

**UNIVERSITY OF SWAZILAND  
FACULTY OF HEALTH SCIENCES  
DEPARTMENT OF GENERAL NURSING**

**FINAL EXAMINATION, DECEMBER 2014**

**COURSE TITLE: ADULT MEDICAL-SURGICAL NURSING I**

**COURSE CODE: GNS 211**

**TIME ALLOCATED: TWO (2) HOURS**

**MARKS ALLOCATED: 75**

**THERE ARE SIX (6) PRINTED PAGES EXCLUDING COVER PAGE**

**INSTRUCTION:**

- **ANSWER ALL QUESTIONS**
- **THERE ARE 2 SECTIONS, A AND B:**
  - **SECTION A: OBJECTIVE QUESTIONS WORTH 30 MARKS**
  - **SECTION B: SHORT ESSAY QUESTIONS WORTH 45 MARKS**

***DO NOT OPEN THIS QUESTION PAPER UNTIL YOU ARE TOLD TO DO SO BY THE INVIGILATOR***

## SECTION A: OBJECTIVE QUESTIONS (30 MARKS)

For each question/statement, choose the most appropriate response and write in your answer booklet the corresponding letter only, in **capital letters**, e.g. 36. B. Each correct response is worthy 1 mark.

### Scenario

From the time Mary started having social problems two months ago she has been having some intermittent headache, which worsen each time she tries to think about the problem. Questions 1 and 2 are based on this scenario.

1. Which of the following is a correct description of this pain?
  - A. It is called referred pain
  - B. It is categorised as chronic pain
  - C. It is categorised as acute pain
  - D. A. and B.
  
2. From a nursing perspective, which of the following would be the best method for managing this pain?
  - A. Massaging the head and teach the client to do the same each time the headache resumes.
  - B. Teaching the client some methods of distraction, and advise her to take some paracetamol if the headache becomes unbearable.
  - C. Advocating for prescription of some opioid analgesics which the client can take home for self-administration each time the client feels the pain
  - D. Giving an injectable analgesics such as diclofenac and advise the client to come again for such each time the headache becomes unbearable
  
3. The following terms or abbreviations are used to describe several, or a collection of, conditions or infections:
  - (i). Common cold
  - (ii). Acquired Immunodeficiency Syndrome (AIDS)
  - (iii). Chronic Obstructive Pulmonary Diseases (COPD)
  - (iv). Hypertension
  - A. ii only
  - B. ii and iii
  - C. i, ii and iii
  - D. ii, iii and iv

4. When health educating a client, an emphasis on drug adherence to prevent drug resistance is necessary in the pharmacological management of \_\_\_\_\_.
- A. Heart failure
  - B. Rheumatic endocarditis
  - C. Lung cancer
  - D. Chronic bronchitis
5. Common cold is a self-limiting illness. This implies that \_\_\_\_\_.
- A. People with this condition need to limit their activities
  - B. The illness does not need any medical or nursing intervention
  - C. The illness can resolve on its own
  - D. B. and C.
6. Tonsillitis can complicate into the following:
- (i). Deafness
  - (ii). Laryngeal obstruction
  - (iii). Peri-tonsillar abscess
  - (iv). Oesophageal cancer
- A. iii only
  - B. ii and iv
  - C. i and iii
  - D. i, ii, iii and iv
7. To a client with pleuritis, the associated pain usually originate from the \_\_\_\_\_.
- A. Parietal pleura
  - B. Visceral pleura
  - C. Lung parenchyma
  - D. All of the above
8. Chronic obstructive pulmonary diseases include the following:
- (i). TB
  - (ii). Bronchitis
  - (iii). Pneumonia
  - (iv). Asthma
- A. iv only
  - B. ii only
  - C. ii and iv
  - D. i, ii, iii and iv

9. On examination of a client with a chronic obstructive pulmonary disease, the following are possible findings except \_\_\_\_\_.
- (i). Reduced air entry into the lungs
  - (ii). Abnormal fingernails
  - (iii). Low blood pressure
  - (iv). Laboured breaths
- A. i, ii and iii  
B. i and iv  
C. i, ii and iv  
D. iv only
10. Emphysema is characterised by the following:
- (i). An increase in residual volume
  - (ii). A decrease in tidal volume
  - (iii). An increase in total lung capacity
  - (iv). Reduced lung elasticity
- A. i and iii  
B. ii and iv  
C. i, ii and iv  
D. i, ii, iii and iv
11. A client who has recently been diagnosed of lung cancer is very anxious, wanting to know more about this condition. Which of the following constitutes the correct facts about lung cancer which you may make the client aware of?
- A. It can be cured  
B. It can be transmitted from one person to another through coughing  
C. It is primarily an opportunistic infection  
D. None of the above
12. Which of the following assessment findings will make you suspect a high blood pressure in a client who has raised no other complains.
- A. Partial hearing loss  
B. Cold extremities  
C. Blurred vision  
D. Sensation of hunger and/or thirst

### Scenario

You measure vital signs of a 38 year old female client who has come presenting with headache and found that the BP was 180/110. No other abnormalities were noted, but history reveals that she recently lost her husband in a car accident. Question 13-15 refers to this scenario.

13. According to Orem's theory of self care, the need to seek for medical attention for the headache is referred to as a \_\_\_\_\_.
- universal self care requisite
  - health deviation self care requisite
  - self care demand
  - self care deficit
14. As a nurse, which of the following would you advocate for, or do, as the best way of managing this client?
- Start investigating for head injuries and internal bleeding
  - Commence the client on hypertension treatment to take at home for a week and come back for review thereafter.
  - Tell the client to go back home and come again tomorrow for another check up before a diagnosis of hypertension can be made and treatment commenced.
  - Give the client a stat dose of antihypertensive drugs and admit for bed rest and observations.
15. In addition, which of the following would be a priority complementary nursing intervention for this client?
- Advocate for low salt diet and educate the client of the dangers of salt in a diet
  - Give counselling and/or psychological support
  - Advocate for an urgent CT-scan
  - Give normal saline one litre 8 hourly.
16. To a client with heart failure, the primary objective of a nurse would be to \_\_\_\_\_
- Ensure good nutrition
  - Reverse the failing of the heart
  - Alleviate symptoms
  - Integrate the client back to the community
17. You receive a male patient in the casualty gasping for breaths following a stab with a blunt steel rod in the chest. What would be the first most appropriate nursing intervention to take?
- Call the doctor urgently while strictly monitoring vital signs
  - Administer oxygen per face mask urgently at a high flow rate
  - Close the stab wound tightly with a sterile gauze
  - Give normal saline one litre 8 hourly while waiting for urgent blood transfusion

18. To a client who has been newly diagnosed of stable angina pectoris, which of the following would be a correct inclusion in the nurses health education? The client should \_\_\_\_\_
- A. Have daily exercises
  - B. Drink a lot of fluids every day
  - C. Always elevate legs when sitting or lying to promote venous return
  - D. Avoid strenuous activities
19. A client who has had a history of chronic and poorly controlled hypertension came presenting with severe dyspnoea and difficulties in breathing which has been progressively increasing for quite some time. The temperature was normal and no oedema was palpable on all extremities. What could this client be suffering from?
- A. Left sided heart failure
  - B. Tuberculosis
  - C. Right sided heart failure
  - D. Severe pneumonia

**Match each of the conditions (20-25) in column A with the most appropriate descriptions in column B. Write the corresponding letter only.**

Column A	Column B
20. Laryngeal obstruction	A. Myocardial pain secondary to hypoxia
21. Arteriosclerosis	B. Is characterised by immunosuppression
22. Heimlich manoeuvre	C. A predisposing factor to hypertension
23. Angina pectoris	D. A disorder of the lymphatic system
24. Elephantiasis	E. Possibly caused by prolonged singing, shouting, talking
25. Atherosclerosis	F. It usually manifest as internal bleeding
	G. An abdominal thrust for dislodging an object from the airways

**State whether each of the following statements (26-30) is true (T) or false (F), and write the corresponding letter only, T or F.**

- 26. Common cold has no cure
- 27. Lung cancer starts showing signs and symptoms when it is at an advanced stage.
- 28. Blunt trauma of the chest may lead to tension pneumothorax
- 29. Majority of hypertensive cases are of unknown cause
- 30. A client with dehydration is at a risk of deep vein thrombosis.

## SECTION B: SHORT ESSAY QUESTIONS (45 MARKS)

Answer the following questions as asked. Figures in brackets indicate marks allocated for each question.

### Question 1

(a) Write down the most appropriate word or phrase to fill in the blank space in each of the given statements. Do not copy the whole sentence.

- (i). \_\_\_\_\_ is a condition characterised by death of a portion of the heart muscle secondary to inadequate blood supply.
- (ii). Accumulation of blood in the pleural space is known as \_\_\_\_\_.
- (iii). Hypertension of unknown cause is referred to as \_\_\_\_\_.

[3]

(b) Outline any 6 principles of surgical asepsis

[6]

### Question 2

A 31 year old lady came presenting with some general body weakness and productive cough for the past two weeks. For quite some time she has been having intermittent mild illness, mainly related to the respiratory tract. Investigations revealed that she had pulmonary TB and HIV infection.

(a) With reference to, and utilising, Orem's nursing theory as a guiding framework, describe your nursing management of this client

[12]

(b) Discuss the pharmacological management of this client

[10]

### Question 3

You admitted a client with a Glasgow coma scale of 8/15 in the recovery room (immediate post-anaesthetic unit) following an abdominal surgery (exploratory laparotomy).

(a) Develop a nursing care plan based on any 2 possible priority nursing diagnoses of your choice, 1 actual and 1 potential diagnosis.

[8]

(b) Outline the criteria based on which you will discharge this client from this recovery room.

[6]