based on knowledge generated through nursing theories. Nightingale's theory introduced the concept that nursing care focuses on: -

- a) Manipulating the environment
- b) Promoting the client's psychological needs
- c) Maintaining a maximal level of wellness
- d) Developing interpersonal interactions with the client

22. General systems theory was proposed by: -

- a) Virginia Henderson
- b) Betty Neuman
- c) Imogene King
- d) Sr. Callister Roy

23. In order to prevent pressure sores, the nurse should turn the patient: -

- a) 4 hourly
- b) 2 hourly
- c) 3 hourly
- d) 1 hourly

24. One of the following is a subjective data: -

- a) Vital signs
- b) Laboratory test results
- c) Patient description of pain
- d) Electrocardiographic waveforms (ECG)

25. The nurse measures a patient temperature to be 102 degrees F. The equivalent centigrade in temperature is: -

- a) 39 degrees Celsius
- b) 47 degrees Celsius
- c) 38.9 degrees Celsius
- d) 40.1 degrees Celsius

26. A nurse is showing a patient how to use crutches at home and instructing his mother about how to change his bandages. At this time, the nurse is primarily acting as:

- a) Teacher
- b) Decision maker
- c) Patient advocate
- d) Manager of care

27. Which of the following is included in Orem's theory:-

- a) Maintenance of a sufficient intake of air
- b) Self-perception
- c) Love and belongingness
- d) Physiological needs

- 28. A client who is unconscious needs frequent mouth care. When performing a mouth care, the best position of a client is: -**
- a) Fowler's position
 - b) Side lying
 - c) Supine
 - d) Trendelenburg
- 29. The best way to decrease the risk of transferring pathogens to a patient when removing contaminated gloves is to: -**
- a) Wash the gloves before removing them
 - b) Gently pull on the fingers of the gloves when removing them
 - c) Gently pull just below the and invert the gloves when removing them
 - d) Remove the gloves and then turn them inside out
- 30. Mr. x aged 66 years is admitted to the ward with dehydration and she is to receive 3 litres of IV solution over 34 hours. The drop factor is 15 drops per mls. The appropriate drip rate for the solutions will be: -**
- a) 14 drops/min
 - b) 21 drops/min
 - c) 31 drops/min
 - d) 42 drops/min
- 31. Signs and symptoms of an adverse reaction to blood transfusion include: -**
- a) Fall in blood pressure, distension of neck veins, rash
 - b) Backache, laryngeal edema, generalized discomfort
 - c) Tachycardia, urticaria, flushing
 - d) Wheezing, flushing, laryngeal edema
- 32. In surgical asepsis: -**
- a) The goal is to reduce the number of potentially infective agents,
 - b) Items are sterile, clean or dirty
 - c) An area is kept free of microorganisms
 - d) There is a state of infection that requires surgery for eradication of microorganisms
- 33. During intramuscular injection, the nurse should administer injection at: -**
- a) 60 degrees
 - b) 45 degrees
 - c) 90 degrees
 - d) 15 degrees
- 34. When collecting 24-hour urine specimen a nurse should: -**
- a) Have the patient void when the 24-hour period is about to begin and discard this urine since it was formed before the 24-hour period began.
 - b) Instruct patient not to void a few minutes before the end of 24 hours.
 - c) measure record and discard urine voided before the end of 24hours.
 - d) Collect the specimen preferably at night.

35. The priority nursing diagnosis for a patient who is on nasogastric tube feeding is: -

- a) Altered nutrition less than body requirements.
- b) Risk for aspiration of feeds.
- c) Potential for development of diarrhea.
- d) Altered comfort due to the use of the tube.

Indicate true or false question 36-37 each is ½ a mark.

- i. Tachycardia is pulse rate slower than 60beats/min
- ii. Exercise can cause decrease of body temperature

- i. Health is a state of physical wellbeing only.
- ii. For a court to recognize a claim of negligence, four legal elements must be present.

PART II: SHORT ANSWER QUESTIONS

(40MARKS)

- 1. State three (3) sites of intramuscular injection. **(6Marks)**
- 2. State four (4) uses of nursing cardex. **(4Marks)**
- 3. Explain three (3) steps used in processing instruments **(6 Marks)**
- 4. Outline four (4) methods of lifting a patient **(4Marks)**
- 5. State three (3) advantages of giving oral medication **(4Marks)**
- 6. State three (3) functions of national nurses association of Kenya (NNAK). **(5Marks)**
- 7. State five (5) characteristics of a theory **(5Marks)**
- 8. Explain three (3) characteristics of nursing as a profession **(6Marks)**

PART III: LONG ANSWER QUESTIONS

(20Marks)

- 1. Death is a permanent cessation of all biological functions that sustain a living organism.
 - a) State five (5) signs of approaching death in a patient **(5Marks)**
 - b) Describe the stages of death by Kubler –Ross and the nursing responsibility in every stage **(15mks)**

