

UNIVERSITY OF ESWATINI
FACULTY OF HEALTH SCIENCES
FINAL EXAMINATION MAY 2019
TITLE OF COURSE: FUNDAMENTALS OF NURSING

COURSE CODE: GNS 100

TIME ALLOWED: TWO (2) HOURS

PAGES: INCLUDING COVER PAGE (7)

MARKS: 75

INSTRUCTIONS:

1. ANSWER ALL QUESTIONS.
2. WRITE LEGIBLY

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QUESTION 1

INSTRUCTIONS: For the following questions or statements select the most correct response. In your answer sheet write the letter that corresponds with the most correct response e.g. 1.E

1. Nursing practice in the twenty first century is taken as an art and a science that is centred on the
 - A. Client
 - B. Health care facility
 - C. Nursing process
 - D. Cultural diversity

2. Who decreased mortality by improving sanitation in the battle fields, resulting in a decrease in illness and infection
 - A. Dorothea Orem
 - B. Dorothea Dix
 - C. Florence Nightingale
 - D. Clara Barton

3. A nurse who uses critical thinking in decision making process providing effective quality care to individuals is known as:
 - A. Advance care nurse
 - B. Clinical decision maker
 - C. Evidence based practitioner
 - D. Multidisciplinary practitioner

4. A staff nurse requests a year 1 student to support the client's leg to prevent its external rotation while supine. Which assistive device should the student use?
 - A. A trochanter roll
 - B. A footboard
 - C. A hand roll
 - D. A sand bag

5. The nurses are about to assist an obese client who has been amputated her right arm at the shoulder joint out of bed. The nurses are concerned about:-
 - A. Client falling
 - B. Upper body strength of the nurses
 - C. Ability to hold the patient at the waist
 - D. The nurse's recent back pain

6. A client is to be placed in a dorsal recumbent position .How should the nurse position the client?
- A. In a semi sitting position in which the head and trunk are raised and flexed
 - B. In a sitting position on the side of the bed with an over bed table across the lap
 - C. In a back lying position in which the client 's head and shoulders are slightly elevated on a small pillow
 - D. In a lying position on the abdomen with the head turned to one side
7. When the nurse asks the patient of presence or absence of allergies , this is an example of :
- A. Biographic data
 - B. History of present illness
 - C. Environmental history
 - D. Health history data
8. The nurse assessment is the phase of the nursing process
- A. First
 - B. Second
 - C. Third
 - D. Fourth
9. After assessing a patient with a recent spinal cord injury which has resulted in paralysis from waist down , the nurse develops a nursing care plan and records ,which of the following nursing diagnoses:
- A. Immobility related to paralysis
 - B. Risk for impaired skin integrity related to immobility
 - C. Ineffective coping related to depression
 - D. Impaired gas exchange related to non functioning diaphragm
10. In order to develop a nursing diagnoses it is essential that the nurse first performs :
- A. Review of systems
 - B. Assessment
 - C. Health history
 - D. Evaluation

11. In order for an actual nursing diagnosis to be valid it must have one or more supporting.....
- A. Laboratory
 - B. Diagnostic data
 - C. Defining characteristics
 - D. Medical diagnoses
12. Nursing diagnosis is aimed at identifying client problems that can be managed by:
- A. Nurse
 - B. Physician
 - C. Porter
 - D. Biomedical
13. When developing a nursing care plan for a client with fractured right tibia, the nurse includes in the plan of care which independent nursing intervention ?
- A. Applying cold pack to the tibia
 - B. Elevate the leg 12-15 cm above the heart
 - C. Performs range of motion exercises to the right leg every 4 hours
 - D. Administer aspirin two (325mg) every 4 hours as needed
14. The nurse decides to take apical pulse , which of the following client's condition influenced the nurses decision?
- A. A client with arrhythmia
 - B. A client who has undergone surgery
 - C. A client in shock
 - D. A client 's response to orthostatic change
15. A nurse assesses a client and discovers that he/she is not breathing well, which of the following bed accessories will the nurse use to assist the patient with breathing?
- A. Bed cradle
 - B. Balkan frame
 - C. Backrest
 - D. Foot board
16. A balkan frame is indicated/ used for :
- A. To ensure a sitting position during meal times
 - B. To effect traction for a fractured femur
 - C. To prevent foot drop in patients who are confined to bed
 - D. To prevent patients from sliding down the bed

17. A cradle is indicated for :
- A. To allow drying of plaster of Paris cast applied on the lower limb
 - B. Protection of hip replacement after surgery
 - C. Patients with orthopnea
 - D. Protecting bedsores
18. During a nursing assessment Mazwi Shandu is noted to have shallow respirations at a rate of 8 breaths per minute. His heart rate is 46 beats per minute. His vital signs are described as :
- A. Bradycardia and apnea
 - B. Tachycardia and apnea
 - C. Bradycardia and bradypnea
 - D. Tachycardia and bradypnea
19. If blood pressure cuff is too narrow or wrapped too loosely, the blood pressure reading will be :
- A. Falsely low
 - B. Falsely high
 - C. Difficult to hear because sounds will be muffled
 - D. Dependent on the examiner's hearing acuity
20. Clients with apnea experience:
- A. Difficult respirations requiring more effort
 - B. Slowness of breathing followed by rapid breathing
 - C. Cessation of breathing that maybe temporary
 - D. Lack of oxygen to body tissues and organs
21. Nurse Soko obtains a supine blood pressure reading of 130/64. One hour later Soko obtains a supine blood pressure reading of 134/62 and sitting blood pressure reading of 95/62. The nurse's immediate action is to:
- A. Assist the client to return to supine position
 - B. Obtain the blood pressure on the other arm
 - C. Report the findings to the nurse in charge
 - D. Question the client about light headedness
22. The most effective way to break the chain of infection is by:
- A. Wearing gloves
 - B. Hand washing
 - C. Placing clients in isolation
 - D. Providing private rooms for clients

23. A gown should be worn when:
- A. The client's hygiene is poor
 - B. The client has AIDS or hepatitis
 - C. The nurse is assisting with medication administration
 - D. Blood or body fluids may get on the nurse's clothing from a task the nurse plans to perform
24. When a nurse is performing a surgical hand hygiene, he must keep hands :
- A. Above elbow
 - B. Below elbow
 - C. At a 45 degree angle
 - D. In a comfortable position
25. How is a pressure injury described?
- A. As a localised injury to the skin and / or underlying tissue
 - B. An injury that needs pressure placed over it to heal
 - C. An infection that spreads throughout the skin originating from a pressure point
 - D. Skin erosion caused by pressure

TOTAL MARKS 25

QUESTION 2

- (A) Explain the one(1) indications following positions which can be assumed by a client when sleeping : orthopneic position
- dorsal recumbent position
 - prone position
- (6 marks)
- (B) Explain three (3) important indications for performing passive exercises to a patient admitted to hospital
- (3 MARKS)
- (C) Nurse Zwane is assigned in female medical ward, she is assigned to Ms Mziyako who cannot completely take care of herself. The nurse in her plan of care decides to offer Ms Mziyako a bed bath.
- Explain five (5) achievements/opportunities of providing a bed bath to a patient
- (10 MARKS)
- (D) Describe any three (3) causes of under-nutrition .
- (6 MARKS)

25 MARKS

QUESTION 3

You are assigned to Ward X in one hospital. A patient is admitted and scheduled to go for an operation two days after admission. You are assigned to admit her. Upon admission you notice many things about this patient. She is quiet, polite and very respectful. Among other things you observe is her personal hygiene. Her armpits smell, the clothes she is wearing are not very clean and there are food particles stuck on teeth. Generally, she appears not well groomed. Utilizing your newly acquired knowledge in the basic skills of nursing and vehicle with which to deliver nursing care, you rightfully decide to be guided by the Self-Care Deficit Theory.

- 3.1 Write down the name of the exponent of the Self-Care Deficit Theory. **(1)**
- 3.2 Briefly summarize the Self-care Deficit **(3)**
- 3.3 Define self-care according to the exponent of this theory. **(3)**
- 3.4 Discuss the three nursing systems (4 marks each) that a nurse may use to discharge care to patients. **(12)**
- 3.5 Write down the nursing system you will use to care for this patient immediately upon return from the operating theatre (1) motivate your answer (1) **[2]**
- 3.6 Formulate:
 - 3.6.1 One actual nursing diagnosis about this lady **(3)**
 - 3.6.2 One potential nursing diagnosis. **(1)**

(25 MARKS)

TOTAL MARKS 75