

**UNIVERSITY OF SWAZILAND**  
**FACULTY OF HEALTH SCIENCES**

**FINAL EXAMINATION**

**MAY 2012**

**COURSE TITLE : NURSING SCIENCE AND ARTS 11**

**COURSE CODE : NUR 201**

**TIME ALLOWED : 2 HOURS**

**TOTAL MARKS ALLOCATED: 75**

**NUMBER OF PAGES INCLUDING COVER: 11**

- INSTRUCTIONS:**
- 1. PLEASE READ INSTRUCTIONS CAREFULLY**
  - 2. ANSWER ALL QUESTIONS.**
  - 3. SECTION A COMPRISES 49 MULTIPLE CHOICE QUESTIONS WITH A TOTAL OF 51 RESPONSES.**
  - 4. SECTION B COMPRISES SHORT ANSWER QUESTIONS WITH A TOTAL OF 24 MARKS**

**MARK ALLOCATION: 1 MARK per FACT/CORRECT PHRASE**

**UNLESS OTHERWISE INDICATED**

***DO NOT OPEN UNTIL PERMISSION HAS BEEN GRANTED BY THE  
INVIGILATOR***

## SECTION A

## MULTIPLE CHOICE

1. The school nurse is planning a health fair for a group of fifth graders. Dental health is one topic that will be covered during the health fair. What would be most likely to increase the risk of tooth decay?
  - A) Soft drinks
  - B) Raw carrots
  - C) Shelled peanuts
  - D) Cheddar cheese
  
2. You are doing discharge teaching with a patient diagnosed with heart failure. What would you teach this patient to do to assess fluid balance?
  - A) Monitor blood pressure
  - B) Assess radial pulses
  - C) Monitor weight daily
  - D) Monitor bowel movements
  
3. A 16-year-old female presents at the emergency department complaining of right lower quadrant pain. She is diagnosed with appendicitis. When assessing this patient, what signs or symptoms should the nurse expect to find?
  - A) Rigid abdomen, Levine's sign, pain relief leaning forward
  - B) Rebound tenderness, McBurney's sign, low-grade fever
  - C) Right lower quadrant pain, Chvostek's sign, muscle guarding
  - D) Periumbilical pain, Trousseau's sign, pain relief with pressure
  
4. A patient comes to the clinic complaining of pain in the epigastric region. The nurse suspects that the patient's pain is related to a peptic ulcer when the patient states the pain is relieved by what?
  - A) Eating
  - B) Drinking milk
  - C) Suppressing emesis
  - D) Having a bowel movement
  
5. A nurse is caring for a patient who has been hospitalized with complaints of low back pain. The patient is scheduled for diagnostic testing in the morning. What is a diagnostic test for low back pain?
  - A) Electroencephalogram
  - B) Arteriogram
  - C) ABG
  - D) Ultrasound

6. You are working in an outpatient surgery center caring for a patient who had a hemorrhoidectomy. What instructions would you provide this patient when you discharge him?
  - A) Keeping the perianal area clean by washing with washcloths moistened with cool water
  - B) How to take a sitz bath
  - C) What position to sit in
  - D) Keeping the perianal area clean by rubbing the area with moist cotton wipes
  
7. You are admitting a 32-year-old woman to your unit. The woman is to undergo major surgery and will be on bed rest for at least 48 hours. While doing the admission assessment the patient tells you she takes oral contraceptives. You know that this puts the patient at an increased risk of developing what?
  - A) Deep vein thrombosis
  - B) Intermittent claudication
  - C) Raynaud's disease
  - D) Thoracic aneurysm
  
8. You are caring for an elderly patient diagnosed with a broken hip. When assessing the patient you find that they also have chronic constipation. What should be included in patient teaching to prevent constipation?
  - A) Establish a bowel routine based upon the fact that the best time for defecation is after dinner.
  - B) Exercise may prolong a bowel movement.
  - C) Consume high-residue, high-fiber foods.
  - D) Resist the urge to defecate until the scheduled time.
  
9. A patient with rheumatic heart disease is at risk for bacterial endocarditis and has been instructed to take what medication prior to any type of dental work.
  - A) Hydrochlorothiazide (HCTZ)
  - B) Metoprolol (Lopressor)
  - C) Propranolol
  - D) Amoxicillin (Amoxil)
  
10. A patient presents at the clinic complaining of back pain that goes all the way down the back of the leg to the foot. What is this type of pain referred to as?
  - A) Bursitis
  - B) Radiculopathy
  - C) Sciatica
  - D) Tendonitis

11. Which assessment would be most appropriate for a patient who is receiving a loop diuretic for heart failure?
  - A) Monitor liver function studies.
  - B) Monitor for hypotension.
  - C) Encourage the patient to spend time outdoors to aid in vitamin D absorption.
  - D) Restrict the intake of potassium.
  
12. The nurse is preparing to place a nasogastric tube in one of her patients. What is the process for determining the length of a nasogastric tube to be placed in the stomach?
  - A) Place distal tip to nose, then ear tip and end of xiphoid process.
  - B) Instruct the patient to lie prone and measure tip of nose to umbilical area.
  - C) Insert the tube into nose until tube fills with secretions.
  - D) Obtain an order from the physician for the number of inches to insert the tube.
  
13. You are assessing a patient suspected of having right-sided heart failure. What assessment finding may indicate right-sided heart failure?
  - A) Pulmonary edema
  - B) Distended neck veins
  - C) Dry cough
  - D) Orthopnea
  
14. The nurse is caring for a 68-year-old patient who the nurse suspects has digoxin toxicity. What should the nurse assess for?
  - A) Hearing loss
  - B) Vision changes
  - C) Decreased urine output
  - D) Gait instability
  
15. A nurse is caring for a newly admitted patient with suspected gastrointestinal bleeding. The nurse assesses the patient's stool after a bowel movement and notes it to be a tarry-black color. The nurse recognizes that the bleeding is likely occurring where?
  - A) The lower GI tract
  - B) The upper GI tract
  - C) The esophagus
  - D) The anal area

16. The nurse is taking a health history on a new patient hospitalized with parasthesias. What is an appropriate question for the nurse to ask the patient to elicit information on altered sensations?
- A) How does the strength in the affected extremity compare to the strength in the unaffected extremity?
  - B) Does the color in the affected extremity match the color in the unaffected extremity?
  - C) How does the feeling in the affected extremity compare with the feeling in the unaffected extremity?
  - D) How does the affected extremity look compared to the unaffected extremity?
17. When discussing angina pectoris secondary to atherosclerotic disease with a patient, the patient asks why he experiences chest pain with exertion. The nurse informs the patient that exertion:
- A) Increases the heart's oxygen demands
  - B) Causes vasoconstriction of the heart
  - C) Increases blood flow to the mesenteric area
  - D) Reduces the effectiveness of medications
18. The patient asks the Nursing Assistant for a bedpan. When the patient is finished, the Nursing Assistant notifies the Staff Nurse that the patient has bright red streaking of blood in the stool. What is this most likely a result of?
- A) Diet high in red meat
  - B) Upper GI bleed
  - C) Hemorrhoids
  - D) Cancer of the large intestine
19. A patient is brought into the emergency department (ED) by family members who tell the nurse the patient grabbed his chest and complained of substernal chest pain that feels like something is sitting on his chest. The pain radiates to the jaw and the left shoulder. The nurse notes the patient is diaphoretic and short of breath. What is the nurse's priority action?
- A) Notify the physician of a probable MI
  - B) Take vital signs
  - C) Give sublingual nitroglycerin
  - D) Administer oxygen

20. A nurse on the orthopedic floor is assessing her patient's peroneal nerve. The nurse will perform this assessment by pricking what?
- A) The skin centered between the great and second toe
  - B) The medial and lateral surface of the sole
  - C) The skin centered between the thumb and second finger
  - D) The top or distal surface of the index finger
21. You are writing a plan of care for a patient newly diagnosed with gastric cancer. What would be two(2) major goals for this patient to include?
- A) Eat three nourishing meals daily
  - B) Maintain adequate psychosocial support
  - C) Relief of pain
  - D) Adjustment to the diagnosis
  - E) Daily walks
22. A patient with GERD has a diagnosis of Barrett's esophagus and has been admitted to your unit. You are writing a care plan for this patient. What information is essential to include?
- A) He will need to undergo an upper endoscopy every 6 months to detect malignant changes.
  - B) Liver enzymes must be checked regularly, as H<sub>2</sub> receptor antagonists may cause hepatic damage.
  - C) Small amounts of blood are likely to be present in his stools and should not cause concern.
  - D) Antacids may be discontinued when symptoms of heartburn subside.
23. The nurse caring for a patient with colorectal cancer is explaining to the patient that it is time to begin preparing for surgery that will occur on the following day. The nurse prepares to administer cephalexin (Keflex) to the patient. What would the nurse inform the patient that the goal of antibiotic administration prior to surgery is?
- A) Treat any undiagnosed infections.
  - B) Reduce the intestinal bacteria.
  - C) Assist in digestion after surgery.
  - D) Reduce abdominal distention.
24. A patient diagnosed with osteoporosis has bones that become progressively porous, brittle, and fragile; they fracture easily under stresses that would not break normal bone. This increased susceptibility to fractures manifest most commonly as what?
- A) Fractured tibias
  - B) Dislocated shoulders
  - C) Boxer's fractures
  - D) Compression fractures of the spine

25. A first year student nurse is doing clinical hours on your unit. The student asks you to auscultate the patient's abdomen to verify what he has heard. The student tells you he has heard one or two bowel sounds in a 2-minute period of time. How would you tell the student to document the patient's bowel sounds?
- A) Normal
  - B) Hypoactive
  - C) Hyperactive
  - D) Absent
26. You are caring for a patient whose laboratory studies show that the patient is hypocalcemic. When the nurse analyzes the other laboratory studies, the nurse will expect the results to reveal what?
- A) An elevated parathyroid hormone level
  - B) A decreased parathyroid hormone level
  - C) An elevated potassium level
  - D) A decreased potassium level
27. The nursing instructor in the skills laboratory at the nursing school is showing a group of nursing students how to apply traction. What is an appropriate example of proper traction use?
- A) Knots in the rope should not be resting against pulleys.
  - B) Weights should rest against the bed rails.
  - C) The end of the limb in traction should be resting against the bed's footboard.
  - D) Skeletal traction may be removed.
28. The nursing instructor is talking with her class about cast care when one of the students asks what the nurse should do if a patient sticks something inside a cast to scratch whatever itched. What action would the instructor tell the students it would be appropriate for the nurse to take?
- A) Allow the patient to continue to scratch inside the cast with a pencil.
  - B) Give the patient a sterile metal object to use for scratching instead of the pencil.
  - C) Encourage the patient to avoid scratching, and obtain an order for diphenhydramine (Benadryl) if severe itching persists.
  - D) Obtain an order for a sedative, such as diazepam (Valium), to prevent the patient from scratching.
29. The nurse is participating in a local health fair where he is assessing patients' mouths for signs of oral cancer. What is most characteristic of oral cancer in its early stages?
- A) Dull pain radiating to the ears and teeth
  - B) Presence of a painless sore with raised edges
  - C) Areas of tenderness that make chewing difficult
  - D) Diffuse inflammation of the buccal mucosa

30. You are assisting with assessments on a group of medical-surgical patients. What patient do you recognize as being at the highest risk for the development of osteomyelitis?
- A) A middle-age adult who takes ibuprofen daily for rheumatoid arthritis
  - B) An elderly patient with an infected pressure ulcer in the sacral area
  - C) A 17-year-old football player who had orthopedic surgery 6 weeks prior
  - D) An infant diagnosed with jaundice
31. The nurse is caring for a patient who has been diagnosed with a peptic ulcer. The patient asks the nurse what a peptic ulcer is. Which of the following best describes a peptic ulcer?
- A) Inflammation of the lining of the stomach
  - B) Erosion of the lining of the stomach or intestine
  - C) Bleeding from the mucosa in the stomach
  - D) Viral invasion of the stomach wall
32. You are performing a musculoskeletal assessment on a patient with a fracture. During assessment of the fracture site, the nurse hears a grating and cracking sound. This assessment finding is correctly referred to as what?
- A) Fasciculations
  - B) Clonus
  - C) Effusion
  - D) Crepitus
33. A patient presents at the walk-in clinic complaining of stomach pain that is relieved by eating. The nurse suspects an ulcer. How would the nurse explain the acid in the stomach to the patient?
- A) Hydrochloric acid is secreted by glands in the stomach in response to the presence or anticipated ingestion of food.
  - B) As the stomach digests food it turns part of the digested food into acid.
  - C) Our body makes hydrochloric acid for the digestion of the food we eat.
  - D) Acid is secreted by cells in the first part of the small intestine, and when we eat, the acid flows into the stomach.
34. The nurse is caring for a patient who has had a plaster leg cast applied. Immediately post-application, the nurse should inform the patient that:
- A) The cast will cool in 5 minutes.
  - B) The cast should be covered with a towel.
  - C) The cast should be supported on a board while drying.
  - D) The cast will only have full strength when dry.



35. A patient with cardiovascular disease is being treated with Norvasc, a calcium channel blocking agent. The nurse is aware that calcium channel blockers have a variety of effects. What is one of the therapeutic effects?
- A) Decrease sinoatrial node and atrioventricular node conduction and decrease workload of the heart
  - B) Prevent platelet aggregation and subsequent thrombosis
  - C) Reduce myocardial oxygen consumption by blocking beta-adrenergic stimulation to the heart
  - D) Reduce myocardial oxygen consumption, thus decreasing ischemia and relieving pain
36. The dietitian is giving an inservice education to the nurses on your unit. Many of your elderly patients experience poor wound healing after surgery. The dietitian has determined that these patients require more protein in their diet. The nurses are aware that enzymes are essential in the digestion of nutrients. What is the enzyme that initiates the digestion of protein?
- A) Pepsin
  - B) Intrinsic factor
  - C) Lipase
  - D) Amylase
37. The nurse is caring for a patient with acute pericarditis. What nursing management would be instituted to minimize complications?
- A) The nurse keeps the patient isolated to prevent nosocomial infections.
  - B) The nurse encourages coughing and deep breathing.
  - C) The nurse helps the patient with activity restrictions until the pain and fever subside.
  - D) The nurse encourages increased fluid intake until dehydration is resolved.
38. What does plantar flexion demonstrate?
- A) Function of the plantar nerve
  - B) Function of the tibial nerve
  - C) Function of the radial nerve
  - D) Function of the peroneal nerve
39. You are caring for a patient admitted to the orthopedic unit in skeletal traction. You know that this patient is at increased risk for a DVT. What would you do to decrease the risk of DVT in this patient?
- A) Pretend to ride a bicycle while you lay in bed.
  - B) Allow the patient to assist with passive range-of-motion exercises.
  - C) Encourage the patient to perform active ROM exercises on the affected leg.
  - D) Do foot and ankle exercises every 1 to 2 hours while awake.

40. What is a volvulus?
- A) Protrusion of intestine through a weakened area in the abdominal muscle
  - B) One part of the intestine slips into another part located below it
  - C) Loops of intestine become adherent to areas that heal slowly or scar
  - D) Bowel twists on itself, occluding the blood supply
41. A patient comes to the clinic for a routine checkup. During the assessment the patient states that they have had pain in the mid-epigastric region off and on for "several weeks." The nurse suspects a peptic ulcer and asks the patient to describe their pain. A patient with a peptic ulcer usually describes the pain as what?
- A) Gnawing
  - B) Sharp stabbing
  - C) Overdistended feeling
  - D) Cramping or aching
42. A Community Health Nurse is presenting an educational event at a local school where is a Parent-Teacher Organization (PTO) meeting. The nurse is providing information on rheumatic heart disease. What would the nurse tell the PTO is the most effective prevention of rheumatic heart disease?
- A) Recognizing and promptly treating streptococcal infections
  - B) Adhering to antihypertensive medication treatment
  - C) Lowering blood cholesterol
  - D) Smoking cessation
43. An adult patient is scheduled for an upper GI series that will use a barium swallow. What teaching should the nurse include when the patient has completed the test?
- A) Stool will be yellow for the first 24 hours postprocedure.
  - B) The barium may cause diarrhea.
  - C) Fluids must be increased to facilitate the evacuation of the stool.
  - D) This series includes analysis of gastric secretions.
44. A nurse in a long-term care facility is caring for an 83-year-old woman who has a history of heart failure and peripheral arterial disease. At present the patient is unable to stand or ambulate. What does the nurse know the patient is at significant risk for?
- A) Aortitis
  - B) Deep vein thrombosis
  - C) Thoracic aortic aneurysm
  - D) Raynaud's disease

45. The prevention of DVT is an important part of the nursing care of all high-risk patients. When providing patient teaching for these high-risk patients, the nurse should advise lifestyle changes. What might be two (2) lifestyle changes to include?
- A) Use of a hot tub or whirlpool bath
  - B) Encourage sedentary lifestyle
  - C) Regular exercise
  - D) Smoking cessation
  - E) Water aerobics
46. The nursing instructor is teaching new nursing students how to perform an abdominal assessment. When performing an abdominal assessment, what examination sequence should the nurse follow?
- A) Inspection, auscultation, percussion, and palpation
  - B) Inspection, auscultation, palpation, and percussion
  - C) Inspection, percussion, palpation, and auscultation
  - D) Inspection, palpation, percussion, and auscultation
47. During health class a student asks the school nurse how come flatus smells. What would be the nurse's best response?
- A) Intestinal bacteria form chemicals that cause odor. Gas is also formed. Among the gases formed are hydrogen sulfide and ammonia, and they are expelled from the body as flatus.
  - B) Intestinal bacteria form chemicals that make our stool smell.
  - C) By the time we expel flatus from our rectum it has picked up all the bad smells from what is in our intestines.
  - D) Flatus doesn't smell until it hits the air.
48. The nurse is preparing instructions for a patient who is going home with a cast on his leg. What teaching point is most critical to emphasize in the teaching session?
- A) Using crutches properly
  - B) Exercising joints above and below the cast, as ordered
  - C) Avoiding walking on a leg cast without the physician's permission
  - D) Reporting signs of impaired circulation
49. The nurse is completing a health history on a patient whose diagnosis is chronic gastritis. Which of the data below should the nurse consider most significantly related to the etiology of the patient's health problem?
- A) Consumes one or more protein drinks daily.
  - B) Takes over-the-counter antacids frequently throughout the day.
  - C) Smokes two packs of cigarettes daily.
  - D) Reports a history of social drinking on a weekly basis.

## **SECTION B SHORT ANSWERS**

- i.** State 3 observations that will show that an infusion has infiltrated into the tissues. (3)
- ii.** State 3 nursing measures you will do to prevent bed sores appearing on a patient on traction. (3)
- iii.** What (3) manifestations will indicate that a client is having a reaction to penicillin? (3)
- iv.** Explain the immediate assessment of a surgical patient on returning to the clinical unit / ward. (8)
- v.** Calculate how many drops the patient will receive if the doctor's prescription is 'Ringers lactate q6h and the administration set delivers 60 drops/ml'. (3)
- vi.** The nursing plan for a patient with gastritis includes promoting optimal nutrition, relieving pain, reducing anxiety and promoting fluid balance. State one nursing action for each of the aforementioned plans. (4)

**TOTAL MARKS :75**