

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

FINAL EXAMINATION, MAY 2016

COURSE TITLE: ADULT MEDICAL-SURGICAL NURSING II

COURSE CODE: GNS 217

TIME ALLOCATED: TWO (2) HOURS

MARKS ALLOCATED: 75

THERE ARE FIVE (5) PRINTED PAGES EXCLUDING COVER PAGE

INSTRUCTION:

- **ANSWER ALL QUESTIONS**
- **THERE ARE 2 SETIONS, 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 (25 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. 31. B. Each correct response carries 1 mark.

1. Which of the following is correct about the water in the human body?
 - A. It can be produced from fats
 - B. Its proportion increases with age
 - C. Its proportion directly proportional to the concentration of potassium in the body
 - D. The bulk of it is found outside cells

A 36 year old client has the following lab-results among other findings:

- Potassium: 4.5 mmol/L
- Sodium: 150 mmol/L
- Haematocrit 45%

Questions 2 and 3 refer to this client:

2. On assessing this client, which of the following may be a possible finding?
 - (i) Headache
 - (ii) Peripheral oedema
 - (iii) Pallor
 - (iv) Confusion
 - A. iii only
 - B. i & iv
 - C. ii & iii
 - D. i, ii, iii & iv
3. Which of the following interventions would be appropriate for this client?
 - A. Blood transfusion
 - B. Infusion of 0.9% normal saline in 10% dextrose
 - C. Reduce salt intake
 - D. Infuse 3% normal saline

4. A health assessment for a 40 year old male client showed the following findings: BP 105/70mmHg; Pulse 97 b/min; Respirations 28 b/min. Temperature 40.1⁰C. With respect to fluid and electrolyte balance, this client is at risk of _____

- (i) Oedema
- (ii) Hypovolemia
- (iii) Hyponatremia
- (iv) Fluid shift

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

5. A client diagnosed of protein-energy malnutrition has generalised oedema as the main clinical manifestations. This is a result of _____.

- A. Reduced sodium concentration
- B. Increased blood pressure
- C. Reduced serum oncotic pressure
- D. Hypoglycaemia

6. Who among the following clients needs strict intake and output?

- (i) A client with heart failure
- (ii) A client on normal saline 1 litre 8 hourly
- (iii) A client with osteoporosis
- (iv) A client with bone tumour

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

7. In obtaining a specimen for urea and electrolyte tests, the nurse applied the toniquet for a relatively longer period of time. Which of the following may be true about the results, due to the prolonged toniquet time?

- A. The results will be more accurate.
- B. The results may reflect a potassium level higher than the actual level.
- C. The results will show a low oxygen saturation.
- D. The results may reflect a sodium level lower than the actual level.

8. Abnormal potassium levels in the body can be detected using _____.
- A. An Electroencephalogram (EEG)
 - B. An electrocardiogram (ECG)
 - C. A magnetic resonance imaging (MRI)
 - D. None of the above
9. Gastroesophageal reflux disease is a result of _____.
- (i) Weak cardiac sphincter
 - (ii) Increased abdominal pressure
 - (iii) Decreased levels of gastric acids
 - (iv) High blood pressure
- A. ii only
 - B. iii & iv
 - C. i & ii
 - D. i, ii, iii & iv
10. The following conditions are risk factors for developing varicose veins.
- A. Liver cirrhosis
 - B. Constipation
 - C. Family history of varicose veins
 - D. All of the above
11. Which of the following is correct about paraoesophageal hernia?
- A. The gastroesophageal sphincter is displaced into the thoracic cavity
 - B. The condition may complicate into strangulation and necrosis of a portion of the stomach
 - C. It is primarily caused abnormal levels of acids in the stomach
 - D. A. and C.

Scenario: A client came presenting with severe diarrhoea over the past 24 hours. History taking revealed no significant change in eating and drinking patterns of the client over the past week. It also emerged that the client had just returned from visiting a family in which two members were also complaining of the same diarrhoea. Questions 12 and 13 refer to this scenario.

12. Which of the following is correct about this diarrhoea
- A. It is likely to be osmotic diarrhoea
 - B. It is likely to be secretory diarrhoea
 - C. Such diarrhoea is likely to be HIV related
 - D. Such diarrhoea is worsened by eating acidic foods

13. How best could such diarrhoea be managed?
- A. Advise the client to take plenty of oral fluids until the diarrhoea resolve by itself
 - B. Administration of antibiotics and encourage increased fluid intake.
 - C. Administer normal saline intravenously 1 litre 8 hourly until the diarrhoea stops
 - D. Administration of an antidiarrhoeal drug such as loperamide
14. The following are correct about gout except that _____.
- A. It is a result of abnormal purine base metabolism
 - B. It is characterised by abnormal levels of uric acid metabolism
 - C. Dietary modifications are a significant intervention
 - D. It usually affects major synovial joints of the body
15. Which of the following is correct about the gastrointestinal tract (GIT)?
- A. Its motility is regulated by hormones and the nervous system
 - B. Its motility can occur independent of the hormonal and central nervous system
 - C. An endoscope is sufficient to diagnose all disorders of the GIT.
 - D. A. and B.

Match each of the descriptions in column A with the most appropriate medical or surgical condition in column B, and write the corresponding letter only. Note that each description may match with none or more than one medical or surgical condition

Column A: Description	Column B: Medical condition
16. Symptoms can be worsened by food intake	A. Osteoarthritis
17. Red meat is the major trigger for signs and symptoms	B. Anorectal abscess
18. It can only be treated surgically	C. Peptic ulcers
19. Symptoms can be alleviated by food intake	D. Gout
20. Supplementing calcium and phosphates is the major preventive measure	E. Osteomyelitis
	F. None of the above

State whether each of the following statements (21-25) is True (T) or False (F), and write the corresponding letter only.

- 21. Stomatitis is the inflammation of the stomach
- 22. Fluid volume deficit can be defined as excessive dehydration
- 23. Dehydration can lead to pyrexia and vice versa
- 24. When inserting a nasogastric tube, the client's neck must be hyper-extended to avoid complications
- 25. For a man who weighs 60kg, about 24kg of his weight consists of water that is inside cells.

SECTION B: SHORT ESSAY QUESTIONS (50 MARKS)

QUESTION 1

- (a) State the condition described by each of the following statements:
- (i) Sores or excavation of the gastric mucosa as a result of gastric secretions
 - (ii) Demineralisation of bones, often with age
 - (iii) Varicose veins on the anorectal region
 - (iv) Autoimmune destruction articular cartilage of synovial joints
- [4]
- (b) Give a brief explanation to each of the following:
- (i) To a client who has collapsed, and the BP was found to be 69/58, loosening the client's clothes and fanning him/her can help. [3]
 - (ii) To a hyperglycaemic diabetic client, insulin was infused intravenously in 5% dextrose solution as opposed to ringer lactate or normal saline. [3]
- (c) Discuss how each of the following factors or disease conditions can eventually affect fluid and electrolyte in the body
- (i) Hypertension [7]
 - (ii) Heart failure [8]

QUESTION 2

A 36 year old male client came presenting with a history of episodes of dizziness and passing out black tarry stool.

- (a) State any four medical conditions that you have learned which the client may possibly be suffering from: [2]
- (b) For **any one specified** condition out of those which you have stated above:
- (i) Describe and explain any three (3) additional subjective or objective data that you are likely to find on this client [8]
 - (ii) Discuss any two (2) tests that can be used to confirm that diagnosis [7]
- (c) Based on the presenting history given in the scenario, develop a nursing care plan for this client based on any two nursing diagnoses of your choice [8]