

UNIVERSITY OF ESWATINI
FACULTY OF HEALTH SCIENCES
DEPARTMENT OF COMMUNITY HEALTH NURSING SCIENCE

MAIN EXAMINATION – MAY, 2021

TITLE OF PAPER : COMMUNITY HEALTH NURSING III (FAMILY NURSING)
COURSE CODE : NUR 520
MARKS : 75
TIME ALLOWED : TWO (2) HOURS

Number of pages including cover page: 6

INSTRUCTIONS

1. Read questions carefully
2. Answer all questions
3. Write legibly

DO NOT OPEN THIS PAPER UNTIL YOU ARE TOLD TO DO SO

SECTION A: MULTIPLE CHOICE QUESTIONS

Choose the ***MOST*** appropriate answer; e.g. 1. G

1. The principles of giving care to families who are experiencing violence are:

- 1 Intolerance for violence
- 2 Respect and caring for adult family members
- 3 Safety
- 4 Empowerment

Which sequence BEST describe the principles of care that a Community Health Nurse may render to families dealing with violence?

- A. 1, 2, 3
- B. 2, 3, 4
- C. 1, 3, 4
- D. 1, 2, 4

2. Communication is one of the critical elements for a healthy family. Communication can be further divided into:

- 1 Sending skills
- 2 Receiving skills
- 3 Interpersonal skills
- 4 Writing skills.

Which of the following BEST describe the core of communication skills?

- A. 1, 2, 3
- B. 2, 3, 4
- C. 1,3, 4
- D. 1, 2, 4

3. Which of the following is NOT part of disability prevention in family nursing?

- A. Advanced medical care
- B. Late identification
- C. Secondary prevention
- D. Tertiary prevention

4. In one of your family nursing care endeavours, you teach parents in a family you are visiting about the expected growth and development of three-year-old children. Your teaching should include that a three-year-old should.....

- A. discriminate between fantasy and reality
- B. ride a tricycle independently
- C. have a vocabulary of 7,000 words
- D. play in a group of two or three with one being the leader

5. The role of a Community Health Nurse should focus on.....
 - A. client-centered care
 - B. wellness
 - C. monitors the quality of services
 - D. provide physical care

6. A family is a basic unit in a community and needs an effective Community Health Nurse. Which one of the following would render a Community Health Nurse ineffective?
 - A. Measuring and monitoring the health status of the community
 - B. Determining present and future decisions affecting the public health
 - C. Establishing policies into services
 - D. Neglect rules of public health in services

7. Which of the following BEST describes the essential elements of Primary Health Care?
 - 1 Appropriate screening of health determinants
 - 2 Appropriate technology that the people can use and afford
 - 3 Adequate, safe water supply and basic sanitation
 - 4 Provision of essential basic nutritious foods
 - A. 1,2,3
 - B. 1,2, 4
 - C. 1,3,4
 - D. 2,3,4

8. The primary health care principles include all of the following, *EXCEPT*.....
 - A. community participation.
 - B. appropriate technology
 - C. accessibility
 - D. acceptability

Carefully read the given scenario and answer the questions 9-11

During your home visits at Mahwalala peri-urban area, you met Lindela, an adolescent girl suffering from depression due to the death of her father. When she went to hospital, she was advised to receive 3 counselling sessions for the management of her psychological health status.

9. As the Community Health Nurse providing family nursing care to her family, what type of counselling session will you provide to Lindela?
 - A. Long –individual session
 - B. Short –individual session
 - C. Short group session
 - D. Long –group session

10. The frame of references in caring for Lindela is based on the.....
- A. client herself
 - B. family situation
 - C. counselor
 - D. situational analysis
11. The objective of counseling for Lindela is.....
- A. empowering Lindela to help herself
 - B. accepting Lindela as she is
 - C. encouraging Lindela insight
 - D. directing Lindela to take actions

Read the following scenario and answer the questions 12-15

Mr. Ziloko's family lives in Mzilikazi village, he is 55years old and working in an Electronic industry. He complains of upper respiratory tract symptoms, which are cough, dyspnoea, and restlessness. Mr. Ziliko's family consists of two children aged 2 and 15 years. His wife is a cardiac patient. You are a Community Health Nurse rendering family nursing care to this family.

12. What is the first step you must do for this family?
- A. Promote nurse client relationship
 - B. Entry to the home
 - C. Referral
 - D. Pre-visit activities
13. The pre-visit activity for home visiting is.....
- A. gathering information
 - B. accepting the client
 - C. explaining the reason for the visit
 - D. observing the home environment
14. The most important need of the Ziliko family is....
- A. Identification of health problems
 - B. Increasing family awareness toward health
 - C. Receiving appropriate treatment
 - D. Maintenance of health
15. The secondary prevention for Mr. Ziliko's wife entails.....
- A. Identification of the health problems
 - B. access to curative services
 - C. increasing adjustment to her condition
 - D. awareness towards stress management

State whether each of the following statements are **TRUE** or **FALSE** about palliative care.

Palliative care

16. uses a team approach.
17. is synonymous with terminal care.
18. includes family in the care process.
19. focuses on the whole person.
20. cannot be practiced in conjunction with other therapies.
21. is only for patients with malignant diseases.
22. is for people with dementia.
23. is care given only during terminal stages of the disease.
24. skills that are imparted to nurses through the current training methods on disease management are sufficient for providing quality palliative care.
25. entails inputs that remain the same throughout the disease trajectory.

[25 marks]

SECTION B: SHORT ESSAY QUESTIONS

Question 1

- A. Sexual health is an important component of health and wellbeing and its effects cannot be underestimated in Family Nursing. Culture, society, and religion are some barriers that influence the accessibility of sexual health by family / community members. Discuss **nurse and client** related barriers to sexual health. (20)
- B. By working with families in the community, the Community Health Nurses aim at promoting the health of all families. Describe five characteristics of a healthy family. (5)

[25 marks]

Question 2

- A. Describe how the following may negatively influence family health
- i. Family size
 - ii. Family communication patterns
 - iii. Family decision making power hierarchy
 - iv. Family roles

(8)

- B. Disability is one of the challenges that affect our societies today and being a community health care nurse you are not exempted from addressing this challenge. Describe any 4 health related challenges that people living with disability face. (8)
- C. Explain any 4 key actions that you can engage in as a community health nurse to improve the health of people with disabilities (4)
- D. Male involvement is unquestionably important in family nursing care and several initiatives are required to combat men's lethargy towards family members suffering from chronic illnesses. Using your family nursing knowledge, describe five initiatives that Community Health Nurses would do to increase male involvement as part of family nursing. (5)

[Total marks = 25]