

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

FINAL EXAMINATION, DECEMBER 2015

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 35 MARKS**
 - **SECTION B: SHORT ESSAY QUESTIONS WORTH 40 MARKS**

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

SECTION A: OBJECTIVE QUESTIONS (35 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.

1. In Orem's terms how best can self-care deficit be described?
 - A. The gap between therapeutic self care demand and self care agency
 - B. Having no self care at all
 - C. Having self-care requisites in excess of self care
 - D. The reasons for performing self care

2. Surgical clients are at a high risk for vomiting and aspiration intra- and post-operatively. Which of the following measures is routinely used to avoid this complication?
 - A. Scrubbing and strict observation of principles of asepsis
 - B. Starving the client some hours before the procedure
 - C. Avoiding or minimising the use of anaesthetic drugs.
 - D. Administration of pre-operative antibiotics

Over the past two weeks, a client has been complaining of pain on the skin at the back, especially when he is hungry or after eating spicy foods. Investigations revealed that he had gastric ulcers. Questions 3 and 4 refer to this client.

3. Which of the following statements is correct?
 - (i) This client has poor and/or inaccurate sensation
 - (ii) There is no link between the pain reported by the client and the diagnosed gastric ulcers
 - (iii) This pain is known as referred pain
 - (iv) The pain can be classified as acute pain
 - A. i & ii
 - B. iii & iv
 - C. iii only
 - D. ii, iii & iv

4. Which of the following is correct about the nursing management of this pain?
 - A. Advocating for opioid analgesics is the best intervention since they are the strongest pain killers
 - B. Massage is ineffective since the pain is from visceral organs
 - C. Modification of diet and eating habits can be an effective intervention

- D. Further investigations on the skin are necessary to identify the cause and hence proper management

The Doctor prescribed 2.4 mega units of benzyl penicillin for a client who has been highly pyrexial for a some few days. This dose, when reconstituted amounts to 8ml. The client preferred that the nurse inject him on the shoulder, with the belief that this will be less painful. Questions 5 - 7 refer to this scenario.

5. Which of the following would be the best response/reaction by the nurse?
- A. Respect the client's rights and interests, and inject on the shoulder
 - B. Explain to the client that the shoulder may not be the best site for this medication
 - C. Inject on the shoulder because it is the simplest site with no risk of sciatic nerve injury
 - D. Consult the doctor
6. The following are possible complications which may result from this procedure?
- (i) Infection
 - (ii) Sterile abscess
 - (iii) Fluid volume excess
 - (iv) Muscle atrophy
- A. i & ii
 - B. iii & iv
 - C. i only
 - D. ii, iii & iv
7. Out of the following sizes of needle which one would be the most appropriate to administer this medication?
- A. 16 G
 - B. 29G
 - C. 21G
 - D. Any, depending on the client's preferences
8. Chest splinting is an intervention which is beneficial to clients with _____.
- (i) Pleuritis
 - (ii) Tension pneumothorax
 - (iii) Flail chest
 - (iv) Bronchitis
- A. i & iii
 - B. ii & iv
 - C. iii only
 - D. i, ii, iii & iv

9. Which of the following interventions would you advocate for, on a client with recurrent tonsillitis, according to the standard treatment guidelines in Swaziland?
- A. Prophylactic antibiotics
 - B. Tonsillectomy
 - C. Daily saline gargles even before the tonsillitis manifest
 - D. Assess the CD 4 cell count
10. Which of the following statements would best distinguish between deep vein thrombosis (DVT) and elephantiasis
- A. DVT manifests as swelling of the veins alone while elephantiasis involve swelling of the legs.
 - B. Legs swell in both cases but, in addition, the swollen legs are painful in DVT
 - C. Elephantiasis affect one leg at a time while DVT affects both legs
 - D. DVT and elephantiasis only differs on the cause, but manifests exactly the same
11. Modification of lifestyle is a key and primary intervention to clients suffering from _____.
- A. Rheumatic endocarditis
 - B. Hypertension
 - C. Penetrating chest wounds
 - D. Airways obstruction
12. Which of the following signs or symptoms will make you suspect laryngeal cancer on a client?
- A. HIV positive status
 - B. An unexplained hoarse voice
 - C. Crackles on auscultation
 - D. White patches on the x-ray film
13. When educating a hypertensive client, which of the following would you cite as the reason why the client should comply with medication?
- A. To prevent drug resistance
 - B. To prevent rebound of the high blood pressure
 - C. To ensure that the supplied tablets can take the client to the next date of refill.
 - D. A. and B
14. You are working in a psychiatric unit where one client stabs the other on the chest with a long steel rod. Only less than half of the rod remains visible on the surface of the chest. The best nursing intervention is to _____.
- A. Pull out the rod urgently and close the perforation with sterile gauze, then call the doctor
 - B. Urgently organise for the client to be taken to theatre for removal of the rod
 - C. Closely monitor respirations, while calling the client's relatives, the police and the doctor to witness the scene

D. Administer a strong analgesic, together with some non-pharmacological means of managing the pain

15. If not treated chronic tonsillitis may complicate into all of the following EXCEPT

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- (i) Severe dehydration and kidney failure
 - (ii) Malnutrition and immunosuppression
 - (iii) Peri-tonsillar abscess
 - (iv) Emphysema and bronchitis

- A. i & ii
- B. iii & iv
- C. iii only
- D. i, ii & iii

16. Mr Johns and his friend started smoking together when they were still at high school. Years later Mr Johns' friend was diagnosed with lung cancer, which was localised in one lung. Which of the following statements is correct based on this scenario.

- (i) This cancer has nothing to do with the smoking
- (ii) Mr Johns will also definitely develop the cancer
- (iii) It is likely to be the right lung affected
- (iv) It is likely to be the left lung affected

- A. i & ii
- B. iii & iv
- C. iii only
- D. ii, iii & iv

17. Chronic obstructive Pulmonary Diseases include _____.

- A. Lung cancer
- B. TB
- C. Pneumocystis pneumonia
- D. None of the above

18. Which of the following statements are correct about pleural effusion?

- A. It may come as a result a complication of heart failure.
- B. It always results from infection by a microorganism of some sort.
- C. Antimicrobial treatment is always the first line of treatment
- D. B. & C.

19. A person is said to have extensive drug resistance (XDR) to TB treatment if he/she is resistant to _____.
- A. All known anti-TB drugs
 - B. Two (2) or more anti TB drugs
 - C. Isoniazid (INH) and fluoroquinolones and any second-line injectables
 - D. Rifampicin and isoniazid
20. Which of the following is a correct expression of the first line TB treatment for a new case of TB?
- A. 2HRZE/4HR
 - B. 4HRZE/2HR
 - C. 4HR/ 2HRZE
 - D. 2HR/4HRZE

Health education to clients about side effects of the medication which they are taking is an integral component of nursing care. Match each of the drugs listed in column A with its most common side effect listed in column B. [*Note that it is possible for some responses in column B to have no matches in column A, while others may have multiple matches*]

Column A: Drug	Column B: Side effect
21. Isoniazid	A. Skin rash and hyperuricemia
22. Rifampicin	B. Orange discoloration of body fluids
23. Streptomycin	C. Pitting oedema
24. Ethambutol	D. Peripheral neuropathy
25. Pyrazinamide	E. Hearing loss (Ototoxicity)
	F. Urinary retention
	G. Decreased red-green color discrimination (Retrobulbar neuritis)

Match each of the disease condition in column A with the most appropriate description or characteristic in column B. [*Note that it is possible for some responses in some responses in column B to have no matches in column A, while others may have multiple matches*]

Column A: Disease Condition	Column B: Description/Characteristic
26. Myocardial infarction	A. Can be a result of a parasitic infection
27. Rheumatic endocarditis	B. Pregnant women are at a high risk of this condition
28. Angina pectoris	C. Immunosuppressed people are at a high risk of this condition
29. Deep vein thrombosis	D. It has no cure
30. Elephantiasis	E. Results from insufficient supply of oxygen to a portion of the heart muscle
	F. Can be a result of injury to the lining of the heart

State whether each of the following statements (31-35) is true (T) or false (F) and write the corresponding letter only, i.e. T or F. Each correct response carries one (1) mark

31. Pain management is a necessary intervention to all unconscious clients.
32. Routine suctioning of clients with tracheostomy is discouraged
33. Pneumonia is always cured using antibiotics
34. Persistent myocardial ischaemia may eventually lead to coronary arteriosclerosis
35. Elephantiasis is a disorder of the lymphatic system, not the cardiovascular system

SECTION B: SHORT ESSAY QUESTIONS (40 MARKS)

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

1. Outline with rationales, any four (4) nursing interventions that can be used to alleviate signs and symptoms of common cold. [4]
2. A 30 year old man came to the clinic after being ill for quite some time, and was diagnosed Stage 4 HIV disease.
 - (a) State any 4 clinical features which might have been the basis for this diagnosis [2]
 - (b) Outline, with explanations/rationales, any five (5) further investigations, assessment or interventions which are necessary before this client can be commenced on antiretroviral therapy. [10]
 - (c) Based on the guidelines for ART in Swaziland, state with a reason, the ARV regimen which is likely to be prescribed for this client. Briefly discuss the health education which you will give to this client with respect to this medication [8]
3. Among other signs and symptoms, Mr Mandi primarily had severe difficulties in breathing, while his wife could breathe without any problems, but his lower extremities were so swollen that she could hardly lift her legs. They were, however, both diagnosed with congestive heart failure.
 - (a) Explain these differences in manifestations on the two clients despite having the same medical diagnosis [8]
 - (b) Develop a nursing care plan for any one of these clients based on any two possible nursing diagnoses of your choice [8]