

UNIVERSITY OF SWAZILAND
THE FACULTY OF HEALTH SCIENCES
MAY FINAL EXAMINATION 2013

COURSE CODE: GNS 100
COURSE TITLE: NURSING FUNDAMENTALS
TIME ALLOWED: TWO (2) HOURS
MARKS: 75
TOTAL NO. OF PAGES 7

INSTRUCTION:-

- I) ANSWER ALL FIVE QUESTIONS.
- II) USE A SEPARATE SHEET FOR EACH QUESTION.

PLEASE DO NOT OPEN THE PAPER UNTIL THE INVIGILATOR HAS GRANTED PERMISSION.

SECTION ONE A
MULTIPLE CHOICE QUESTIONS

QUESTION 1

(15MARKS)

1. Mr Zwane needs to get out of bed for 30 minutes every morning. Given the information what type of bed making will be the most appropriate for this client?
 - A. Closed bed
 - B. Open bed
 - C. Occupied bed
 - D. Post-op bed

2. Mrs Zwane is returning from the radiology department on a trolley: What type of bed would be the most appropriate in her situation?
 - A. Closed bed
 - B. Open bed
 - C. Divided bed
 - D. Post-operative bed

3. Mrs Maziya is on complete bed rest; since her admission three weeks ago, what bed accessory can you use to prevent foot drop?
 - A. Bed board
 - B. Foot board
 - C. Trochanter roll
 - D. Bed cradle

4. Which of the following is an essential component of hand washing? 1. Friction, 2. Running water, 3. Foot operated water control, 4. Cleansing agent.
 - A, I only
 - B. 1 and 4
 - C. 2, 3 and 4
 - D. 1, 2, and 4

5. Which of the following areas should receive special attention during hand washing procedure? 1. Palms, 2. Elbows, 3. Space between fingers, 4. Finger nails.
 - A. 1 and 4
 - B. 1, 3 and 4
 - C. 2, 3 and 4
 - D. All the above

6. Which of the following blood substances transmit blood borne pathogens such as HIV?
 - A. Feces
 - B. Sputum
 - C. Urine
 - D. Vaginal secretions

7. Which of the following beds can be left on high position after being made/
 - A. Post- op bed
 - B. Closed bed
 - C. Open bed
 - D. Occupied bed

8. How often should the position of an unconscious client be changed?
 - A. Every hour
 - B. Every 2 to 4 hours
 - C. Every 5 hours
 - D. Every shift

9. Sims position is the same as:-
 - A. Fowlers
 - B. Lithotomy
 - C. Coma
 - D. Prone

10. The temperature of bath water for adults ranges from:-
 - A. 70 to 100 degrees Celsius
 - B. 110 to 120 degrees Celsius
 - C. 110 to 115 degrees Celsius
 - D. None of the above

11. Which of the following positions is the most appropriate for bedbath?
 - A. Supine
 - B. Prone
 - C. Fowlers
 - D. Sims

12. The most appropriate position for a client with chronic obstructive pulmonary diseases (COPD) is the:-
- A. Dorsal recumbent
 - B. Orthopnic
 - C. Supine
 - D. Semi-fowlers
13. Fowlers position means
- A. The head of bed is elevated to 25 degrees
 - B. The head of bed is elevated to 90 degrees
 - C. The head of bed is elevated to 45 degrees
 - D. The foot of bed is elevated to 45 degree
14. Which is the most common site for development of bed sores?
- A. Heels
 - B. Sacrum
 - C. Dorsal part of heels
 - D. Scapular
15. The most important measure used to prevent spread of infection is..
- A. Aseptic technique
 - B. Hand washing
 - C. Sterilization
 - D. Health education.

SECTION 2
SHORT ANSWER QUESTIONS

(45 MARKS)

QUESTION1

2.1. Mr Maseko is your client in the Medical Ward. He has been unconscious for the past two weeks. What type of range of motion exercise will you perform for this client to prevent complications of bed rest?

(10 MARKS)

2.2 State five general guidelines for bed making.

(5MARKS)

2.3 When assessing the clients' Pulse you can use several sites.

List five sites starting with the commonly used site in adults. (5 MARKS)

2.4 As a nurse in the ward you have collected a bed pan from Mrs Mabuza with severe diarrhoea. What information can you collect from observing her stool?

(5 MARKS)

2.5 Describe the steps of the nursing process.in details.

(10 MARKS)

2.6 What the important principle to use when giving a bedpan.

(5 MARKS)

2.7 Which technique can be used to assist client with difficulty in elimination.

(5MARKS)

SECTION 1 B

(15 MARKS)

Choose the most appropriate response from column 2 and write the correct alphabet.

A. TRUE AND FALSE QUESTIONS

(5MARKS)

COLUMN 1	COLUMN 2
<ol style="list-style-type: none"> 1. Decubitus ulcer is an indication of good nursing practise. 2. Client's face is washed with soap 3. The back of the neck is washed separately from front of neck. 4. Long firm strokes used during bathing increase arterial return. 5. Halitosis is fruity breath. 	<ol style="list-style-type: none"> A. TRUE B. FALSE

B. MATCHING

(5MARKS)

Choose the most correct response in column B to the statement in column A.

Which position is the most appropriate for the following clients?

COLUMN 1	COLUMN 2
<ol style="list-style-type: none"> 1. Client with excessive bleeding in the lower extremity 2. Client with difficulty in breathing. 3. Client with a fractured femur on traction. 4. Unconscious client 5. Chronic obstructive pulmonary diseases (COPD) 	<ol style="list-style-type: none"> A. Supine B. Sims C. Orthopnic D. Fowlers E. Trendelenburg

C. Differentiate the statement below with O for objective data and S for subjective data. (5MARKS)

COLUMN 1	COLUMN 2
1. The client came with history of diarrhoea and vomiting for two days 2. The clients, eyes were sunken 3. The client had a temperature of 39 degrees Celsius 4. The pulse was 90 beats per minutes 5. The Blood Pressure reading was 80/60	A. Subjective B. Objective