

UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES
GENERAL NURSING SCIENCE DEPARTMENT
FINAL EXAMINATION - DECEMBER 2008

COURSE CODE : NUR 430
COURSE TITLE :ADVANCED MEDICAL SURGICAL NURSING I
TIME ALLOCATED :2 HOURS
MARKS ALLOCATED :75
EXAMINER :DR M.S.P MKHABELA

INSTRUCTIONS

1. ANSWER ALL QUESTIONS
2. EACH QUESTION CONSISTS OF 25 MARKS
3. WRITE CLEARLY
4. ONE MARK FOR AN EXPLAINED FACT UNLESS INDICATED OTHERWISE

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NUR 430 FINAL EXAMINATION

QUESTION 1 MULTIPLE CHOICE

A

Select the most appropriate answer for each of the following questions

- 1.1 A necessary skill of the nurse in the role of teacher is the ability to
- determine when patients are distressed physically or psychological to learn.
 - assure the patient that the nurse understands what is necessary for the patient to learn.
 - develop standardized teaching plans for use with all patients to save time and overcome time constrains.
 - present information in medical language to increase the patient's vocabulary and understanding of path-physiology.
- 1.2 When the nurse is feeling stressed about the limited time available for patient teaching, a strategy that might be used is
- setting realistic goals that have high priority for the patient.
 - referring the patient to a nurse educator in private practise for teaching
 - observing more experienced nurse-teachers to learn how to teach faster and more efficiently.
 - providing reading materials for the patient instead of discussing information the patient needs to learn.
- 1.3 The nurse includes family members in patient teaching primarily because
- they provide most of the care for patients.
 - patients have been shown to have better outcomes when families are involved
 - the patient may be too ill or too stressed by the situation to understand teaching
 - they might feel rejected and unimportant if they are not included in teaching.
- 1.4 When the nurse, the patient, and the patient's family decide together

what strategies would be best to meet the learning objectives, the step of the teaching process that is involved is

- a. planning.
- b. evaluation.
- c. assessment.
- d. implementation

1.5 A patient characteristic that enhances the teaching-learning process is

- a. high anxiety.
- b. high self-efficacy.
- c. being in the precontemplative stage of change.
- d. being able to laugh about the health problem that is present.

1.6 An example of a correctly written learning objective is

- a. The patient will lose 25 pounds in 6 weeks.
- b. The patient should understand the implications of the condition.
- c. The patient will read two pamphlets on the subject of breast self-examination.
- d. The patient's spouse will demonstrate to the nurse how to correctly change a gastrostomy bag before discharge.

1.7 A patient tells the nurse that she enjoys talking with others and sharing experience, but easily falls asleep when reading. In planning teaching strategies with the patient, the nurse recognizes that the patient would probably learn best with

- a. role play.
- b. group teaching.
- c. lecture-discussion.
- d. discussion supplemented with computer programs.

1.8 Short term evaluation of teaching effectiveness includes

- a. observing the patient and asking direct question.
- b. following the patient for 3 to 6 months after the teaching.
- c. monitoring for the behaviour for up to 6 weeks after discharge.
- d. asking the patient what he or she found helpful about the teaching experience.

- 1.9 The nurse is teaching a middle-aged Swazi woman in a clinic about various methods to relieve the patient's symptoms of menopause. The goal of this teaching would be to
- prevent diseases.
 - maintain health.
 - alter the patient's cultural belief regarding the use of herbs.
 - provide information for selection and use for treatment options.
- 1.10 When planning teaching with considerations of adult learning principles, the nurse would
- present material in an efficient, lecture format.
 - Recognize that adults enjoy learning regardless of the relevance to their personal lives.
 - Provide opportunities for the patient to learn from other adults with similar experiences.
 - Postpone practise of new skills until the patient can independently practice the skill at home.
- 1.11 A patient is receiving a loop diuretic. The nurse should be alert to which of the following symptoms?
- restlessness and agitation
 - paresthesia and irritability
 - weak irregular pulse and poor muscle tone
 - increased blood pressure and muscle tone
- 1.12 Implementation of nursing care for the patient with hyponatremia includes
- fluid restriction
 - administration of hypotonic IV fluids
 - administration of cation exchange resin
 - increased water intake for patients on nasogastric suction
- 1.13 The nurse recognizes that a person who is subjected to chronic stress or daily hassles could be at higher risk for
- osteoporosis
 - cold and flue
 - low blood pressure
 - high serum cholesterol
- 1.14 The majority of the body's water is contained in which of the following fluid compartment

- a. interstitial
 - b. intracellular
 - c. extracellular
 - d. intravascular
- 1.15 The primary purpose of the evaluation phase of the nursing process is to
- a. assess the patient's strength
 - b. describe new nursing diagnosis
 - c. implement new nursing strategies
 - d. identify patient progress toward outcome
- 1.16 A patient has a nursing diagnosis of stress urinary incontinence related to overdistention between voiding. An appropriate nursing intervention for this patient related to this nursing diagnosis is to
- a. provide privacy for toileting
 - b. monitor colour, odour and clarity of urine
 - c. teach the patient to void at 2 hour intervals
 - d. provide patient with pineal pads to absorb urine leakage
- 1.17 An example of an independent nursing intervention is
- a. administering blood
 - b. starting an intravenous fluid
 - c. teaching a patient about the effects of prescribed drugs
 - d. administering emergency drugs according to institutional protocols
- 1.18 Pain is described as
- a. a creation of a person's imagination
 - b. an unpleasant, subjective experience
 - c. a maladaptive response to a stimuli
 - d. a neurological event resulting from activation of nociceptors
- 1.19 Unrelieved pain is
- a. to be expected after major surgery
 - b. to be expected in a person with cancer
 - c. dangerous and can lead to many physical and psychological complications
 - d. an annoying sensation, but it is not an important as other physical care need
- 1.20 During the initial pain assessment process the nurse should
- a. assess critical sensory components
 - b. teach the patient about pain therapies
 - c. conduct a comprehensive pain assessment
 - d. provide appropriate treatment and evaluate its effect (20)

B. Briefly discuss stress management interventions or therapeutics. (5)

TOTAL 25 MARKS

QUESTION 2

A young mother delivered a stillborn baby at her house and she is now admitted in your ward.

- a) Provide health education to her based on goals of patient teaching. (15)

- b) Age-related changes alter drug metabolism in the body. Discuss changes that occur in some organs or tissues of elderly clients. (10)

TOTAL 25 MARKS

QUESTION 3

The laboratory results (see back page) belong to Mrs. M.

- a) Write down five (5) nursing diagnoses based on the data. (5)

- b) Describe your interventions for the identifies diagnoses (three for each diagnosis) (15)

- c) What dietary restrictions would be recommended for chronic renal failure (5)

TOTAL 25 MARKS