

UNIVERSITY OF ESWATINI
FACULTY OF HEALTH SCIENCES
RE SIT EXAMINATION JULY 2019
TITLE OF COURSE: FUNDAMENTALS OF NURSING

COURSE CODE : GNS 100

TIME ALLOWED: TWO (2) HOURS

PAGES: INCLUDING COVER PAGE (6)

MARKS = 75

INSTRUCTIONS:

- 1. ANSWER ALL QUESTIONS**
- 2. WRITE LEGIBLY**

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QUESTION 1

QUESTION 1 HAS TWO SECTIONS: SECTION A AND SECTION B

SECTION A

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. Most nutrients and electrolytes are absorbed in the:
 - A. Colon
 - B. Stomach
 - C. Oesophagus
 - D. Small intestine

2. In order to allow for more room for the client's feet, the nurse made a fold in the sheet 5-10 cm across the bed near the foot. Which term correctly describes the nurse's action?
 - A. A miter of the sheet
 - B. A vertical toe pleat
 - C. A fanfold of the sheet
 - D. A horizontal toe pleat

3. The nurse enters a client's room to perform an assessment .The client is complaining of syncope and blood pressure reads 64/36.The nurse places the client in a Trendelenberg's position. How is the client placed in bed?
 - A. Positioned completely horizontal
 - B. Sitting in bed with the head of the bed raised 30 degrees
 - C. Positioned with the head of the bed raised and the foot lowered
 - D. Positioned with the head of the bed lowered and the foot raised

4. 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

5. Which practice guideline needs to be implemented during bed making?
 - A. Hold soiled linen close to the uniform
 - B. Linen for one client can be placed on another client's bed
 - C. Gather all linen before starting to strip a bed
 - D. Close all windows and door when starting the procedure

6. The nurse is caring for a client who has recently suffered a stroke and has orders for bathroom privileges only. When changing this client's bed the nurse would make a/an
 - A. Occupied bed
 - B. Unoccupied bed
 - C. Surgical bed
 - D. Closed bed

7. The nurse enters a client's room and sees the client is laughing with the relatives and watching TV. The client informs the nurse that he is in severe pain and needs pain medication. How would the nurse document the interaction?
 - A. Client says he is in pain but he is laughing with his relatives and watching TV
 - B. Client reports pain but he is laughing and watching TV
 - C. Client reports pain and requests medication. Client and relatives watching TV and laughing
 - D. Client reports pain but does not appear to be in any distress. Laughing and watching TV with relatives

8. A 77 year old patient is restless and moaning. His daughter reports that the patient did not sleep well during the night and he seems to be confused at times. What is the nurse's first action?
 - A. Administer the client's pain reliever
 - B. Ask the client if he wants a sleeping pill
 - C. Ask the daughter to stay and watch her father in case he becomes more confused
 - D. Determine whether the client can provide a self report of pain

9. A cradle is indicated for :
 - A. Allowing 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

10. The normal blood pressure ranges between....
 - A. 120mmHG- /80mmHG
 - B. 120mmHG/100mmHG
 - C. 140mmHG/ 120mmHG
 - D. 100mmHG/60mmHG

11. The blood pressure is affected by which of the following?
- A. Age, colour , height
 - B. Age, sex, obesity
 - C. Medication, time ,environment
 - D. Age ,weather, obesity
12. Bradycardia is defined as.....
- A. An abnormal rate , rhythm and quality of pulse
 - B. A heart beat that is slower than 60 beats per minute in an adult
 - C. A double heart beat that can be felt at the wrist in one pulse cycle
 - D. Is the beat that is above the normal rate of 80 beats per minute in an adult
13. 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
14. A Nosocomial infection is defined as.....
- A. Infection that is transmitted through mishandling of linen
 - B. Infection that originates in the hospital
 - C. Infection that originates from the home of the patient
 - D. Infection that originates from the skin
15. Which of the following food groups is referred to as macronutrients
- A. Carbohydrates, iron, sodium
 - B. Carbohydrates, protein, fats
 - C. Protein ,minerals, fats
 - D. Carbohydrates, minerals ,protein

SECTION B

Fill in the box five common bed positions and five indications that they can be used for in a hospital.

	Name of bed position	Indication for use
1.		
2.		
3.		
4.		
5.		

(10 marks)

25 TOTAL MARKS

Question 2

2.1

Define the following terms:

- I. Systolic pressure
- II. Rigor
- III. Tachycardia
- IV. Sphygmomanometer
- V. Fowler's position

(5 marks)

2.2

A year three student working with a year one student admits a female patient in the female medical ward. The senior nurse takes history, the lady says "I have been sick since last year 2018 suffering from chest pains accompanied by loss of appetite. She also states that when she passes urine she feels a burning sensation. The patient weighs 96kg and cannot easily get out of bed so most of time she is in bed.

- A. Define what a nursing process is and name the four(4) components of the nursing process

(5 marks)

B. Carefully develop a nursing care plan using the four components for the patient so that she receives quality care while hospitalized. The patient will be admitted for three days in the ward.

(10 marks)

C. Explain two (2) types of pains which can be experienced by a patient who is sick.

(5 marks)

(25 MARKS)

QUESTION 3

3.1 Explain a five (5) critical standard infection prevention control measures a health worker should observe when taking care of a patient in hospital

(10 marks)

3.2 As a nurse working in a ward, you come across a patient who has a potential to develop bedsores. Explain what a nurse is supposed to do in order to prevent formation of bed sores

(10 marks)

3.3 Explain one (1) use of the following bed accessories

- I. Bed cradle
- II. Balkan frame
- III. Back rest
- IV. Foot board
- V. Bed lifter

(5 marks)

(TOTAL 25

TOTAL MARKS 75