

**UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES
DEPARTMENT OF GENERAL NURSING
MAIN EXAMINATION PAPER MAY 2007**

| | |
|-----------------------|--|
| Course Code | NUR 315 |
| Course title | Aspects of Community Health Nursing |
| No of students | 31 |
| Duration | Three (3) hours |
| Total marks | 100 |

Instructions:

1. Answer ALL questions in this paper.
2. Write all your answers in the provided answer booklet.
3. Read the questions thoroughly and thoughtfully.
4. HANDWRITING MUST BE LEGIBLE. Written work that cannot be seen or read, will not be awarded any marks.
5. Figures in brackets represent marks allocated per question or a part thereof.

**DO NOT OPEN THIS PAPER UNTIL PERMISSION HAS BEEN GIVEN
BY THE CHIEF INVIGILATOR.**

207

SECTION AFill in the blanksINSTRUCTION:

Write the correct missing word(s)/figure(s)/date(s)/relevant information in your answer booklet. Example: 1 = 26th July 2008 ; 2 = 60.

1. If the last menstrual period (LMP) occurred from 3rd through 6th January 2007, the estimated date of delivery (EDD) will be _____ .
2. According to the Swaziland Expanded Programme for Immunisation (SEPI), the maximum age for administering the diphtheria, pertussis and tetanus (DPT) vaccine is _____ months
3. A pregnant woman who is HIV positive is administered with a stat dose of nevirapine _____ mg orally at the onset of labour.
4. In accordance with SEPI, the correct dosage of the Bacille Calmette-Guerin (BCG) vaccine for a peri-nate, is _____ ml.
5. The _____ lobe of the pituitary gland is responsible for secreting the follicle stimulating hormone (FSH).
6. The minimum age for administering the Hepatitis B Virus (HBV) vaccine, according to SEPI, is _____ weeks.
7. The area from where the ovum ruptures is first known as the corpus _____ .
8. The _____ gland plays a regulatory role in the menstrual cycle.
9. According to SEPI, the maximum age for administering the vaccine diphtheria and Tetanus (DT) is _____ months.
10. Vitamin _____ deficiency will cause rickets.

[10 points]

208

SECTION B

Multiple Choice Questions

INSTRUCTION:

Select the most appropriate answer and write it in your answer booklet.

Example = 1 = a, 2 = d, and so forth.

1. In comparison, human milk has
 - a. more protein than cow's milk.
 - b. less fats than cow's milk.
 - c. An equal amount of water
 - d. less Vitamin C than cow's milk.

2. Which one of the following is the most appropriate syringe for administering the vaccine Bacille Calmette-Guerin (BCG)?
 - a. A tuberculin syringe.
 - b. A heparin syringe.
 - c. The standard 1 ml syringe.
 - d. An insulin syringe.

3. The following ingredients are found in commercial oral rehydration solution (ORS) sachets.
 - a. sodium chloride, iron chloride, glucose and water
 - b. sodium chloride, sodium bicarbonate, glucose and water.
 - c. sodium bicarbonate, potassium chloride, folic acid and water.
 - d. sodium chloride, sodium bicarbonate, potassium chloride, glucose and water.

4. To prepare $\frac{2}{3}$ strength milk feeds for an infant, one needs to dilute
 - a. two volumes of milk with one volume of water.
 - b. two volumes of water with one volume of milk..
 - c. three volumes of milk to one volume of water.
 - d. three volumes of water to one volume of milk.

209

5. A child who is described as 'stunted' has
- more than expected height for age.
 - less than expected height for age.
 - expected weight for age.
 - less than expected weight for age.
6. One of the following is a more accurate indicator of the presence of protein energy malnutrition (PEM) in an under five year old.
- Arm circumference.
 - Weight for height.
 - Weight for age.
 - Shortness.
7. An infant is expected to eat from the family pot by the age of
- twelve weeks.
 - twenty-four weeks.
 - thirty-six weeks.
 - forty-eight weeks.
8. Nomvula is 15 days old and therefore referred to as a/an
- infant.
 - newborn.
 - neonate.
 - toddler.
9. According to the theory of Erik Erikson on psychosocial growth, a 5 year old child is in the developmental stage of
- competence versus inferiority.
 - basic trust versus mistrust.
 - autonomy versus shame and doubt.
 - initiative versus guilt.

210

10. Three months after having been commenced on nurosterate enantate (NET-EN), menstruation
- may altogether cease for the entire duration of employing the method.
 - will definitely continue in the same pattern as prior to using the method.
 - will definitely cause the woman to have spotting.
 - will become excessive.
11. The main ingredients of home-made oral re-hydration solution are
- half a teaspoon of sugar + 7 level teaspoons of salt + one litre of water.
 - half a teaspoon of salt + 7 level teaspoons of sugar + one litre of water
 - half a teaspoon of sugar + eight teaspoons of sugar + one litre of water.
 - half a teaspoon of salt + eight teaspoons of sugar + one litre of water.
12. The following are non-contraceptive benefits of (NET- EN), EXCEPT
- prevention of anaemia.
 - relief from dysmenorrhoea.
 - galactorrhoea.
 - leukorrhoea.
13. One of the following is NOT a warning signal of NET-EN.
- Heavy menstruation.
 - Severe pain in the legs.
 - Weight gain.
 - Frequent urination.
14. The following are brands of low dose oral contraceptive pills, EXCEPT
- Lo Femmenal (oestradiol 350 mcg and norethindrone 750 mcg).
 - Ovral. (oestradiol 500 mcg and norgesterol 750 mcg).
 - Eugynon 30 (oestradiol 350 mcg and norethindrone 750 mcg).
 - Microgynon 30 (oestradiol 350 mcg and norethindrone 750 mcg).

211

15. Which one of the following female reproductive hormones is secreted in large amounts in the post ovulation phase of the menstrual cycle?
- Oestrogen.
 - Lutenizing hormone.
 - Progesterone.
 - Follicle stimulating hormone.
- 16 According to the Swaziland Expanded Programme for Immunisation (SEPI), the correct dosage of albendazole for a four month old infant is
- 50 mg
 - 200 mg.
 - 400 mg.
 - none of the above.
17. S'khumbuzo is six months old and should be able to do the following, EXCEPT to
- smile back when smiled at, especially by his primary caregiver.
 - stand up unsupported.
 - sit without any support.
 - grasp small objects.
18. The curative dosage of Vitamin A for a 3-month old infant who has diarrhoea is
- 50.000 IU orally.
 - 50,000 IU intra muscularly.
 - 100,000 IU orally.
 - 100,000 IU intra muscularly.
19. According to SEPI, the frequency with which albendazole should be administered orally to the under five year-olds is
- every three monthly.
 - every six monthly.
 - once a year.
 - three times a year.

212

20. Investigations for delayed or absence of menarche are generally commenced at the age of
- 20 years.
 - 13 years.
 - 15 years.
 - 18 years.
21. One of the following is NOT a warning signal of combined oral contraception.
- Severe pain in the abdomen.
 - Severe pain upon micturition.
 - Severe pain in the calf muscles.
 - Severe headache.
22. Which one of the following is a non-contraceptive benefit of the intra uterine contraceptive device (IUCD) family planning method?
- galactorrhoea.
 - leukorrhoea.
 - seborrhoea.
 - lubrication.
23. According to SEPI, the correct storage temperature, in a clinic, for the oral polio vaccine (OPV), is
- 0°C to 8°C
 - 15°C to -25°C
 - 0°C to +8°C
 - 8°C to +15°C

213

24. According to SEPI, when the first dose of measles is administered after the age of 15 months,
- the usual booster dose will be administered at the age of 18 months.
 - the usual booster dose will not be administered at the age of 18 months.
 - the usual booster dose will be administered at the age of 60 months.
 - there is no need at all for the booster dose.
25. If the measles vaccine is administered at 7 months of age because of a measles outbreak, the infant will,
- not require any further measles vaccine at the age of 9 months.
 - be administered the usual dose at the age of 9 months.
 - have to wait for twelve months before receiving the next dose.
 - will be administered with only half the dosage of the measles vaccine at the age of 9 months.
26. The correct storage temperature, in a clinic, for the diphtheria, pertussis and tetanus (DPT) vaccine is
- 0°C to 8°C
 - 15°C to -25°C
 - 0°C to +8°C
 - 8°C to +15°C
27. Which of the following hormones is secreted in large amounts in the pre-ovulation phase of the menstrual cycle?
- Follicle stimulating hormone.
 - Oestrogen.
 - Lutenizing hormone.
 - Progesterone.

214

28. The correct storage temperature, in a clinic, for the hepatitis B virus (HBV) vaccine, is
- 0°C to 8°C
 - 15°C to -25°C
 - 0°C to +8°C
 - 8°C to +15°C
29. The correct storage temperature, in a clinic, for the tetanus toxoid (TT) vaccine is
- 0°C to 8°C
 - 15°C to -25°C
 - 0°C to +8°C
 - 8°C to +15°C
30. Busi is 18 months old and missed her primary immunisation schedule altogether. According to SEPI, the correct secondary immunisation regimen to administer to her today is
- OPV + DPT + HBV.
 - booster OPV + booster DPT + booster measles.
 - OPV + r DPT + DT.
 - BCG +r OPV + DPT + measles.
31. Post vasectomy, the man will become sterile after
- three sperm free specimens have been certified.
 - he has had sexual intercourse and ejaculated thirty-three times.
 - three consecutive sperm free specimens have been certified.
 - three months of persistent and consistent sexual intercourse.
32. Siphwe forgot to take her Lo Femmenal tablets last night and upon realising it this morning at 7 am, she should
- abandon the rest of the pills in the packet and wait for her next menstrual period.
 - take the forgotten pill as soon as she remembered and in addition use the

2/5

female condom method.

- c. take the forgotten pill as soon as remembered to and do not worry about a back-up method.
- d. take the forgotten pill together with tonight's at the usual time she swallows her pills.

33. According to the World Health Organization (WHO) clinical staging of the HIV infection, a child with generalized lymphadenoma and no symptoms is said to be in the

- a. first stage of HIV infection.
- b. second stage of HIV infection.
- c. third stage of HIV infection.
- d. fourth stage of HIV infection.

34. In accordance with SEPI, the upper most age limit for administering the third dosage of OPV is

- a. 23 months
- b. 15 years.
- c. 10 years.
- d. 5 years.

35. The BCG vaccine

- a. is a live attenuated vaccine.
- b. is an inactivated vaccine.
- c. stimulates passive immunity in the infant.
- d. is administered subcutaneously.

2/6

36. According to SEPI, when the primary immunisation schedule has been missed out, the secondary immunisation schedule can be utilised. Three year-old Mfana appears at the clinic for the first time today, which secondary immunisation regimen will be administered to him today?
- BCG + OPV + HBV + measles.
 - BCG + OPV + HBV + DPT + measles.
 - BCG + OPV + HBV + DT + measles.
 - BCG + OPV+ DT + Measles.
37. According to the clinical staging of HIV infection by WHO, a child who has oral thrush, severe failure to thrive (FTT) in the absence of known aetiology and has recurrent septicaemia is in the
- first stage of HIV infection.
 - second stage of HIV infection.
 - third stage of HIV infection.
 - fourth stage of HIV infection.
38. Weaning should, ideally, be commenced
- as soon as the primary caregiver thinks the baby can tolerate other foods.
 - from the 2nd month after delivery.
 - from the 4th month after delivery.
 - from the 9th month after delivery.
39. According to SEPI, the maximum age for administering the measles vaccine in children is
- 5 years.
 - 15 years.
 - 18 months.
 - 18 years.

217

40. Theoretically, the Pearle Index (PI) of an effective family planning method should be
- very high.
 - just about medium.
 - only of standard size.
 - small.

[40 points]

SECTION C
Guided Questions

Question 1

Owing to the very high prevalence rate of human immune virus (HIV) infection in Swaziland, the programme Prevention of Mother-to-Child (PMTCT), has now been integrated as part of antenatal care services. However, it is noted that, while a large number of pregnant women undergo group pre-test counselling, some proceed to doing individual pre-test counselling and have their blood tested. Only a handful of those who test, return to check their results.

- 1.1 Describe any three reasons why some of the pregnant Swazi women do not go back to find out the outcome of their blood tests, (6)
- 1.2 Identify and outline any three consequences of remaining ignorant of one's HIV status, especially when the woman is pregnant. (6)
- 1.3 Describe any five ways an HIV positive pregnant woman can avoid the transmission of HIV infection to the foetus and/or her infant. (10)
- 1.4 Identify the most appropriate family planning method or methods for a pregnant woman who is HIV positive (1). Support your answer (2)

[25 points]

218

Question 2

Hardly a week passes without reading either in the Times of Swaziland or The Swazi Observer about a child who has been maltreated.

2.1 Define child maltreatment. (2)

2.2 Outline any five forms of child maltreatment. (5)

2.3 Describe any three consequences of one of the forms of maltreatment you have outlined in answer 2.2. (6)

2.4 Using one of the consequences you have described in answer 2.3, formulate one potential nursing diagnosis of a child who has been maltreated in that manner. (2)

2.5 As a nurse working with children in the community, describe any three advocacy roles you could play in helping to eliminate child maltreatment in the community within which you live. (6)

2.6 Outline any four reasons why parents or adults maltreat their children (4)

[25 points]

THE END

2/9