

# NCK EXAMINATIONS PAST PAPERS FOR PAPER 1, 2, 3 AND 4

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# NCK PAPER 1 REVISION PAPERS

**NURSING COUNCIL OF KENYA**

**EXAMINATION FOR ADMISSION TO THE REGISTER OF COMMUNITY HEALTH NURSES  
(BASIC)**

**PAPER ONE**

**DATE: WEDNESDAY 30<sup>TH</sup> JULY 2014**

**TIME ALLOWED: 3 HOURS**

**9.00 AM TO 12.00 PM**

**INSTRUCTIONS TO CANDIDATES:**

1. Read the questions carefully and answer only what is asked.
2. ENTER YOUR EXAMINATION NUMBER AND QUESTION NUMBER ON THE space provided in the answer booklet.
3. All the questions are compulsory.
4. For Part I (M.C.Q's)  
Write your answers in capital letters on the space provided in the answer booklet.
5. Each M.C.Q. is 1 mark.
6. For Part II (SHORT ANSWER QUESTIONS).  
Answers to these questions should follow each other on the space provided in the answer booklet.
7. For Part III (ESSAY/LONG ANSWER QUESTIONS)  
Answers to each question must be written on the specified page(s) in the answer booklet.
8. Omission of or wrong numbering of examination papers, questions or parts of the question will result in 10% deduction of the marks scored from the relevant part.
9. Each candidate MUST sign the examination return form after handing in ALL the scripts.
10. No candidate shall leave the examination room until all the examination scripts have been submitted and sealed in an envelope by the invigilators.

**KRCHN (BASIC) EXAMINATION: PAPER ONE: JULY 2014**  
**PART I: MULTIPLE CHOICE QUESTIONS:**

- Q:1: A patient with increased intracranial pressure will present with:-
- Tachycardia, bradycardia, hypotension.
  - Reflex vomiting, hypertension, tachycardia.
  - Projectile vomiting, tachycardia, hypothermia.
  - Hypertension, tachycardia, bradypnoea.
- Q:2: The microbes associated with food poisoning include:-
- Staphylococcus aureus, campylobacter jejuni, vibrio cholerae.
  - Streptococcus pyogenes, Klebsiella pneumoniae, staphylococcus epidermidis.
  - Clostridium Welchii, salmonella pseudomonas aenginosa.
  - Staphylococcus aureus, salmonella Tymphimunum, camphlobacter, jejuni.
- Q:3: Indicate whether the following statements are true or false.
- The left kidney is slightly lower than the right kidney.
  - The nasal part of the pharynx has stratified squamous epithelium.
- Q:4: Cushing's syndrome commonly present with:-
- Deepening of voice, gynaecomastia, gigantism.
  - Facial hair, acne, enlargement of the clitoris.
  - Increased libido, Menorrhagia, muscle atrophy.
  - Acne, hirsutism, uterine muscles hypertrophy.
- Q:5: Seborrhic dermatoses commonly affects the following parts of the body:-
- Lower limbs, the back and axillae.
  - The neck, groins and calf region.
  - Under the breasts, ears, eyelids.
  - Gluteal crease, the back and abdomen.
- Q:6: A correct nursing diagnosis for a patient with chronic obstructive pulmonary disease (COPD) is:-
- "Pulmonary potential for respiratory failure related to lungs degeneration".
  - "Activity intolerance due to loneliness".
  - "Ineffective individual coping related to lower activity level".
  - "Delayed recovery due to poor tolerance of activity and medication".
- Q:7: The common features associated with pathophysiology of asthma includes:-
- Alveoli hyperinflation, mediastinal shift and swelling of membranes lining the bronchi.
  - Bronchial muscle enlargement, filling of the bronchi with thick mucus, negative pressure in the pleural space.
  - Contraction of bronchial muscles, atrophy of bronchial mucus membranes and air trapping in the alveoli.
  - Air trapping in the alveoli, contraction of bronchial muscles, production of tenacious sputum.

Q:8: Following hemorrhoidectomy the nurse should:-

- a) Ensure the patient sits on a soft cushion for the first three days.
- b) Advise the patient to only request for a bland diet in his menu till bowel action normalizes.
- c) Ensure the patient has a sitz bath after every bowel action.
- d) Remove the anal pack 8 hours after the surgery to allow for passing of flatus.

Q:9: Pernicious anaemia is associated with:-

- a) Gastrectomy, autoimmune destruction of gastric parietal cells.
- b) Vit B<sub>6</sub> deficiency excess folic acid.
- c) Deficiency of folic acid, excess intake of niacin.
- d) Partial gastrectomy, vitamin B<sup>2</sup> and B<sub>6</sub> deficiency.

Q:10: A late manifestation of compartment syndrome is:-

- a) Pallor.
- b) Paresthesia.
- c) Pulseless ness.
- d) Pain.

Q:11: Indicators for inhalational burns are:-

- a) History of the burn occurring in an enclosed area, singed nasal hair, anaemia.
- b) Voice hoarseness, bloody sputum, seizures.
- c) Singed nasal hair, the burn occurring in an enclosed area, sooty sputum.
- d) Bloody sputum, hypoventilation, paradoxical breathing.

Q:12: A patient verbalizing one of the following post total mastectomy of the left breast , will be an indication of effective patient teaching:-

- a) "I will ensure my left arm is always at rest."
- b) "On discharge from hospital, I shall buy heavy duty gloves to wear when gardening."
- c) "I should have a prosthesis implant strictly after 1 year."
- d) "There is no harm carrying my handbags on either shoulder."

Q:13: The ratio of replacing crystalloids blood loss in haemorrhagic shock management is:-

- a) 1:1.
- b) 2:1.
- c) 3:1.
- d) 4:1.

Q:14: Following functional endoscopic sinus surgery (FESS), the nurse should:-

- a) Assist the patient to brush teeth 8 hours after surgery.
- b) Nurse the patient in Trendelenburg position.
- c) Remove the nasal pack 12 hours post surgery to prevent a nasal voice.
- d) Encourage the patient to breath through the mouth.

Q:15: Predisposing factors to retinal detachment include:-

- a) Scleritis, hypermetropia, uveitis.
- b) Myopia, ocular trauma, cataract extraction.
- c) Trachoma, secondary glaucoma, conjunctivitis.
- d) Conjunctivitis, episcleritis, retinitis.

Q:16: Cancer that gets cured through chemotherapy is :-

- a) Breast carcinoma.
- b) Colorectal carcinoma.
- c) Burkitt's lymphoma.
- d) Gastric carcinoma.

Q:17: Causes of functional intestinal obstruction includes:-

- a) Diverticular disease Hirschsprung's disease.
- b) Intussusception, hyperkalemia.
- c) Hyperkalemia, peritonitis.
- d) Ascites, intestinal worms.

Q:18: The clinical features for kidney rejection post transplantation includes:-

- a) Anaemia, anuria, hypotension.
- b) Hypertension, weight gain, oliguria.
- c) Tenderness on the area over the transplanted kidney, weight gain, Hypokalemia.
- d) Hyperuricemia, hyperactivity and polyuria.

Q:19: Warning signs for a patient with a fracture on the base of the skull are:-

- a) Otorrhea, nasal congestion, tachypnoea.
- b) Raccoon eye, Battle's sign, otorrhea.
- c) Nasal congestion, Rhinorrhea and vomiting.
- d) Vomiting, excessive salivation, excessive swallowing.

Q:20: The properties of general anaesthesia are:-

- a) Amnesia, euphoria, hypnosis.
- b) Hypnosis, analgesia, muscle relaxation.
- c) Loss of consciousness, amnesia and analgesia.
- d) Partial loss of consciousness, muscle relaxation and amnesia.

<b><u>PART II: SHORT ANSWER QUESTIONS:</u></b>	<b><u>MARKS</u></b>
Q:1: State four (4) common errors in formulation of a nursing diagnosis.	4
Q:2: Write short notes on "Humulin" with reference to the following sub-headings:- a) Classification. b) Onset of action. c) Peak of action. d) Duration of action. e) Four (4) specific nursing responsibilities.	6
Q:3: a) Draw and label a diagram illustrating the thyroid gland and associated structures.	5
b) State three (3) functions of thyroid hormones.	3
Q:4: a) Define parenteral feeding.	1
b) State five (5) indications for parenteral feeding.	5
Q:5: Describe the management of an adult with foreign body airway obstruction (FBAU) and has a weak cough.	5
Q:6: State five (5) health messages a nurse should share with a patient on discharge post myocardial infarction.	5
Q:7: a) List four (4) late clinical manifestations of cancer of the cervix.	2
b) Outline four (4) specific nursing interventions for patient with cancer of the cervix.	4

**PART III: ESSAY/LONG ANSWER QUESTIONS:**

**MARKS**

- Q:1: Mr. T 40 years is admitted to the ward suffering from acute pancreatitis.
- a) Describe the pathophysiology of pancreatitis. 5
  - b) Describe the nursing management for Mr. T from admission till discharge. 12
  - c) State three (3) complications of acute pancreatitis. 3
- Q:2: Mr. S. is admitted in a ward with a diagnosis of chronic osteoarthritis and is scheduled for total hip joint replacement.
- a) State three (3) differences between rheumatoid arthritis and osteoarthritis. 3
  - b) Describe the pre and post operative care for Mr. S. 14
  - c) State three (3) contra-indications for hip replacement. 3



**NURSING COUNCIL OF KENYA**

**EXAMINATION FOR ADMISSION TO THE REGISTER OF COMMUNITY HEALTH  
NURSES(BASIC)**

**PAPER ONE**

**DATE: WEDNESDAY 8<sup>th</sup> AUGUST 2012**

**TIME ALLOWED: 3 HOURS**

**9.00AM TO 12.00 NOON**

**INSTRUCTIONS TO CANDIDATES:**

1. Read the questions carefully and answer only what is asked.
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**KRCHN (BASIC) EXAMINATION: PAPER ONE: AUGUST 2012**  
**PART I: MULTIPLE CHOICE QUESTIONS:**

- Q:1: Use of hyperthermia as a treatment modality for cancer may cause:-
- a) Hypotension, skin burn, tissue damage.
  - b) Nausea, vomiting, delayed wound healing.
  - c) Delayed wound healing, hypertension, nausea.
  - d) Skin burn, immunosuppression, infections.
- Q:2: Late complications of cataract surgery include:-
- a) Retinal detachment, hyphaema, flat anterior chamber.
  - b) Posterior capsule opacification, iris prolapse, hyphaema.
  - c) Flat anterior chamber, iris prolapse, posterior capsule opacification.
  - d) Posterior capsule opacification, retinal detachment, secondary cataract.
- Q:3: The intracranial hemorrhage with the worst prognosis is:-
- a) Cephalohematoma.
  - b) Epidural hemorrhage.
  - c) Intracerebral hemorrhage.
  - d) Subarachnoid hemorrhage.
- Q:4: The most common benign bone tumor is:-
- a) Osteochondroma.
  - b) Osteoid osteoma.
  - c) Enchondroma.
  - d) Giant cell tumor.
- Q:5: Fat embolism as a complication of fractures:-
- a) Is the leading cause of death in fracture patients.
  - b) Results in symptoms of decreased mentation.
  - c) May compromise patient's respiratory status necessitating ventilatory support.
  - d) Is more common in the elderly than younger patients.
- Q:6: A statement indicating that a nurse understands pneumothorax as a pleural injury is:-
- a) Closed pneumothorax may occur following a tension pneumothorax.
  - b) Open pneumothorax is characterized by a shift of mediastinum to the ipsilateral side.
  - c) Pneumothorax leads to decreased intrathoracic pressure in both open and closed pneumothorax.
  - d) Open pneumothorax allows atmospheric air to enter pleural space during inspiration.
- Q:7: Signs of hypothyroidism include:-
- a) Muscle weakness, depression.
  - b) Tachycardia, irritability.
  - c) Decreased appetite, tachycardia.
  - d) Hypertension, somnolence.

Q:8: A classification of ringworms that infect the finger nails is:-

- a) Tinea corporis.
- b) Tinea unguium.
- c) Tinea cruris.
- d) Tinea pedis.

Q:9: Following gastrectomy, dumping syndrome occurs as a result of:-

- a) Reduced gastric motility resulting from vagus nerve stimulation.
- b) Removal of acid producing cells thus resulting in reduced absorption of vit B<sub>12</sub>.
- c) Rapid gastric emptying of hyperosmolar fluid and substances into the duodenum.
- d) Damage of vagus nerve and cardiac sphincter.

Q:10: Priority nursing intervention for a patient with a peritoneal abscess is to:-

- a) Administer analgesics for relief of pain.
- b) Administer intravenous fluids to maintain fluid volume balance.
- c) Reassure the patient to relieve anxiety and co-operate during pre-operative preparation.
- d) Administer parenteral nutrition to obtain optimum weight gain while the gut is rested.

Q:11: A nephrostomy tube is inserted:-

- a) In the anterior bladder wall and joined to the abdominal wall.
- b) In the posterior bladder wall and joined to the abdominal wall.
- c) To a portion of the ileum then brought to the surface of the abdomen.
- d) Through the skin into the kidney.

Q:12: The first step in urinary catheterization procedure is:-

- a) Provide adequate lighting.
- b) Prepare fluid to inflate the balloon.
- c) Selection of catheter size.
- d) Ask patient to empty bladder.

Q:13: When estimating the size of burns, the palm of the patient's hand represents total body surface area of:-

- a) 3%.
- b) 1%.
- c) 4.5%.
- d) 9%.

Q:14: A patient with potassium levels in excess of 5.0 mEq/L is considered to be in a state of:-

- a) Hyponatremia.
- b) Hypercalcemia.
- c) Hypervolemia.
- d) Hyperkalemia.

Q:15: The health message given to a patient following tympanoplasty is:-

- a) Drink fluids using a straw.
- b) Avoid blowing the nose and sneeze through the mouth.
- c) Administer saline water into the ear to aid healing.
- d) Avoid noisy places upto two weeks post operatively.

Q:16: The correct steps in giving first aid to a child with a knife cut on the index finger is:-

- a) Apply pressure, apply surgical spirit, bandage.
- b) Apply surgical spirit, wash finger under running water, bandage.
- c) Wash finger under running water, apply gentian violet, bandage.
- d) Apply gentian violet, wash finger under surgical spirit, bandage.

Q:17: The process of immersing used dressing instruments in dilute hibitane solution is known as:-

- a) Chemical sterilization.
- b) Disinfection.
- c) Decontamination.
- d) Cold sterilization.

Q:18: Specific defence mechanisms are achieved by:-

- a) Phagocytosis.
- b) Chemotaxis.
- c) Inflammatory responses.
- d) Cell-mediated immunity.

Q:19: Match the terms in column A with the correct response in column B.

**COLUMN A**

- a) Varicose veins.
- b) Aortic aneurysm.

**COLUMN B:**

1. Is diagnosed by an abdominal x-ray.
2. Patient is instructed to elevate the foot of the bed by 8 inches.
3. High salt diet is a contributing factor to its formation.
4. Occlusive disorders of lower limb blood vessels contribute to its formation.
5. Results from acute occlusion of the iliac and femoral veins.

Q:20: Indicate whether the statements are true or false.

- a) The uterus develops by fusion of the lower end of the Wolffian ducts.
- b) Total abdominal hysterectomy is the definitive treatment of endometriosis.

**PART II: SHORT ANSWER QUESTIONS:**

**MARKS**

Q:1:	Draw and label a diagram illustrating the thyroid gland and its associated structures.	6
Q:2:	Outline two effects of Aldosterone.	2
Q:3:	Outline the components of assessment in the nursing process.	3
Q:4:	State six (6) foot care instructions for a patient with diabetes mellitus.	6
Q:5:	State five (5) specific nursing assessments done for a patient with a tracheostomy.	5
Q:6:	a) Outline four (4) specific nursing interventions for a patient with pelvic inflammatory disease.	4
	b) State four (4) factors that cause infertility in males.	4
Q:7:	State four (4) purposes for nasogastric tube insertion.	4
Q:8:	a) List four (4) indications of Flucanazole.	2
	b) Outline four (4) nursing considerations for a patient on corticosteroid therapy.	4

**PART III: ESSAY/LONG ANSWER QUESTIONS:**

**MARKS**

Q:1: Mr. Ka 32 year of male patient has been diagnosed with pneumonia. You are the nurse allocated to take care of this patient after admission to your ward.

- |    |   |    |
|----|---|----|
| a) | Define pneumonia.   | 1  |
| b) | Explain two (2) investigations that may have aided this diagnosis.  | 4  |
| c) | Draw a nursing care plan for Mr. Ka in the first 24 hours of admission that will meet his priority needs. | 15 |

Q:2: Mrs. Ke, a 43 year old patient has been admitted to the burns unit. She sustained burns to her face, upper arms and chest following a kerosene stove explosion. Preliminary investigations confirm inhalation injury.

- |    |  |    |
|----|--|----|
| a) | Explain the impact of burn injury on the respiratory system.               | 6  |
| b) | Describe the specific nursing management of Mrs. Ke in the first 24 hours. | 14 |

**NURSING COUNCIL OF KENYA**

**EXAMINATION FOR ADMISSION TO THE REGISTER OF COMMUNITY HEALTH  
NURSES (BASIC)**

**PAPER ONE**

**DATE: WEDNESDAY 10<sup>TH</sup> AUGUST 2011**

**TIME ALLOWED: 3 HOURS**

**9.00AM TO 12.00 NOON**

**INSTRUCTIONS TO CANDIDATES:**

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**KRCHN (BASIC) EXAMINATION: PAPER ONE: AUGUST 2011:**  
**PART I: MULTIPLE CHOICE QUESTIONS:**

- Q:1: The cycle in which bile salts and other substances excreted by the liver are absorbed by the intestinal mucosa and returned to the liver via the portal circulation is:-
- a) Extra corporeal circulation.
  - b) Enterohepatic circulation.
  - c) Collateral circulation.
  - d) Mesenteric circulation.
- Q:2: Gram negative bacilli include:-
- a) Escherichia coli, salmonella, shigella.
  - b) Salmonella, staphylococcus, streptococcus.
  - c) Shigella, neisseria gonorrhoea, streptococci.
  - d) Clostrichia, esherichia coli, staphylococcus.
- Q:3: Complications of asthma are:-
- a) Haemothorax, emphysema.
  - b) Chronic bronchitis, emphysema.
  - c) Left sided heart failure, ruptured bleb.
  - d) Pulmonary hypotension, acute bronchitis.
- Q:4: When performing postural drainage for the lower lobes of the lung, the nurse positions the patient in:-
- a) Sitting up/Fowler's position.
  - b) Reverse trendlenberg position.
  - c) Dorsal position with a pillow supporting the waist.
  - d) Lateral postion with the head elevated at 30 to 45 degrees.
- Q:5: The aura stage of a tonic clonic seizure is characterized by:-
- a) Visual disturbance, tingling sensations, change in mood.
  - b) Auditory sensation, change in mood, loss of conciousness.
  - c) Tonic contractions, temporary cessation of breathing, staring into the space.
  - d) Audible cry, tonic contractions, lasts for 3 to 4 seconds.
- Q:6: Clinical manifestations of hypoparathyroidism include:-
- a) Hyperphosphatemia, hypophostemia.
  - b) Tetany, hypophosphatemia.
  - c) Laryngeal spasm, bronchospasm.
  - d) Hypercalcuria, photophobia.
- Q:7: Management of impetigo involves:-
- a) Use of systemic antibiotics.
  - b) Administering systemic corticosteroids.
  - c) Use of topical antifungal creams.
  - d) Treatment with opiod analgesics.



- Q:8: When caring for a patient with perineal wound, the nurse should:-
- Remove the packing and drains within 24 hours.
  - Care for the patient in a dorsal recumbent position for the 1<sup>st</sup> 3 days.
  - Administer analgesics before irrigating the wound.
  - Remove the urinary catheter second day post-operatively.
- Q:9: The main purpose of jejunojejunostomy in gastric resection is to:-
- Prevent reflux of bile and pancreatic fluids into the oesophagus.
  - Enhance peristaltic movement.
  - Improve absorption of nutrients from the small intestines.
  - Prevent constipation.
- Q:10: A nephrostomy drainage is usually inserted in the:-
- Urinary bladder.
  - Ureters of both kidneys.
  - Nephrones.
  - Renal pelvis.
- Q:11: Transurethral incision of the prostate is indicated in management of:-
- Cancer of the prostate.
  - Initial stages of benign prostatic hypertrophy.
  - Painful benign prostatic hypertrophy.
  - Benign prostatic hypertrophy causing complete urinary obstruction.
- Q:12: Risk factors of osteoporosis include:-
- Lack of vitamin D in diet, high estrogen levels in women.
  - Too much exposure to the sun, low testosterone levels in men.
  - Increase in age, late menopause.
  - Excessive alcohol consumption, early menopause.
- Q:13: In rheumatoid arthritis, inflammation of the joints begins in the:-
- Hip, ankle, elbow.
  - Feet, wrist, toes.
  - Shoulder, fingers, wrist.
  - Clavicle, hands, fingers.
- Q:14: The main aim of escharotomy in treatment of full thickness burns is to:-
- Improve oxygenation of the burnt tissues.
  - Remove the dead tissues.
  - Allow underlying viable tissues to expand.
  - Reduce pain.

Q:15: Characteristics of 1<sup>st</sup> degree burns include:-

- a) Erythema and pain.
- b) Chilling and dry wounds.
- c) Healing by scaling, painless wounds.
- d) Black appearance, painless wounds.

Q:16: In simple mastectomy:-

- a) Pectoralis major muscle and the entire breast is excised.
- b) Axillary lymph nodes and pectoralis major muscles are left intact.
- c) Underlying chest muscles and chain of internal mammary lymph nodes are removed.
- d) Entire breast and axillary lymph nodes are removed.

Q:17: When performing gastric lavage, the nurse should:-

- a) Place the patient in the left lateral position.
- b) Use a 50cc syringe to push the lavage solution into the stomach.
- c) Elevate patient in bed so as to drain the lower part of the stomach.
- d) Allow lavage solution to drain from the stomach by gravity.

Q:18: Reed-sternberg cell is a pathologic hallmark essential in diagnosis of:-

- a) Hodgkin's disease.
- b) Acute myeloid leukemia.
- c) Chronic lymphocytic leukemia.
- d) Non Hodgkin's disease.

Q:19: Match the terms in column A with the correct statement in column B by indicating the correct response on the answer sheet provided.

**COLUMN A:**

- a) Otosclerosis.
- b) Meneire's disease.

**COLUMN B:**

1. Inflammation of the middle ear.
2. Hardening of the auditory ossicles.
3. Excessive growth of middle ear bones.
4. Recurrent attacks of disabling vertigo.
5. Pocket of skin debris and hardened ossicles in the middle ear.

Q:20: Indicate whether the statements are True or False on the answer sheet provided.

- a) Intracapsular extraction of the lens is commonly used in management of cataracts.
- b) Linear extraction is performed in the elderly people in management of cataracts.

**PART II: SHORT ANSWER QUESTIONS:**

**MARKS**

- |  |   |
|--|---|
| Q:1: Outline four (4) specific nursing roles for a patient on opioid analgesics.               | 4 |
| Q:2: State five (5) ways by which a nurse establishes rapport with a client.                   | 5 |
| Q:3: List six (6) clinical manifestations of cardiac tamponade.                                | 3 |
| Q:4: Draw and label a diagram to illustrate the longitudinal section of a tooth.               | 6 |
| Q:5: State six (6) nursing interventions for a patient with pelvic inflammatory disease.       | 6 |
| Q:6: Formulate five (5) nursing diagnoses for a patient with a compound fracture of the femur. | 5 |
| Q:7: Describe the physiology of respiration.   | 7 |
| Q:8: List four (4) products of blood that can be transfused and one indication for each.       | 4 |

**PART III: ESSAY/LONG ANSWER QUESTIONS:**

**MARKS**

Q:1: Mrs. M. a 45 year old patient is admitted in the surgical ward with a diagnosis of cancer of the colon and is scheduled for surgery and colostomy creation.

- |    |  |    |
|----|--|----|
| a) | State three (3) clinical manifestations that Mrs. M. may present with.               | 3  |
| b) | Describe the specific nursing management of Mrs. M. post-operatively till discharge. | 14 |
| c) | Outline three (3) health messages you will share with Mrs. K on discharge.           | 3  |

Q:2: Master Ko 10 years old is admitted in a paediatric ward with a diagnosis of acute glomerulonephritis.

- |    |  |    |
|----|--|----|
| a) | Define glomerulonephritis.   | 1  |
| b) | Describe the pathophysiology of acute glomerulonephritis.                | 4  |
| c) | State three (3) clinical manifestations that Master Ko may present with. | 3  |
| d) | Describe the specific management of Master Ko till discharge.            | 12 |

**Part I: Multiple Choice Questions (MCQs) - 20mrks**

Q1. The following finding is suggestive of a pneumothorax in a patient with chest trauma;

- a) Absent breath sounds
- b) Inspiratory wheezing
- c) Dullness on chest percussion
- d) Pronounced crackles

Q2. The primary reason for administering digoxin (Lanoxin) to a patient is to,

- a) Relax the walls of the heart's arteries.
- b) Improve the strength of the heart beat.
- c) Prevent irregularities in ventricular contractions.
- d) Decrease inflammation of the heart wall.

Q3. The priority nursing diagnosis for a patient with heart failure and pulmonary oedema is,

- a) Risk for infection related to stasis of alveolar secretions
- b) Impaired skin integrity related to pressure
- c) Activity intolerance related to pump failure
- d) Constipation related to immobility

Q4. When preparing a patient for colonoscopy procedure the nurse should,

- a) Perform a high colonic washout procedure the night before the procedure
- b) Ensure the patient takes a high roughage diet with a laxative the night before procedure
- c) Educate the patient to report any "needle prick" sensations within 12 hrs after the procedure
- d) Advise the patient to take low fiber diet for 1 week before the procedure

Q5. The characteristics of a "Cushingoid" appearance in Cushing's disease include,

- a) Hypotension, Kussmauls' breathing, hunch back & diaphoresis
- b) Moon face, buffalo hump, central obesity & thin musculature
- c) Mood swings, slow wound healing, hypertension & tunnel vision
- d) Flushing, brittle skin, abdominal pain and encephalopathy

Q6. The sensitivity part of a culture & sensitivity test is for the purpose of,

- a) Identifying the causative organism for the infection diagnosed
- b) Identifying the most effective antibiotics against the causative organism
- c) Identifying the antibiotics that the patient is resistant to
- d) Testing the concentration of antibiotic required to cure an infection

Q7. A client with a cataract would most likely complain of,

- a) Halos and rainbows around lights
- b) Eye pain and irritation that worsens at night
- c) Blurred and hazy vision
- d) Eye strain and headache when doing close work

Q8. Indicate whether the following statements are True (T) or False (F) in the provided answer sheet

- a) Acute angle closure glaucoma is a medical emergency
- b) In spinal injury there is complete anesthesia below the level of injury

Q9. The primary rationales for tube feeding for a client post total laryngectomy due to cancer of larynx is to,

- a) Meet dietary needs and prevent fistula formation
- b) Maintain an open airway and prevent aspiration
- c) Meet fluid & dietary needs and prevent aspiration
- d) Prevent fistula formation and reduce aspiration

Q10. When a burn occurs in an adult,

- a) Using rule of nine, right arm is calculated as being 18% & right leg 9%.
- b) Capillaries & small vessels dilate, renal blood flow reduces
- c) Fluid shifts from ICF to ECF space/compartment along with potassium.
- d) Permeability of the kidney tubules increases with oliguria

Q11. The following technique should be avoided when changing a hemiparalysis clients' position in bed;

- a) Sliding the client to move her up in bed
- b) Rolling the client onto her side
- c) Lifting the client when moving her up in bed
- d) Having the client lift herself off the bed using a trapeze

Q12. When a blood pressure (BP) reading is abnormal upon initial assessment, it is best to check the BP,

- a) On the other arm
- b) On both arms sitting and standing
- c) With the patient standing
- d) After a 5 min wait

Q13. Swabs, instruments and sharps count during surgery is carried out by,

- a) Circulating and anaesthetic nurses
- b) Anaesthetic and scrub nurses
- c) Circulating and Scrub nurses
- d) Recovery room and scrub nurses

Q14. When nursing a patient with chronic obstructive pulmonary disease, the nurse should,

- a) Ensure the patient gets high flow rate oxygen at 100%
- b) Advise the patient to get influenza and pneumococcal vaccines
- c) Avoid administration of prophylactic bronchodilators
- d) Position the patient in dorsal recumbent position to enhance ventilation

Q15. After a clients' nasogastric tube has been removed the nurse should,

- a) Offer the client liquids to drink
- b) Provide the client with oral hygiene
- c) Encourage client to cough and deep breath
- d) Auscultate the client's bowel sounds

Q16. Neurovascular assessment of the lower limb post-cast application involves observation of,

- a) Color, sensation and pulses
- b) Level of consciousness, limb symmetry and muscular strength
- c) Capillary refill, sensation and muscle power
- d) Color, warmth and muscle power

Q17. The risk for macrovascular complications in diabetes mellitus may be reduced by,

- a) Lowering BP, avoiding nephrotoxic substances & reducing strenuous exercises.
- b) Weight reduction, reducing fat/triglyceride levels, quitting smoking.
- c) Foot care, early diagnosis of retinal detachment & daily U/Es checkups.
- d) High fibre diet, low fat diet & prompt treatment of systemic infections

Q18. The priority indicator of increasing intracranial pressure is,

- a) Unequal pupil size
- b) Decreasing systolic pressure
- c) Tachycardia
- d) Decreasing body temperature



Q19. Foods that may predispose a client to megaloblastic anemia if taken exclusively include,

- a) Meat, eggs and beans
- b) Beans, Peas and rice
- c) Capsicum , Sorghum and Millet
- d) Meat, Maize, Sorghum

Q20. In pyloric stenosis there is,

- a) Projectile vomiting & olive-sized mass in abdomen's upper right quadrant
- b) Blood tinged vomitus and significantly reduced peristaltic waves
- c) Severe abdominal pain and irregular opening of the bowels
- d) Normal feeding appetite and passing of loose bowel motions

**PART II: SHORT ANSWER QUESTIONS (40 MARKS)**

Q1. Outline four (4) specific nursing interventions for a patient with hypovolemic shock (4mrks)

Q2. Describe the pathophysiology of mechanical intestinal obstruction (5 mrks)

Q3. State any five (5) principles of infection control (5 mrks)

Q4. State four (4) resuscitation drugs giving one indication for each (4marks)

Q5. Explain five (5) roles of a nurse for a patient post lobectomy (5mrks)

Q6. Outline four (4) specific health messages a nurse should share with a patient post transphenoidal resection of a pituitary tumour (4 mrks)

Q7. State five (5) specific nursing interventions for a patient post prostatectomy (5 mrks)

Q8. Outline four (4) complications associated with parenteral feeding (4 mrks)

Q9. Explain five (5) nursing responsibilities for a patient with a colostomy (5 mrks)

**PART III: LONG ANSWER QUESTIONS (40 MARKS)**

Q1. Mrs. Q. 55yrs old is admitted in a surgical ward with severe arthritis & is scheduled for hip joint replacement.

- a) Draw and label a diagram illustrating a synovial joint ( 5 mrks)
- b) Describe the pre and post-operative care for Mrs. Q (12 mrks)
- c) State three (3) complications Mrs. Q may develop post-operatively (3 mrks)

Q2. Ms. T. 40 years old is admitted in a medical ward with a diagnosis of chronic renal failure (CRF)

- a) Draw and label a diagram illustrating a nephron (4 mrks)
- b) State two (2) neurological manifestations of renal failure (2 mrks)
- c) Describe the specific medical and nursing management for Ms. T (14 mrks)

**PART ONE: MULTIPLE CHOICE QUESTIONS (20MARKS)**

1. The best indicators that a patient is ready for oral feeding post bronchoscopy are;
  - a) Bowel sounds and cough reflex
  - b) Hoarseness of voice and respiratory rate
  - c) Respiratory rate and bowel sounds
  - d) Cough reflex and hoarseness of voice
  
2. Barrel chest is a feature of;
  - a) Heart failure, kyphosis
  - b) Kyphosis, emphysema
  - c) Emphysema, osteoarthritis
  - d) Drug resistant tuberculosis, emphysema
  
3. The major electrolytes in the intracellular fluid are;
  - a) Sodium and chloride
  - b) Potassium and Chloride
  - c) Potassium and phosphorus
  - d) Sodium and phosphorus
  
4. Factors that can lead to myocardial ischemia include;
  - a) Anemia, aortic valve stenosis, polycythemia
  - b) Mitral valve stenosis, anemia, left ventricular hypertrophy
  - c) Anemia, aortic valve stenosis, mitral valve stenosis
  - d) Polycythemia, mitral valve stenosis, left ventricular hypertrophy
  
5. Indicate whether the following statements are **true(T)** or **false(F)** in the answer sheet provided;
  - a) Colloids are administered in patients with cardiogenic shock to expand circulatory volume.
  - b) Atherosclerosis is more common in males than females.
  
6. Nursing interventions for a patient with multiple myeloma include;
  - a) Providing low calorie diet in small frequent amounts
  - b) Providing plenty of oral fluids
  - c) Catheterization to monitor urine output
  - d) Encouraging weight bearing exercises

7. The sickle hemoglobin gene causes substitution of;
  - a) Amino acid valine for glutamine
  - b) Amino acid alanine for glutamine
  - c) Amino acid glutamine for valine
  - d) Glutamine for asparagine
  
8. Patients with diabetes mellitus type I are at risk of acidosis due to;
  - a) Increased potassium levels in blood
  - b) Increased breakdown of fat
  - c) Increased metabolism of fatty acids
  - d) Increased myoglobin in blood
  
9. In positioning a casted leg, the nurse should:
  - a) Keep the leg in a flat position always
  - b) Elevate the leg for 3 hours then put it flat for 1 hour
  - c) Keep the leg flat for 3 hours then elevate it for 1 hour
  - d) Elevate the leg on pillow continuously for 24 to 48 hours.
  
10. Drugs used in management of Meniere's disease include;
  - a) Antiemetics, diuretics, glucocorticoids
  - b) Glucocorticoids, diuretics, antihistamines
  - c) Antihistamines, diuretics, antiemetics
  - d) Glucocorticoids, Antihistamines, antiemetics
  
11. Post below-knee amputation in a patient with diabetes poses the risk of ;
  - a) Hemorrhage
  - b) Edema of the stump
  - c) Contractures
  - d) Wound dehiscence
  
12. Patients with ulcerative colitis are put on bed rest mainly to;
  - a) Prevent falls that can cause massive bleeding
  - b) Reduce oxygen demand
  - c) Reduce intestinal peristalsis
  - d) Conserve energy

13. Normal Cerebral spinal fluid;
- a) Contain red blood cells and white blood cells
  - b) Tests negative for glucose and protein
  - c) Appears clear and turbid
  - d) Appears slightly cloudy and turbid
14. Following repair of retinal detachment, the priority action is to;
- a) Prevent increased intraocular pressure
  - b) Alleviate pain and itchiness
  - c) Maintain darkened room
  - d) Promote low-sodium diet
15. Insertion of urinary catheter is facilitated by requesting the patient to;
- a) Bear down
  - b) Breathe deeply.
  - c) Turn to the side.
  - d) Hold the labia or shaft of penis
16. The typical clinical manifestations of acute pancreatitis include
- a) Hypertension, epigastric pain, abdominal swelling
  - b) Acute epigastric pain, respiratory distress, hypotension
  - c) Dyspnea, hypertension, hypoglycemia
  - d) Hypervolemia, tachypnea, hyperglycemia
17. The type of seizures which may only affect a finger or hand is ;
- a) Petit mal seizure
  - b) Complex partial seizure
  - c) Absent seizure
  - d) Simple partial seizure
18. Microorganisms that have both bacterial and viral characteristics include;
- a) Mycoplasma, spirochetes
  - b) Rickettsia, chlamydia
  - c) Plasmodium, mycoplasma
  - d) Spirochetes, chlamydia
19. Impetigo contagiosa is;
- a) Primarily the result of allergies
  - b) A fungal infection
  - c) Best treated with benzyl benzoate
  - d) Caused by beta hemolytic streptococcus

20. The following discharge instruction to a patients following gastrectomy will prevent dumping syndrome?
- Ambulate following a meal
  - Eat high carbohydrate foods
  - Limit the fluid taken with meal
  - Sit in a high-Fowler's position during meals

**PART TWO: SHORT ANSWER QUESTIONS (40MARKS)**

- State five (5) risk factors for deep venous thrombosis. (5marks)
- Explain four (4) effects of burns on the cardiovascular system. (4 marks)
- State three (3) rules to be considered while disposing sharps. (3marks)
- Describe the pathophysiology of liver cirrhosis. (5 marks)
- Outline four (4) clinical features of increased intracranial pressure. (4marks)
- Outline six (6) health messages for a patient with chronic renal failure. (6 marks)
- State five (5) specific nursing interventions for a patient with pulmonary edema. (5 marks)
- State three (3) priority nursing diagnosis for a patient with compound fracture femur. (3marks)
- For Morphine
  - Describe the mechanism of action. (2 marks)
  - List two (2) contraindications. (1 mark)
  - List four (4) side effects. (2marks)

**PART THREE: LONG ANSWER QUESTIONS (40 MARKS)**

- Mr. Y is admitted in medical ward with a diagnosis of hypothyroidism.
  - Draw and label a diagram of the thyroid gland and its associated structures. (5marks)
  - State four (4) causes of hypothyroidism. (4marks)
  - Describe the management of Mr. Y from admission to discharge. (11 marks)
- Mrs. T is admitted in the gynecology ward with a diagnosis of cervical cancer and she is scheduled for total hysterectomy.
  - Outline five (5) risk factors to cancer of the cervix. (5marks)
  - Describe the pre and post-operative management of Mrs T. (12 marks)
  - State three (3) complications that can occur post hysterectomy. (3 marks)

**Part I: Multiple Choice Questions (MCQs) – 20mrks**

Q1. The following are risk factors for impaired gas exchange and pulmonary infection:

- a) Immobility, constipation and incontinence
- b) Fluid restriction, immunosuppression and decreased level of consciousness.
- c) Fluid restriction, immobility and ingestion of seasoned foods
- d) Incontinence, chemotherapy and anemia

Q2. Buck's traction is,

- a) A form of skin traction and is often used to relieve muscle spasms.
- b) A form of skeletal traction for compound fractures.
- c) Only used in correction of hip and femur fractures.
- d) Always contra-indicated in obese patients.

Q3. Open angle glaucoma is mainly treated using,

- a) Proton pump inhibitors, quinolones and glycosides
- b) Antibiotics, osmotic diuretics and haematinics
- c) Miotics, Carbonic anhydrase inhibitors and epinephrine
- d) Stool softeners, anti-hypertensives and Miotics

Q4. When nursing a patient on steroids, the nurse should,

- a) Observe for oedema, weigh daily, monitor blood counts
- b) Maintain infection control, monitor blood sugar, maintain hydration
- c) Observe for bone marrow suppression, minimise exposure to heat, encourage bed rest
- d) Encourage increased fluid intake, administer anti-emetics, monitor RBC count

Q5. In acute heart failure with pulmonary edema, morphine is administered in small doses to,

- a) Promote excretion of sodium and water by kidneys
- b) Relieve hypoxemia and dyspnea
- c) Delay release of calcium from intracellular reservoirs
- d) Reduce peripheral resistance & venous return

Q6. The common causative organism for pharyngitis is,

- a) Group B, beta hemolytic streptococcus
- b) Group A, beta hemolytic streptococcus
- c) Hemophilus influenza
- d) Staphylococcus aureus

Q7. In pulmonary embolism (PE),

- a) There is a clot formation in the pulmonary vein and or its branches
- b) There is obstruction of the Pulmonary artery or one of its branches
- c) Trauma, pregnancy and *valsava* maneuvers are common predisposing factors
- d) Old age, heart failure and intestinal obstruction clients are more prone

Q8. The purpose of monitoring central venous (CVP) for the critically ill patients is to,

- a) Help assess the functioning of left side of the heart
- b) Monitor fluid replacement therapy
- c) Estimate the levels of pulmonary pressures in the critically ill
- d) Help assess functioning of the mitral and tricuspid valves

Q9. The antidote for heparin is,

- a) Vitamin K
- b) Warfarin (Coumadin)
- c) Thrombin
- d) Protamine sulfate

Q10. The frontal lobe of the brain is,

- a) The primary receptive area for vision
- b) Mainly responsible for auditory sensation and coordination
- c) Centre for respiratory and vasomotor activity
- d) Responsible for abstract thinking, judgement and emotions

Q11. Dumping syndrome is as a result of,

- a) Rapid emptying of hypertonic food from the stomach into the jejunum



- b) Failure of a patient with a peptic ulcer to eat regularly
- c) Chronic anemia among the elderly patients
- d) Loss of the large intestine functionality following hemicolectomy

Q12. After cataract surgery, if a patient complains of nausea, the nurse should,

- a) Instruct patient to perform deep breaths until the nausea reduces
- b) Administer antiemetic to prevent intraocular pressure elevation
- c) Ensure a vomiting bowl is placed close to the patient as possible
- d) Reassure the patient that it is a common feeling post general Anaesthesia.

Q13. Immediately post-operatively a nurse should,

- a) Position a patient in recovery position, measure urine output and assess respirations every 15 minutes
- b) Maintain patent airway, measure central venous pressure (CVP) and check oxygen saturation levels
- c) Position patient in recovery position, observe adverse effects of anesthesia and assess reflexes
- d) Check IV site for infiltration, administer clear oral fluids and monitor vital signs every 15 minutes

Q14. When nursing a patient with chronic obstructive pulmonary disease, the nurse should,

- a) Ensure the patient gets high flow rate oxygen at 100%
- b) Advise the patient to get influenza and pneumococcal vaccines
- c) Avoid administration of prophylactic bronchodilators
- d) Position the patient in dorsal recumbent position to enhance ventilation

Q15. After a clients' nasogastric tube has been removed the nurse should,

- a) Offer the client liquids to drink
- b) Provide the client with oral hygiene
- c) Encourage client to cough and deep breath
- d) Auscultate the client's bowel sounds

Q16. The causes of pre-renal failure include,

- a) Renal calculi, benign prostatic hypertrophy and blood clots
- b) Tubular necrosis, septic shock and hemolytic blood reaction transfusion
- c) Hemorrhage, burns and dehydration
- d) Tumours, Trauma and chemical toxicity

Q17. For a patient to undergo a kidney, ureter and bladder X-ray is important for the nurse to know that,

- a) There is no special preparation required.
- b) Oral fluids must be withheld the morning of the examination.
- c) The patient should have a full bladder before the procedure.
- d) An enema should be administered before the procedure

Q18. Treatment of megaloblastic anemia includes;

- a) Chemotherapy, radiotherapy, hydration
- b) Oxygen therapy, hydration and iron supplements
- c) Blood transfusion, iron supplements, splenectomy
- d) Oxygen therapy, folate supplements, Alcohol restriction

Q19. Indicate whether the following statements are true (T) or false (F) in the provided answer sheet

- a) Asthma is a form of chronic obstructive pulmonary disease (COPD)
- b) Malignant neoplasms comprise of poorly differentiated, immature cells

Q20. For a patient with cellulitis, the nurse should,

- a) Apply warm compresses to the site and elevate affected extremity
- b) Apply cold compresses to the site and elevate affected extremity
- c) Administer topical antibiotics and oral analgesics as prescribed
- d) Administer plasma expanders and elevate the affected limb to 90°

## **PART II: SHORT ANSWER QUESTIONS (40 MARKS)**

- Q1. Outline four (4) specific nursing interventions for a client post lobectomy (4mrks)
- Q2. Describe the pathophysiology of liver cirrhosis (5 mrks)
- Q3. State four (4) principles of infection prevention in operating theatre (4 mrks)
- Q4. List four (4) classes of intravenous fluids and give one indication for each (4mrks)
- Q5. Draw & label a diagram illustrating the skin (5mrks)
- Q6. Outline five (5) specific dietary health messages a nurse should share with a patient who has been newly diagnosed with diabetes patient. (5 mrks)
- Q7. State any four (4) tests used to diagnose myocardial infarction/Heart attack (4 mrks)
- Q8. Giving examples outline four (4) classes of drugs used in management of peptic ulcers (4 mrks)
- Q9. Explain five (5) specific nursing interventions for a patient in status Asthmaticus (5 mrks)

### **PART III: LONG ANSWER QUESTIONS (40 MARKS)**

- Q1. Mr. Q. 55yrs old is admitted in a surgical ward with a diagnosis of benign prostatic hypertrophy (BPH) and is scheduled for total prostatectomy,
- Draw and label a diagram illustrating the lateral view of the male reproductive system ( 5 mrks)
  - Describe the pre and post-operative care for Mr. Q (13 mrks)
  - List four (4) complications associated with prostatectomy (2 mrks)
- Q2. Ms. T. 40 years old is admitted in a medical ward with a diagnosis of ischemic stroke,
- Sate four (4) causes of ischemic stroke (4 mrks)
  - Describe the medical & nursing management for Ms.T from admission till discharge ( 14 mrks)
  - List four (4) complications associated with stroke (2 mrks)

**PART ONE: MULTIPLE CHOICE QUESTIONS (20MKS)**

1. In cases of brain injury, temporary loss of consciousness followed by alertness with equal pupils indicates;
  - a. Subdural hematoma
  - b. Brain contusion
  - c. Brain concussion
  - d. Intracranial hematoma
  
2. While counselling a patient, the nurse should;
  - a. Make good decision for the patient
  - b. Keep confidentiality of patients problems
  - c. Be judgemental throughout the session
  - d. Hide certain harmful information from the patient
  
3. According to IMCI guidelines, the criteria to refer a child with ear problem from a health centre is;
  - a. Acute ear infection, pus discharge less than 14days
  - b. Chronic ear infection, pus discharge more than 14 days
  - c. Tender swelling behind the ear
  - d. Ear pain
  
4. The only movable bone of the human skull is the;
  - a. Maxilla
  - b. Temporal
  - c. Mandible
  - d. Zygomatic
  
5. The involuntary expulsion of urine that occurs during coughing is referred to as;
  - a. Urgency incontinence
  - b. Stress incontinence
  - c. Overflow incontinence
  - d. Urge incontinence
  
6. Management of osteoporosis include;
  - a. Increased calcium intake, decreased coffee intake
  - b. Performing weight bearing exercises, Increased calcium intake
  - c. Decreased calcium intake, engaging in regular moderate activity
  - d. Cessation of smoking, avoiding weight bearing exercises
  
7. Maximum growth of head circumference is attained at age of;

- a. 1-3yrs
  - b. 4-5 yrs
  - c. 7-8 yrs
  - d. 10-15yrs
8. Sensation indicators of peripheral neuromuscular dysfunction are;
- a. Cyanosis and paralysis
  - b. Weakness and unrelenting pain
  - c. Absence of feeling and pallor
  - d. Absence of feeling and pain on passive stretch
9. Following gastrectomy, dumping syndrome occurs as a result of;
- a. Reduced gastric motility resulting from vagus nerve stimulation
  - b. Removal of acid producing cells thus resulting in reduced absorption of vit B12
  - c. Rapid gastric emptying of hyperosmolar fluid and substances into the duodenum
  - d. Damage of vagus nerve and cardiac sphincter
10. Priority nursing intervention for a patient with a peritoneal abscess is to;
- a. Administer analgesic for pain relief
  - b. Administer intravenous fluid
  - c. Reassure the patient
  - d. Administer parenteral nutrition
11. When estimating the size of burns, the palm of the patient's hand represents total body surface area of;
- a. 3%
  - b. 1%
  - c. 4.5%
  - d. 9%
12. The health message given a patient following tympanoplasty is;
- a. Drink fluids using a straw
  - b. Avoid blowing the nose and sneeze through the mouth
  - c. Administer saline water into the ear to aid healing
  - d. Avoid noisy places up to two weeks post operatively
13. The most important nursing intervention for a patient with a skin disorder is;
- a. Patient teaching
  - b. Prevention of secondary infection
  - c. Application of infection
  - d. Counselling because of altered body image.
14. Prothrombin and fibrinogen are produced by;
- a. Gall bladder
  - b. Liver

- c. Pancreas
  - d. Bone marrow
15. The most appropriate nursing intervention to decrease postoperative edema and pain following an inguinal herniorrhaphy is;
- a. Applying a truss to the hernia site
  - b. Allowing the patient to stand to void
  - c. Elevating the scrotum with a support
  - d. Supporting the incision during coughing and deep breathing
16. A patient with common bile duct obstruction related to cancer pancreas is likely to present with;
- a. Brown faeces, dark coloured urine
  - b. Scleral icterus, malena stool
  - c. Dark coloured urine, scleral icterus
  - d. Jaundice, brown faeces
17. In addition to the general symptoms of anaemia, a patient with pernicious anaemia also manifest with;
- a. Coagulation deficiencies
  - b. Low immunity
  - c. Neurological symptoms
  - d. Cardiovascular disturbances
18. Nursing interventions for a patient with acute infective endocarditis include;
- a. Early ambulation and activity progression
  - b. Restricted activity for several weeks
  - c. Low calorie diet
  - d. Increased fluid intake
19. Rapid and deeper respirations are stimulated by the respiratory centre of the brain when;
- a. Oxygen saturation levels are greater than 90%
  - b. Carbon dioxide levels increase
  - c. Alveoli contract
  - d. The diaphragm contracts and lowers its dome.
20. Addison's disease results form;
- a. Decreased production of parathyroid hormone.
  - b. Excessive secretion of epinephrine and norepinephrine
  - c. Inadequate secretion of glucocorticoids
  - d. Over activity of parathyroid glands

**PART TWO: SHORT ANSWER QUESTIONS (40Mks)**

1. Explain four (4) nursing interventions for a patient with thrombophlebitis. (4mks)
2. Outline four (4) complications of lumbar puncture. (4mks)
3. State four (4) purposes for nasal gastric tube insertion. (4mks)
4. Describe the pathophysiology of leukaemia. (5mks)
5. For Hyosine Butyl bromide (Buscopan)
  - a. Describe the mechanism of action. (2mks)
  - b. List two (2) indications.(1mk)
  - c. List four (4) contraindications. (2mks)
6. State five (5) ways by which wound infection can be prevented. (5mks)
7. Outline six (6) interventions for a patient following eye surgery. 6mks
8. Explain the two (2) main types of data collected during the assessment phase of the nursing process. (3mks)
9. State four (4) health messages you would share with a patient with urinary calculi. (4mks)

**PART THREE: LONG ANSWER QUESTION (40Mks)**

1. Mr X is admitted in medical ward with a diagnosis of emphysema.
  - a. State four (4) clinical features of emphysema. (4mks)
  - b. Explain how emphysema can lead to heart failure. (2mks)
  - c. State three (3)diagnostic tests for emphysema (3mks)
  - d. Describe the nursing management of Mr X. (11mks)
  
2. Mrs Y is admitted in surgical ward for thyroidectomy.
  - a. Draw and label a diagram illustrating the thyroid gland and its associated structures. (5mks)
  - b. State three (3) indications for thyroidectomy. (3mks)
  - c. Describe the pre and postoperative management for Mrs Y. (12mks)

**PART A**

**MCQS**

**20 MARKS**

1. A child on long term use of corticosteroids is at risk of;
  - a) Growth retardation.
  - b) Peripheral neuropathy.
  - c) Muscular degeneration.
  - d) Hyperkalemia.
  
2. Pleural effusion is a complication of;
  - a) Heart failure, nephritic syndrome, pulmonary tuberculosis
  - b) Pneumonia, upper respiratory infections, post thoracotomy
  - c) Penetrating chest trauma, bronchitis, haematogenous infection of the pleural space
  - d) Pulmonary embolism, lung cancer, post thoracentesis
  
3. Indicate whether the following statements are True (T) or False (F) in the answer sheet provided.
  - a) Asthma is a form of chronic obstructive disease (COPD)
  - b) In chronic bronchitis there is coughing & sputum production for at least 3 months.
  
4. When measuring central venous pressure (CVP) the nurse should;
  - a) Mark the location of the right atrium.
  - b) Identify the location of the left atrium.
  - c) Always ensure the patient lies in supine position.
  - d) Allow Normal saline to drip rapidly into the client for 5 min before taking CVP reading.
  
5. Furuncles (boils) are commonly caused by;
  - a) Streptococcus pyogenes
  - b) Clostridium tetani
  - c) Staphylococcus aureus
  - d) Bacillus aureus



6. The appropriate health message to a patient who develops stomatitis secondary to radiotherapy is ;
- Gurgle with mouthwash and rinse thoroughly after each meal.
  - Use ice cold liquids such as tea or cola to relieve discomfort.
  - Use a toothbrush soaked in saline to clean the mouth.
  - Drink citrus juices
7. Sympathetic stimulation of the cardiovascular system causes;-
- Increased heart rate and constriction of coronary arteries.
  - Constriction of GIT secretory gland vessels with increased flow of digestive juices.
  - Increased peripheral resistance and dilatation of coronary arteries.
  - Increased force of heart contraction & reduced peripheral resistance.
8. The immediate effects of burns on body fluids and electrolytes include ;-
- Hypokalemia & Hyponatremia.
  - Reduced circulatory blood volume and hypernatremia.
  - Hyponatremia and Hyperkalemia.
  - Reduced urine output and hypokalemia
9. When caring for unconscious patient, progressive dilatation of the pupils indicates:-
- Injury at the level of the midbrain
  - Increasing intracranial pressure(ICP).
  - Coma is toxic or metabolic in origin.
  - Paralysis of cranial nerves V and VII.
10. "Talk and die syndrome" is commonly associated with;
- Epidural haemorrhage.
  - Intracerebral bleeding.
  - Sub-arachnoid haemorrhage.
  - Cardiac Tamponade.
11. The major cause of death following kidney transplantation is;
- Transplant rejection.
  - Acute immunosuppressant.
  - Post transplantation infections.
  - Post transplantation haemorrhage.

12. Early complication of fractures include;
- Shock, vascular necrosis.
  - Reaction to internal fixation device, deep venous thrombosis
  - Compartment syndrome, fat embolism.
  - Complex regional pain syndrome, infection.
13. The primary causes of acute otitis media are;-
- Escherichia coli and proteus spp.
  - Streptococcus pneumonia and Haemophilus influenza.
  - Staphylococcus aureus and haemophilus influenza.
  - Proteus spp. and Streptococcus pneumonea.
14. When suctioning a laryngeal tube;-
- It should take about 10 seconds.
  - A clean and not aseptic technique should be used.
  - Suction is applied while inserting the catheter into the tube.
  - Suctioning should be done continuously till secretions clear.
15. Orem's self-care model depicts nursing as ;
- Assisting individuals to their optimal level of self care.
  - Promoting environment- client interactivity to enhance healing.
  - Performing self care activities for a patient to enhance recovery.
  - A profession that is centred on client Self care activities .
16. Angiotensin-converting enzyme (ACE)inhibitors;
- Inhibit conversion of angitensinogen to angiotensin I.
  - Block receptors from binding angiotensin II.
  - Inhibit conversion of angiotensin I to angiotensin II.
  - Block angiotensin I receptor sites.
17. The disadvantages of perineal prostatectomy include;
- Retrograde ejaculation, urethral trauma and stricture development.
  - Haemorrhage that is difficult to control, prolonged recovery and discomfort.
  - Requires highly trained surgeon, impotence and seizures.
  - Higher post-operative incidence of impotence, greater potential for infection.

18. In myocardial infarction, Nitroglycerin is administered to;-

- a) Dilate arteries in small doses.
- b) Decrease ischemia by reducing myocardial oxygen consumption.
- c) Increase the preload.
- d) Enable the patient achieve muscle relaxation.

19. The characteristic signs and symptoms of laryngo tracheo-bronchitis are;

- a) Stridor, subglottic edema.
- b) Wheeze, vomiting.
- c) Chest pain, pyrexia.
- d) Spasmodic cough, copious vomiting.

20. A 2 yrs old child brought to a health facility with a respiratory rate of 42B/min, cough and chest in drawing will be classified as:-

- a) Pneumonias
- b) Severe pneumonia
- c) Laryngotracheobronchitis
- d) Status asthmaticus

**PART B                      SHORT ANSWER QUESTIONS                      40 MARKS**

1. Outline five (5) specific nursing interventions for a child with Leukaemia (5mrks)
2. Draw and label a diagram illustrating internal structures of the eye (4 mrks)
3. State five (5) principals of bandaging in fractures immobilisation (5 mrks)
4. Describe the pathophysiology of rheumatic heart disease (5 mrks)
5. List three (3) blood products and give an indication for each (3 mrks)
6. Outline five (5) indications for performing urinary bladder irrigation (5 marks)
7. Write short notes on *Lasix (frusemide)* in reference to the following subheadings (4mrks)
  - i) Dose
  - ii) Indications.
  - iii) 2 specific Nursing responsibilities.
8. Outline five (5) roles of a scrub nurse in theatre (5 mrks)
9. State four (4) specific roles of a nurse for a patient post thyroidectomy ( 4 mrks)

**PART C    LONG ESSAY ANSWER QUESTIONS    40 MARKS**

1. Mr. Xao 45yrs old is admitted in a surgical ward with cholecystitis and is scheduled for open cholecystectomy
  - a. Draw a diagram illustrating the Billiary tract (5 mrks)
  - b. Describe the pre and post operative care for Mr. Xao (12 mrks)
  - c. State three(3) immediate complications associated with open cholecystectomy (3 mrks)
  
2. Master Chrisley is admitted in a paediatric ward having been diagnosed to have nephritic syndrome:-
  - a. State four (4) causes of nephritic syndrome ( 4 mrks)
  - b. Describe the management for master Christly from admission till discharge (12 mrks).
  - c. State four (4) complications associated with nephritic syndrome (4mrks)

**PART A**

**MCQS**

**20 MARKS**

1. The signs of blood incompatibility during transfusion include;
  - a) Flushing, tenesmus and tremors.
  - b) Shivering, chest tightness and wheezing.
  - c) Diaphoresis, headache and stridor.
  - d) Fever, oliguria and tinnitus.
  
2. To administer Normal saline 500mls for 6hrs using an IV administration set with a drop factor of 20, the flow rate will be regulated to ;
  - a) 26 drops per minute
  - b) 25 drops per minute
  - c) 28 drops per minute
  - d) 27 drops per minute
  
3. Indicate whether the following statements are True (T) or False (F) in the answer sheet provided.
  - a) Oxygen is a drug that requires prescription
  - b) Digoxin is contra-indicated for clients with pulse>110 B/min
  
4. When administering an enema;
  - a) The client should lie in right lateral position.
  - b) The enema tube should be inserted 8 inches into the clients' rectum.
  - c) The client should be advised to retain the enema for 30 minutes.
  - d) The nurse should position the client in left lateral position
  
5. In retinal detachment fluid accumulates between the;
  - a) Sclera and ciliary body
  - b) Retina and choroid
  - c) Pupil and suspensory ligament
  - d) Lens and pupil
  
6. The following chemical can be used for sterilization;-

- a) Chlorhexidine
  - b) Chlorhexidine with centrimide
  - c) Sodium hypochloride
  - d) Glutaraldehyde
7. The expected outcomes for a patient has “potential for impaired gas exchange related to fluid overload” is;
- a) No shortness of breath, scaphoid abdomen.
  - b) Chest X-ray normal, improved gas exchange.
  - c) Respiratory rate less than 20 breaths/min, skin colour normal.
  - d) Heart rate less than 100 beats/min, increased urine output.
8. Anaphylactic shock is;
- a) Associated with excessive blood loss
  - b) Caused by systemic antigen-antibody reaction
  - c) Associated with effects of adrenaline and nor-adrenaline
  - d) Usually common in patients on antibiotics
9. Appropriate nursing interventions for a patient with “Risk for infection related to altered immunity response” include;
- a. Barrier nursing, avoiding invasive procedures and inspection of entry port sites for pathogens
  - b. Reverse barrier nursing, monitor SPO2 hourly and serve high protein diet
  - c. Isolation nursing, obtaining cultures & sensitivities daily and administration of antibiotics
  - d. Reverse barrier nursing, avoiding invasive procedures & daily assessment of intravenous sites
10. The three primary symptoms of Chronic Obstructive Pulmonary Disease (COPD) are;
- a. Chronic cough, sputum production and dyspnoea on exertion
  - b. Barrel chest, clubbed fingers and dyspnoea on exertion
  - c. Peripheral oedema, dyspnoea ,chronic coughing
  - d. Rhinitis, wheezing and chronic cough
11. Cardiac output is equal to;

- a. Peripheral resistance x stroke volume.
- b. Heart rate x patient body weight
- c. Stroke volume x heart rate
- d. Venous return x peripheral resistance.

12. The primary causes of acute otitis media are;-

- a. Escherichia coli and proteus spp.
- b. Streptococcus pneumonia and Haemophilus influenza.
- c. Staphylococcus aureus and haemophilus influenza.
- d. Proteus spp. and Streptococcus pneumonea.

13. Post intracranial surgery a patient is mainly at risk of;-

- a. Hypoxia, paralytic ileus and hypostatic pneumoea
- b. Cerebral oedema, hypoxia and seizures.
- c. CSF leakage, urine retention and hyperthermia.
- d. Hypotension, septicaemia and sensory deprivation.

14. Osteoarthritis;

- a. Is inflammatory and autoimmune.
- b. Commonly affects weight bearing joints.
- c. Mainly affects the synovial membrane tissue.
- d. Usually affects small joints of the hands and feet.

15. Triple therapy is indicated in treatment of;

- a. Osteomyelitis.
- b. Helicobacter pylori.
- c. Neisseria meningitidis.
- d. Oncocerca volvulus.

16. The early signs of cancer of the posterior-nasal space include;

- a. Proptosis, hearing loss.
- b. Hearing loss, double vision.
- c. Purulent nasal discharge, aphonia.
- d. Anosmia, proptosis.

17. Megaloblastic anaemia is mainly associated with deficiency of;-

- a. Iron.
- b. Vitamin B12.
- c. Vitamin C.
- d. Gastric carcinoma.

18. The low self esteem experienced post limb amputation can be minimised through;



- a. Total nursing care, immediate viewing of the affected extremity by the patient.
- b. Promotion of isometric exercises and independent self care.
- c. Out of bed activity, reassurance by the staff that the patient is viewed as a normal dependent person.
- d. Frequent supervised ambulation, re-enforcing of surgeons' explanations by the nurse.

19. Complications of measles include:-

- a) Deafness,encephalitis,contractures
- b) Paralysis, rectal prolapse, blindness
- c) Malnutrition, umbilical hernia, deafness
- d) Blindness, malnutrition, pneumonia

20. The management of a child with severe malnutrition includes;

- a) Warmth, antibiotics ,analgesics, dietary education
- b) Intensive feeding regime with high energy milk  
2hourly,antibiotics,warmth
- c) Intensive feeding regime 3 hourly, multivitamin syrup for one month,  
steroids
- d) IV dextrose 50% stat then normal saline, blood transfusion, oxygen  
administration

1. Outline five (5) specific nursing interventions for a child in sickle cell crisis (5mrks)
2. Draw and label a diagram illustrating internal structures of the ear (5 mrks)
3. State four (4) roles of the recovery room nurse (4 mrks)
4. Describe the role of the pancreas in maintaining normal blood sugars (4mks)
5. State the first three stages of wound healing (3 marks)
6. Outline five (5) indications for a high protein diet (5 mrks)
7. State five (5) nursing responsibilities for a patient with congestive cardiac failure (CCF) – 5 mrks
8. Outline four (4) roles of a nurse for a patient with an indwelling urethral catheter (4mrks)
9. State five (5) nursing interventions for a patient who has undergone total hip joint (THJ) replacement – 5 marks

**PART C LONG ESSAY ANSWER QUESTIONS 40 MARKS**

1. Mr. Q. 45yrs old is brought to hospital with 35% burns after being rescued from a burning house
  - a. Draw a diagram illustrating the structures of the skin (5 mrks)
  - b. Describe the management for Mr.Q. for the first 72 hours (12 mrks)
  - c. State any three(3) complications associated with burns (3 mrks)
2. Master Pizza is admitted in a paediatric ward having been diagnosed to have bacterial meningitis:-
  - a. State any four (4) clinical features Master Pizza may have presented with (4 mrks)
  - b. Describe the management for master Pizza from admission till discharge (14 mrks).
  - c. List any four (4) complications associated with meningitis (2mrks)

**PART ONE: MULTIPLE CHOICE QUESTIONS (20MKS)**

1. Russell's traction is indicated in;
  - a. Femur,knee and hip fractures
  - b. Minor fractures of lower spine,sciatica,muscle spasms
  - c. Degenerative disc disease of cervical spine,shoulder dislocation,muscle spasm
  - d. Femur,acetabulum and lower leg fracture
  
2. Joints usually affected by osteoarthritis are;
  - a. Thoracic spine,knees,wrist
  - b. Acromioclavicular,sacral spine,lower cervical spine
  - c. Ankle,sacro-iliac,hip
  - d. Thoracic spine, hip,temporal mandibular
  
3. Status asthmaticus can be precipitated by;
  - a. Infection,tranquilizers overdose, emphysema,anxiety
  - b. Tranquilizers overdose,nebulizer abuse,anxiety,infection
  - c. Tranquilizers overdose,anxiety,blebs and aspirin overdose
  - d. Emphysema,infection,nebulizer abuse and bullae
  
4. Broncho-pneumonia presents with,
  - a. Stabbing chest pain,low grade fever,dry cough and low pulse.
  - b. Nasal flaring, fever, cyanosis and stabbing chest pain
  - c. Rapid pulse,nasal flaring, barrel chest and low grade fever
  - d. Low grade fever,nasal flaring,stabbing chest pain and low pulse.
  
5. The main role played by the anaesthetic nurse is,
  - a. Intubating patient.
  - b. Extubating patient
  - c. Observing patient
  - d. Supporting the scrub nurse
  
6. The following information about a patient is classified as objective data,
  - a. Feels tired, blood pressure 130/70mmHg,leg hurts
  - b. Dry skin, nocturia, anorexia
  - c. Seems nervous, temperature 37°C, pale
  - d. Allergic to sulphur drugs, skin rash, lethargic
  
7. A patient is to receive 500mls of Normal saline over a period of 6 hrs. Using a fluid giving set with a drop factor of 20dpm, the nurse should regulate the flow rate to,
  - a. 27 drops/minute.
  - b. 28 drops/ minute.
  - c. 43 drops/minute.
  - d. 44 drops/minute

8. The micro-organisms that are minimised through hand-washing include;
  - a. Streptococcus pyogenes.
  - b. Staphylococcus albus
  - c. Escherichia coli.
  - d. Entamoeba histolytica
  
9. A deteriorating condition for a patient with head injury will be indicated by,
  - a. Widening pulse pressure and irregular respiratory pattern.
  - b. Narrowing pulse pressure and escalation of discomfort.
  - c. Bradycardia and Kussmaul breathing.
  - d. Oliguria and narrow pulse pressure
  
10. The substances that are completely reabsorbed by renal tubules after filtration (high-threshold materials) include,
  - a. Creatinine,urea,uric acid
  - b. Water,urine, plasma proteins
  - c. Bicarbonate,glucose,amino-acids
  - d. Sodium,potassium,phosphate
  
11. Late symptoms of cervical cancer include,
  - a. Painful micturition, haematuria
  - b. Rectal bleeding, referred flank pain
  - c. Painless bleeding, menorrhagia.
  - d. Oedema of extremities, thin watery vaginal discharge
  
12. The motor abilities observed in a 5 months old infant include,
  - a. Able to sit when supported, turns over front to back.
  - b. Able to sit unsupported, cruises easily around furniture.
  - c. Able to pull self to standing position, transfers objects hand to hand.
  - d. Can hold to small objects, holds hands tightly closed
  
13. In non-communicating forms of hydrocephalus,
  - a. CSF formation is normal but re-absorption is abnormal
  - b. CSF re-absorption is normal but formation is abnormal
  - c. The obstruction exists between the choroid plexi and sub-arachnoid space
  - d. The obstruction exists between the foramen magnum and the central canal
  
14. The diet implemented for a patient in acute renal failure is,
  - a. High protein,high calorie,low sodium,low potassium
  - b. Low fat,low protein,high potassium,low sodium
  - c. High calorie,low protein,low sodium,low potassium
  - d. Bland,low calorie, low sodium,low potassium

15. In right sided (diastolic) heart failure,
- Patients present with distended Jugular vein
  - There is compensatory tachycardia
  - There is production of frothy sputum
  - Patients complain of light headedness
16. The priority interventions for a patient who has suffered a cardiac arrest are,
- High quality CPR and early defibrillation
  - Establishing IV access, history taking
  - Early defibrillation, administration of hydrocortisone
  - Taking a 12 lead ECG, administration of Atropine
17. When nursing a patient on steroids, the nurse should,
- Observe for oedema, weigh daily, monitor blood counts
  - Maintain infection control, monitor blood sugar, maintain hydration
  - Observe for bone marrow suppression, minimise exposure to heat, encourage bed rest
  - Encourage increased fluid intake, administer anti-emetics, monitor RBC count
18. The indications for terminal cleaning of isolation room include,
- Infective hepatitis, meningococcal hepatitis, malaria, HIV infection
  - Chicken pox, malaria, measles and pneumonia
  - Measles, chicken pox, infective hepatitis
  - Methicillin resistant staphylococcus aureus (MRSA), liver cirrhosis, measles & hepatitis
19. The following are causes of functional intestinal obstruction
- Intussusception, volvulus
  - Hyperkalemia, faecal impaction
  - Peritonitis, paralytic ileus
  - Peritonitis, hyperkalemia
19. Indicate whether the following statements are true or false in the answer sheet provided
- Central venous pressure (CVP) assesses pressure within the superior vena cava and competency of the right side of the heart
  - In hyperkalemia cases, a nurse should intravenously administer 10% glucose with regular insulin
20. Patients with Chronic obstructive pulmonary disease (COPD),
- Has chronic high levels of carbon dioxide (hypercapnia) in circulation
  - Has increased sensitivity to high levels of carbon dioxide
  - Their breathing is stimulated by high levels of oxygen
  - They mainly suffer Asthma

## **PART TWO: SHORT ANSWER QUESTIONS ( 40 MARKS)**

1. Describe the pathophysiology of leukemia. ( 5 marks)
2. State four (4) Macro vascular complications of diabetes mellitus. ( 4 marks)
3. Explain five (5) components of a nursing care plan ( 5 marks)
4. Describe the classification of burns by depth. ( 5marks)
5. Outline the three (3) types of liver cirrhosis. ( 3marks)
6. List four clinical features of thyroid storm. ( 2 marks)
7. For Nifedipine;
  - a. Classify ( 1mark)
  - b. Describe the mechanism of action. ( 2marks)
  - c. State two (2) contraindications. ( 2marks)
  - d. State two (2) nursing responsibilities. ( 2marks)
8. State four (4) nursing diagnosis for a patient with acute pancreatitis. ( 4marks)
9. State five (5) factors that affect wound healing. ( 5marks)

## **PART THREE: LONG ANSWER QUESTIONS (40 MARKS)**

1. Master Xio 10 years old is admitted in paediatric ward with a diagnosis of acute glomerulonephritis.
  - a. Define glomerulonephritis (1 mark)
  - b. Describe the pathophysiology of glomerulonephritis (4 marks)
  - c. State four (4) clinical manifestations Master Xio may present with ( 4 marks)
  - d. Describe the specific management of Master Xio till discharge ( 11 marks)
2. Ms. Y 50 yrs old is admitted in a surgical ward with cholecystitis and is scheduled for open cholecystectomy
  - a. Draw a diagram illustrating the Billiary tract (5 marks)
  - b. Describe the pre and post operative care for Ms. Y (12 marks)
  - c. State three(3) immediate complications associated with open cholecystectomy (3 marks)

**PART ONE: Multiple Choice Questions (20 Marks)**

1. The major challenge in the operating room is;
  - a. Control of infection
  - b. Lack of all equipment
  - c. Inadequate staff
  - d. Lack of modern operation rooms
  
2. When assessing a client with possible Cushing's syndrome you would expect to find;
  - a. Hypotension
  - b. Thick coarse skin
  - c. Deposits of adipose tissue in the trunk
  - d. Weight loss
  
3. Post subtotal thyroidectomy, the MOST important equipment for a nurse to keep at bedside is;
  - a. Indwelling catheter kit
  - b. Tracheostomy set
  - c. Cardiac monitor
  - d. Humidifier
  
4. Rhesus factor is found in the cell membrane of the;
  - a. Lymphocytes
  - b. Granulocytes
  - c. Erythrocytes
  - d. Globulins
  
5. The following skin eruptions follows a nerve root on one site of the body;
  - a. Urticaria
  - b. Shingles
  - c. Impetigo
  - d. Pemphigus
  
6. Bells palsy involves the following cranial nerve;
  - a. II
  - b. IV
  - c. VI
  - d. VII

7. Counselling is;
  - a. Helping client understand his or her problem
  - b. Discovering the underlying cause of clients problem
  - c. Giving solutions to client's problems
  - d. Making decision for a client
  
8. Risk factors for laryngeal cancer include;
  - a. Tobacco use, paint fumes, voice straining
  - b. Sedentary lifestyle , voice straining, acute laryngitis
  - c. Nutritional deficiencies, tar products, obesity
  - d. Paint fumes, asbestos, obesity
  
9. Clinical features of pulmonary oedema include;
  - a. Dyspnoea, cyanosis, blood-tinged secretions
  - b. Crackles , frothy secretions, wheezing
  - c. Chest tightness, cyanosis, wheezing
  - d. Difficulty inspiration, dyspnoea, crackles
  
10. The immediate action in a patient with sickle cell anaemia who develops priapism is;
  - a. Caution the patient against passing urine till the priapism resolves.
  - b. Make the patient to lie still on the bed
  - c. Have the patient take a warm bath
  - d. Administer morphine at the onset of the attack.
  
11. Indicate whether the following statements are true or false in the answer sheet provided.
  - a. In rheumatic endocarditis, the heart tissue is directly damaged by streptococci.
  - b. Digoxin is contraindicated in patients with hyperkalemia.
  
12. A 8 months baby is said to have fast breathing if the respiration rate is;
  - a. = to or >30 breaths per minute
  - b. = to or >40 breaths per minute
  - c. = to or >50 breaths per minute
  - d. = to or >60 breaths per minute.
  
13. Leukemia,
  - a. Is characterised by abnormal proliferation of plasma cells
  - b. Viral infection is one of the predisposing factors.
  - c. Is characterised by increased platelets in blood
  - d. Lowers the body metabolic rate



14. In cases of an accidental sharp injury, one should:
- Wash the site with soap and water
  - Squeeze the site to enhance bleeding
  - Apply a tourniquet proximal to the site
  - Apply a tourniquet distal to the site
15. Management of a patient with lumbar disk herniation includes;
- Bed rest, heat treatment, analgesics
  - Ambulation, Analgesics, heat treatment
  - Bed rest, cold compressions, analgesics
  - Ambulation, cold compressions, analgesics
16. Hirschsprung's disease is a congenital condition in which;
- A portion of large intestine is grossly dilated
  - A portion of the large intestine is stenosed
  - The anal membranes fail to rupture
  - There is abnormal opening of the oesophageal wall.
17. A patient with rheumatoid arthritis asks a nurse if there is a cure. An appropriate response would be:
- Yes, there are drugs that offer cure
  - Yes but the patient must take medication for at least 10 years.
  - No but there are drugs to control the disease process
  - No, most patients with rheumatoid arthritis also develop osteoarthritis.
18. Nursing interventions for a patient with cholecystitis associated with cholelithiasis are based on the knowledge that:
- The disorder can be successfully treated with oral bile salts that dissolve gallstones.
  - Analgesics are usually not necessary to relieve the pain of bile duct spasms.
  - A heavy meal with a high fat content may worsen the signs and symptoms of the disease.
  - A low cholesterol diet is indicated to reduce the availability of cholesterol for gallstone formation.
19. The following is an early symptom of cataract;
- Pain in the eyes
  - Blurred vision
  - Loss of peripheral vision
  - Dry eyes
20. The triad symptoms in Meniere's disease include;
- Vertigo, sensorineural hearing loss, tinnitus
  - Vomiting, nystagmus, sensorineural hearing loss
  - Tinnitus, headache, vision changes
  - Headache, vertigo, vomiting

## **PART TWO: Short Answer Questions (40Marks)**

1. Draw and label a diagram illustrating a nephron. ( 4mks)
2. State four (4) causes of retinal detachment. (4mks)
3. Explain four (4) specific nursing interventions in preventing atelectasis. (4mks)
4. State four (4) nursing actions for a child during a convulsion. (4mks)
5. Outline the steps of IMCI case management. (6mks)
6. State four (4) signs and symptoms of nephritic syndrome. (4mks)
7. State five (5) specific nursing responsibilities for a patient on skin traction. (5mks)
8. State four (4) causes of acute pancreatitis (4 marks)
9. For atropine ;
  - i. Describe the mechanism of action. (2mks)
  - ii. List two (2) indications. (1mk)
  - iii. List two (2) contraindications. (1mk)
  - iv. List four (2) side effects. (1mks)

## **PART THREE: LONG ANSWER QUESTIONS (40Marks)**

1. Cases of myocardial infarction are on increase in developing countries.
  - a. Describe the pathophysiology of myocardial infarction. (3mks)
  - b. State four (4) nursing diagnosis for a patient with myocardial infarction. (4mks)
  - c. Describe the management of a patient with myocardial infarction. (13mks)
  
2. Mr B is admitted with a diagnosis of intestinal obstruction and requires surgery.
  - a. Differentiate between mechanical intestinal obstruction and paralytic ileus. (2mks)
  - b. State three (3) causes of paralytic ileus. (3mks)
  - c. State four (4) signs and symptoms of intestinal obstruction. (4mks)
  - d. Describe the pre operative and post operative management of Mr. Bob. (11mks)

**PART ONE: MULTIPLE CHOICE QUESTIONS (20 MARKS)**

1. Sitz baths post haemorrhoidectomy are meant to;
  - a. Promote healing
  - b. Relieve tension
  - c. Lower body temperature
  - d. Prevent infection
  
2. Trousseau's sign is associated with;
  - a. Hyponatremia
  - b. Hypocalcemia
  - c. Hypernatremia
  - d. Hypercalcemia
  
3. Rheumatoid arthritis presents with;
  - a. Heberden's nodes
  - b. Morning stiffness no longer than 30 minutes
  - c. Asymmetric joint swelling
  - d. Swan neck deformities
  
4. A patient with epilepsy experiencing a generalized tingling sensation and is "smelling roses" is probably experiencing;
  - a. An acute alcohol withdrawal
  - b. An acute cerebral vascular accident.
  - c. An aura
  - d. An olfactory hallucination
  
5. When feeding a patient with residual dysphagia due to cerebral vascular accident the nurse should avoid ;
  - a. Giving the client thin liquids
  - b. Thickening liquids
  - c. Placing food on the unaffected side of the mouth
  - d. Placing the patient in low fowler's position.
  
6. In chronic liver cirrhosis, a nurse emphasis on bleeding precautions because;
  - a. The low protein diet will result in reduced clotting.
  - b. The increased production of bile decreases clotting factors.
  - c. The liver is unable to produce clotting factors
  - d. The required medications reduce clotting factors
  
7. Management of scaled lesion in psoriasis include;
  - a. Covering the lesions with occlusive dressings to remove the scales
  - b. Applying moisturizers to soften the scales
  - c. Shaving the scales using a clean razor.
  - d. Keeping the lesions dry to enhance dropping off of the scales.

8. Indications for erythromycin include;
  - a. Legionnaire's disease, pneumonia
  - b. Multiple sclerosis, campylobacterial infection
  - c. Pneumonia, multiple sclerosis
  - d. Legionnaire's disease, multiple sclerosis
  
9. A three (3) months old baby classified to have pneumonia is likely to have a respiratory rate of;
  - a. 40 breaths per minute
  - b. 30 breaths per minute
  - c. 50 breaths per minute
  - d. 60 breaths per minute
  
10. Status asthmaticus that is not corrected can result to;
  - a. Respiratory alkalosis, respiratory arrest
  - b. Respiratory acidosis, severe hypoxemia,
  - c. Hypocapnia, respiratory failure
  - d. Hypertension, cardiac arrest
  
11. A non invasive method of evaluating blood flow is;
  - a. Venography
  - b. Cardiac catheterization
  - c. Angiography
  - d. Doppler ultrasonography
  
12. The most relevant assessment for a patient admitted with benign prostatic hyperplasia is;
  - a. Flank pain radiating in the groin
  - b. Distension of the lower abdomen
  - c. Perineal oedema
  - d. Urethral discharge
  
13. A child with aplastic anemia should be monitored for;
  - a. Bowel function
  - b. Peripheral sensation
  - c. Bleeding tendencies
  - d. Fluid intake and out put
  
14. Nursing diagnosis for a patient with leukaemia include;
  - a. Impaired gaseous exchange, hypothermia
  - b. Excess fluid volume, impaired skin integrity
  - c. Risk for injury (bleeding), impaired gaseous exchange
  - d. Pain , hypothermia
  
15. Causative organism of malignant otitis externa is
  - a. Staph aureus
  - b. Beta hemolytic streptococci

- c. Pseudomonas
  - d. Pneumococcal
16. The following drug is contraindicated in glaucoma;
- a. Atropine sulphate
  - b. Gentamycin
  - c. Heparin
  - d. Frusemide
17. The best position for a 9 years old two days post gastrectomy is;
- a. Left lateral
  - b. Low fowler's
  - c. Prone
  - d. Supine
18. Angiotensin II causes release of;
- a. Renin
  - b. Aldosterone
  - c. Calcitonin
  - d. Thyroxine
19. Management of osteoporosis include;
- a. Increased calcium intake, decreased coffee intake
  - b. Performing weight bearing exercises, Increased calcium intake
  - c. Decreased calcium intake, engaging in regular moderate activity
  - d. Cessation of smoking, avoiding weight bearing exercises
20. Indicate whether the following statements are true or false;
- a. A patient post eye surgery should be advised to perform frequent coughing exercises to prevent respiratory complications
  - b. A patient with myocardial infarction requires a high calorie diet.

**PART TWO: SHORT ANSWER QUESTIONS (40 MARKS)**

1. State five (5) factors that affect blood pressure. (5mks)
2. Explain five (5) nursing interventions for hospitalised patient with chronic bronchitis. (5marks)
3. State four (4) health messages for a patient with heart failure. (4marks)
4. List six (6) clinical features of colorectal cancer. (3marks)
5. For doxycycline;
  - a. Describe the mechanism of action. (2 marks)
  - b. List two (2) contraindications. (1 mark)

- c. State two (2) nursing responsibilities. (2marks)
- 6. Describe the pathophysiology of acute glomerulonephritis. (5 marks)
- 7. State four (4) complications of meningococcal meningitis. (4 marks)
- 8. State five (5) risk factors for osteoporosis. (5 marks)
- 9. Explain four (4) nursing actions for a patient in thyrotoxicosis. (4 marks)

**PART THREE: LONG ANSWER QUESTIONS (40 MARKS)**

- 1. A 6yrs old child is admitted in the paediatric burns unit with 20% partial thickness burns.
  - a. State three (3) nursing diagnosis for Master K. (3 marks)
  - b. Describe the parkland's formula as used to calculate the amount of resuscitation fluid required in children with burns. (3marks)
  - c. Outline two (2) effects of burns in the Digestive system. (2marks)
  - d. Describe the management of the child within the first 72 hrs. (12 marks)
  
- 2. Mr. Y is admitted in your unit with a diagnosis of acute pancreatitis.
  - a. Draw and label a diagram illustrating the biliary system and associated organs. (5 marks)
  - b. State four (4) causes of pancreatitis. (4 marks)
  - c. Describe the management of Mr. Y. (11 marks)

## PART 1: MCQS

1. When assessing a client with possible Cushing's syndrome you would expect to find;
  - a. Hypotension
  - b. Thick coarse skin
  - c. Deposits of adipose tissue in the trunk
  - d. Weight loss
  
2. A patient with diabetic ketoacidosis presents with hyperventilation because;
  - a. The respiratory centre in the brain is damaged
  - b. The body PH is low
  - c. There is high rate of oxygen consumption
  - d. There is reduced excretion of waste through the renal system
  
3. Rhesus factor is found in the cell membrane of the;
  - a. Lymphocytes
  - b. Granulocytes
  - c. Erythrocytes
  - d. Globulins
  
4. The immediate action in a patient with sickle cell anaemia who develops priapism is;
  - a. Caution the patient against passing urine till the priapism resolves.
  - b. Make the patient to lie still on the bed
  - c. Have the patient take a warm bath
  - d. Administer morphine at the onset of the attack.
  
5. Indicate whether the following statements are **true** or **false** in the answer sheet provided.
  - a. In rheumatic endocarditis, the heart tissue is directly damaged by streptococci.
  - b. Digoxin is contraindicated in patients with hyperkalemia
  
6. Atherosclerosis impedes coronary blood flow by the following mechanisms.
  - a. Plaques obstruct the vein
  - b. Plaques obstruct the artery
  - c. Blood clots form outside the vessel wall
  - d. Hardened vessels dilate to allow the blood to flow through
  
7. The hypogastric region of the abdominopelvic cavity is;
  - a. Inferior to the umbilical region, medial to the right iliac region
  - b. Lateral to the left iliac region, superior to the umbilical region
  - c. Medial to the right iliac region, lateral to the umbilical region
  - d. Superior to the umbilical region, medial to the right iliac region
  
8. The most appropriate nursing action when a client begins to cough and has difficulty breathing during nasogastric tube insertion is;

- a. Inserting the tube quickly
  - b. Notifying the physician immediately
  - c. Removing the tube and reinserting when the respiratory distress subsides
  - d. Pulling the tube back a little and wait until the respiratory distress subsides
9. A patient who has been treated for chronic renal failure (CRF) should be instructed to;
- a. Eat meat at every meal.
  - b. Monitor fruit intake, and eat plenty of bananas
  - c. Increase carbohydrate intake
  - d. Drink plenty of fluids, and use a salt substitute
10. Turbid urine is an indication of;
- a. Dehydration and urinary tract infection.
  - b. Presence of prostatic fluid and WBC.
  - c. Anuria and presence of RBCs.
  - d. Perineal injury and prolonged use of diuretics
11. An 11-month-old infant with dehydration and metabolic acidosis is likely to present with;
- a. A decreased platelet count
  - b. Shallow respirations
  - c. Tachypnea
  - d. A reduced white blood cell count
12. A child with Wilms' tumor presents with;
- a. Gross hematuria
  - b. Dysuria
  - c. Nausea and vomiting
  - d. An abdominal mass
13. The expected outcomes for a patient who has "potential for impaired gas exchange related to fluid overload" is;
- a. No shortness of breath, scaphoid abdomen.
  - b. Chest X-ray normal, improved gas exchange.
  - c. Respiratory rate less than 20 breaths/min, skin colour normal.
  - d. Heart rate less than 100 beats/min, increased urine output
14. During Lumbar puncture, a needle is inserted in the space between;-
- a. Fifth and sixth thoracic vertebrae.
  - b. Fourth and fifth thoracic vertebrae
  - c. Third and fourth lumbar vertebrae.
  - d. First and second lumbar vertebrae
15. A deteriorating condition for a patient with head injury will be indicated by;-
- a. Widening pulse pressure and irregular respiratory pattern.



- b. Narrowing pulse pressure and escalation of discomfort.
- c. Bradycardia and Kussmaul breathing.
- d. Oliguria and narrow pulse pressure

16. In chronic bronchitis;-

- a. There is cough and sputum production for at least 3 months in 2 consecutive years.
- b. There is destruction of alveoli walls due to severe infection and increased secretion.
- c. There is increased ciliary function in the airway.
- d. There is flow limitation and is not fully reversible

17. A major burn is:-

- a. Partial thickness with more than 20% in children.
- b. Full thickness with 2-10% burn.
- c. Full thickness with less than 2%.
- d. Partial thickness with 10-20% burn in children

18. Conductive hearing loss can be caused by:-

- a. Ototoxic medication,otitis externa
- b. Presbycusis,ototoxic medication
- c. Meniere's disease,otosclerosis
- d. Otosclerosis,tympanic memberane retraction

19. The condition in which the eyes balls are not properly aligned with each other is referred to as;

- a. Astigmatism
- b. Strabismus
- c. Presbyopia
- d. Amblyopia

20. A 60yr old susceptibility to osteoporosis is most likely related to;

- a. Lack of exercise
- b. Hormonal disturbances
- c. Lack of calcium
- d. Chronic illness.

**PART TWO: SHORT ANSWER QUESTIONS (40MKS)**

1. Outline the steps of IMCI case management. (6mks)
2. State four (4) causes of acute pancreatitis (4 marks)
3. For salbutamol (ventolin)
  - i. Describe the mechanism of action. (2mks)
  - ii. List two (2) indications. (1mk)
  - iii. State two nursing considerations.(2mks)

4. State four (4) complications of wound healing. (4mks)
5. State five (5) health messages you would share with a patient with nephrotic syndrome. (5mks)
6. Outline four (4) specific nursing interventions for a patient with a colostomy (4 marks)
7. Outline five (5) types of shock. (5mks)
8. Explain five (5) nursing interventions for a patient with increased intracranial pressure. (5mks)
9. List four (4) complications of intravenous fluid therapy. (2mks)

**PART THREE: LONG ANSWER QUESTIONS (40MKS)**

1. Master B is admitted in the paediatric ward with sickle cell crisis.
  - a. State five (5) signs and symptoms that Master B may present with. (5mks)
  - b. State five (5) types of sickle cell crisis. (5mks)
  - c. Describe the management of Master B till discharge. (10mks)
2. One of the indications of thyroid surgery is goitre.
  - a. Differentiate between toxic and non toxic goitre. (2mks)
  - b. Draw and label a diagram illustrating the thyroid gland and its associated structures. (6mks)
  - c. Describe the pre and post operative management of a patient undergoing thyroidectomy. (12mks)

**PART A MCQS (20 MARKS)**

1. Uncontrollable jerky movements are indicative of,
  - a) Absence seizures
  - b) Myoclonic seizures
  - c) Tonic Seizures
  - d) Clonic seizures
  
2. In diabetes management, self monitoring of blood glucose is preferred to urine glucose monitoring because,
  - a) It can be done by any client
  - b) It is not influenced by drugs
  - c) It is more accurate
  - d) It is easy to perform
  
3. Indicate whether the following statements are True or False in the answer sheet provided.
  - a) A small intestine obstruction presents with reflux vomiting
  - b) Intradermal injections are administered at 45°.
  
4. When nursing a patient with neutropenia, the nurse should avoid,
  - a) Administering IM injections.
  - b) Giving oxygen using nasal catheter.
  - c) Administering suppositories or enemas.
  - d) Performing oral hygiene after every meal
  
5. Chronic bronchitis is commonly caused by;
  - a) H. influenza and S. pneumonia.
  - b) S. aureus and H. influenza.
  - c) S. Pneumonia and S. Pyogenes.
  - d) H.influenza and S.pyogenes.
  
6. A patient with venous thrombo- embolism is initially treated with,
  - a) Heparin and warfarin.
  - b) Heparin alone.
  - c) Warfarin and Aspirin.

- d) Alteplase and Heparin
7. Sympathetic stimulation of the cardiovascular system causes;-
- Increased heart rate and constriction of coronary arteries.
  - Constriction of GIT secretory gland vessels with increased flow of digestive juices.
  - Increased peripheral resistance and dilatation of coronary arteries.
  - Increased force of heart contraction & reduced peripheral resistance.
8. The immediate effects of burns on body fluids and electrolytes include ;-
- Hypokalemia & Hyponatremia.
  - Reduced circulatory blood volume and hypernatremia.
  - Hyponatremia and Hyperkalemia.
  - Reduced urine output and hypokalemia
9. Intermittent bubbling in the water seal chamber of an underwater seal drainage is,
- Normal.
  - Indicative of an air leak.
  - Indicative of a pneumothorax resolution.
  - Expected when the unit is attached to wall suction.
10. Post thyroidectomy, the nurse can rule out laryngeal nerve damage by;
- Asking the patient to speak.
  - Stimulating the patient's gag reflex.
  - Determining the patient's ability to swallow.
  - Telling the patient to extend his tongue.
11. The primary goal of therapy for a client with pulmonary edema in heart failure is,
- Improve respiratory status
  - Increase cardiac output
  - Reduce peripheral edema
  - Restore comfort
12. A deteriorating condition for a patient with head injury will be indicated by;
- Widening pulse pressure and irregular respiratory pattern.
  - Narrowing pulse pressure and escalation of discomfort.
  - Bradycardia and Kussmaul breathing.
  - Oliguria and narrow pulse pressure.

13. To prevent side effects associated with prolonged phenytoin use, a client should be educated to,
- a) Avoid crowds and obtain influenza vaccination annually.
  - b) Drink 2L of fluid daily including 6-8 glasses of water.
  - c) Eat a potassium rich, low sodium diet.
  - d) Observe good dental hygiene and report any gum bleeding.
14. The main goal of treatment for acute glomerulonephritis is ,
- a) Encourage activity.
  - b) Encourage high protein diet.
  - c) Maintain fluid balance.
  - d) Teach intermittent urinary catheterization.
15. The most common, preventable complication of abdominal surgery is ,
- a) Atelectasis.
  - b) Fluid and electrolyte imbalance.
  - c) Thrombophlebitis.
  - d) Urinary retention.
16. Angiotensin-converting enzyme (ACE)inhibitors;
- a) Inhibit conversion of angiotensinogen to angiotensin I.
  - b) Block receptors from binding angiotensin II.
  - c) Inhibit conversion of angiotensin I to angiotensin II.
  - d) Block angiotensin I receptor sites.
17. Early miscarriage refers to ,
- a) Loss of pregnancy spontaneously in between 5 and 10 weeks
  - b) Spontaneous loss of pregnancy at 12 weeks gestation
  - c) Spontaneous loss of pregnancy from between 15 to 24 weeks gestation
  - d) Loss of pregnancy within the first trimester
18. In myocardial infarction, Morphine is administered to;-
- a) Dilate coronary blood vessels.
  - b) Prevent fibrillation of the ventricles.
  - c) Decrease anxiety and restlessness.
  - d) Prevent shock and relieve pain.

19. The evaluation phase of nursing process involves,
- a) Data collection
  - b) Decision making and judgement
  - c) Priority setting and expected outcomes formulation
  - d) Reassessment and audit
20. Immediate care for a patient suspected to have stroke includes,
- a) Administering tissue plasminogen activator
  - b) Obtaining a CT-Scan of the head without a contrast
  - c) Obtaining a neuro-surgical consultation
  - d) Preparing for carotid Doppler ultrasonography

**PART B: SHORT ANSWER QUESTIONS (40) MARKS**

1. Outline five (5) specific nursing interventions in sickle cell occlusive crisis (5mrks)
2. Draw and label a diagram illustrating internal structures of the kidney (4 marks)
3. State four (4) indications for blood transfusion (4 mrks)
4. Describe the pathophysiology of nephrotic syndrome (5 mrks)
5. State three nursing diagnoses for a patient post ORIF procedure. (3 mrks)
6. Describe the process of urine formation (5 marks)
7. State four (4) specific nursing interventions for a patient with hyperthyroidism (4 mrks)
8. List any five (5) drugs used intra-operatively and give one indication for each (5 mrks)
9. Outline five (5) health messages a nurse should share with an Asthmatic patient (5mrks)

**PART C: LONG ESSAY ANSWER QUESTIONS (40 MARKS)**

1. Mr. Pao 45yrs old is admitted in a surgical ward with a diagnosis of a crush injury of the lower limb and is scheduled for amputation.
  - a) List four (4) indications for amputation other than crush injury (4 mrks)
  - b) Describe the specific pre and post operative care for Mr. Pao using nursing process (12 mrks)
  - c) State any four (4) complications Mr.Pao may develop ( 4mrks)
  
2. Mrs. Q 45yrs old is admitted in a medical ward with a diagnosis of Non-ketotic hyperglycemia (HONK),
  - a) Describe how the pancreas helps regulate blood glucose levels (6mrks)
  - b) Describe the medical and nursing care that Mrs Q. should receive from admission till discharge (12 mrks)
  - c) State any two (2) complications associated with HONK ( 2mrks)

**PART ONE (MCQ)**

1. A wheeze is
  - a. A low pitched continuous sound, which originate in larger air passages
  - b. A high pitched hissing sound originating in small air passages
  - c. The sound produced by the air through the trachea
  - d. A high pitched hissing sound produced when air passes through moist air passages
2. The diagnostic skill used to detect increased fluid in the abdomen is:
  - a. Inspection.
  - b. Palpation.
  - c. Percussion.
  - d. Auscultation.
3. Wound healing by secondary intention differs from primary intention in the following the ways except;
  - a. The scarring greater.
  - b. The repair time is longer.
  - c. There is little or no inflammation.
  - d. Healing is by granulation.
4. In an overweight patient, a subcutaneous injection is given at an angle of;
  - a. 45<sup>0</sup>
  - b. 90<sup>0</sup>
  - c. 15<sup>0</sup>
  - d. 30<sup>0</sup>
5. Indicate whether the following statements are **true** or **false**

	<b>True</b>	<b>False</b>
Counselling involves giving advice to clients.		



The counsellor should terminate the counselling process even when a client rejects the termination.		
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6. The stage of dying process according to Kubler Ross where the patient cries a lot as though mourning is:
  - a. Bargaining
  - b. Depression
  - c. Anger
  - d. Acceptance
7. The Independent functioning model was formulated by;
  - a. Henderson
  - b. Calista Roy
  - c. Florence Nightngale
  - d. Dorothea Orem
8. Which of the following is not a welfare organisation?
  - a. National Nurses Association of Kenya
  - b. International Council of Nurses
  - c. East Central and South Africa Collage of Nurses
  - d. Nursing Council of Kenya
9. Which of the following special bed appliance is suitable for a patient with back pain?
  - a. Bed board
  - b. Back rest
  - c. Foot board
  - d. Ripple mattress
10. The best fluid to administer to a patient after gastrointestinal fluid loss is?
  - a. Normal saline
  - b. 5% dextrose
  - c. 10% dextrose
  - d. Ringers lactate
11. A bed table is used to a patient in?
  - a. Semi fowler's position
  - b. Orthopoenoeic position
  - c. Dorsal recumbent position
  - d. Semi prone position
12. When administering oxygen for a patient with asthma the nurse should monitor for:

- a. Hyperventilation
  - b. Cyanosis and lethargy
  - c. Anxiety and tachycardia
  - d. Decreased respirations
13. The apex beat should be taken;
- a. Between the sixth and seventh ribs at the left mid-axillary line.
  - b. Between the third and fourth ribs and to the left of the sternum
  - c. In the fifth intercostals space along the left mid-clavicular line
  - d. Between the 4<sup>th</sup> and 5<sup>th</sup> ribs along the left mid-axillary line.
14. When preparing a patient for theatre, the priority order should;
- a. Hygiene, pre-medication, consent
  - b. Pre-medication , consent, hygiene
  - c. Consent , education, hygiene
  - d. Education, consent, hygiene
15. Whitish deposits that settle at the bottom of the specimen bottle in urinalysis are?
- a. Phosphates
  - b. Urates
  - c. Mucus
  - d. Pus
16. Which of the following chemicals can be used for sterilization?
- a. Chlorhexidine
  - b. Chlorhexidine with centrimide
  - c. Sodium hypochloride
  - d. Glutaraldehyde
17. Lumber puncture is done between;
- a. L1 and L2
  - b. L2 and L3
  - c. L3 and L4
  - d. L5 and L6
18. Shallow breathing that is interrupted by apnea is referred to as;
- a. Chyne-stokes
  - b. Stertorous breathing
  - c. Blot's respiration
  - d. Orthopnea
19. Black stool can be caused by;
- a. Bleeding in the lower GIT

- b. Bleeding in the upper GIT
  - c. Too much antacids
  - d. Too much bile
20. High fat diet is indicated for;
- a. Children with seizure disorders
  - b. Children with celiac disease
  - c. Children with malabsorption
  - d. Children with burns

### **PART TWO (SAQ)**

1. Explain four principles of barrier nursing. (4mks)
2. State four (4) manifestations of fluid over load. (4mks)
3. Outline three complications of oxygen therapy. (3mks)
4. Explain four universal guidelines on infection prevention. (4mks)
5. List eight activities of daily living identified by Virginia Henderson. (4mks)
6. State four types of enema. (4mks)
7. State the four ways of naming drugs. (4mks)
8. Outline how verbal response is scored when using the Glasgow coma scale. (5mks)
9. Explain four purposes of nasal gastric tube insertion. (4mks)
10. Explain five complications of blood transfusion. (5mks)

### **PART THREE (LAQ)**

1. Nursing process makes the nursing profession autonomous.
  - a. Differentiate between nursing diagnosis and collaborative problems. (1mk)
  - b. Formulate any 3 (three) actual and 3 (three) potential nursing diagnosis.(5mks)
  - c. Outline four (4) components of an objective that a nurse should include when formulating goals for a patient.(4mks)
  - d. Describe the steps of the nursing process. (10mks)
2. Mr. Alfred a patient in medical ward has an indwelling catheter.
3.
  - a. State the other type of catheter besides an indwelling catheter. (1mk)
  - b. Explain four indications of catheterization. (4mks)
  - c. Explain the specific nursing responsibilities for a patient with an indwelling catheter. (11mks)

d. State four complications of catheterization. (4mks)

## **PART A MCQS 20 MARKS**

1. A person whose vision is 20/200 can;
  - a) See an object from 20 ft away that a person with normal vision can see from 200ft away.
  - b) See an object from 200ft that a person with normal vision can see from 20ft away.
  - c) See small objects from 20ft away and large objects from 200ft away.
  - d) See bigger objects from 200ft away and small objects from 20ft away.
  
2. The common causes of visual impairment among adults of 40 yrs and above is;
  - a) Diabetic retinopathy, glaucoma and cataracts.
  - b) Hypertension, cataracts and eye trauma.
  - c) Conjunctivitis, Glaucoma and chronic renal failure.
  - d) Astigmatism, diabetic retinopathy and aging.
  
3. Bell's palsy is caused by;
  - a) Unilateral inflammation of the seventh cranial nerve.
  - b) Bilateral inflammation of seventh cranial nerve.
  - c) Unilateral inflammation of the fifth cranial nerve.
  - d) Bilateral inflammation of the tenth cranial nerve.
  
4. The following is true about arthroscopy:
  - a) It allows for indirect visualization of a joint.
  - b) Is performed in minor theatre under general anaesthesia.
  - c) The nurse should wrap the joint with a compression dressing after the procedure.
  - d) Is rarely associated with neurovascular complications.
  
5. While caring for a skin graft site the nurse should;
  - a) Perform the first dressing change after 2 to 5 days.
  - b) Nurse grafted extremity in a neutral position.
  - c) Apply an occlusive dressing daily till the graft takes.
  - d) Daily apply sterile saline compresses to prevent drying of the graft.

6. The gastro-intestinal complications associated with burns include;
- Paralytic ileus and Curling's ulcers.
  - Gastric distension and pancreatitis.
  - Gastric bleeding and mechanical intestinal obstruction.
  - Abdominal compartment syndrome and peptic ulcers.
7. Pre-operative nursing interventions include;
- Reducing anxiety, relieving discomfort and providing instruction.
  - Maintaining fluid balance, managing potential complications and relieving pain.
  - Relieving pain, reducing anxiety, education and counselling.
  - Providing instruction, Care of prosthesis and maintaining fluid balance..
8. The correct management for a patient with an atrial fibrillation that has clinically manifested for 12hrs is ;
- Cardioversion.
  - Defibrillation
  - Cardioversion and defibrillation
  - Pacing.

For questions 9 and 10 match the conditions in column A with their descriptions in column B:-

Column A	Column B
i) Omphalocele ii) Omphalitis iii) Osteogenesis imperfecta. iv) Eczema	a) Acute weeping dermatosis. b) Brittle bone disease c) Redness & oedema in soft tissues around the stump. d) A membrane covered herniation of abdominal contents into the base of the umbilical cord. e) Uncovered intestines extruding through an abdominal wall defect.

11. The clinical manifestations for allergic Rhinitis include:-
- Nasal congestion, frequent sneezing and clear rhinorrhea.

- b) Rubbing of the nose, epistaxis and sinusitis
- c) Persistent headache, nasal congestion and turbid rhinorrhea..
- d) Swollen nasal turbinates, sneezing and epistaxis.

12. Indicate whether the following statements are True (T) or false (F) in the given answer sheet.

	True	False
a) Hypertension in children is usually of renal origin		
b) patients undergoing prostatectomy have high incidence of deep venous thrombosis.		

13. The goals of treatment in Stevens-Johnson syndromme include;

- a. Control of fluid and electrolyte balance, prevention of sepsis & ophthalmic complications.
- b. Restoration of haemostasis, anaemia and hypostatic pneumonia prevention.
- c. Control of fluid and electrolyte balance, correction of anaemia and hypoxia.
- d. Nutritional support, prevention of sepsis and contractures.

14. Foot care for diabetic patients includes:-

- a. Washing the feet in hot water.
- b. Ensuring legs are crossed when sitting space is limiting.
- c. Using a purnice stone to smooth corns and culluses
- d. Soaking feet to remove all forms of dirt.

15. The most common cause of acute liver failure is :-

- a. Drug induced liver disease.
- b. Viral hepatitis
- c. Aflatoxins ingestion
- d. Hepatocellular carcinoma (HCC)

16. The clinical manifestations for carbon-monoxide poisoning include:-

- a. Headache, muscular spasms, cherry-red skin color.
- b. Pink skin color, muscle rigidity, paraesthesia.
- c. Palpitations, battle's sign, rhinorea
- d. Coma, bluish skin coloration, parosmia.

17. The form of pre-operative chemotherapy given to shrink a large tumour is referred to as:-
- Neo-adjuvant chemotherapy.
  - Consolidation chemotherapy.
  - Induction chemotherapy
  - Maintenance chemotherapy.
18. The drug of choice for managing methicillin-resistant staphylococcus aureus (MRSA) is:-
- Vancomycin.
  - Augumentin.
  - Clarithromycin.
  - Oxacillin.
19. Post tonsillectomy a nurse should:-
- Suction the client 4 hourly
  - Serve the patient puree diet within 24 hours
  - Provide the patient with clear fluids preferably cold for the first 24 hours
  - Irrigate tonsillectomy site with normal saline 4 hourly
20. The following is true about stroke:-
- Obesity is a modifiable risk factor for haemorrhagic stroke.
  - Thrombolytic therapy is contra-indicated in haemorrhagic stroke.
  - The head of the patient should be raised to 30 degrees.
  - Haemorrhagic stroke is more common than ischaemic stroke.

### **PART B SHORT ANSWER QUESTIONS 40 MARKS**

1. Explain four (4) specific nursing responsibilities for a patient post herniorrhaphy (4marks)
2. Draw and label a diagram illustrating internal structures of the eye (5 marks)
3. State four(4) complications associated with administration of intravenous fluids (4mks)



4. State five specific nursing interventions for a patient with liver cirrhosis.  
(5 marks)
5. List six (6) specific clinical manifestations of Burkitt's lymphoma (3 marks)
6. Outline four (4) predisposing factors to breast cancer (4 marks)
7. For each of the following drugs list two indications for their usage, the dosage and two specific nursing responsibilities (6marks)
  - i. Hydrallazin
  - ii. Tramal
8. State four (4) health messages a nurse will share with a patient having a sprain (4marks)
  
9. Outline four (4) functions of the Brainstem (4marks)

### **PART C: LONG ESSAY ANSWER QUESTIONS 40 MARKS**

1. Mr. Kurye 40 yrs old is admitted in a medical ward having been diagnosed to have Anaemia.
  - a) State four (4) causes of anaemia (4marks)
  - b) Describe the mechanism of haemostasis (5marks)
  - c) Describe the management of Mr. Kurye from admission till discharge (11marks)
  
2. Mrs Kissinger, 35 yrs old is admitted in a surgical ward having been diagnosed to have peritonitis.
  - a) Outline five (5) predisposing factors to peritonitis (5 marks)
  - b) Draw and label a diagram illustrating the Biliary tract (4 marks)
  - c) Describe the management of Mrs Kissinger from admission till discharge (11 marks)

## **PART ONE (MCQ)**

1. When administering eye drops;
  - a. The patient should close the eyes for a few minutes after the administration.
  - b. The patient should blink a few times
  - c. The drops should be placed on the sclera
  - d. Morning hours are the best
  
2. When administering intra-dermal medication
  - a. The needle is inserted at an angle of 45°
  - b. The needle is inserted with the bevel facing down.
  - c. The site should be massaged after administration.
  - d. Use circular motion to clean the site of puncture.
  
3. One of the following is a principle of good listening
  - a. The speaker should have good view of the listener
  - b. Environment must be free of disturbance, except gospel music
  - c. Information gathered does not need to be recorded anywhere
  - d. Full attention should be given to the speaker
  
4. One of the following laboratory tests involves antigen-antibody reaction:
  - a. Alcohol Fast Bacilli Test.
  - b. Widal test
  - c. Gram Staining.
  - d. International Normalizing ratio (INR)
  
5. The model of choice in counseling a patient with varied issues is
  - a. Eclectic
  - b. Behavioural
  - c. Humanistic
  - d. Psychoanalytic
  
6. The following are rationales for using nursing process **except**;
  - a. Gives objective measurement of nursing management at the bedside.
  - b. It helps define the nursing role.
  - c. Establishes a nurse patient relationship on a firm basis.
  - d. Helps collect data for experimental research

7. The fourth level of Maslow's hierarchy of needs is :
- Safety and security needs
  - Belongingness and affection
  - Self esteem
  - Self actualization
8. The model formulated by Dorothea Orem is;
- Self care deficit
  - Activities of daily living
  - Environmental model
  - Adaptation model
9. The position of choice for digital vaginal examination is;
- Sim's position
  - Dorsal lithotomy
  - Dorsal recumbent
  - Horizontal recumbent
10. When decontaminating very bloody instruments using chlorine;
- One uses six parts of water and 6 part of chlorine always.
  - The instruments are soaked in the chlorine first before rinsing
  - The blood should first be rinsed off under running water.
  - The instruments should be submerged in the chlorine solution for 30 minutes.
11. When collecting sputum specimen, the nurse instructs the patient to:-
- Clean the mouth well before expectoration
  - To be in recumbent position when expectorating
  - To discard the first sputum and then expectorate the second in the specimen bottle.
  - To take plenty of fluid the night before collection
12. The following is the correct sequence of the dying process according to Kubler Rose
- Denial, bargain, anger, depression
  - Denial, anger, bargaining, depression
  - Denial, depression, anger, bargain
  - Denial, anger, depression, bargain

13. The following fluid would increase the intravascular fluid volume;

- a. Darrows
- b. Normal saline
- c. Hartmans
- d. 50% dextrose

14. The following are indications for sitz bath except

- a. Perineal sinuses
- b. Vaginal discharge
- c. Incision in the vaginal wall
- d. Perineal operations

15. Inverse breathing is manifested by?

- a. Slow inspiration and rapid expiration
- b. Harsh whistling sound
- c. Pause after expiration
- d. Pause after inspiration

16. A patient with fluid overload is likely to have;

- a. Bounding pulse
- b. Tachycardia
- c. Thready pulse
- d. Pulse deficit

17. When nebulizing:

- a. Patient should be in recumbent position
- b. Patient should take fast breaths
- c. Switch the machine before attaching the mask to the patient
- d. The oxygen therapy should be switched off

18. The best action for a nurse who notices a patient is cyanosed when suctioning is

- a. Increase the speed of the suctioning so as to finish and give the patient oxygen
- b. Reduce the strength of suction
- c. Stop suctioning and administer oxygen
- d. Call the doctor

19. When giving mouth care to a dependant client:

- a. One requires petroleum jelly
- b. The patient should be in a fowler's position
- c. One requires artery or dissecting forceps
- d. Hydrogen peroxide can be used if mucus is thick

20. Which among the following is a complication of prolonged catheterisation?

- a. Urine incontinence
- b. Bladder rupture
- c. Impotence
- d. Proteinuria

### **PART TWO (SAQ) 40 marks**

1. State three (3) disciplinary issues in nursing. (3mks)
2. List six (6) characteristics of a professional nurse. (3mks)
3. Explain five (5) specific nursing interventions for a patient on reverse barrier nursing. (5mks)
4. List four (4) special bed appliances giving one indication of each. (4mks)
5. State four (4) principles of bed making. (4mks)
6. State the three principal causes of bed sores. (3mks)
7. List any four therapeutic diets giving an indication of each. (4mks)
8. Explain four (4) complications of tube feeding. (4mks)
9. State three (3) local complications of intravenous fluid administration. (3mks)
10. State six (6) principles of catheter care. (6mks)

### **PART THREE (LAQ)**

1. Mr. Ray is an unconscious patient in the medical ward.

State four (4) nursing diagnosis for Mr. Ray. (4mks)

- a. Describe the nursing management for an unconscious patient. (12mks)
- b. Describe how eye opening is scored using the Glasgow coma scale. (4mks)

2. Mrs Bob is prescribed for one pint of blood to run in three hours.
  - a. If the drop rate factor of the giving set is 10, calculate the flow rate. (4mks)
  - b. Describe the specific nursing responsibilities for a patient before, during and after the procedure. (12mks)
  - c. State four (4) other types of intravenous fluids besides blood. (4mks)

**PART A; MCQs (20mrks)**

1. The enzyme whose levels can be used to monitor the progress of a liver disease is.
  - a) Alanine aminotransferase (ALT)
  - b) Aspartate aminotransferase (AST)
  - c) Troponin I enzyme.
  - d) Amylase enzyme.
  
2. The following are indications for Total Parenteral Nutrition;
  - a) Burns,gastro-enteritis, anaemia.
  - b) Sepsis,malnutrition,bowel surgery
  - c) Anorexia nervosa,paralytic ileus,facial burns.
  - d) Bilateral amputation,acute pancreatitis,peptic ulcer
  
3. Zollinger-Ellison syndromme is suspected when;
  - a) A patient presents with several peptic ulcers.
  - b) A peptic ulcer develops following a stressful event.
  - c) There is history of Melena stool for many days.
  - d) There is history of recurrent constipation
  
4. The main causes of Diabetes keto-acodosis are;
  - a) Increased dose of insulin,starvation,use of expired insulin.
  - b) Sepsis, renal disease,liver failure.
  - c) Decreased dose of insulin,misssed dose of insulin,An illness.
  - d) Infection, physical trauma, self medication.
  
5. The following are complications of dialysis;
  - a) Hypertension,pruritus,abdominal pain.
  - b) Painful muscle cramping,pruritus,fatigue.
  - c) Hypotension,Air embolism,Bleeding.
  - d) Dialysis disequilibrium,Air embolism,uraemia.
  
- 6 .A patient with hyperkalemea is likely to present with;
  - a) Prostration, fatigue,tetany
  - b) Paresthasias of extremeties, dysrhythmias,restlessness.
  - c) Convulsions,coma,confusion
  - d) Weakness,carpal pedal spasm, diplopia.

6. Intra-operatively, the incidence of wound infection may be lowered by;
- Treatment of co-existent infections
  - Delaying closure in contaminated wounds.
  - Keeping tubings away from incision.
  - Early discharge of the patient.
7. Lung abscess management includes;
- Oral analgesics, postural drainage, high doses of oxygen.
  - High dose of oxygen, lobectomy, pethidine inj 6hly.
  - Plenty of oral fluids, high carbohydrate diet, oral antibiotics.
  - Intravenous antibiotics, postural drainage, high protein diet.
9. The following is a correctly stated nursing diagnosis for a patient with chronic Obstructive pulmonary disease (COPD);
- Poor oxygen tolerance related to low partial pressures of carbon dioxide.
  - Activity intolerance due to being in bed persistently.
  - Impaired gas exchange related to ventilation-perfusion inequality.
  - Ineffective breathing pattern related to shortage of staff to administer oxygen continuously.
10. The properties of a cardiac muscle are;
- Expansivity, sensitivity, stretchability, refractory.
  - Excitability, Automaticity, Conductivity, contractility.
  - Contractility, irritability, distensibility, tonicity.
  - Tonicity, irritability, conductivity, Expansivity.
11. Acute pain presents with;
- Increased muscle tension, increased heart rate, depression.
  - Decreased libido, reduced appetite, sympathetic stress response.
  - Sympathetic stress response, recent onset, anxiety.
  - Long duration, irritability, withdrawal from relationships.
12. Megaloblastic anemias are associated with deficiency of;
- Iron and niacin .
  - Vit B12 and folic acid .
  - Folate and Thiamine .
  - Cobalamine & Retinal



13. The mainstays of therapy in sickle cell crisis are;

- a) Transfusion and bedrest.
- b) Hydration and analgesia
- c) Tepid sponging and infection control
- d) Parenteral nutrition and administration of antibiotics.

14. In endometriosis there is;

- a) Transplantation of endometrial tissue to ectopic sites.
- b) Retention of products of conception in the introitus.
- c) Deep-seated aching in the lower abdomen with amenorrhea.
- d) Dyspareunia, amenorrhea and constipation.

15. The late symptoms for cancer of the prostate are;

- a) Urinary retention,backache,hip pain.
- b) Hip pain,anemia,weight loss.
- c) Reduced urinary stream,increased micturition frequency, urine retention.
- d) Perineal discomfort,backache,weight loss.

16. The most common primary bacterial skin infections are;

- a) Eczema and acne vulgaris.
- b) Pediculosis and pemphigus vulgaris.
- c) Exfoliative dermatitis and Stevenesjohns' syndromme
- d) Folliculitis and impetigo.

17. Colloids include;

- a) Whole blood,plasma and plasma expanders.
- b) Physiologic sodium chloride & Ringer's lactate.
- c) 5% dextrose and Hartman's solution.
- d) 50% dextrose and 0.45% normal saline.

18. A patient who opens the eyes to pain,has abnormal flexion and makes Incomprehensible sounds has a Glasgow coma scale total of;

- a) 6
- b) 8
- c) 7
- d) 8

19. The risk factors in stroke are;

- a) Obesity, smoking & cardiovascular disease.
- b) Diabetes, High cholesterol & liver cirrhosis.
- c) Drug abuse, Hypertension and Tertiary syphilis.
- d) Elevated hematocrit, Alcohol consumption & pregnancy.

20. The clinical features for conjunctivitis includes;

- a) Pain over lachrymal drainage site ,itching & irritation.
- b) Hyperemia,tearing,foreign body sensation.
- c) Painless nodule in the eyelid,suppurative inflammation & itching.
- d) Ulceration of inner canthus, localised swelling& subacute pain.

### **PART II; Short Answer Questions (40 mrks)**

1. State four (4) principles of skeletal traction (4 mrks)
2. Outline four (4) nursing responsibilities post paracentesis (4mrks)
3. Draw and label a diagram illustrating internal structures of the ear (5mks)
4. List six (6) causes of dysrhythmias(3mrks)
5. Describe the pathophysiology for nephritic syndromme (5mks)
6. List six (6) indications for pressure area care and turning (3mks)
7. State four specific nursing responsibilities for a patient in status Asthmaticus. (4mks)
8. State three (3) differences between internal and external respiration (3 mks)
9. Explain five (5)specific nursing responsibilities for a patient with a tracheostomy Tube. (5mks)
10. State four (4) predisposing factors to pancreatitis (4mrks)

### **PART III; LONG ANSWER QUESTIONS (LAQ) 40mrks**

1. Mr. Mugabe is admitted in a surgical ward having been diagnosed to have Chronic osteoarthritis of the right hip and is scheduled for total hip replacement.
  - a) Draw and label a diagram illustrating a long bone (4mks)
  - b) Describe the pre and post operative care for Mr. Mugabe. (14 mks)
  - c) List four (4) complications Mr. Mugabe may develop (2 mks)
2. Mrs Bongo is brought to casualty unit and is diagnosed to have myocardial infarction;
  - a) Define myocardial infarction (2mks)
  - b) State five (5) predisposing factors to myocardial infarction (5mks)
  - c) Describe the management for Mrs. Bongo for the first 24hrs (12mks)
  - d) List two complications of myocardial infarction (1mk)

**PART A**

**MCQS**

**20 MARKS**

1. Passive range of motion exercises;
  - a) Are performed to prevent nosocomial infections.
  - b) Helps to prevent joints rigidity and contractures.
  - c) Is a collaborative intervention that requires a surgeon and a nurse.
  - d) Are repeated 5-6 times a day to enhance quick recovery.
  
2. For a patient with a nasogastric feeding tube the nurse should ;
  - a) Perform oral care once a day and avoid hanging the tube below the level of the stomach
  - b) Avoid aspirating any gastric fluid from the tube
  - c) Ensure the patient lies flat for 30min after every feeding to prevent dumping syndrome
  - d) Irrigate the tube with small amount of water before and after each feeding
  
3. The appropriate distribution of nutrients for a diabetic patient might be,
  - a) 30% carbohydrates, 30% fat, 40% protein.
  - b) 60% carbohydrates,20% fat,20% protein
  - c) 60% carbohydrates,30% fat, 10% protein
  - d) 40% carbohydrates, 40% fat, 20% protein
  
4. To prevent recurrent cystitis, a nurse should advise a patient to,
  - a) Increase fluid intake to 2500 -3000ml/day and urine acidifying agents.
  - b) Reduce intake of urine acidifiers and increase intake of urine alkalinising agents
  - c) Avoid wearing tight clothes and public showers.
  - d) Avoid citrus fruits and increase intake of bicarbonate drinks
  
5. After a barium enema a nurse should,
  - a) Keep the patient NPO for 8 hours to rest the bowel
  - b) Advise the patient that his/her stool will be radioactive
  - c) Encourage the patient to increase his fluid intake
  - d) Advise the patient to avoid abdominal exercises for at least 1 week
  
6. When removing sutures, it is a good practice to,

- a) Use sterile gloves during the procedure
- b) Refrain from pulling an exposed suture through the wound
- c) Administer a topical local anaesthetic agent before suture removal
- d) Remove all sutures at once 3-5 days after surgery

7. Indicate whether the following statements are true (T) or false (F) in the answer sheet provided

- a) Kussmaul's respirations are seen in patients with DKA and renal failure
- b) Morphine is contra-indicated for patients who have pain due to pancreatitis

8. Anaphylactic shock is;

- a) Associated with excessive blood loss
- b) Caused by systemic antigen-antibody reaction
- c) Associated with effects of adrenaline and nor-adrenaline
- d) Usually common in patients on antibiotics

9. Appropriate nursing interventions for a patient with "Risk for infection related to altered immunity response" include;

- a. Barrier nursing, avoiding invasive procedures and inspection of entry port sites for pathogens
- b. Reverse barrier nursing, monitor SPO2 hourly and serve high protein diet
- c. Isolation nursing, obtaining cultures & sensitivities daily and administration of antibiotics
- d. Reverse barrier nursing, avoiding invasive procedures & daily assessment of intravenous sites

10. The *Korotkoff* sounds heard while measuring blood pressure present in the order of,

- a. Tapping, Swishing,Knocking, muffling and silence
- b. Swishing, Tapping, Silence, muffling and knocking
- c. Knocking, Tapping, Swishing, muffling, silence
- d. Silence, Tapping, Knocking, Swishing and Muffling

11. In sickle cell anaemia patients,

- a. The structure of haemoglobin molecule is not affected.
- b. Prophylactic administration of folic acid and pneumococcal vaccine is recommended
- c. Administration of IV fluids & immediate blood transfusion are encouraged during sickle cell crisis situations
- d. The treatment of choice includes administration of penicillins & NSAIDs

12. The primary causes of acute otitis media are;-

- a. Escherichia coli and proteus spp.
- b. Streptococcus pneumonia and Haemophilus influenza.
- c. Staphylococcus aureus and haemophilus influenza.
- d. Proteus spp. and Streptococcus pneumonea.

13. Post intracranial surgery a patient is mainly at risk of;-

- a. Hypoxia, paralytic ileus and hypostatic pneumonea
- b. Cerebral oedema, hypoxia and seizures.
- c. CSF leakage, urine retention and hyperthermia.
- d. Hypotension, septicaemia and sensory deprivation.

14. Osteoarthritis;

- a. Is inflammatory and autoimmune.
- b. Commonly affects weight bearing joints.
- c. Mainly affects the synovial membrane tissue.
- d. Usually affects small joints of the hands and feet.

15. In management of Asthma,

- a. The patient should lie in dorsal recumbent position to enhance breathing
- b. Give intravenous aminophylline 250mg over 20min
- c. Administer oxygen via nasal prongs at 2l/min for the first 24 hrs.
- d. Administer IV hydrocortisone 400mg every 4-6hrs until respiration rate gets normal

16. The early signs of cancer of the posterior-nasal space include;

- a. Proptosis, hearing loss.
- b. Hearing loss, double vision.
- c. Purulent nasal discharge, aphonia.
- d. Anosmia, proptosis.

17. Limb traction helps to,

- a. Relieve pain, achieve hemostasis and prevent deep venous thrombosis
  - b. Restore nerves function, maintain bone alignment & correct deformities
  - c. Rest inflamed joints, restore limb and muscle size, prevent contractures
  - d. Promote movement with ease, restore blood flow & reduce embolism
18. Hyperkalemia commonly occurs in the following,
- a. Burns, pneumonia and congestive cardiac failure.
  - b. Renal failure, crush injuries and burns.
  - c. Digitalis toxicity, DKA and hyperthyroidism.
  - d. Overuse of potassium sparing diuretics, CCF and liver cirrhosis
19. Complications of measles include:-
- a) Deafness,encephalitis,contractures
  - b) Paralysis, rectal prolapse
  - c) pneumonia, blindness
  - d) Malnutrition, umbilical hernia, deafness
  - e) Blindness, malnutrition, pneumonia
20. The route that achieves the quickest absorption and effects of a drug is the,
- a) Subcutaneous
  - b) Intradermal
  - c) Intramuscular
  - d) Oral

1. Outline five (5) specific nursing interventions for a child with meningitis (5mrk)
2. Draw and label a diagram illustrating the conducting system of the heart (5 marks)
3. List four types of intravenous fluids giving an indication for each (4 marks)
4. Describe the role of the kidney in maintaining fluid & electrolyte balance (4mks)
5. Describe the pathophysiology of burns (5 marks)
6. Outline any four (4) nursing diagnosis for a patient with head injury (4 marks)
7. State five (5) specific nursing responsibilities for a patient with congestive cardiac failure (CCF) – 5 mrks
8. Outline four (4) nursing bowel training interventions for a patient with incontinence (4mrks)
9. List any four (4) classes of antibiotics giving an example for each (4 marks)

**PART C LONG ESSAY ANSWER QUESTIONS 40 MARKS**

1. Mr. T. 45yrs old is brought to hospital and is diagnosed to have an ischemic stroke
  - a. Draw a diagram illustrating structures of a neurone (4 mrks)
  - b. Describe the management for Mr. T. for the first 72 hours (14 mrks)
  - c. State any two(2) complications associated with ischemic stroke (3 mrks)
2. Master Pizza is admitted in a paediatric ward having been diagnosed to have mechanical intestinal obstruction:-
  - a. State any four (4) causes that might have led to Master Pizza's condition (4 mrks)
  - b. Describe the management for master Pizza from admission till discharge (14 mrks).
  - c. List any four (4) complications master pizza may develop (2mrks)

# NCK PAPER 2 REVISION PAPERS



# **NURSING COUNCIL OF KENYA**

## **EXAMINATION FOR ADMISSION TO THE REGISTER OF BACHELOR OF SCIENCE IN NURSING (BScN)**

### **PAPER TWO**

**DATE: WEDNESDAY 11<sup>TH</sup> APRIL 2018**

**TIME ALLOWED: 3 HOURS**

**2.00 PM to 5.00 PM**

### **INSTRUCTIONS TO CANDIDATES:**

1. Read the questions carefully and answer only what is asked.
2. ENTER YOUR EXAMINATION NUMBER AND QUESTION NUMBER ON THE space provided in the answer booklet.
3. All the questions are compulsory.
4. For Part I (M.C.Q's)  
Write your answers in capital letters on the space provided in the answer booklet.
5. Each M.C.Q. is 1 mark.
6. For Part II (SHORT ANSWER QUESTIONS).  
Answers to these questions should follow each other on the space provided in the answer booklet.
7. For Part III (ESSAY/LONG ANSWER QUESTIONS)  
Answers to each question must be written on the specified page(s) in the answer booklet.
8. Omission of or wrong numbering of examination papers, questions or parts of the question will result in 10% deduction of the marks scored from the relevant part.
9. Each candidate MUST sign the examination return form after handing in ALL the scripts.
10. No candidate shall leave the examination room until all the examination scripts have been submitted and sealed in an envelope by the invigilators.

**BSCN EXAMINATION: PAPER TWO: APRIL 2018**  
**PART I: MULTIPLE CHOICE QUESTIONS:**

Q:1: Hormones involved in lactation are:-

- a) Prolactin and oestrogen.
- b) Human placental lactogen and prolactin.
- c) Progesterone and oxytocin.
- d) Prolactin and oxytocin.

Q:2: Kim is eight (8) weeks pregnant. On assessment, a nurse determines that she has gonococcal infection. The significance of this information is that the pregnancy is at risk of:-

- a) Spontaneous abortion.
- b) Result in thrush in the newborn.
- c) Cause ophthalmia neonatorum.
- d) Increase the risk of acquired immune deficiency syndrome.

Q:3: The advise you would give a rhesus-negative mother on RhO (D) Immune globulin administration would be:-

- a) Administration of immune globulin at twenty eight (28) weeks gestation and within 72 hours after birth.
- b) Administration of immune globulin before conception and within 48 hours after birth.
- c) Administration of immune globulin at twenty (28) weeks gestation and within forty eight (48) hours after birth.
- d) Administration of immune globulin before conception and within seventy two (72) hours after birth.

Q:4: The manifestation in a woman who delivered a newborn thirty six (36) hours ago that would lead a midwife to suspect a post partum depression is:-

- a) Expressing concern about taking the infant life.
- b) Delay her morning shower.
- c) Exhibiting prolonged periods of fatigue.
- d) Asking repeated questions about infant care.

Q:5: The complication likely to occur during delivery of shoulder dystocia is:-

- a) Klumpke's palsy.
- b) Shoulder dislocation.
- c) Erb palsy.
- d) Facial nerve damage.

Q:6: To reduce chances of mothers having complications of pregnancy on neural tube defects, the mother is preferably addressed on:-

- a) Taking iron and ferrous sulphate tablet in pregnancy till delivery.
- b) Taking iron and ferrous sulphate tablets before conception.
- c) Taking iron and ferrous sulphate in the 2nd trimester of pregnancy.
- d) Taking iron and ferrous sulphate tablets in the 3rd trimester of pregnancy.

- Q:7: For a woman who is at thirty two (32) weeks gestation and has been having vaginal bleeding for the last four (4) hours, the priority would be:-
- Assess bleeding by giving a packet of pads, advice on bed rest, monitor fetal heart rate.
  - Conduct a speculum examination, monitor fetal heart rate, advocate for an ultrasound.
  - Assess bleeding by giving a packet of pads, call for help, monitor fetal heart rate.
  - Bed rest, ultrasound, speculum examination.
- Q:8: The observation a midwife should anticipate from a pregnant mother with a history of heart disease is:-
- Slow pulse rate.
  - Decreased blood pressure.
  - Dyspnea.
  - Haemorrhage.
- Q:9: Prevention of deep venous thrombosis during puerperium involves:-
- Confinement to bed, avoidance of pressure, postnatal exercises.
  - Early ambulation, plenty of oral fluid, avoidance of pressure.
  - Prolonged inactivity, postnatal exercises, plenty of oral fluids.
  - Operative deliveries, early ambulation, prolong inactivity.
- Q:10: The M C Roberts maneuver is applied in the delivery of shoulder dystocia by:-
- To create gentle pressure on her abdomen, releasing the impaction of the anterior shoulder.
  - Applying pressure on the fetal back in order to help adduct the shoulders away from the symphysis pubis.
  - Identifying the posterior shoulder on vaginal examination, then to push the posterior shoulder towards the fetal chest.
  - The midwife inserting her hands into the vagina, identify the fetal chest and rotating the posterior fetal shoulder for delivery.
- Q:11: The type of breech in which thighs are flexed with legs extended is called:-
- Complete breech.
  - Frank breech.
  - Footing breech.
  - Extended breech.
- Q:12: The immediate management of gestational trophoblastic disease is:-
- Excavation, control of bleeding, administration of methotrexate.
  - Family planning, evacuation, administration of methotrexate.
  - Control of bleeding, family planning, evacuation.
  - Evacuation, control of bleeding, anti D Immune globulin administration.

Q:13: Sub-involution of the uterus is suspected when:-

- a) The uterus remain bulky with persistent red lochia.
- b) When after pains persist with breastfeeding.
- c) When the fundal height reduces progressively.
- d) When the lochia loss corresponds with a given post-partum period.

Q:14: The daily observation of a postnatal mother in the ward include:-

- a) Inspection of the perineum, taking weight, assessing involution of the uterus, observation of vital signs.
- b) Observation of vital signs, lochia loss, involution of the uterus, inspection of the perineum.
- c) Palpation of the calf muscles, urine testing, bowel movements, breast examination.
- d) Urinalysis, vaginal examination, assessment of lochia loss, sleeping patterns.

Q:15: The best management of varicose veins during pregnancy is:-

- a) Using supporting tights or crepe bandage, resting with feet elevated.
- b) Avoiding standing for too long, wearing loose clothing.
- c) Avoid sitting for a long time, elevating feet when sleeping.
- d) Wearing low heeled shoes, elevated feet when sleeping.

Q:16: The following is a correct statement about primary dysmenorrhea:-

- a) Symptoms become more severe in multigravid women.
- b) It is associated with an underlying pelvis pathology.
- c) Spasmodic lower abdominal pain begins with onset of menses.
- d) The probable cause is endometrial Prostaglandin deficit.

Q:17: Surgical treatment of a client with Rectocele and a cytocele include :-

- a) Anterior colporrhapy.
- b) Posterior colporrhapy.
- c) Abdominal hysterectomy.
- d) Anterioposterior colporrhapy.

Q:18: Menometrorrhagis is defined as:-

- a) Irregular and excessive flow.
- b) Menstrual flow at irregular intervals.
- c) Bleeding at intervals of less than twenty one (21) days.
- d) Bleeding after sexual intercourse.

Q:19: The nurse while assessing a primipara during the immediate postpartum period, puts one hand on the fundus to:-

- a) Prevent uterine invasion.
- b) Promote uterine involution.
- c) Hasten the puerperium period.
- d) Determine the size of fundus.

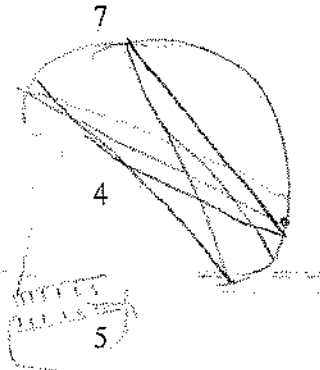
Q:20: True/false questions - ½ mark each.

- i) The squamo columnar junction is the epithelium function that facilitates in the initial diagnosis of HPV invasion. True / false.
- ii) In infertility due to fibroids, the fallopian tubes are eroded of the cilia to facilitate in implantation. True / false.

PART II: SHORT ANSWER QUESTIONS:

MARKS

Q:1: Draw a well labeled diagram showing the antero posterior diameters of the fetal skull and their measurements.



Q:2: State the four (4) PMTCT prongs in the management of HIV/AIDS.

Q:3: State five (5) theories of onset of labour.

- Prostaglandin  
 - Cortisol  
 - Progesterone withdrawal  
 - Oxytocin

Q:4: State five (5) differences between caput succedaneum and cephalohematoma.

- Caput succedaneum  
 - Does not resolve  
 - Blood

Q:5: State four (4) danger signs in labour.

- Bleeding  
 - Fever  
 - Headache  
 - Cloudy urine

Q:6: State five (5) important messages you would give to a primigravida on exclusive breastfeeding.

- Give milk  
 - Breastfeed  
 - No supplements  
 - Natural milk  
 - Baby's best  
 - Exclusive  
 - FP

Q:7: Explain three (3) ways of suspecting a diagnosis of polyhydramnios in a client without the use of an ultrasound.

- Large abdomen  
 - Rapid weight gain  
 - Shortness of breath

Q:8: State four (4) ways of preventing infection transmission during 2nd stage of delivery.

- Sterile technique  
 - Clean hands  
 - Clean the perineum

100g 9.5  
 OF 10.  
 150g 11.5  
 MV 13  
 200g 14.5  
 250g 15.5

**PART III: ESSAY/LONG ANSWER QUESTIONS:**

**MARKS**

Q:1: Miss K is a primigravida who comes for her third focused antenatal care clinic visit at thirty two (32) weeks gestation. She is accompanied by relatives. On arrival, her vital signs are as follows:  
Blood pressure 180/160 mmHg, pulse 100 beats per minute (regular) temperature 37° C, respirations 30 breaths per minute. Fetal heart rate is irregular at 140 beats per minute. She complains of headache, heartburn and slight lower abdominal pains. Her relatives report of her losing consciousness once at home but later woke up.

- a) What is the probable diagnosis for Miss K? 2
- b) Describe the pathophysiology of the condition that Mss K is having. 6
- c) Using the nursing process, describe the management of Miss K. 12

Q:2: Madam G is a para 1 who has just delivered a live baby girl through spontaneous vaginal delivery 2.0 Kgs. APGAR score was  $9/1$   $10/5$   $10/10$ . Baby was term according to the dates and ultrasound confirmation. Baby has no congenital malformations mother reports having attended all antenatal clinics and followed instructions on screening, drug administration and vaccines. Mothers height is 5 feet 2 inches. Weight before delivery was 52 Kgs from a baseline of 42 Kgs. Impression of small for gestational age for the baby is made.

- a) Define small for gestational age. 1
- b) State five (5) causes for small for gestational age. 5
- c) State six (6) benefits of kangaroo care. 6
- d) Explain four (4) messages / health education that the nurse should give to the mother of the child. 8

**NURSING COUNCIL OF KENYA**

**EXAMINATION FOR ADMISSION TO THE REGISTER OF BACHELOR OF SCIENCE  
IN NURSING:**

**PAPER TWO**

**DATE: WEDNESDAY 10<sup>TH</sup> AUGUST 2016**

**TIME ALLOWED: 3 HOURS**

**2.00 PM TO 5.00 PM**

**INSTRUCTIONS TO CANDIDATES:**

1. Read the questions carefully and answer only what is asked.
2. ENTER YOUR EXAMINATION NUMBER AND QUESTION NUMBER ON THE space provided in the answer booklet.
3. All the questions are compulsory.
4. For Part I (M.C.Q's)  
Write your answers in capital letters on the space provided in the answer booklet.
5. Each M.C.Q. is 1 mark.
6. For Part II (SHORT ANSWER QUESTIONS).  
Answers to these questions should follow each other on the space provided in the answer booklet.
7. For Part III (ESSAY/LONG ANSWER QUESTIONS)  
Answers to each question must be written on the specified page(s) in the answer booklet.
8. Omission of or wrong numbering of examination papers, questions or parts of the question will result in 100% deduction of the marks.



**BSCN EXAMINATION: PAPER TWO: AUGUST 2016**  
**PART I: MULTIPLE CHOICE QUESTIONS:**

- Q:1: The anterior diameter of the pelvic outlet in a gynaecoid pelvis measures:-
- a) 13.5cm.
  - b) 13 cm.
  - c) 12 cm.
  - d) 11.5 cm.
- Q:2: The causes of face presentation include:-
- a) Hydrocephalus, uterine abnormality.
  - b) Anterior obliquity of the uterus, contracted pelvis, anencephaly.
  - c) Contracted pelvis, placenta praevia, anencephaly.
  - d) Polyhydramnios, uterine abnormalities, multiple pregnancies.
- Q:3: Immediately after delivering the baby, the midwife conducting the delivery should:-
- a) Dry the baby.
  - b) Take the baby weight.
  - c) Apply identification band.
  - d) Check the umbilical cord for number of vessels.
- Q:4: A woman with preterm labour is given magnesium sulphate for the following reasons:-
- a) To enhance fetal lung maturity.
  - b) To prevent seizures.
  - c) To improve urine output.
  - d) To inhibit uterine contractions.
- Q:5: The reason for administering vitamin K is to:-
- a) Boost the immune system.
  - b) Stimulate growth of gastro intestinal flora.
  - c) Protect against infection.
  - d) Prevent bleeding problems.
- Q:6: A client makes a routine visit to the prenatal clinic. Although she is 14 weeks pregnant, the size of her uterus approximates that in an 18 – 20 weeks pregnancy. A diagnosis of gestational trophoblastic disease is made. The nurse should prepare for:-
- a) Evacuation, control of bleeding, administration of methotraxate.
  - b) Family planning health messages, evacuation, administration of methotraxate.
  - c) Control of bleeding, family planning health messages, evacuation.
  - d) Evacuation, control of bleeding, Anti D Immune globulin administration.

Q:7: A client with type I diabetes mellitus who is multigravida visits the clinic at 27 weeks gestation. The nurse should instruct the client that she:-

- a) Do weekly fetal movements counts by the mother.
- b) Contraction stress testing is performed weekly.
- c) Induction of labor is begun at 34 weeks gestation.
- d) Non stress testing is performed weekly until 32 weeks gestation.

Q:8: The following assessment finding on a patient would warrant the nurse to suspect DVT:-

- a) Mid-calf pain, tenderness and redness along the vein.
- b) Chills, fever, malaise, occurring 2 weeks after delivery.
- c) Muscle pain the presence of Homan's sign and swelling in the affected limb.
- d) Chills, fever, stiffness and pain occurring 10 to 14 days after delivery.

Q:9: The urinary symptoms that a pregnant mother will frequently experience during the first trimester would be:-

- a) Dysuria.
- b) Frequency.
- c) Incontinence.
- d) Burning.

Q:10: The following is a priority nursing diagnosis in a client with class 3 cardiac disease:-

- a) Knowledge deficit related to self care.
- b) Fear related to pregnancy outcome.
- c) Alteration in nutrition related to sodium restricted diet.
- d) Activity intolerance related to compromised cardiac status.

Q:11: The following statement is correct about endometriosis:-

- a) It often progresses to endometrial causes. cancer
- b) Implants produce hormones that mimic the ovaries.
- c) Trapped hematomas cause scarring and adhesions.
- d) There is no known familial tendency of occurrence.

Q:12: If a papanicolaou smear report is abnormal, the next step is evaluating the client for cervical cancer is:-

- a) A repeat pap smear.
- b) An endocervical curettage.
- c) A colposcopy.
- d) A conization.

Q:13: Management of Bartholin's abscess includes:-

- a) Encourage moderate upright activity for drainage.
- b) Apply cold packs to the vulva to reduce swelling.
- c) Obtain a culture of any drainage for analysis.
- d) Having the client wear support briefs to reduce skin irritation.

Q:14: Manifestation of hypothyroidism in reproductive system include:-

- a) Increased libido, oligospermia.
- b) Impotence, metrorrhagia.
- c) Anovulation, high incidence of spontaneous abortion.
- d) Irregular menstrual cycles, increased libido.

Q:15: The following are signs and symptoms of impending eclampsia:-

- a) Sharp rise in blood pressure and epigastric pain.
- b) Increase in proteinuria and vomiting.
- c) Weight gain and epigastric pain.
- d) Sharp rise in blood pressure and increase in proteinuria.

Q:16: The trophoblastic cells of the developing zygote form the:-

- a) Fetus and amnion.
- b) Placenta and fetus.
- c) Chorion and amnion.
- d) Placenta and chorion.

Q:17: Spermatogenesis takes place in the:-

- a) Prostate glands.
- b) Seminal vesicles.
- c) Epididymis.
- d) Seminiferous duct.

Q:18: The most common cause of maternal death in Kenya today is:-

- a) Haemorrhage.
- b) Ruptured uterus.
- c) Eclampsia.
- d) Abortion.

Q:19: When planning care of a 15 year old female who is pregnant, a midwife should recognize that the adolescent is at risk for:-

- a) Glucose intolerance.
- b) Foetal chromosomal abnormality.
- c) Incompetent cervix.
- d) Iron deficiency anemia.

Q:20: Indicate whether the statements are true or false.

- a) The hormones that are responsible for milk production in breastfeeding are oxytocin and prolactin.
- b) In the management of HIV/AIDS transmission, *Administration of paction 2* prong 2 indicates that its prevention of unintended pregnancy among HIV/infected women.

**PART II: SHORT ANSWER QUESTIONS:**

**MARKS**

\*Q:1: Draw a well labeled diagram of a fetal circulation. 6

✓Q:2: State three (3) ways of suspecting an occipito-posterior position in pregnancy without the use of an abdominal ultrasound scan. 3

\*Q:3: State seven (7) components of safe motherhood. 7

- Iron supplement & folic acid
- Not smoking
- Nutrition
- Folic acid
- Deliver in hospital
- skilled attendants
- Diagnose complications
- protect

✓Q:4: Explain four (4) contraindications of breastfeeding. 8

- Mastitis

✓Q:5: State three (3) early signs of obstructed labour. 3

- Fetus does not descend despite adequate contractions
- Visible ring or band separating lower and upper uterine segments
- Inflammation of the cervix

Q:6: State five (5) nursing interventions to facilitate thermoregulation for a premature infant. 5

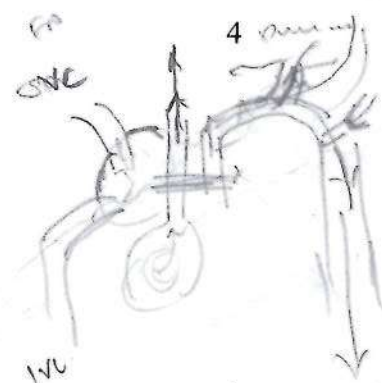
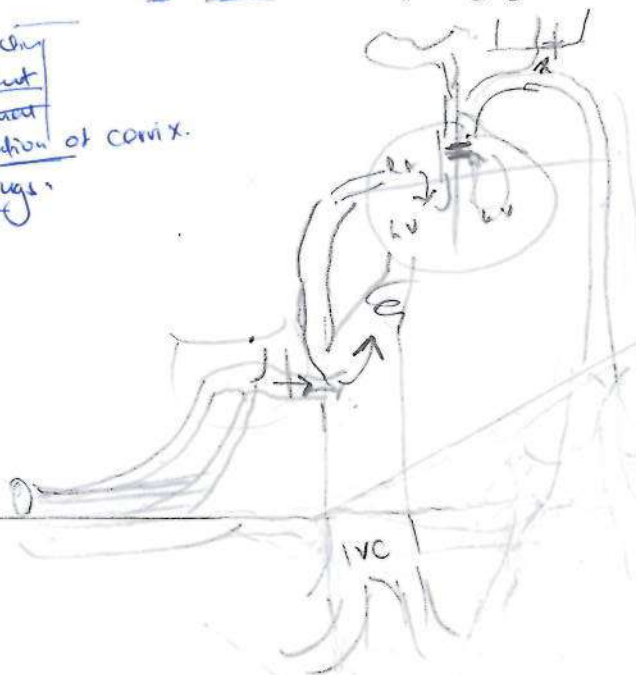
- dry
- wrap
- heater
- Encourage mother to breastfeed

Q:7: State four (4) causes of primary post partum haemorrhage. 4

- Atony
- Cervical tear
- Abnormal placenta - increta

Q:8: State four (4) components of a partograph.

- Cervix
- descent
- vaginal examination
- dilation of cervix
- drugs



**PART III: ESSAY/LONG ANSWER QUESTIONS:**

**MARKS**

Q:1: Miss M, is a primigravida who is admitted to labour ward at 40 weeks gestation for induction of labour by use of prostaglandins. She is rhesus B negative, PMTCT non reactive VDRL =non reaction, HB level = 10gdl.

- a) Define induction of labour. 1
- b) State five (5) contra-indications to induction of labour. 5  
*= previous C/S - low A/B & 1000*
- c) State four (4) factors to consider before commencing an induction process on a patient. 4  
*= Gravida  
- size of baby - Date of CVD*
- d) Using the nursing process, describe the management of Miss M. 10  
*- Assessment*

- Q:2:
- a) Fetal monitoring is important. Describe five fetal assessments/ investigations that can be utilized to monitor the fetus in the uterus. 10  
*- uterine  
- fetal heart  
- amniotic fluid  
- fetal movement  
- fetal position*
  - b) Pre-conception care should be initiated early for all women and men of reproductive age. Describe five (5) interventions you would advocate for, to facilitate it. 10  
*- Education*

**NURSING COUNCIL OF KENYA**

**EXAMINATION FOR ADMISSION TO THE REGISTER OF COMMUNITY HEALTH NURSES  
(BASIC)**

**PAPER TWO**

**DATE: WEDNESDAY 30TH JULY 2014**

**TIME ALLOWED: 3 HOURS**

**2.00 PM TO 5.00 PM**

**INSTRUCTIONS TO CANDIDATES:**

1. Read the questions carefully and answer only what is asked.
2. ENTER YOUR EXAMINATION NUMBER AND QUESTION NUMBER ON THE space provided in the answer booklet.
3. All the questions are compulsory.
4. For Part I (M.C.Q's)  
Write your answers in capital letters on the space provided in the answer booklet.
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7. For Part III (ESSAY/LONG ANSWER QUESTIONS)  
Answers to each question must be written on the specified page(s) in the answer booklet.
8. Omission of or wrong numbering of examination papers, questions or parts of the question will result in 10% deduction of the marks scored from the relevant part.
9. Each candidate MUST sign the examination return form after handing in ALL the scripts.
10. No candidate shall leave the examination room until all the examination scripts have been submitted and sealed in an envelope by the invigilators.

**KRCHN (BASIC) EXAMINATION: PAPER TWO: JULY 2014:**  
**PART I: MULTIPLE CHOICE QUESTIONS:**

- Q:1: The diameter of the pelvic brim that plays a role in determining the outcome of occipito posterior position:-
- a) Transverse.
  - b) Oblique.
  - c) Obstetric conjugate.
  - d) Sacrocotyloid.
- Q:2: The hormone responsible for rise in temperature immediately after ovulation is:-
- a) Oestrogen.
  - b) Luteinizing hormone.
  - c) Follicle stimulating hormone.
  - d) Progesterone.
- Q:3: The positive signs of pregnancy include:-
- a) Visualization of fetus by x-ray at 16 weeks, foetal heart sound by Doppler at 5+ weeks.
  - b) Visualization of gestational sac by trans-vaginal ultrasound at 4-5 weeks, foetal heart sound by foetal scope at 20 weeks.
  - c) Uterine soufflé at 12 – 16 weeks, Braxton Hicks at 16 weeks.
  - d) Visualization of foetal pulsation by trans-abdominal ultrasound at 5 weeks, foetal heart sound by foetal scope at 16 + weeks.
- Q:4: Mrs. Y comes for her first antenatal clinic. On history taking her last menstrual period was 25.4.2011. Her expected date of confinement will be:-
- a) 1.2.2012.
  - b) 2.2.2012.
  - c) 3.3.2012.
  - d) 4.3.2012.
- Q:5: The effects of diabetes mellitus on pregnancy include:-
- a) Nausea and vomiting, ketosis.
  - b) Glycosalated haemoglobin, reduced fertility rate.
  - c) Urinary tract infection, neuropathy.
  - d) Blindness, Polycytheamia.
- Q:6: The definite indications for an episiotomy include:-
- a) Tight perineum, first delivery.
  - b) Scaring from female genital cutting, foetal distress.
  - c) Multiple pregnancies, foetal distress.
  - d) Rigid perineum, preterm baby.



Q:7: Mrs. K. begins to bleed heavily immediately after delivery of the baby. In sequence, your actions as a midwife would be:-

- a) Call for help, make rapid evaluation of Mrs K's general condition, massage uterus, give oxytocin 10 I.U.
- b) Massage uterus give oxytocin 20 I.U, perform urinary bladder catheterization, take blood to rule out blood disorders.
- c) Call for help, perform urinary bladder catheterization, deliver placenta, examine birth canal.
- d) Start I.V. line with crystalloids, deliver placenta if in-situ, examine birth canal, give ergometrine 0.5mg I.V. stat.

Q:8: In the course of managing 2<sup>nd</sup> stage of labour, you realize that after delivery of the head, it tries to return in the vagina. Your immediate action in sequence would be:-

- a) Apply McRoberts Manoeuvre, perform episiotomy, apply supra-pubic pressure, apply Rubin's Manoeuvre, apply Woods Manoeuvre.
- b) Reassure the mother/partner summon for help, perform an episiotomy, change position of the mother, attempt Rubin's Manoeuvre.
- c) Summon for help, reassure Mother and partner, attempt change of position, apply McRoberts Manoeuvre, apply supra-pubic pressure.
- d) Summon for help, attempt Rubin's Manoeuvre, apply supra-pubic pressure, attempt Woods Manoeuvre, give an episiotomy.

Q:9: Match the items in column A with correct statement in column B.

**COLUMN A:**

- a) Fundal dominance.
- b) Retraction ring.

**COLUMN B:**

- 1. Different parts of the uterus contract independently.
- 2. Neuromuscular harmony between the two uterine segments.
- 3. Ridge between upper and lower uterine segment.
- 4. Contraction lasts longer and is intense at the fundus and peak is reached simultaneously over the whole uterus.
- 5. Muscle fibres retain some of the shortening of contraction instead of relaxing completely.

Q:10: In breech delivery the principle of hands off the breech as the baby progressively descends so as to:-

- a) Ascertain foetal wellbeing.
- b) Allow enough room for the foetus to pass.
- c) Allow gravitating descent of the foetus.
- d) Avoid traction.

Q:11: On abdominal examination during labour, the sinciput is felt and occiput just felt. The descent is:-

- a) 4/5.
- b) 3/5.
- c) 2/5.
- d) 1/5.

- Q:12: On vaginal examination during labour, you elicit the following:  
Sagittal suture is in the left oblique diameter at the pelvis, occiput points to the right iliopectineal eminence. The position of the vertex presentation is:-
- Right occipito anterior.
  - Right occipito posterior.
  - Left occipito posterior.
  - Left occipito anterior.
- Q:13: The maternal danger signs that a midwife should concern her/himself with during labour include:-
- Meconium stained liquor, falling blood pressure, abnormal lower abdominal contour.
  - Pulse rate of 70-80 BPM, rising blood pressure above 140/90 mmHg, hyperactivity.
  - Increasing apprehension, inadequate contraction, abnormal lower abdominal contour.
  - Pathological retraction ring, falling blood pressure, meconium stained liquor.
- Q:14: The prophylactic drugs given to a term new born at birth are:-
- 3% tetracycline eye ointment, vit. K 0.5mg i.m. stat.
  - Gentamycin eye drops, vit K. i.m. stat.
  - 1% tetracycline eye ointment, vit K, 1 mg i.m. stat.
  - Gentamycin eye drop, vit. K 1 mg i.m. stat.
- Q:15: A baby whose birth weight is 1800 gm is admitted in newborn unit with apnoeic attacks. The baby should be nursed in:-
- Room temperature of 34°C-35°C, incubator temperature 35°C – 36°C.
  - Room temperature of 33°C-34°C, incubator temperature 32°C – 34°C.
  - Room temperature of 30°C-32°C, incubator temperature 32°C – 33°C.
  - Room temperature of 28°C-30°C, incubator temperature 31°C – 32°C.
- Q:16: Side effects that a midwife should look for while nursing a baby under conventional phototherapy include:-
- Hypoglycaemia, irritability, hypocalcaemia.
  - Hypothermia, lethargy, alteration in neuro-behaviour organization.
  - Skin rashes, necrotizing, enterocolitis, isolation.
  - Skin burns, isolation, thrombocytopenia.
- Q:17: Following caesarian section, the wound and lochia loss should be observed at least:-
- ½ hourly.
  - 1 hourly.
  - 2 hourly.
  - 4 hourly.

Q:18: By 9<sup>th</sup> to 10<sup>th</sup> day postnatally the uterus is usually palpated:-

- a) At the umbilicus.
- b) Midway between umbilicus and symphysis pubis.
- c) Just above the symphysis pubis.
- d) Not palpable per abdomen.

Q:19: The causes of indirect maternal deaths include:-

- a) Postpartum haemorrhage, obstructed labour, eclampsia.
- b) Malaria, diabetes mellitus, sickle cell disease.
- c) HIV/AIDS, abortion, ruptured uterus.
- d) Tuberculosis, road traffic accident, puerperal sepsis.

Q:20: Delivery register is important because it gives information on:-

- a) Utilizing of maternity services, mode of delivery, birth weight patterns.
- b) Maternal and Perinatal morbidity and mortality pattern, socio-demographic and obstetric characteristics of women
- c) Bed occupancy, attendant and time of delivery, source of referral and reasons.
- d) Quality of care, mode of delivery, birth patterns.

**PART II: SHORT ANSWER QUESTIONS:**

**MARKS**

- |      |   |   |
|------|---|---|
| Q:1: | Draw a well labeled diagram to illustrate foetal circulation.   | 5 |
| Q:2: | Outline five (5) physiological changes that take place in the uterus during pregnancy.  | 5 |
| Q:3: | State five (5) key steps observed when providing sulphadoxine pyrimethamine (SP) to a pregnant women.   | 5 |
| Q:4: | Outline five (5) roles of a companion during labour.  | 5 |
| Q:5: | State six (6) specific nursing interventions when managing a mother during trial of labour.   | 6 |
| Q:6: | State six (6) benefits of Kangaroo care to primary carer.   | 6 |
| Q:7: | List six (6) clinical features of puerperal psychosis.  | 3 |
| Q:8: | State the criteria of lactational amenorrhea method of family planning.   | 3 |
| Q:9: | In the year 2010, one hospital had 1300 live births, 200 still births and 200 perinatal deaths. Using the above data calculate the Perinatal mortality rates of hospital. | 2 |

**PART III: ESSAY/LONG ANSWER QUESTIONS:**

**MARKS:**

Q:1: Mrs. K para 0 + 0 gravida I comes for her first focused antenatal clinic (FANC) at 20 weeks gestation.

- |    |   |    |
|----|---|----|
| a) | State three (3) aims of FANC.   | 3  |
| b) | Describe the specific information you would share with Mrs. K. to assist her develop a quality individual birth plan. | 12 |
| c) | State five (5) blood investigations to be done on Mrs. K.   | 5  |

Q:2: Baby E born at 32 weeks gestation is admitted to new born unit immediately after delivery with 9/10 at one minute. Four hours later baby K develops respiratory difficulties and a diagnosis of respiratory distress syndrome (RDS) is made.

- |    |  |    |
|----|--|----|
| a) | Explain the three (3) cardinal signs of RDS.             | 6  |
| b) | Describe the specific management of baby K until stable. | 10 |
| c) | Outline four (4) ways of preventing RDS.                 | 4  |

**NURSING COUNCIL OF KENYA**

**EXAMINATION FOR ADMISSION TO THE REGISTER OF COMMUNITY HEALTH  
NURSES(BASIC)**

**PAPER TWO**

**DATE: WEDNESDAY 8<sup>TH</sup> AUGUST 2012**

**TIME ALLOWED: 3 HOURS**

**2.00PM – 5.00 PM**

**INSTRUCTIONS TO CANDIDATES:**

1. Read the questions carefully and answer only what is asked.
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10. No candidate shall leave the examination room until all the examination scripts have been submitted and sealed in an envelope by the invigilators.

**KRCHN (BASIC) EXAMINATION: PAPER TWO: AUGUST 2012**  
**PART I: MULTIPLE CHOICE QUESTIONS:**

- Q:1: The trophoblastic layer responsible for nourishing the growing organism during embedment process is:-
- a) Mesoderm.
  - b) Syncytiotrophoblast.
  - c) Cytotrophoblast.
  - d) Ectoderm.
- Q:2: Client Mi's weight is 50 kgs at 20 weeks gestation. At 36 weeks she will weigh approximately:-
- a) 58 kgs.
  - b) 60 kgs.
  - c) 62 kgs.
  - d) 64 kgs.
- Q:3: Mrs Ra, para 0+0 gravida 1 visits antenatal clinic with complaints of increased vaginal discharge. The specific intervention would include:-
- a) Advice her to bring her partner for investigations, perform urinalysis.
  - b) Exclude possibility of infection, advice on hygiene.
  - c) Advice her to start douching, commence antifungal treatment.
  - d) Advice her to avoid tight inner wears, commence antibacterial therapy.
- Q:4: The immediate action that should be taken when a mother develops respiratory distress after administration of magnesium sulphate is:-
- a) Summon for help, give atropine.
  - b) Give oxygen 4 litres/min, prop up the patient.
  - c) Summon for help, administer 10 mls of 10% calcium gluconate i.v. slowly.
  - d) Prop up the patient, summon for help.
- Q:5: The daily carbohydrate requirements for a Type 2 diabetes mellitus mother should be increased after delivery by:-
- a) 10 – 20 gms.
  - b) 20 – 30 gms.
  - c) 30 – 40 gms.
  - d) 40 – 50 gms.
- Q:6: The appropriate interventions to minimize mother to child transmission of HIV during vaginal delivery include:-
- a) Avoid perineal tears, wipe the baby immediately.
  - b) Avoid artificial rupture of membranes, rule out urinary tract infection.
  - c) Shorten time during which membranes are ruptured to less than 4 hours, use chlorhexidine for vulval and vaginal cleaning before vaginal examination.
  - d) Minimize number of vaginal examinations, rule out urinary tract infection.
- Q:7: The importance of assessing the state of the cervix during labour is:-
- a) To determine adequacy of the pelvis.
  - b) For accurate measurement of the cervix.
  - c) To determine fetal presentation.
  - d) To determine if the woman meets criteria for implementation of partogram.

Q:8: On diagnosis of fetal distress, the fluid of choice to administer is:-

- a) 1 litre of 5% dextrose for 30 minutes, then evaluate foetal well being.
- b) 500 mls of 10% dextrose for one hour, followed by 500 mls of normal saline.
- c) 1 litre of normal saline for 30 minutes, then evaluate foetal heart rate.
- d) 50 mls of 50% dextrose as bolus then 5% dextrose for two hours.

Q:9: Following administration of epidural anaesthesia during labour, the blood pressure should be recorded every:-

- a) 5 minutes for the initial 20 minutes, then at 15 minutes interval.
- b) 10 minutes for the first 2 hours, then half hourly.
- c) 15 minutes until the anaesthesia wears off.
- d) 10 minutes until the blood pressure reading is satisfactory.

Q:10: Mrs. Wi a previous caesarean section mother para 2+0 gravida 3 comes to your health facility at 36 weeks gestation with complaints of intermittent right abdominal pain for three days. The probable diagnosis would be:-

- a) Ruptured abdominal ectopic pregnancy.
- b) Impending rupture of uterus.
- c) Silent rupture of the uterus.
- d) Acute abdomen.

Q:11: Indicate whether the statements are true or false.

- a) Immediately after delivery of the 1<sup>st</sup> twin, an abdominal examination is done and if the presentation is cephalic, the mother is encouraged to push.
- b) After delivery of the 2<sup>nd</sup> twin, the midwife should observe for signs of placenta separation before giving uterotonic agents.

Q:12: The physical examination done on a newborn baby during a home visit on 3<sup>rd</sup> day of life includes:-

- a) Temperature, respiration, skin turgor and jaundice.
- b) Breast engorgement, weight gain, range of movement.
- c) Pus swab for culture and sensitivity, feeding pattern, wake and sleep pattern.
- d) Ecchymatic mark, colour and odour of stool, weight gain.

Q:13: The apgar score for the baby born at term with heart rate 110 bpm, gasping respiration, blue extremities, some flexion of limbs and minimal grimace at 1 minute is:-

- a) 10
- b) 8
- c) 6
- d) 4

Q:14: The amount of 3 hourly feeds appropriate for a baby whose weight is 1600 grams on day two is:-

- a) 12 mls.
- b) 14 mls.
- c) 16 mls.
- d) 18 mls.



Q:15: Match the terms in column A with their correct descriptions in column B.

**Column A:**

- a) Spherocytosis.
- b) Glucose -6-phosphate dehydrogenase.

**Column B:**

- 1. Caused by cephalhematoma and bruising.
- 2. Maintains integrity of red blood cells.
- 3. Blood contains too much red blood cells.
- 4. Caused by fragile red blood cells.
- 5. Caused by molecular defect of white blood cells.

Q:16: The common complications of a light for dates baby include:-

- a) Polycythaemia, congenital abnormalities, fetal alcohol syndrome.
- b) Infection, meconium aspiration, hypoglycaemia.
- c) Twin to twin transfusion, asphyxia, poor temperature control.
- d) Polycythemia, meconium aspiration, twin to twin transfusion.

Q:17: The immediate interventions following development of urine retention after delivery include:-

- a) Running tap water, sitting in a bath tub.
- b) Catheterization, administering analgesics.
- c) Applying warm compresses on perineum, catheterization.
- d) Sitz bath, applying warm compresses on perineum.

Q:18: The role of the midwife in relieving after pain during puerperium includes:-

- a) Administering appropriate analgesics, restricting ambulation.
- b) Encouraging bed rest, advising the mother not to breastfeed until pains reduce.
- c) Administering an enema, restricting ambulation.
- d) Encouraging frequent urination, administering appropriate analgesics.

Q:19: Still births and deaths that occur in the first week of life are classified as:-

- a) Neonatal deaths.
- b) Fresh still births.
- c) Perinatal deaths.
- d) Infant deaths.

Q:20: A postnatal mother who seeks contraception at 6 weeks postpartum and still breastfeeding should be advised to use:-

- a) Intrauterine copper device, logynon.
- b) Microlut, intrauterine copper device.
- c) Jadelle, microgynon.
- d) Minipill, logynon.

**PART II: SHORT ANSWER QUESTIONS:**

**MARKS**

Q:1:	Draw and label a diagram of the female external genitalia.	5
Q:2:	State six (6) probable signs of pregnancy.	6
Q:3:	Outline six (6) specific interventions recommended for a rhesus negative mother during the antenatal period.	6
Q:4:	State five (5) pillars of safe motherhood.	5
Q:5:	Outline six (6) causes of acute uterine inversion.	6
Q:6:	State six (6) non-pharmacological methods of relieving pain during labour.	6
Q:7:	List eight (8) key interventions necessary in ensuring an uneventful puerperium.	4
Q:8:	State one main reason for using progesterone only pills for each of the following:-	
a)	Breast feeding mother.	1
b)	Post abortion client.	1

**PART III: ESSAY/LONG ANSWER QUESTIONS:**

**MARKS**

- Q:1: Mrs. May para 4+0 is brought to your health facility seven (7) days after home delivery with complaints of per vaginal bleeding.
- a) Define post partum haemorrhage. 2
  - b) Explain the physiological changes of lochia. 6
  - c) Describe the specific management of Mrs. May till bleeding is controlled. 12
- Q:2: Mrs. Hii para 1+0 gravida 2, comes to labour ward in active phase of labour and progresses well giving birth to a live full term male infant.
- a) Describe the physiological changes that take place in the circulatory system of an infant immediately the cord is clamped. 6
  - b) Describe how you would assess the state of the neuromuscular system of Baby Hii. 12
  - c) List four (4) abnormalities that can be found on the genitalia of a male infant during first examination. 2

**NURSING COUNCIL OF KENYA**

**EXAMINATION FOR ADMISSION TO THE REGISTER OF COMMUNITY HEALTH  
NURSES (BASIC)**

**PAPER TWO**

**DATE: WEDNESDAY 10<sup>TH</sup> AUGUST 2011**

**TIME ALLOWED: 3 HOURS**

**2.00PM TO 5.00 PM**

**INSTRUCTIONS TO CANDIDATES:**

1. Read the questions carefully and answer only what is asked.
2. ENTER YOUR EXAMINATION NUMBER AND QUESTION NUMBER ON THE space provided in the answer booklet.
3. All the questions are compulsory.
4. For Part I (M.C.Q's)  
Write your answers in capital letters on the space provided in the answer booklet.
5. Each M.C.Q. is 1 mark.
6. For Part II (SHORT ANSWER QUESTIONS).  
Answers to these questions should follow each other on the space provided in the answer booklet.
7. For Part III (ESSAY/LONG ANSWER QUESTIONS)  
Answers to each question must be written on the space provided in the answer booklet.
8. Omission of or wrong numbering of examination papers, questions or parts of the question will result in 10% deduction of the marks scored from the relevant part.
9. Each candidate MUST sign the examination return form after handing in ALL the scripts.
10. No candidate shall leave the examination room until all the examination scripts have been submitted and sealed in an envelope by the invigilators.

**KRCHN (BASIC) EXAMINATION: PAPER TWO: AUGUST 2011:**  
**PART I: MULTIPLE CHOICE QUESTIONS:**

- Q:1: The trophoblastic layer responsible for production of human chorionic gonadotropin hormone is:-
- Mesoderm.
  - Cytotrophoblast.
  - Syncytiotrophoblast.
  - Syntium.
- Q:2: The physiological changes that occur in the breast at 8 – 12 weeks gestation include:-
- Formation of montgomery's tubercles, nipple becomes soft and supple.
  - Colostrum can be expressed, formation of primary areola.
  - Prickling tingling sensation, leakage of colostrum.
  - Formation of secondary areola, bluish surface veins.
- Q:3: In focused antenatal care (FANC), the recommended schedule for the four (4) comprehensive personalized antenatal visits is:-
- 1<sup>st</sup> visit: less than 16 wks, 2<sup>nd</sup> visit: 16 -28 wks, 3<sup>rd</sup> visit: 28-32 wks, 4<sup>th</sup> visit: 32-40 wks.
  - 1<sup>st</sup> visit: less than 16 wks, 2<sup>nd</sup> visit: 16-24 wks, 3<sup>rd</sup> visit: 24<sup>th</sup> -34<sup>th</sup> wks, 4<sup>th</sup> visit: 34 – 40 wks.
  - 1<sup>st</sup> visit: less than 16 wks, 2<sup>nd</sup> visit: 16-24 wks, 3<sup>rd</sup> visit: 24 -32 wks, 4<sup>th</sup> visit: 32-36 wks.
  - 1<sup>st</sup> visit: less than 16 wks, 2<sup>nd</sup> visit: 16-28 wks, 3<sup>rd</sup> visit: 28-34 wks, 4<sup>th</sup> visit: 34-36 wks.
- Q:4: The drug of choice in management of severe malaria in pregnancy is:-
- Sulfadoxine pyramethamine.
  - Amodiaquine.
  - Quinine.
  - Artemether lumefantrine.
- Q:5: The presumptive signs of second stage of labour include:-
- Uterine action, soft tissue displacement.
  - Rupture of the forewaters, expulsive uterine contractions.
  - Backache, progressive cervical dilation.
  - Show, erratic uterine contractions.
- Q:6: Following rupture of membranes during labour, drainage of golden yellow amniotic fluid could be due to:-
- Breech presentation.
  - Foetal distress.
  - Rhesus iso-immunization.
  - Previous distress which the fetus overcame.

- Q:7: When the sagittal suture is found in transverse diameter with both fontanelles palpable during vaginal examination, this is diagnostic of:-
- Face presentation.
  - Brow presentation.
  - Deep transverse arrest.
  - Vertex presentation.
- Q:8: The definite indications of elective caesarian section are:-
- Intrauterine growth retardation, antepartum haemorrhage, cephalopelvic disproportion
  - Placenta praevia type II posterior, cord presentation, diabetes mellitus.
  - Fulminating pregnancy induced hypertension, diabetes mellitus, breech presentation in a primigravida.
  - Placenta praevia Type III, cephalopelvic disproportion, multiple pregnancy with three or more fetuses.
- Q:9: Presence of a hole in the membranes on examination of a placenta is indicative of:-
- Velamentous insertion.
  - Succenturiate placenta.
  - Bipartite placenta.
  - Battledore placenta.
- Q:10: The muscle layer of the uterus that contracts and retracts during labour to force the fetus in to the receptive lower uterine segment is:-
- Circular layer
  - Middle oblique layer.
  - Outer longitudinal layer.
  - Endometrial layer.
- Q:11: The characteristics of a post term infant include:-
- Loose, dry, desquamating skin, small fontanelles, narrow sutures.
  - Worried look, firm skull bones, wrinkled skin.
  - Soft flat pinna, overgrown nails, dry loose skin.
  - Wide fontanelles, soft skull bones, narrow suture.
- Q:12: The classical signs of respiratory distress syndrome in a neonate are:-
- Metabolic acidosis, tachycardia, hypoxaemia.
  - Cyanosis, respiratory acidosis, atelectasis.
  - Nasal flaring, chest indrawing, bradypnoea.
  - Tachypnoea, expiratory grunting, intercostal and substernal recession.

Q:13: The amount of feed to be given to an infant born at 34 weeks gestation and weighing 1800 grams on day one will be:-

- a) 108 mls.
- b) 144 mls.
- c) 164 mls.
- d) 180 mls.

Q:14: Match the conditions in column A with their correct description in column B and indicate the correct answer on the answer sheet provided.

**COLUMN A:**

- a) Cephalohaematoma.
- b) Caput succedaneum.

**COLUMN B:**

1. Swelling is formed by blood lying between the pericranium and the skull.
2. Predominantly a problem of the preterm infants.
3. Results from damage to the great cerebral vein of galen.
4. Formed by oedema of structures superficial to the pericranium.

Q:15: The registration of the birth of an infant is primarily the responsibility of:-

- a) Mother or father of the child.
- b) Health worker (midwife/doctor)
- c) Sub chief.
- d) Any person present at birth.

Q:16: Puerperal sepsis should always be suspected when a mother has:-

- a) Foul smelling discharge, abdominal tenderness, adnexal tenderness.
- b) Septic wound, odourless discharge, urinary tract infection
- c) Breast infection, urinary tract infection, abdominal tenderness
- d) Maternal tachycardia, purulent discharge from genital tract, septic wound

Q:17: Characteristics of postnatal depression include:-

- a) Mother is not able to sleep and feels tired and exhausted throughout despite adequate periods of rest.
- b) Mother feels well in the morning, and becomes worse as the day goes on.
- c) Mother is not able to sleep but is active the rest of the day.
- d) Mother feels worse in the morning, and improves as the day goes on.

Q:18: Family planning options used during the immediate post partum period include:-

- a) Combined oral contraceptives, bilateral tubal ligation, intrauterine device.
- b) Progesterone only contraceptive, lactational amenorrhoea method, intra-uterine device.
- c) Combined oral contraceptives, progesterone only contraceptive, voluntary surgical contraception.
- d) Voluntary surgical contraception, lactational amenorrhoea method, intra-uterine device.

Q:19: The direct causes of maternal mortality include:-

- a) Malaria, HIV/AIDS, ruptured uterus.
- b) Haemorrhage, sepsis, complications of induced abortion.
- c) Tuberculosis, anemia, malaria.
- d) Pre-eclampsia, haemorrhage, anaemia.

Q:20: Indicate whether the following statements are True or False on the answer sheet provided.

- a) Birth polio can be given to a baby born at home on visiting child welfare clinic three (3) weeks after delivery.
- b) Streptomycin can cause deafness to unborn baby.



**PART II: SHORT ANSWER QUESTIONS:**

**MARKS**

- |   |   |
|---|---|
| Q:1: Draw a well labeled diagram of a fetal skull from an aerial view showing landmarks of obstetric importance.  | 6 |
| Q:2: State five (5) physiological changes that take place in the renal system during pregnancy.                   | 5 |
| Q:3: Outline five (5) roles of a father/partner during pregnancy.   | 5 |
| Q:4: State five (5) non-pharmacological methods of pain control during labour.                                    | 5 |
| Q:5: Explain four (4) factors that determine outcome of 2 <sup>nd</sup> stage of labour.                          | 4 |
| Q:6: Outline four (4) causes of seizure in a newborn baby.  | 4 |
| Q:7: List six (6) measures taken to prevent omphalitis.   | 3 |
| Q:8: Explain five (5) interventions a midwife would use to prevent post partum infections.                        | 5 |
| Q:9: State three (3) health messages you would share with a non lactating mother during contraception counseling. | 3 |

**PART III: ESSAY/LONG ANSWER QUESTIONS:**

**MARKS**

Q:1: Baby Yao is born at term to a primigravida aged 18 years.

- |    |  |    |
|----|--|----|
| a) | List six (6) characteristics of a normal term infant.    | 3  |
| b) | State five (5) potential nursing diagnosis for baby Yao. | 5  |
| c) | Describe the immediate care of baby Yao.                 | 12 |

Q:2: Mrs. Lale para 4+0 gravida 5 aged 40 years old begins to bleed profusely after second stage of labour.

- |    |  |    |
|----|--|----|
| a) | Define primary post partum haemorrhage.                                    | 2  |
| b) | Describe the specific management of Mrs. Lale till bleeding is controlled. | 13 |
| c) | Explain five ways of preventing post partum haemorrhage.                   | 5  |

**PART I: MCQS (20 MARKS)**

1. Immediately after fertilization, the trophoblast develops into;
  - a. Embryo and placenta
  - b. Chorion and placenta
  - c. Umbilical cord and amnion
  - d. Amnion and placenta
  
2. In Erb's palsy;
  - a. There is damage to the lower brachial plexus involving the 7<sup>th</sup> and 8<sup>th</sup> cervical root nerves
  - b. There is damage to the upper brachial plexus involving the 5<sup>th</sup> & 6<sup>th</sup> cervical root nerves
  - c. There is damage to all the brachial plexus nerve roots
  - d. There is damage to the facial nerve
  
3. Late neonatal deaths are deaths occurring;
  - a. After 24 hours of birth
  - b. Up to one year after birth
  - c. 14-28 days after birth
  - d. 7-28 days after birth
  
4. Features of dichorionic twins include;
  - a. Two amnions, one placenta, dizygotic
  - b. Two amnions, two placentae, dizygotic
  - c. One amnion, one placenta, dizygotic
  - d. One amnion, two chorions, one placenta
  
5. While conducting normal delivery following the extension of the head, the midwife should:
  - a. Assist in the lateral flexion of the head
  - b. Await the restitution of the head
  - c. Await external rotation of the head
  - d. Assist in the external rotation of the head

6. Diabetogenic hormones in pregnancy include
  - a. Oxytocinon, human placental lactogen
  - b. Progesterone, prolactin
  - c. Human placental lactogen, cortisol
  - d. Cortisol, oestrogen
  
7. In breech delivery, Lovset manouvre is applied in;
  - a. Extended legs
  - b. Extended arms
  - c. Stuck head
  - d. Extended head
  
8. A woman presents at the ANC clinic at 16 weeks gestation with a history of one living child and 2 abortions. The midwife will interpret this as;
  - a. Para 3+1 gravida 4
  - b. Para 1+3 gravida 4
  - c. Para 2+2 gravida 4
  - d. Para 1+ 2 gravida 4
  
9. The purpose of administering anti D immunoglobulin to rhesus negative mother post delivery is;
  - a. Destroys any maternal antibodies developed against the D antigen
  - b. Stimulates the production of anti rhesus factor antibodies
  - c. Destroys any fetal cells in the maternal circulation
  - d. Reverses any sensitization that may have occurred in earlier pregnancy
  
10. Lactational amenorrhoea method (LAM) is recommended for a woman who;
  - a. Breastfeeds on demand, wants protection for one year only, usually resumes menstruation after six months
  - b. Breastfeeds exclusively, has not resumed menstruation, has a baby more than six months old
  - c. Breastfeeds exclusively, has history of delayed menstrual resumption, has a baby less than one year
  - d. Breastfeeds exclusively, has not resumed menstruation, has a baby less than six months old

11. The role of the midwife in relieving after pains during puerperium includes;
  - a. Administering uterotonic drug, promote ambulation
  - b. Encourage bed rest, advice the mother to withhold breastfeeding
  - c. Administer appropriate analgesics, restrict ambulation
  - d. Encourage breastfeeding, administer appropriate analgesics
12. Leucorrhoea which is observed in pregnancy is a result of;
  - a. Marked desquamation of superficial epithelial cells
  - b. Increased vaginal vascularity
  - c. Interaction of epithelial cells with Doderleins bacillus
  - d. Increased vaginal elasticity
13. The indications for vacuum extraction include;
  - a. Preterm labour, obstructed labour
  - b. Severe hypertension, maternal exhaustion
  - c. Mild fetal distress, delayed second stage of labour
  - d. Obstructed labour, breech presentation
14. Effacement during labour refers to;
  - a. Complete relaxation of the lower uterine segment
  - b. Inclusion of the cervical canal into the lower uterine segment
  - c. Process of enlargement of the os uteri to permit passage of the baby
  - d. Process of merging the upper and lower uterine segments
15. The impending signs of the rupture of the uterus include:
  - a. Rise in pulse rate, hypertonic uterine contractions, excruciating pain
  - b. Band's ring, vaginal bleeding, cessation of uterine contractions
  - c. Cessation of uterine contractions, tenderness in the lower uterine segment, rise in pulse rate
  - d. Hypertonic uterine contractions, bandl's ring, vaginal bleeding
16. Complications associated with hyperthermia in newborn include;
  - a. Hyponatraemia, plethora, dehydration
  - b. Dehydration, hypoglycaemia, hyponatraemia
  - c. Hypernatraemia , jaundice, recurrent apnoea
  - d. Jaundice, bradycardia, oedema

17. A baby who passes meconium in urine should be suspected for;
- Necrotising enterocolitis
  - Hirschprung's disease
  - Imperforate anus
  - Rectal fistulae
18. Diagnosis of gestational diabetes will be made after a glucose tolerance test results on 2 separate occasions indicate;
- Fasting blood sugar >5.9 mmol/L and random blood sugar >14.9mmol/L
  - Fasting blood sugar >3.9 mmol/L and random blood sugar >6.9 mmol/L
  - Fasting blood sugar >7.8mmol/L and random blood sugar >11.1 mmol/L
  - Fasting blood sugar and random blood sugar >10.9 mmol/L
19. When a newborn is placed on a cold surface heat loss occurs by:
- Convection
  - Conduction
  - Evaporation
  - Radiation
20. Indicate whether the following statements are True or False
- During management of pre-eclampsia, complete bed rest produces a diuretic effect
  - After delivery of the second twin, the midwife should observe for signs of placenta separation before giving uterotonic drug

## **PART II: SHORT ANSWER QUESTIONS (40 MARKS)**

1. Draw and label a diagram illustrating the measurements of the non-pregnant uterus (5 marks)
2. State five (5) nursing diagnoses for a client with obstructed labour (5 marks)
3. Outline five (5) specific messages to a pregnant woman with a complaint of constipation (5 marks)
4. List four (4) possible complications of epidural analgesia (2 marks)
5. State three (3) ways of preventing sexually transmitted infections in pregnancy (3 marks)
6. Outline three (3) precautions you will take into account when administering magnesium sulphate to an eclamptic woman (3 marks)
7. State five (5) benefits of kangaroo mother care (5 marks)
8. State five (5) reasons for integrating tuberculosis with focused antenatal care (5 marks)
9. State five (5) adverse effects of phototherapy (5 marks)
10. Define the following the following terms (2 marks)
  - a. Exclusive breast feeding
  - b. Baby friendly hospitals

## **PART III: LONG ANSWER QUESTIONS (40 MARKS)**

1. Ms. Dex 20 years old para 0+0 is admitted to labour ward in active phase of labour.
  - a. Outline the stages of labour (4 marks)
  - b. Describe how the partograph is used to monitor labour (12 marks)
  - c. Explain four (4) maternal factors that may affect the progress of labour (4 marks)
2. Neonatal jaundice is a common condition in newborns.
  - a. State six (6) causes of pathological jaundice (6 marks)
  - b. Describe the management of a newborn with pathological jaundice till the condition stabilizes (10 marks)
  - c. State four (4) signs of kernicterus in a newborn (4 marks)

## PART I: MCQS (20 marks)

1. The strongest part of the female pelvis is the;
  - a. Ilium
  - b. Ischium
  - c. Pubis
  - d. Symphysis pubis
2. Anterior relations of the uterus include;
  - a. Pouch of Douglas, bladder
  - b. Broad ligaments, pouch of Douglas
  - c. Intestines, broad ligaments
  - d. Bladder, uterovesical pouch
3. Indicate whether the following statements are True (T) or False (F) on the answer sheet.
  - a. Oestrogen inhibits milk production during pregnancy
  - b. Lutenising hormone facilitates growth of the graafian follicle
4. The suture that separates the frontal bones from the parietal bones is the;
  - a. Coronal
  - b. Frontal
  - c. Sagittal
  - d. Lambdoidal
5. High levels of glycosylated haemoglobin during pregnancy is associated with ;
  - a. Hyperemesis gravidarum
  - b. Fetal malformations
  - c. Physiological anemia
  - d. Multiple pregnancy
6. The benefit of delayed cord clamping is that;
  - a. Gives the provider time to perform APGAR score
  - b. Prevents possible postpartum hemorrhage
  - c. Increases iron stores in the newborn
  - d. Prevents erythroblastosis fetalis
7. The scheduling for targeted postnatal visits is;
  - a. Within 24 hours, 6 weeks, 6 months, 1 year
  - b. Within 48 hours, 1-2 weeks, 4-6 weeks, 4-6 months
  - c. Within 48 hours, 4-6 weeks, 4-6 months, 6-12 months
  - d. Within 24 hours, 6 weeks, 10 weeks, 14 weeks
8. During a vaginal exam, the midwife felt the fetal sutures were apposed. This is recorded on the partograph as;



- a. ++
  - b. 0
  - c. +++
  - d. +
9. On abdominal examination during labour, the sinciput is felt and occiput just felt. The descent is;
- a. 4/5
  - b. 3/5
  - c. 2/5
  - d. 1/5
10. Abnormal features in the immediate puerperium include;
- a. Tachycardia, hypotension, atony
  - b. After pains, diuresis, shivering
  - c. Tachycardia, anorexia, no colostrum
  - d. Hypotension, diuresis, marked thirsty
11. Recommended timings for the administration of anti D in pregnancy is;
- a. 28 weeks,38 weeks
  - b. 28 weeks,34 weeks
  - c. 28 weeks,40 weeks
  - d. 24 weeks,37 weeks
12. Prophylactic intervention for the newborn include;
- a. Breastfeeding, resuscitation, stimulation
  - b. Administration of Vitamin K, tetracycline eye ointment and chlorhexidine 4%
  - c. Breastfeeding, administration of vitamin K, phototherapy
  - d. Skin to skin, phototherapy, administration of tetracycline eye ointment
13. Signs of good attachment include;
- a. Mouth widely open, upper lip turned outward, more areola visible above baby' mouth
  - b. Lower lip turned outward, chin touching the breast, more areola visible below baby's mouth
  - c. Upper lip turned outward, nose touching the breast ,mouth widely open
  - d. More areola visible above baby's mouth, lower lip turned outward ,chin touching the breast
14. Predisposing factors to necrotizing enterocolitis (NEC) in neonates include;
- a. Dehydration, breastfeeding, hypothermia
  - b. Prematurity, asphyxia, formula feeds
  - c. Prematurity, oxygen therapy, feeding
  - d. Transfusion, prematurity, formula feeds

15. Match the statements in column A with the corresponding description in column B.

Column A

- a) Brow presentation
- b) Complete breech

Column B

- I. The fetal head is partially extended and the frontal bone lies at the pelvic brim
  - II. The hips of the fetus are flexed and the legs are extended on the abdomen
  - III. The fetal head is completely extended and the frontal bone lies at the pelvic brim
  - IV. The hips and knees of the fetus are both flexed and feet tucked in beside the buttocks
16. Side effects that a midwife should look for while caring for a baby under convectional phototherapy include;
- a. Skin burns, isolation ,thrombocytopenia
  - b. Skin rash, necrotizing enterocolitis, isolation
  - c. Hypoglycaemia, irritability, hypocalcemia
  - d. Hypothermia, lethargy, altered neuro-behaviour
17. Causes of secondary postpartum haemorrhage include;
- a. R etained products of conception, infection
  - b. Retained blood clots, anaemia
  - c. Trauma, prolonged labour
  - d. Uterine fibroids, endometritis
18. Erb's palsy is characterized by damage to the;
- a. lower brachial plexus involving the 7<sup>th</sup> and 8<sup>th</sup> cervical root nerves
  - b. upper brachial plexus involving the 5<sup>th</sup> & 6<sup>th</sup> cervical root n
  - c. all the brachial plexus nerve roots
  - d. facial nerves
19. Neonatal period is defined as the period from birth upto;
- a. 14 days
  - b. 12 months
  - c. 28 days
  - d. 7 days

20. Obstetric events that may precipitate disseminated intravascular coagulopathy (DIC) include;
- Placenta abruption, multiple pregnancy, intra-uterine foetal death
  - Amniotic fluid embolism, placenta abruption, eclampsia
  - Eclampsia, foetal post-maturity, placenta abruption
  - Incomplete abortion, anaemia, maternal diabetes mellitus

### **PART II: SHORT ANSWER QUESTIONS (40 MARKS)**

- Draw and label a diagram of the pelvic inlet showing its diameters (5 marks)
- State five (5) preventive strategies for PPH during 3<sup>rd</sup> stage of labour (5 marks)
- State five (5) causes of physiological jaundice (5 marks)
- Outline five (5) physiological changes that occur to the uterus during pregnancy (5 marks)
- State five (5) indicators of prolonged labour that may be seen on the partograph (5 marks)
- List six (6) danger signs associated with pre-eclampsia (3 marks)
- State (5) benefits of Kangaroo mother care to the baby (5 marks)
- Outline five (5) features of puerperal psychosis (5 marks)
- State one side effect for each of the following drugs during pregnancy (2 marks)
  - Walfarin sodium (Coumadin)
  - Chloramphenicol

### **PART III: LONG ANSWER QUESTIONS (40 MARKS)**

- Ms. Pat comes to labour ward at 43 weeks and a diagnosis of post maturity made.
  - Differentiate between induction of labour and augmentation of labour (2 marks)
  - Describe the management of Ms Pat from commencement of syntocinon until the end of labour (15 marks)
  - State three (3) possible complications of syntocinon (3 marks)
- Essential newborn care (ENC) is one of the pillars of the Kenya maternal and newborn health model.
  - State five (5) physiological changes that occur to the cardiovascular system after birth (5 marks)
  - Describe the management of a healthy low birth weight baby during the first 24 hours after birth (10 marks)
  - Outline five (5) elements of the warm chain for newborns (5 marks)

## **PART I: MCQS (20 MARKS)**

1. During pregnancy, relaxin hormone;
  - a. Stimulates production of cervical mucus, enhances breast enlargement and reduces oxytocin release
  - b. Relaxes ligaments, inhibits release of follicle stimulating hormone and prevents secretion of prolactin
  - c. Relaxes the pelvic girdle, softens the cervix and suppresses uterine contractions
  - d. Reduces production of oxytocin, softens the cervix and inhibits the production of lutenising hormone
  
2. The causes of secondary post partum haemorrhage include:
  - a. Retained products of conception, infection
  - b. Retained blood clots, anaemia
  - c. Trauma, prolonged labour
  - d. Uterine fibroids, endometritis
  
3. In face presentation;
  - a. Sub-occipitobregmatic diameter and biparietal diameter present, occipito frontal diameter distends the vaginal orifice
  - b. Mento vertical diameter and bi-temporal diameter present, vaginal delivery is not possible
  - c. Sub-mentobregmatic diameter and bi-temporal diameter present, sub-mentovertical diameter distends the vaginal orifice
  - d. Sub-mentobregmatic and occipito frontal diameter presents, sub-occipitofrontal diameter distends the vaginal orifice
  
4. The aim of performing abdominal examination during pregnancy is to;
  - a. Assess mothers health status
  - b. Exclude pseudo-pregnancy
  - c. Assess fetal size and growth
  - d. Prepare for delivery
  
5. A pregnant woman with cardiac disease stage III will present with;
  - a. No symptoms during ordinary physical activity
  - b. Symptoms during mild physical activity
  - c. Symptoms at rest
  - d. Symptoms during ordinary physical activity

6. The layer of the uterine wall shed during menstruation is the;
- Perimetrium
  - Functional endometrium
  - Myometrium
  - Basal endometrium
7. Features of the amnion membrane include;
- Thick, opaque, friable
  - Thick, tough, translucent
  - Smooth, tough, translucent
  - Opaque, smooth, friable
8. Indicate whether the following statements are TRUE or FALSE.
- Augmentation of labour means artificial initiation of labour
  - In reversed polarity, fundal dominance is lost and the contractions last longer in the lower uterine segment
9. In type III placenta praevia;
- Vaginal birth is inappropriate
  - The placenta is near the internal os
  - The fetus is usually in good condition
  - Bleeding is usually moderate
10. One of the following is **not true** about use of basal body temperature method
- Temperature slightly rise by  $0.2^{\circ}\text{C}$ - $0.5^{\circ}\text{C}$  during the day of ovulation
  - The woman should take a body temperature at the same time daily before she gets of the bed
  - The woman should take her body temperature before she eats anything
  - There is a rise in temperature of between  $0.2^{\circ}\text{C}$  - $0.5^{\circ}\text{C}$  just after ovulation
11. Factors that facilitate the occurrence of lightening include;
- Parity of the mother, presentation
  - Good uterine tone, formation of lower uterine segment
  - Braxton hicks contractions, softening of pelvic floor tissues
  - Prostaglandin release, parity of the mother

12. The effect of oestrogen on the uterus during pregnancy is ;
- Contraction of the uterine smooth muscles
  - Increase in the uterine blood supply
  - Growth of the uterine smooth muscles
  - Relaxation of the uterine muscles
13. The maternal factors that influence mother to child transmission (MTCT) of HIV infection during labour and delivery include;
- High viral load, maternal malnutrition, substance abuse
  - High maternal viral load, premature delivery, invasive delivery procedure
  - Preterm delivery, unprotected sex with multiple partners, low maternal CD<sub>4</sub> count
  - HIV infection in pregnancy, low birth weight, breastfeeding
14. The foetal causes of intra-uterine growth retardation include;
- HIV/AIDs, recurrent malaria infection, genetic disorders
  - Multiple gestation, genetic disorders, foetal infections
  - Maternal diabetes, foetal distress, placenta praevia
  - Syphilis, radiation, congenital abnormalities
15. The hormone that plays a central role in the maintenance of labour is;
- Oestrogen
  - Progesterone
  - Oxytocin
  - Prostaglandin
16. Which statement is **false** concerning good breast attachment when breastfeeding.
- The tongue is forward in the mouth, and may be seen over the bottom gum
  - The lower lip is turned outwards
  - The chin is not touching the breast
  - More areola is visible above the baby's mouth than below it
17. The presence of surfactant in the newborn lungs helps to;
- Provide stimulation to the respiratory centre
  - Reduce surface tension and allow expansion of the lungs
  - Prevent transient tachypnoea of the newborn
  - Increase the surface tension and allow expansion of the lungs

18. The light for date baby is defined as:

- a. A baby born before 37 weeks of gestation
- b. Bulk weight is 2,500 g or less regardless of gestational age
- c. A baby whose birth weight is below tenth centile for gestation
- d. A baby whose birth weight is below 3000 grammes

19. The maternal causes of fetal distress include;

- a. Hypotension, abruption placenta
- b. Abruption placenta, syphilis
- c. Hypertension, cord prolapsed
- d. Hypotension, pre-eclampsia

20. On doing a vaginal examination, the examining finger identified a triangular shaped soft depression on the foetal skull. This was mostly likely to be;

- a. Posterior fontanelle
- b. Anterior fontanelle
- c. Coronal suture
- d. Sagittal suture

## **PART II: SHORT ANSWER QUESTIONS (40 MARKS)**

1. Draw and label a diagram illustrating the fetal skull showing landmarks and regions of obstetric importance. (6 marks)
2. Describe five (5) reflex activities that are assessed on a newborn at birth (5 marks)
3. State five (5) complications associated with large for gestational age babies (5 marks)
4. List four (4) causes of neonatal asphyxia (2 marks)
5. State three (3) signs of true labor (3 marks)
6. Describe four (4) ways of diagnosing twin pregnancy antenatally (4 marks)
7. Explain two (2) indications for exchange blood transfusion (2 marks)
8. State five (5) changes that occur to the cardiovascular system during pregnancy (5 marks)
9. State five (5) specific interventions for a woman with obstructed labour (5 marks)
10. List six (6) direct causes of maternal mortality (3 marks)

## **PART III: PART III: LONG ANSWER QUESTIONS (40 MARKS)**

1. Ms. Q Para 1+1 is admitted in labour and a diagnosis of gestational diabetes is made.
  - a) Define gestational diabetes (1 mark)
  - b) Describe the management Ms. Q during labour and delivery (14 marks)
  - c) State five (5) effects of diabetes on the baby (5 marks)
2. Focused antenatal care (FANC) is one of the pillars of the Kenya maternal and newborn health (MNH) model.
  - a) Outline any other four (4) pillars of the MNH model (4 marks)
  - b) Describe the management of a mother during the first antenatal visit at 16 weeks gestation (10 marks)
  - c) Explain any six (6) danger signs during pregnancy (6 marks)



**PART A: MCQS (20 MARKS)**

1. The layer of the blastocyst that erodes the walls of the blood vessels of the deciduas is the:

- a) Mesoderm
- b) Cytotrophoblast
- c) Mesoderm
- d) Ectoderm

2. The indirect causes of maternal mortality include:

- a) Haemorrhage , anaemia
- b) Tuberculosis ,malaria
- c) Sepsis, haemorrhage
- d) Disseminated intravascular coagulation(DIC), haemorrhage

3. The temporary structure in foetal circulation that connects the umbilical vein to the inferior venacava is the:

- a) Ductus arteriosus
- b) Ductus venosus
- c) Foramen ovale
- d) Hypogastric arteries

4. Breast engorgement during purperium occurs:

- a) 3<sup>rd</sup>-4<sup>th</sup> day
- b) 5<sup>th</sup>- 6<sup>th</sup> day
- c) 10<sup>th</sup>-14<sup>th</sup> day
- d) 1<sup>st</sup> -2<sup>nd</sup> day

5. Probable signs of pregnancy include;

- a) Amenorrhoea, pregnancy test positive, frequency of micturition
- b) Ballottement of the fetus, Braxton hicks contractions, positive pregnancy sign
- c) Amenorrhoea, breast changes, quickening
- d) Foetal heart tones, visualization of the foetus, foetal parts palpated

6. Polarity in the first stage of labour means:

- a) Neuro muscular harmony that prevails between the two uterine segments
- b) Formation of the upper and lower uterine segments
- c) Painless uterine contractions felt by the woman
- d) Contractions that starts from the cornua and spread towards the lower uterine segment

7. Perinatal mortality rate is defined as:
- Number of infants dying under one week per 1000 live births per year
  - Number of still births and neonatal deaths during the first weeks of life per 1000 live and still births per year
  - Number of infants dying under one year per 1,000 live births per year
  - Number of still births and neonatal deaths during the first year of life per 1000 live and still births per year
8. The prevention of mastitis during the puerperium includes:
- Proper attachment of the baby to the nipple
  - Application of hot compresses on the breast
  - Washing breasts with warm water after breast feeding
  - Wearing a firm and supportive brassiere
9. The presenting diameter in occipitoposterior position is the:
- Suboccipitofrontal diameter
  - Occipitofrontal diameter
  - Biparietal diameter
  - Bitemporal diameter
10. Pelvic abdominal palpation on a pregnant woman is done to:
- Locate foetal pole to determine presentation
  - Locate foetal back to determine position
  - Ascertain the level of engagement
  - Rule out splenomegaly in case of jaundice
11. Hegars sign is a probable sign of pregnancy characterised by
- Softening of the cervix
  - Periodic uterine tightening
  - Colour change of the vagina from pink to violet
  - Softening of the lower uterine segment
12. The term presentation means that:
- The presenting part has sunk into the lower uterine segment
  - The largest diameter of the foetal skull has passed through the pelvic brim
  - Part of the fetus which lies in the lower pole of the uterus
  - The part of the fetus which lies over the cervical os during labour and on which the caput succedaneum forms
13. The phases of the ovarian cycle are;
- menstrual, follicular and luteal
  - Menstrual, proliferative and secretory
  - Follicular, luteal and proliferative
  - Secretory, luteal and follicular

14. The impending signs of the rupture of the uterus include:
- a) Rise in pulse rate, hypertonic uterine contractions, excruciating pain
  - b) Band's ring, vaginal bleeding, cessation of uterine contractions
  - c) Cessation of uterine contractions, tenderness in the lower uterine segment, rise in pulse rate
  - d) Hypertonic uterine contractions, bandl's ring, vaginal bleeding
15. The reflex responses that protect the infant from airway obstruction are the:
- a) Gag, cough, sneeze
  - b) Rooting, asymmetrical tonic neck, gag
  - c) Swallowing, sucking, asymmetrical tonic neck
  - d) Sucking, rooting, cough
16. Second degree tear involves;
- a) The fourchette and the anal sphincter
  - b) Bulbo cavernosus and pubococcygeous muscles only
  - c) Damage to the anal sphincter and rectal mucosa
  - d) Fourchette and superficial perineal muscles
17. The management of physiological jaundice in a newborn includes;
- a) Early feeding, phototherapy, observing for the degree of jaundice
  - b) Intravenous fluids, observing for the degree of jaundice, early feeding
  - c) Increasing the frequency of feeding, observing for the degree of jaundice, checking the serum bilirubin level
  - d) Phototherapy, nasogastric tube feeding, observing the degree of jaundice
18. The predisposing factors to shoulder presentation include;
- a) Extended legs, uterine abnormality, prematurity
  - b) Macerated fetus, uterine abnormality, contracted pelvis
  - c) Polyhydramnious, hydrocephalus, prematurity
  - d) Multiple pregnancy, contracted pelvis, placenta praevia

19. Match the terms in column A with correct description in column B.

COLUMN A

- a) Schultze mechanism
- b) Vasa praevia

COLUMN B

- i. Turgid veins burst, a small amount of blood seeps between the thin septa of the spongy layer and the placental surface
- ii. Placental separation begins centrally, a retro placental clot is formed, which becomes enclosed in a membranous bag as placenta descends, fetal surface first
- iii. Fetal blood vessels lie over the os in front of the presenting part
- iv. Placenta begins to detach asymmetrically at one of its lateral borders, blood escapes and separation is aided by the formation of retro-placental clot

20. Indicate whether the following statements are **TRUE** or **FALSE**.

- a) Streptomycin causes deafness to the unborn baby
- b) Pregnant women infected with HIV Virus should receive three doses of SP drugs during pregnancy

**PART II: SHORT ANSWER QUESTIONS (40 MARKS)**

1. Draw and label a diagram of female pelvic inlet showing its landmarks (5 marks)
2. State five (5) possible gastrointestinal malformations in a newborn (5 marks)
3. Describe four (4) non-pharmacological methods of pain control during labour (4 marks)
4. State three (3) symptoms of post-partum blues (3 marks)
5. Outline six (6) interventions for a woman with diabetes mellitus during the intra-partum period (6 marks)
6. State four (4) signs of early breast cancer (4 marks)
7. Explain four (4) modes of heat loss in a newborn (4 marks)
8. Outline four (4) effects of pregnancy on the digestive tract (4 marks)
9. State five (5) indications for emergency contraceptive pills (5 marks)

**PART III: LONG ANSWER QUESTIONS (40 MARKS)**

1. Mrs. Pedi 20 years old para 0+0 is admitted to the labour ward in active phase of labour.
  - a) Outline the stages of labour (4 marks)
  - b) Describe the management of Mrs. Pedi till the baby is born (10 marks)
  - c) State four (4) advantages of oxytocin as a uterotonic drug (4 marks)
  - d) List four (4) maternal factors that may affect the progress of labour (2 marks)
2. Baby X is born at term with a weight of 3.8 Kgs and an APGAR score of 10 in 5 minutes.
  - a) State four (4) features in the respiratory system of a normal newborn (5 marks)
  - b) Explain the management of baby X for the first 24 hours (10 marks)
  - c) State five (5) signs that a newborn baby is receiving adequate amount of breast milk (5 marks)

**PART I: MCQS (20 MARKS)**

1. Features of the android pelvis include;
  - a. Heart shaped brim, straight side walls, narrow fore pelvis
  - b. Rounded brim, blunt ischial spines, rounded sciatic notch
  - c. Divergent side walls, blunt ischial spines, wide sciatic notch
  - d. Narrow forepelvis, convergent side walls, narrow sciatic notch
2. The correct regimen for administering magnesium sulphate loading dose intramuscularly is;
  - a. 5 g given as a divided dose in each of the buttocks over a period of 10-15 minutes
  - b. 10 g as a divided dose in each of the buttock over a period not less than 5 minutes
  - c. 4g as divided dose in each buttock over a period of not less than 5 minutes
  - d. 5g over a period of between 10-15 minutes
3. The diameter of the foetal skull that measures 13.5 cm is the;
  - a. Suboccipitobregmatic
  - b. Occipitofrontal
  - c. Mentovertical
  - d. Submentovertical
4. The layer of the inner cell mass from which bones and muscle tissue is the;
  - a. Mesoderm
  - b. Ectoderm
  - c. Endoderm
  - d. Cytotrophoblast
5. The function of the seminiferous tubules is to;
  - a. Store sperm
  - b. Produce sperm
  - c. Secrete seminal fluid
  - d. Transport semen

6. The layer of the uterine wall shed during menstruation is the;
- Perimetrium
  - Functional endometrium
  - Myometrium
  - Basal endometrium
7. Features of the amnion membrane include;
- Thick, opaque, friable
  - Thick, tough, translucent
  - Smooth, tough, translucent
  - Opaque, smooth, friable
8. Pawliks manoeuvre is used to;-
- Palpate the lower pole of the uterus above the symphysis pubis
  - Locate the foetal back in order to determine position
  - Determine whether presentation is cephalic
  - Judge the size, flexion and mobility of the head
9. Monochorionic twinning is always characterized by the following;
- One placenta, one chorion
  - One placenta, one amnion
  - One chorion, one amnion
  - Two amnions, two chorions
10. Events of foetal development that happen during 8-12 weeks weeks gestation include;
- Fetal heart heard on auscultation, vernix caseosa appears
  - Lanugo appears, swallowing begins
  - Fetus responds to sound, eyelids close
  - Finger nails can be seen, gender determined

11. Leg cramps experienced by women during third trimester is usually due to;
- Increased serum ionized phosphates and decreased levels of sodium chloride
  - Lowered serum ionized iron and increased level of phosphates
  - Increased serum ionized calcium and decreased levels of phosphates
  - Lowered serum ionized calcium and increased level of phosphates
12. The effect of oestrogen on the uterus during pregnancy is ;
- Contraction of the uterine smooth muscles
  - Increase in the uterine blood supply
  - Growth of the uterine smooth muscles
  - Relaxation of the uterine muscles
13. The order of foetal movements during normal labour after descent is;
- Extension of the head, internal rotation of the head, extension of the head, lateral flexion, resititution
  - Lateral flexion, extension of the head, internal rotation of the head, lateral flexion, restitution
  - Flexion, internal rotation of the head, extension of the head, restitution, lateral flexion
  - Flexion, extension of the head, internal rotation of the head, restitution, lateral flexion
14. Probable signs of pregnancy include;
- Amenorrhoea, pregnant test positive, frequency of micturition
  - Ballottment of the uterus, Braxton hicks contractions, positive pregnancy sign
  - Amenorrhoea, breast tenderness, Braxton hicks contractions
  - Foetal parts palpated, amenorrhoea, pregnancy test positive



15. The ratio of chest compressions to inflations during neonatal resuscitation is;
- 15: 2
  - 30:2
  - 3:1
  - 3:2
16. Which statement is **false** concerning good breast attachment when breastfeeding.
- The tongue is forward in the mouth, and *may* be seen over the bottom gum
  - The lower lip is turned outwards
  - The chin is not touching the breast
  - More areola is visible above the baby's mouth than below it
17. Indicate whether the following statements are TRUE or False
- Copper IUD is contraindicated in women with unexplained vaginal bleeding
  - Progestin only pills are more effective than combined pills in emergency contraception
18. The light for date baby is defined as:
- A baby born before 37 weeks of gestation
  - Bulk weight is 2,500 g or less regardless of gestational age
  - A baby whose birth weight is below tenth centile for gestation
  - A baby whose birth weight is below 3000grammes
19. During examination of the placenta, the normal findings on the fetal side include;-
- Blood vessels, amnion, battle dore cord insertion
  - Chorion, blood vessels, battle dore cord insertion
  - Amnion, blood vessels, central cord insertion
  - Central cord insertion, lobes, blood vessels
20. Indicate whether the following statements are TRUE or FALSE
- HIV exposed infants who are not breastfeeding should be given daily nevirapine for the first 6 months of life
  - All HIV exposed infants should be given cotrimoxazole propylaxis starting 24 hours after birth

## **PART II: SHORT ANSWER QUESTIONS (20 MARKS)**

1. Draw and label a diagram of the foetal skull showing regions and landmarks of clinical importance (5 marks)
2. Describe how progress of labour is monitored using the partograph (6 marks)
3. State six(6) risks associated with the use of intravenous oxytocin (6 marks)
4. Explain five (5) possible complications of precipitate labour (5 marks)
5. Outline four (4) features of sub-involution (4 marks)
6. State five (5) interventions for a client with nausea and vomiting in early pregnancy (5 marks)
7. Describe the stages of labour (4 marks)
8. Explain four(4) clinical types of abortion (4 marks)

## **PART III: LONG ANSWER QUESTIONS (40 MARKS)**

1. Ms. Kot 30 years old is admitted at 36 weeks gestation with severe malaria.
  - a. Explain four clinical features that Ms. Kot will have (4 marks)
  - b. Describe the specific management of Ms. Kot in the first 48 hours of admission (12 Marks)
  - c. Outline four(4) guidelines for the intermittent preventive treatment (IPT) of malaria in pregnancy in Kenya (4 marks)
2. Essential newborn care is one of the pillars of the Kenya maternal and newborn health model.
  - a. State five (5) physiological changes that occur in a newborn following birth (5 marks).
  - b. Describe the care of a healthy newborn in the first 24 hours following birth (10 marks).
  - c. State five (5) danger signs in a newborn (5 marks).

**PART I: MCQS (20 marks)**

1. The recommended prophylactic dosage of Vitamin K for newborns is;
  - a) 0.5 mg for term baby and 0.25 mg for preterm baby
  - b) 1 mg for term baby and 0.01 mg for preterm baby
  - c) 1 mg for term and 0.5 mg for preterm baby
  - d) 0.5 mg for term baby and 1 mg for preterm baby
  
2. Leucorrhoea which is observed in pregnancy is a result of;
  - a) Marked desquamation of superficial epithelial cells
  - b) Increased vaginal vascularity
  - c) Interaction of epithelial cells with Doderleins bacillus
  - d) Increased vaginal elasticity
  
3. The indications for vacuum extraction include;
  - a) Preterm labour, obstructed labour
  - b) Severe hypertension,maternal exhaustion
  - c) Mild fetal distress,delayed second stage of labour
  - d) Obstructed labour, breech presentation
  
4. A mother comes to the antenatal clinic at 36 weeks gestation with a history of a fresh stillbirth and an abortion. This will be interpreted as;
  - a) Para 0+ 2 gravida 3
  - b) Para 3+ 0 Gravida 2
  - c) Para 1+ 1 Gravida 3
  - d) Para 1+ 2 Gravida 3
  
5. Predisposing factors to polyhydramnious include;
  - a) Multiparity,open neural tube defect,oesophageal atresia
  - b) Maternal diabetes, oesophageal atresia, multiple pregnancy
  - c) Eclampsia,anencephaly,chorioangioma
  - d) Anencephaly,placenta abruption,oesophageal atresia
  
6. Factors that favour vaginal breech delivery include;
  - a) Complete breech, primiparity
  - b) Multiparity,frank breech
  - c) Adequate pelvis, frank breech
  - d) Episiotomy, oxytocinon use

7. Maternal causes of unstable lie include;
- Lax uterine muscles, contracted pelvis
  - Polyhydramnious, placenta praevia
  - Lax uterine muscles, polyhydramnious
  - Placenta praevia contracted pelvis
8. Indirect coombs test is done to;
- Check the presence of antigen D antibodies on fetal RBCs
  - Check the presence of antigen D antibodies in maternal blood
  - Establish the rhesus status of the fetus in utero
  - Assess the presence of rhesus antigen in fetal blood
9. Effacement during labour refers to;
- Complete relaxation of the lower uterine segment
  - Inclusion of the cervical canal into the lower uterine segment
  - Process of enlargement of the os uteri to permit passage of the baby
  - Process of merging the upper and lower uterine segments
10. The steps in the active management of 3<sup>rd</sup> stage of labour in order of sequence are:
- Ruling out presence of another baby, massaging the uterus and expelling clots, administration of oxytocin
  - Massaging the uterus and expel clots, administration of oxytocin, delivery of the placenta by controlled cord traction
  - Ruling out presence of another baby, delivery of the placenta by controlled cord traction, massaging the uterus to expel clots
  - Administration of oxytocin, delivery of the placenta by controlled cord traction, massaging the uterus and expelling clots.
11. Cardiovascular changes noted in pregnancy include an increase in the following
- Plasma volume, haemoglobin, red cell mass
  - Total blood volume, red cell mass, hematocrit
  - Plasma volume, red cell mass, total blood volume
  - Hematocrit, plasma volume, total blood volume
12. One of the following statements is **True** regarding insulin needs during pregnancy;
- Insulin requirements moderates as the pregnancy progresses
  - A reduced need for insulin occurs during the second trimester
  - Elevation of human chorionic gonadotrophin decreases the need for insulin
  - Foetal development depends on adequate insulin regulation

13. The correct regimen for administering magnesium sulphate loading dose intramuscularly is;
- a) 5 g given as a divided dose in each of the buttocks over a period of 10-15 minutes
  - b) 10 g as a divided dose in each of the buttock over a period not less than 5 minutes
  - c) 4g as divided dose in each buttock over a period of not less than 5 minutes
  - d) 5g over a period of between 10-15 minutes
14. In type III placenta praevia;
- a) Vaginal birth is inappropriate
  - b) The placenta is near the internal os
  - c) The fetus is usually in good condition
  - d) Bleeding is usually moderate
15. Caput succedaneum is:-
- a) A collection of blood under the periosteum.
  - b) A swelling under the scalp
  - c) Oedema of the Periosteum.
  - d) Congenital abnormality
16. Diagnosis of obstructed labour on vaginal examination is made by;
- a) Hypertonic uterine action, bandl's ring, oedematous cervix
  - b) Maternal distress, caput succedaneum ,poor cervical dilatation
  - c) Odema of the cervix, caput succedaneum, poor cervical dilatation
  - d) Shoulder presentation, foul smelling liquor amnii, fetal distress
17. Indicate whether the following statements are TRUE or FALSE by indicating the correct answer on the answer sheet provided;
- a) Heparin is teratogenic and crosses the placental barrier
  - b) Epidural analgesia depresses the respiratory centre of the fetus
18. The hormone prolactin;
- a) Is produced from the anterior lobe of the pituitary gland
  - b) Initiates the production of colostrum
  - c) Is produced by the posterior lobe of the pituitary gland
  - d) Initiates the production of milk by the first day of the puerperium

19. The indications of vaginal examination when admitting a mother in labour are;

- a) Assessing pelvic adequacy, assessing progress of labour, checking if membranes are intact
- b) Checking presentation, assessing stage of labour, assessing pelvic adequacy
- c) Assessing progress of labour, assessing descent, assessing pelvic adequacy
- d) Confirming second stage, checking if membranes are intact, assessing progress of labour

20. The role of a midwife during fourth stage of labor includes;

- a) Clearing the baby's airway, measuring blood loss, repairing any tears, transferring mother and baby to the postnatal ward
- b) Delivering the placenta, identifying the baby, taking vital signs, documenting the events of labour and delivery
- c) Taking vital signs, checking to ensure the uterus is well contracted, noting the amount of per vaginal bleeding, making the mother comfortable
- d) Promoting mother-baby bonding, suturing any episiotomy, ensuring that the bladder is empty, providing a warm cup of tea

## **PART II: SHORT ANSWER QUESTIONS (40 MARKS)**

1. Draw and label a diagram illustrating the longitudinal diameters of the fetal skull indicating their measurements (6 marks)
2. Describe five (5) reflex activities that are assessed on a newborn at birth (5 marks)
3. State five (5) complications associated with large for gestational age baby (5 marks)
4. List four (4) causes of neonatal seizures (2 marks)
5. State three (3) signs of true labor (3 marks)
6. Describe how physiological anemia occurs during pregnancy (4 marks)
7. Explain two (2) indications for exchange blood transfusion (2 marks)
8. State five (5) changes that occur to the breasts during pregnancy (5 marks)
9. Outline the classification of perineal tears (4 marks)
10.
  - a) Define maternal mortality (1 mark)
  - b) List six (6) direct causes of maternal mortality (3 marks)

## **PART III: LONG ANSWER QUESTIONS (40 MARKS)**

1. Neonatal jaundice is a common condition in newborns.
  - a) State five (5) causes of pathological jaundice (5 marks)
  - b) Describe the management of a newborn with pathological jaundice (10 marks)
  - c) List six (6) possible side effects of phototherapy on a newborn (3 marks)
  - d) State four signs of kernicterus in a newborn (2 marks)
2. Focused antenatal care is one of the pillars of the Kenya maternal and newborn health model.
  - a) State four (4) objectives of focused antenatal care (4 marks)
  - b) Describe the management of a mother during the first antenatal visit at 16 weeks gestation (10 marks)
  - c) Explain six (6) danger signs during pregnancy (6 marks)

**PART A: MCQS (20 MARKS)**

1. The layer of the blastocyst that erodes the walls of the blood vessels of the deciduas is the:

- a) Mesoderm
- b) Cytotrophoblast
- c) Mesoderm
- d) Ectoderm

2. The indirect causes of maternal mortality include:

- a) Haemorrhage , anaemia
- b) Tuberculosis ,malaria
- c) Sepsis, haemorrhage
- d) Disseminated intravascular coagulation(DIC), haemorrhage

3. The temporary structure in foetal circulation that connects the umbilical vein to the inferior venacava is the:

- a) Ductus arteriosus
- b) Ductus venosus
- c) Foramen ovale
- d) Hypogastric arteries

4. Breast engorgement during purperium occurs:

- a) 3<sup>rd</sup>-4<sup>th</sup> day
- b) 5<sup>th</sup>- 6<sup>th</sup> day
- c) 10<sup>th</sup>-14<sup>th</sup> day
- d) 1<sup>st</sup> -2<sup>nd</sup> day

5. Probable signs of pregnancy include;

- a) Amenorrhoea, pregnancy test positive, frequency of micturition
- b) Ballottement of the fetus, Braxton hicks contractions, positive pregnancy sign
- c) Amenorrhoea, breast changes, quickening
- d) Foetal heart tones, visualization of the foetus, foetal parts palpated

6. Polarity in the first stage of labour means:

- a) Neuro muscular harmony that prevails between the two uterine segments
- b) Formation of the upper and lower uterine segments
- c) Painless uterine contractions felt by the woman
- d) Contractions that starts from the cornua and spread towards the lower uterine segment



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- Number of infants dying under one week per 1000 live births per year
  - Number of still births and neonatal deaths during the first weeks of life per 1000 live and still births per year
  - Number of infants dying under one year per 1,000 live births per year
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8. The prevention of mastitis during the puerperium includes:
- Proper attachment of the baby to the nipple
  - Application of hot compresses on the breast
  - Washing breasts with warm water after breast feeding
  - Wearing a firm and supportive brassiere
9. The presenting diameter in occipitoposterior position is the:
- Suboccipitofrontal diameter
  - Occipitofrontal diameter
  - Biparietal diameter
  - Bitemporal diameter
10. Pelvic abdominal palpation on a pregnant woman is done to:
- Locate foetal pole to determine presentation
  - Locate foetal back to determine position
  - Ascertain the level of engagement
  - Rule out splenomegaly in case of jaundice
11. Hegars sign is a probable sign of pregnancy characterised by
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  - Periodic uterine tightening
  - Colour change of the vagina from pink to violet
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12. The term presentation means that:
- The presenting part has sunk into the lower uterine segment
  - The largest diameter of the foetal skull has passed through the pelvic brim
  - Part of the fetus which lies in the lower pole of the uterus
  - The part of the fetus which lies over the cervical os during labour and on which the caput succedaneum forms
13. The phases of the ovarian cycle are;
- menstrual, follicular and luteal
  - Menstrual, proliferative and secretory
  - Follicular, luteal and proliferative
  - Secretory, luteal and follicular

14. The impending signs of the rupture of the uterus include:
- Rise in pulse rate, hypertonic uterine contractions, excruciating pain
  - Band's ring, vaginal bleeding, cessation of uterine contractions
  - Cessation of uterine contractions, tenderness in the lower uterine segment, rise in pulse rate
  - Hypertonic uterine contractions, bandl's ring, vaginal bleeding
15. The reflex responses that protect the infant from airway obstruction are the:
- Gag, cough, sneeze
  - Rooting, asymmetrical tonic neck, gag
  - Swallowing, sucking, asymmetrical tonic neck
  - Sucking, rooting, cough
16. Second degree tear involves;
- The fourchette and the anal sphincter
  - Bulbo cavernosus and pubococcygeous muscles only
  - Damage to the anal sphincter and rectal mucosa
  - Fourchette and superficial perineal muscles
17. The management of physiological jaundice in a newborn includes;
- Early feeding, phototherapy, observing for the degree of jaundice
  - Intravenous fluids, observing for the degree of jaundice, early feeding
  - Increasing the frequency of feeding, observing for the degree of jaundice, checking the serum bilirubin level
  - Phototherapy, nasogastric tube feeding, observing the degree of jaundice
18. The predisposing factors to shoulder presentation include;
- Extended legs, uterine abnormality, prematurity
  - Macerated fetus, uterine abnormality, contracted pelvis
  - Polyhydramnious, hydrocephalus, prematurity
  - Multiple pregnancy, contracted pelvis, placenta praevia

19. Match the terms in column A with correct description in column B.

COLUMN A

- a) Schultze mechanism
- b) Vasa praevia

COLUMN B

- i. Turgid veins burst, a small amount of blood seeps between the thin septa of the spongy layer and the placental surface
- ii. Placental separation begins centrally, a retro placental clot is formed, which becomes enclosed in a membranous bag as placenta descends, fetal surface first
- iii. Fetal blood vessels lie over the os in front of the presenting part
- iv. Placenta begins to detach asymmetrically at one of its lateral borders, blood escapes and separation is aided by the formation of retro-placental clot

20. Indicate whether the following statements are **TRUE** or **FALSE**.

- a) Streptomycin causes deafness to the unborn baby
- b) Pregnant women infected with HIV Virus should receive three doses of SP drugs during pregnancy

## **PART II: SHORT ANSWER QUESTIONS (40 MARKS)**

1. Draw and label a diagram of female pelvic inlet showing its landmarks (5 marks)
2. State five (5) possible gastrointestinal malformations in a newborn (5 marks)
3. Describe four (4) non-pharmacological methods of pain control during labour (4 marks)
4. State three (3) symptoms of post-partum blues (3 marks)
5. Outline six (6) interventions for a woman with diabetes mellitus during the intra-partum period (6 marks)
6. State four (4) signs of early breast cancer (4 marks)
7. Explain four (4) modes of heat loss in a newborn (4 marks)
8. Outline four (4) effects of pregnancy on the digestive tract (4 marks)
9. State five (5) indications for emergency contraceptive pills (5 marks)

## **PART III: LONG ANSWER QUESTIONS (40 MARKS)**

1. Mrs. Pedi 20 years old para 0+0 is admitted to the labour ward in active phase of labour.
  - a) Outline the stages of labour (4 marks)
  - b) Describe the management of Mrs. Pedi till the baby is born (10 marks)
  - c) State four (4) advantages of oxytocin as a uterotonic drug (4 marks)
  - d) List four (4) maternal factors that may affect the progress of labour (2 marks)
2. Baby X is born at term with a weight of 3.8 Kgs and an APGAR score of 10 in 5 minutes.
  - a) State four (4) features in the respiratory system of a normal newborn (5 marks)
  - b) Explain the management of baby X for the first 24 hours (10 marks)
  - c) State five (5) signs that a newborn baby is receiving adequate amount of breast milk (5 marks)

**PART I: MCQS (20 MARKS)**

1. During pregnancy, relaxin hormone;
  - a. Stimulates production of cervical mucus, enhances breast enlargement and reduces oxytocin release
  - b. Relaxes ligaments, inhibits release of follicle stimulating hormone and prevents secretion of prolactin
  - c. Relaxes the pelvic girdle, softens the cervix and suppresses uterine contractions
  - d. Reduces production of oxytocin, softens the cervix and inhibits the production of lutenising hormone
2. The correct regimen for administering magnesium sulphate loading dose intramuscularly is;
  - a. 5 g given as a divided dose in each of the buttocks over a period of 10-15 minutes
  - b. 10 g as a divided dose in each of the buttock over a period not less than 5 minutes
  - c. 4g as divided dose in each buttock over a period of not less than 5 minutes
  - d. 5g over a period of between 10-15 minutes
3. In face presentation;
  - a. Sub-occipitobregmatic diameter and biparietal diameter present, occipito frontal diameter distends the vaginal orifice
  - b. Mento vertical diameter and bi-tempral diameter present, vaginal delivery is not possible
  - c. Sub-mentobregmatic diameter and bi-temporal diameter present, sub-mentovertical diameter distends the vaginal orifice
  - d. Sub-mentobregmatic and occipito frontal diameter presents, sub-occipitofrontal diameter distends the vaginal orifice
4. The aim of performing abdominal examination during pregnancy is to;
  - a. Assess mothers health status
  - b. Exclude pseudo-pregnancy
  - c. Assess fetal size and growth
  - d. Prepare for delivery

5. A pregnant woman with cardiac disease stage III will present with;
- No symptoms during ordinary physical activity
  - Symptoms during mild physical activity
  - Symptoms at rest
  - Symptoms during ordinary physical activity
6. The layer of the uterine wall shed during menstruation is the,
- Perimetrium
  - Functional endometrium
  - Myometrium
  - Basal endometrium
7. Features of the amnion membrane include,
- Thick, opaque, friable
  - Thick, tough, translucent
  - Smooth, tough, translucent
  - Opaque, smooth, friable
8. Pawliks manoeuvre is used to,
- Palpate the lower pole of the uterus above the symphysis pubis
  - Locate the foetal back in order to determine position
  - Determine whether presentation is cephalic
  - Judge the size, flexion and mobility of the head
9. Monochorionic twinning is always characterized by the following;
- One placenta, one chorion
  - One placenta, one amnion
  - One chorion, one amnion
  - Two amnions, two chorions

10. The layer of the uterus that is functional during pregnancy and labour is;
- Endometrium
  - Myometrium
  - Peritoneum
  - Peri-metrium
11. Factors that facilitate the occurrence of lightening include,
- Parity of the mother, presentation
  - Good uterine tone, formation of lower uterine segment
  - Braxton hicks contractions, softening of pelvic floor tissues
  - Prostaglandin release, parity of the mother
12. The effect of oestrogen on the uterus during pregnancy is ,
- Contraction of the uterine smooth muscles
  - Increase in the uterine blood supply
  - Growth of the uterine smooth muscles
  - Relaxation of the uterine muscles
13. The maternal factors that influence mother to child transmission (MTCT) of HIV infection during labour and delivery include;
- High viral load, maternal malnutrition, substance abuse
  - High maternal viral load, premature delivery, invasive delivery procedure
  - Preterm delivery, unprotected sex with multiple partners, low maternal CD<sub>4</sub> count
  - HIV infection in pregnancy, low birth weight, breastfeeding
14. The foetal causes of intra-uterine growth retardation include,
- HIV/AIDs, recurrent malaria infection, genetic disorders
  - Multiple gestation, genetic disorders, foetal infections
  - Maternal diabetes, foetal distress, placenta praevia
  - Syphilis, radiation, congenital abnormalities

15. The hormone that plays a central role in the maintenance of labour is;
- Oestrogen
  - Progesterone
  - Oxytocin
  - Prostaglandin
16. Which statement is **false** concerning good breast attachment when breastfeeding.
- The tongue is forward in the mouth, and *may* be seen over the bottom gum
  - The lower lip is turned outwards
  - The chin is not touching the breast
  - More areola is visible above the baby's mouth than below it
17. The presence of surfactant in the newborn lungs helps to;
- Provide stimulation to the respiratory centre
  - Reduce surface tension and allow expansion of the lungs
  - Prevent transient tachypnoea of the newborn
  - Increase the surface tension and allow expansion of the lungs
18. The light for date baby is defined as:
- A baby born before 37 weeks of gestation
  - Birth weight is 2,500 g or less regardless of gestational age
  - A baby whose birth weight is below tenth centile for gestation
  - A baby whose birth weight is below 3000 grammes
19. The maternal causes of fetal distress include;
- Hypotension, abruptio placentae
  - Abruptio placentae, syphilis
  - Hypertension, cord prolapsed
  - Hypotension, pre-eclampsia
20. On doing a vaginal examination, the examining finger identified a triangular shaped soft depression on the foetal skull. This was mostly likely to be;
- Posterior fontanelle
  - Anterior fontanelle
  - Coronal suture



- d. Sagittal suture

**PART II: SHORT ANSWER QUESTIONS (20 MARKS)**

1. Draw and label a diagram of the foetal skull showing regions and landmarks of clinical importance (6 marks)
2. Explain four ways of diagnosing multiple pregnancy during pregnancy (4 marks marks)
3. Outline four activities carried out in physical examination during State six(6) risks focused antenatal care visits (4 marks)
4. State three (3) reasons for doing the 1<sup>st</sup> examination of a newborn baby (3 marks)
5. List eight (8) key interventions necessary in ensuring an uneventful puerperium (4 marks)
6. State five ( 5) features of true labour (5 marks)
7. Outline four danger signs in a neonate(4 marks)
8. Explain 6 messages that a midwife should share with a postnatal mother before discharge (6 marks)
9. State on main reason for using progesterone only pills for each of the following (2 marks)
  - a) Breastfeeding mother
  - b) Post abortion client

**PART III: LONG ANSWER QUESTIONS (40 MARKS)**

1. Ms. Hu 30 years para 4+0 is brought to your health facility seven (7) days after home delivery with complaints of per vaginal bleeding.
  - a. Classify postpartum haemorrhage (2 marks)
  - b. Explain six possible causes of Ms. Hu's condition (6 marks)
  - c. Describe the specific management of Ms. Hu till bleeding is controlled (12 marks)
2. Baby May, a term baby born to a Rh –Ve woman is admitted to the special care baby unit with jaundice.
  - a. State four tests that may be done on baby May's cord blood (4 marks)
  - b. Describe the management of baby may till the condition improves (12 marks)
  - c. State four side effects of phototherapy (4 marks )

**PART I: MCQS (20 MARKS)**

1. The gestation at which the foetus starts to gain weight at a rate of 25 g/day is;
  - a. 16-20 weeks
  - b. 28-32 weeks
  - c. 32-36 weeks
  - d. 36-40 weeks
  
2. The clinical presentation of bleeding due to placenta abruption is;
  - a. Shock, relaxed uterus, presenting part not engaged
  - b. Tense tender uterus, decreased foetal movements, presenting part engaged
  - c. Presenting part not engaged, abdominal distension, tender abdomen
  - d. Bleeding may be precipitated by intercourse, foetal distress, decreased foetal movements
  
3. In Focused antenatal care, the preventive care provided by the midwife includes;
  - a. Anti-retroviral drugs, Hepatitis B immunization, malarial prophylaxis
  - b. Hookworm treatment, Anti- retroviral drugs, intermittent presumptive treatment of malaria
  - c. Anaemia treatment, Tetanus toxoid immunization, Anaemia treatment, intermittent presumptive treatment of malaria
  - d. Intermittent presumptive treatment of malaria, tetanus toxoid immunization, micro-nutrients supplementation
  
4. The function of the cytotrophoblast layer of the chorionic villi is to;
  - a. Make nutrients and oxygen accessible to developing embryo
  - b. Differentiate into layers to form bones and muscles
  - c. Provide secure anchorage for the placenta
  - d. Produce human chorionic gonadotrophin hormone for maintenance of pregnancy
  
5. A minor disorder of pregnancy characterised by sudden fall in blood pressure and dizziness upon rising up from a lying position is
  - a. Supine hypotension
  - b. Orthostatic hypotension
  - c. Faintness
  - d. Orthostatic hypovolaemia
  
6. Interventions that can be used to expedite the second stage of labour in a mother with cardiac disease include;
  - a. Ventouse delivery, vasalva manoeuvre
  - b. Left lateral positioning, ventouse delivery
  - c. Vasalva manoeuvre, lovset manoeuvre
  - d. Lovset manoeuvre, left lateral positioning

7. During a uterine contraction, there is;
  - a. Reduced uterine blood circulation, reduced foetal heart rate
  - b. Decreased foetal heart rate, increased uterine blood circulation
  - c. Increased uterine blood circulation, increased foetal heart rate
  - d. Increased maternal heart rate, reduced uterine blood circulation
  
8. During labour, retraction of the uterine muscle facilitates;
  - a. Good blood flow to the placental site
  - b. Rupture of membranes
  - c. Formation of the upper and lower uterine segments
  - d. Descent of the fetus
  
9. In Erb's palsy, there is damage to the;
  - a. Lower brachial plexus involving the 7<sup>th</sup> and 8<sup>th</sup> cervical root nerves
  - b. Upper brachial plexus involving the 5<sup>th</sup> & 6<sup>th</sup> cervical root nerves
  - c. All the brachial plexus nerve roots
  - d. All the facial nerves
  
10. Neonatal period for;
  - a. Birth of the baby to 7 days after
  - b. Birth of the baby to 21 days after
  - c. Birth of the baby to 28 days after
  - d. Birth of the baby to 14 days after
  
11. The obstetric events that may precipitate disseminated intravascular coagulation(DIC) include;
  - a. Placenta abruption, multiple pregnancy, intra-uterine foetal death
  - b. Amniotic fluid embolism, placenta abruption, eclampsia
  - c. Eclampsia, foetal post-maturity, placenta abruption
  - d. Incomplete abortion, anaemia, maternal diabetes mellitus
  
12. The hormone produced by the early villi of the decidua to maintain the corpus luteum is the
  - a. Oestrogen
  - b. Progesterone
  - c. Human chorionic gonadotrophin
  - d. Human placental lactogen
  
13. Physiological anaemia is best defined as;
  - a. Haemoglobin less than 7g/dl
  - b. Haemodilution as a result of fluid retention
  - c. Low haemoglobin as a result of increase in foetal requirements
  - d. Increase in plasma volume greater than the red red blood cells

14. During the first 48 hours of puerperium;
- Diameter of the placental site measures 7.5 cm
  - The uterus weighs approximately 60 grammes
  - The cervix is soft and flabby
  - Uterine fundus is palpable 5 cm above the umbilicus
15. The indications for induction of labour include;
- Diminished foetal well being, foetal abnormality
  - Placenta abruption, malpresentation
  - Rhesus incompatibility, primigravida
  - Post maturity, pre-eclampsia
16. A mother receiving intravenous syntocinon must be observed for;
- Tonic uterine action
  - Prolapse of the umbilical cord
  - Fall in blood pressure
  - Physical exhaustion
17. The rights of reproductive health clients include;
- Right to safety, access and training
  - Right to opinion, continuity of care and privacy
  - Right to choice, confidentiality and self assessment
  - Right to continuity of care, dignity and training
18. Match the statements in Column A with their matching descriptions in column B.
- Column A**
- Lateral palpation
  - Fundal palpation
- Column B**
- Used to locate the foetal back in order to determine the position
  - Used to assess the level of engagement
  - Helps diagnose the lie and the presentation of the fetus
  - Used to determine position in a vertex presentation
19. The micronutrient associated with the development of neural tube defects in the foetus is;
- Riboflavin
  - Folic acid
  - Ascorbic acid
  - Niacin

20. The causes of secondary post partum haemorrhage include:

- a. Retained products of conception, infection
- b. Retained blood clots, anaemia
- c. Trauma, prolonged labour
- d. Uterine fibroids, endometritis

**PART II: SHORT ANSWER QUESTIONS (40 MARKS)**

1. Draw and label a diagram of the foetal skull showing the regions and landmarks of clinical importance (5 marks)
2. Explain the following terms in relation to labour (6 marks)
  - I. Fundal dominance
  - II. Retraction ring
  - III. Augmentation
3. Outline five ( 5 ) areas of emphasis when educating a mother on individual birth plan (5 marks)
4. Explain five (5) interventions in the management of breast engorgement in a breastfeeding postnatal mother (5 marks)
5. State five (5) presumptive signs of second stage of labour (5 marks)
6. State five ( 5) diagnostic features of occipito- posterior position on abdominal examination (5 marks)
7. Explain five (5) ways of promoting effective breastfeeding ( 5 marks)
8. State four ( 4) advantages of knowing the HIV status of a pregnant woman (4 marks)

**PART III: LONG ANSWER QUESTIONS (40 MARKS)**

1. Ms X is admitted to the labour ward with and a diagnosis of cardiac disease is made.
  - a. State four (4) changes that occur to the cardiovascular system during pregnancy (4 marks )
  - b. Discuss the management of Ms X during labour and delivery (12 marks )
  - c. Outline the classification of cardiac disease (4 marks)
2. Baby D is admitted in New born unit (NBU) due to prematurity
  - a) State four (4) causes of preterm birth (4 marks)
  - b) Describe the management of baby D for the first 24 hours in the NBU (11marks)
  - a. Explain five (5) specific health messages that you will share with the mother upon discharge of baby D (5 marks)

**PART I: MCQS (20 MARKS)**

1. The temporary structure of foetal circulation that connects the umbilical vein to the inferior venacava is the;
  - a) Hypogastric artery
  - b) Foramen ovale
  - c) Ductus venosus
  - d) Ductus arteriosus
  
2. Breast engorgement during puerperium period occurs around;
  - a) 1<sup>st</sup> -2<sup>nd</sup> day
  - b) 10<sup>th</sup> -14<sup>th</sup> day
  - c) 5<sup>th</sup> -10<sup>th</sup> day
  - d) 3<sup>rd</sup> -4<sup>th</sup> day
  
3. When performing Leopold's manoeuvres at 32 weeks, the midwife expects to find;
  - a) No foetal movement
  - b) Minimal foetal movement
  - c) Moderate foetal movement
  - d) Active foetal movement
  
4. The observation in the newborn of a diabetic mother that will require a priority intervention is;
  - a) Crying
  - b) Wakefulness
  - c) Jitteriness
  - d) Yawning
  
5. A client in labor has chosen epidural analgesia. In the event that the client develops hypotension, the midwife should;
  - a) Place her in trendelenburg position
  - b) Decrease the rate of IV infusion
  - c) Administer oxygen via nasal cannula
  - d) Increase the rate of IV infusion

6. A pre-eclamptic patient is admitted to the antenatal ward and started on magnesium sulphate regimen. The intervention that shows that the midwife is aware of magnesium sulphate toxicity is;

- a) Perform a vaginal exam every 30 minutes
- b) Placing a padded blade at the bedside
- c) Inserting a foley catheter
- d) Darkening the room

7. Polarity in first stage of labour means

- a) Formation of upper and lower uterine segments
- b) Contractions that start at the fundus and spread across the fundus
- c) Neuromuscular harmony between upper and lower uterine segment
- d) Cervical effacement in response to uterine contractions

8. A pregnant woman with cardiac disease grade III will present with;

- a) No symptoms during ordinary physical activity
- b) Symptoms during mild physical activity
- c) Symptoms at rest
- d) Symptoms during ordinary physical activity

9. Diagnosis of obstructed labour on vaginal examination is made by;

- a) Hypertonic uterine action, bandl's ring, oedematous cervix
- b) Maternal distress, caput succedaneum ,poor cervical dilatation
- c) Odema of the cervix, caput succedaneum, poor cervical dilatation
- d) Shoulder presentation, foul smelling liquor amnii, fetal distress

10. Direct causes of maternal deaths include;

- a) Abortions, postpartum haemorrhage, ruptured uterus
- b) Malaria, HIV, puerperal sepsis
- c) Postpartum haemorrhage, HIV, puerperal sepsis
- d) Placenta abruption, trauma to the abdomen, cardiac disease

11. A midwife is caring for a client in first stage of labour. The priority intervention after the rupture of membranes is;

- a) Applying an internal monitor
- b) Assessing fetal heart tones
- c) Preparing for a caesarean birth
- d) Administering normal saline drip

12. A client with pregnancy induced hypertension is scheduled for elective caesarean section. Before surgery, the midwife should keep the client;

- a) On her right side
- b) Supine with small pillow
- c) On her left side
- d) In knee chest position

13. A preterm infant with sepsis is receiving gentamycin. The physiological alteration that places the preterm infant at increased risk of the drug's toxicity is;

- a) Lack of cutaneous fat deposits
- b) Immature central nervous system
- c) Presence of foetal haemoglobin
- d) Immaturity of renal system

14. During a home visit at 6 weeks, a mother asks when she expects the baby to sleep all night. The midwife informs the mother that most babies start to sleep all night by age;

- a) 1 month
- b) 12 months
- c) 3-4 months
- d) 5-6 months



15. Conception is most likely to occur when;
- a) Estrogen levels are low
  - b) Lutenising hormone is high
  - c) Endometrial lining is thin
  - d) Progesterone level is low
16. Spermatogenesis occurs in the;
- a) Corpus spongiosum
  - b) Prostate gland
  - c) Seminiferous tubules
  - d) Scrotum
17. The success of the calendar rhythm method depends on ;
- a) Age of the client
  - b) Frequency of intercourse
  - c) Regularity of menses
  - d) Range of clients temperature
18. Ruptured ectopic pregnancy is likely to present with;
- a) Painless per vaginal bleeding
  - b) Severe abdominal cramping
  - c) Throbbing pain in the upper quadrant
  - d) Stabbing pain in the lower quadrant
19. A client with hyperemesis gravidurum is at risk of developing;
- a) Respiratory alkalosis without dehydration
  - b) Metabolic acidosis with dehydration
  - c) Respiratory acidosis without dehydration
  - d) Metabolic alkalosis with dehydration

20. Indicate whether the following statements are **TRUE** or **FALSE**

- a) Dizygotic twins have two amnions
- b) In a singleton pregnancy, the fundus reaches the xiphisternum at 40 weeks

**PART II: SHORT ANSWER QUESTIONS (20 MARKS)**

1. Draw and label a diagram of the sagittal section of the pelvis showing the female reproductive organs (5 marks)
2. State five( 5) reasons for a high circulating blood volume during pregnancy(5 marks)
3. Differentiate between caput succedaneum and cephalohaematoma (6 marks)
4. State four(4) possible complications of heavy for date babies (4 marks)
5. State three (3) predisposing factors to cord prolapse (3 marks)
6. State three(3) non-contraceptive benefits of IUCD ( Copper T 380A) (3 marks)
7. State four(4) possible findings on vaginal examination in a face presentation (4 marks)
8. Explain four(4) interventions for a client during the fourth focused antenatal care visit (4 marks)
9. List four(4) causes of seizures in a newborn baby (2 marks)
10. State four(4) signs of good attachment of the baby during breastfeeding (4 marks)

**PART III: LONG ANSWER QUESTIONS (40 MARKS)**

1. Ms. X develops acute uterine inversion after delivery.

- a) Define acute inversion of the uterus(1 mark)
- b) Explain four(4) causes of acute uterine inversion(8 marks)
- c) Describe the immediate management of Ms.X (11 marks)

2. Mrs. Sea is seen for the first time in the antenatal clinic at a gestation of 34 weeks. A diagnosis of severe anaemia is done.

- a) Explain five (5) causes of anaemia in pregnancy (5 marks)
- b) Describe the management of Mrs. Sea until the baby is term (12 marks)
- c) List six(6) effects of anaemia to the foetus (3 marks)

**PART I: MCQS (20 MARKS)**

1. Corpus luteum secretes;
  - a. Follicle stimulating hormone and oestrogen
  - b. Oestrogen and progesterone
  - c. Luteinising hormone and estradiol
  - d. Estradiol and progesterone
  
2. The main substance excreted from the fetus in utero is;
  - a. Bilirubin
  - b. Uric acid
  - c. Meconium
  - d. Carbon dioxide
  
3. Infant risk factors for mother to child transmission of HIV include;
  - a. Low birth weight, high viral load, breastfeeding
  - b. Prematurity, APH, vacuum delivery
  - c. Mixed feeding, birth injuries, low birth weight
  - d. High viral load, birth injuries, prematurity
  
4. The hormones that facilitate the mobility of pelvic joints during pregnancy and labour are;
  - a. Relaxin and oestrogen
  - b. Relaxin and progesterone
  - c. Oxytocin and progesterone
  - d. Oestrogen and progesterone
  
5. During the first examination of a newborn, the midwife noted a vertebral defect located at the 5<sup>th</sup> lumbar vertebrae and characterised by a small dimple. The defect is likely to be;
  - a. Chiari malformation
  - b. Spina Bifida Occulta
  - c. Meningocele
  - d. Meningo myelocele

6. The followings were the clinical findings of a client seen at the gynaecological clinic: moderate vaginal bleeding, dilated cervix, uterine size less than the gestational dates and abdominal cramping. These are features of;
- Threatened abortion
  - Missed abortion
  - Complete abortion
  - Inevitable abortion
7. Causes of hyperthermia in newborns include;
- Hypoglycaemia, sepsis, delayed drying
  - Respiratory distress, sepsis, delayed feeding
  - Sepsis, brain injury, overheating
  - Prematurity, hyperglycaemia, sepsis
8. Partograph is started in labour when:
- Cervical OS is 2 cm and above dilated
  - Cervical OS is 4 cm and above dilated
  - There is true labour irrespective of dilatation
  - The contractions are moderate or severe
9. Non invasive procedures in the management of shoulder dystocia include;
- All fours, episiotomy, woods manoeuvre
  - McRoberts, episiotomy, Rubin's manoeuvre
  - Zavanelli manoeuvre, all fours, suprapubic pressure
  - All fours, suprapubic pressure, McRoberts
10. Signs of impending eclampsia include;
- Vomiting, convulsions, nausea
  - Oedema, proteinuria, hypertension
  - Blurred vision, epigastric pain, severe frontal headache
  - Hypertension, blurred vision, coma
11. The indications of vaginal examination when admitting a mother in labour are;
- Assessing pelvic adequacy, assessing progress of labour, checking if membranes are intact
  - Checking presentation, assessing stage of labour, assessing pelvic adequacy
  - Assessing progress of labour, assessing descent, assessing pelvic adequacy
  - Confirming presentation, checking if membranes are intact, assessing progress of labour

12. Indicate whether the following statements are true (T) or false (F)
- In pre-eclampsia, there is depletion of intravascular fluid
  - Eclampsia may occur without proteinuria
13. During labour, retraction of the uterine muscle facilitates;
- Good blood flow to the placental site
  - Rupture of membranes
  - Formation of the upper and lower uterine segments
  - Descent of the fetus
14. Pelvic abdominal palpation on a pregnant woman is done to:
- Locate foetal pole to determine presentation
  - Locate foetal back to determine position
  - Ascertain the level of engagement
  - Rule out spleenomegaly in case of jaundice
15. Polarity in the first stage of labour means:
- Neuro muscular harmony that prevails between the two uterine segments
  - Formation of the upper and lower uterine segments
  - Painless uterine contractions felt by the woman
  - Contractions that starts from the cornua and spread towards the lower uterine segment
16. The processes that bring about involution of the uterus include;
- Autolysis and hypertrophy
  - Haemolysis and ischaemia
  - Hypertrophy and haemolysis
  - Ischaemia and haemolysis
17. The characteristics of caput succedaneum include
- Present at birth, pits on pressure, may cross a suture
  - Appears after 12 hours, always unilateral, tends to grow less
  - Persists for weeks, never crosses a suture, usually bilateral
  - Disappears within 36 hours, pits on pressure, tends to grow larger

18. During a vaginal exam, a midwife felt the foetal sutures apposed but reducible. This is indicated on the partograph as:

- a. +
- b. +++
- c. ++
- d. 0

19. The characteristics of a post- term infant include;

- a. Worried look, firm skull bones, wrinkled skin
- b. Soft flat pinnae, overgrown nails, dry loose skin
- c. Loose dry skin, small fontanelles, and narrow sutures
- d. Wide fontanelles, soft skull bones, narrow sutures

20. A diagnosis of occipital posterior position during labour is made vaginally by feeling;

- a. Anterior fontanelle on the anterior part of the pelvis
- b. Posterior fontanelle on the anterior part of the pelvis
- c. Anterior fontanelle on the posterior part of the pelvis
- d. Posterior fontanelle on the posterior part of the pelvis

**Part II: Short answer questions (40 marks)**

1. Draw a labelled diagram of the sagittal section of the female pelvis (5 marks)
2. Outline two (2) millennium development goals related to maternal and newborn health (2 marks)
3. State five(5) areas of emphasis you would share with a client during pre-conception care (5 marks)
4. List four (4) features of placenta praevia (2 marks)
5. State five (5) possible risk factors for ectopic pregnancy (5 marks)
6. Explain five (5) changes that occur to the gastro- intestinal system during pregnancy (5 marks)
7. Outline six (6) neonatal danger signs (6 marks)
8. State five (5) non contraceptive benefits of combined oral contraceptives (5 marks)
9. State five (5) causes of physiological jaundice (5 marks)

**Part III: Long answer questions (40 marks)**

1. Baby X is admitted in neonatal unit with a diagnosis of prematurity.
  - a. Define prematurity (1 mark)
  - b. Describe the management of baby X for the first 48 hours. (14 marks)
  - c. State five (5) advantages of kangaroo mother care to a baby (5 marks)
2. Ms. B para 0+0 is brought to the labour ward with complaints of lower abdominal pains and backache. On examination, she is found to be in second stage of labour.
  - a) State three (3) probable signs of second stage of labour (3 marks)
  - b) Explain the specific management of Ms. B during labour (12 marks)
  - c) Explain five (5) possible complications during second stage of labour (5 marks)

## **PART ONE: MULTIPLE CHOICE QUESTIONS (20 MARKS)**

1. How frequently should the nurse assess uterine contractions during the second stage of labour.
  - a. Every 5 minutes
  - b. Every 15 minutes
  - c. Every 30 minutes
  - d. Every 60 minutes
  
2. A patient is in last trimester of pregnancy. The nurse should instruct her to notify her health care provider immediately if she notices:
  - a. Blurred vision
  - b. Hemorrhoids
  - c. Increased vaginal mucus
  - d. Shortness of breath on exertion
  
3. In the calendar-basal body temperature method of family planning, unsafe period for sexual intercourse is indicated by;
  - a. Return preovulatory basal body temperature
  - b. Basal body temperature increase of 0.1 degrees to 0.2 degrees on the 2nd or 3rd day of cycle
  - c. 3 full days of elevated basal body temperature and clear, thin cervical mucus
  - d. Breast tenderness and mittelschmerz
  
4. The following is contraindicated for a patient with a fourth-degree laceration following a precipitous delivery
  - a. Applying cold to limit edema during the first 12 to 24 hours
  - b. Instructing the client to use two or more peripads to cushion the area
  - c. Instructing the client on the use of sitz baths
  - d. Instructing the client about the importance of perineal (Kegel) exercises
  
5. A ultrasound for a client 14 weeks pregnant with gestational trophoblastic disease is likely to reveal
  - a. An empty gestational sac.
  - b. Grapelike clusters.
  - c. A severely malformed fetus.
  - d. An extrauterine pregnancy.
  
6. A client, 30 weeks pregnant, is scheduled for a biophysical profile (BPP) to evaluate the health of her fetus. Her BPP score is 8. This score indicate;
  - a. The fetus should be delivered within 24 hours.
  - b. The client should repeat the test in 24 hours.
  - c. The fetus isn't in distress at this time.
  - d. The client should repeat the test in 1 week.



7. The following indicates progressive physiological change in postpartum period;
  - a. Lactation
  - b. Lochia
  - c. Uterine involution
  - d. Diuresis
  
8. When administering magnesium sulfate to a client with preeclampsia, the nurse understands that this drug is given to:
  - a. Prevent seizures
  - b. Reduce blood pressure
  - c. Slow the process of labor
  - d. Increase diuresis
  
9. The approximate time that the blastocyst spends traveling to the uterus for implantation is;
  - a. 2 days
  - b. 7 days
  - c. 10 days
  - d. 14 weeks
  
10. Functions of the prostate gland include;
  - a. Synthesis of viscous fluid that keeps the sperms alive
  - b. Production of a thin lubricating fluid
  - c. Storage of spermatozoa
  - d. Synthesis of testosterone
  
11. Presenting diameters in a well flexed head in a vertex presentation are the;
  - a. Occipitofrontal, biparietal
  - b. Sub-occipitobregmatic, biparietal
  - c. Sub-occipitofrontal, bitemporal
  - d. Mentoverical, bitemporal
  
12. Indicate whether the following statements are TRUE or FALSE
  - a. The length of the baby's breastfeeding session is determined by the quality of the attachment to the mother's breast
  - b. The fat content in breast milk is higher in colostrum than in mature milk

13. The insulin requirement of a diabetic mother after delivery should ideally be;
- Increased to prevent hyperglycaemia
  - Decreased to prevent hypoglycaemia
  - Withdrawn as the mother recovers spontaneously after birth
  - Same as in pregnancy since carbohydrates metabolism increases after birth
14. In targeted postnatal care, the three postnatal checks are scheduled as follows;
- Within 24 hours, 2-4 weeks, 6<sup>th</sup> week
  - Within 24 hours, 1-2 weeks, 6<sup>th</sup> week
  - Within 48 hours, 1-2 weeks, 4-6 weeks
  - Within 48 hours, 4-6 weeks, 6<sup>th</sup> month
15. Blood exchange transfusion is considered when the bilirubin levels are:-
- 255UMOL (15mg.dL) for term healthy babies
  - 400UMOL (23-29dL) for preterm babies
  - 400-500UMOL(23-29mg/dL) for healthy term babies
  - 140UMOL (5mg/dL) for preterm babies
16. A midwife examines the maternal surface of the placenta in order to:
- Ensure that the membranes are intact
  - Determine completeness of lobes and abnormalities
  - Confirm that the diameter is 20cm
  - Ascertain sulci are well defined and placenta weighs 500g
17. Areas of concern in individual birth plan during ante-natal care include:-
- Danger signs in pregnancy, identifying a birth partner during delivery diet
  - Identifying true and false signs of labour, ensuring availability of funds for emergency, use of drugs
  - Planning for transport, knowing when the baby is due, rest and exercise
  - Identifying danger signs in pregnancy, identifying a birth attendant, knowing when the baby is due.

18. In clinical practice, a midwife may diagnose polyhydramnios by eliciting:-
- a. Maternal complaint of breathlessness and discomfort, edema and varicosities of the vulva and lower limbs
  - b. Uterus appearing smaller than expected gestational age; complaints of reduced fetal movements as pregnancy advances
  - c. On abdominal palpation the fetal parts are easily felt, obstetric ultrasonography reveals renal abnormality
  - d. Lecithin and sphingomyelin ratio being  $<2:1$ ; maternal abdomen appearing unduly large on inspection
19. Erb's palsy is a birth injury to the;
- a. Facial nerve
  - b. Cervical plexus
  - c. Lumbar plexus
  - d. Brachial plexus
20. The five main bones in the vault of the foetal skull are;
- a. 1 occipital bone, 2 temporal bones, 2 parietal bones
  - b. 2 temporal bones, 1 frontal bone, 2 parietal bones
  - c. 2 occipital bones, 2 parietal bones, 1 frontal bone
  - d. 2 frontal bones, 2 parietal bones, 1 occipital bone

## **PART TWO: SHORT ANSWER QUESTIONS (40 MARKS)**

1. Draw and label a diagram illustrating the cross-section of a lactating breast(5 marks)
2. State three (3) interventions that prevent mother to child transmission of HIV during labour. (3 marks)
3. State five (5) clinical features of placenta praevia (5 marks)
4. Outline four (4) causes of face presentation (4 marks)
5. State three (3) effects of pregnancy on the urinary tract (3 marks)
6. Outline four (4) contraindications for intra uterine contraceptive device. (IUCD) (4 marks)
7. Explain three (3) ways in which deep venous thrombosis can be prevented during puerperium (3 marks)
8. Describe the pathophysiology of pre-eclampsia. (5marks)
9. State five (6) interventions for a patient with septic abortion (5marks)
10. Outline three (3) specific nutritional counselling messages you will share with a client with gestational diabetes (3 marks)

## **PART THREE: LONG ANSWER QUESTIONS (40 MARKS)**

1. Mrs. Teraide arrives at the labour and delivery unit at a gestation of 34 weeks. She complains of abdominal pain with vaginal bleeding. On examination, you note decelerating fetal heart rate.
  - a. Define ante-partum haemorrhage. (1 mark)
  - b. State three (3) types of placenta abruption. (3 marks)
  - c. Differentiate between placenta abruption and placenta praevia. (5 marks)
  - d. Describe the management of Mrs. Teraide until discharge. ( 2 marks)
2. Baby Net is admitted to the newborn Unit with a diagnosis of pathological jaundice.
  - a. State three (3) diagnostic criteria for pathological jaundice. (3 marks)
  - b. Describe the management of baby Net until the condition is controlled. (12 marks)
  - c. State five (5) side effects of phototherapy. (5 marks)

**PART 1: MCQS (20 MARKS)**

1. Diabetogenic hormones in pregnancy include;
  - a) Cortisol, oestrogen
  - b) Progesterone, prolactin
  - c) Oxytocin, human placental lactogen
  - d) Human placental lactogen, cortisol
  
2. Mechanism of labour in vertex position in sequence include;
  - a) Flexion, extension, internal rotation, restitution, external rotation,
  - b) Flexion, external rotation, internal rotation, extension, resitution
  - c) Flexion, internal rotation, extension, restitution, external rotation
  - d) Flexion, restitution, internal rotation, extension, lateral flexion
  
3. In Schultze mechanism of placental separation;
  - a) The maternal surface is delivered first
  - b) There is likelihood of incomplete expulsion of membranes
  - c) There is less fluid blood loss
  - d) Placenta detaches from its lateral borders
  
4. Specific postnatal examination of the mother include;
  - a) Lochia loss, uterine involution, breast examination
  - b) Lochia loss, uterine involution, temperature
  - c) Lochia loss, urinalysis, uterine involution
  - d) Lochia loss, calf muscle examination, blood pressure
  
5. The corpus luteum secretes;
  - a) Follicle stimulating hormone and oestrogen
  - b) Oestrogen and progesterone
  - c) Luteinising hormone and estradiol
  - d) Estradiol and progesterone
  
6. According to Kenya Demographic Survey 2009, neonatal mortality stands at;
  - a) 52/1000 live births
  - b) 31/1000 live births
  - c) 100/1000 live births
  - d) 140/1000 live births

7. The terms used to describe the denominator of the presenting part are:
- Sacrum, mentum, occiput
  - Breech, vertex, face
  - Vertex, occiput, sinciput
  - Mentum, sacrum, acromnion process
8. Perinatal death is defined as;
- Death occurring in the first year of life
  - Number of still births and early neonatal deaths
  - Deaths occurring in the first 28 days of life
  - Still births and deaths occurring in the first week of life
9. Ophthalmia neonatorum can be prevented by;
- Treating all vaginal discharges during pregnancy
  - Administering antibiotics to the mother
  - Avoiding sexual intercourse in late pregnancy
  - Avoiding vaginal examination during pregnancy
10. Caput succedaneum is;
- Odema of the periosteum
  - A swelling under the scalp
  - Collection of blood under the periosteum
  - Not present at birth
11. The indications for induction of labour include;
- Diminished foetal well-being, foetal abnormality
  - Placenta abruption, malpresentation
  - Rhesus incompatibility, primigravida
  - Post maturity, pre-eclampsia
12. The laboratory finding associated with HELLP syndrome is elevated;
- Blood sugar
  - Platelet count
  - Creatinine clearance
  - Hepatic enzymes

13. Klumpke's palsy is due to damage to;
- a) lower brachial plexus
  - b) upper brachial plexus
  - c) all brachial plexuses
  - d) facial nerves
14. The immediate action that should be given to a mother who develops respiratory distress after administration of magnesium sulphate is;
- a) Summon for help, give atropine
  - b) Give oxygen 4L/min, prop up the patient
  - c) Summon for help, administer 10% calcium gluconate
  - d) Prop up the patient, administer Epinephrine 1 mg IV
15. During antenatal assessment, the midwife notes a small lesion on the perineum that is painful on touch. The most likely cause is
- a) Syphilis
  - b) Herpes
  - c) Gonorrhoea
  - d) Condylomata
16. Four days after delivery, a woman develops per vaginal bleeding. The likely cause of the bleeding is;
- a) Uterine atony
  - b) Retained fragments
  - c) Cervical lacerations
  - d) Reduced clotting factors
17. Indicate whether the following statements are true (T) or false (F)
- a) The length of a breast feeding session is determined by the quality of attachment
  - b) The fat content in breast milk is higher in colostrum than in mature milk
18. A client whose L.M.P is on 17/7/2014 will have her EDD on;
- a) 10/4/2015
  - b) 24/3/2015
  - c) 14/4/2015
  - d) 24/4/2015

19. Obstetric risk factors for mother to child transmission of HIV include;

- a) Low birth weight, high viral load, breastfeeding
- b) Premature rupture of membranes, APH, vacuum delivery
- c) Mixed feeding, birth injuries, invasive fetal monitoring
- d) High viral load, birth injuries, premature rupture of membranes

20. Match the conditions in column A with the corresponding description in column B.

**Column A**

- a) Uterine sub involution
- b) Spurious labour

**Column B**

- i. Labour that is completed in less than 4 hours
- ii. Contractions occur before onset of labour
- iii. more common in primigravidae than in multi gravidae
- iv. may be caused by infective bacteria



## **PART B: SHORT ANSWER QUESTIONS (40 MARKS)**

1. Draw and label a diagram of the pelvic inlet showing its diameters (5 marks)
2. State five (5 ) causes of antepartum haemorrhage (5 marks)
3. Describe five ( 5) interventions for asymptomatic newborn of a mother with tuberculosis (smear positive) (5 marks)
4. Explain five (5) interventions for a postnatal mother diagnosed with mastitis (5 marks)
5. Stat five (5) factors that make the preterm infant more vulnerable to hypothermia (5 marks)
6. State five (5) indications for emergency caesarean section (5 marks)
7. State three (3) complications of placenta abruption (3 marks)
8. State four (4) factors that promote effective lactation (4 marks)
9. Explain the following terms as used in midwifery (3 marks)
  - i. Induction
  - ii. Rooming in
  - iii. Intrapartum haemorrhage

## **PART C: LONG ANSWER QUESTIONS (40 MARKS)**

1. A client is brought to the maternity unit at 35 weeks gestation. She is aged 17 years old Para 0+0. On assessment, a diagnosis of severe pre-eclampsia is made.
  - a) State 3 diagnostic criteria for severe pre-eclampsia (3 marks)
  - b) Describe the management of this client until the condition is under control (14 marks)
  - c) List six (6) effects of pre-eclampsia on the foetus (3 marks)
2. Baby X is admitted in neonatal unit with a diagnosis of prematurity.
  - a) Define prematurity (1 mark)
  - b) Describe the management of baby X for the first 48 hours (14 marks)
  - c) State five (5) advantages of kangaroo mother care to a baby (5 marks)

**PART ONE: MULTIPLE CHOICE QUESTIONS (20 marks)**

Q. 1. The diagonal conjugate is measured anteroposteriorly from:-

- a) Lower border of symphysis to sacropromontory.
- b) Upper border of symphysis to sacropromontory.
- c) From the symphysis to coccyx.
- d) From anterior of symphysis to the sacropromontory.

Q. 2. The following are adverse effects of injectable contraceptives:-

- a) Heavy bleeding, regular cycle.
- b) Heavy bleeding, loss of weight.
- c) Weight gain, elevated blood pressure.
- d) Light bleeding, no menstruation.

Q. 3. The following are characteristics of the chorion membrane:-

- a) Tears to the edge of placenta, tough, smooth.
- b) Tears to cord insertion, tough, smooth.
- c) Tears to cord insertion, opaque, thick.
- d) Opaque, thick, tears to the edge of placenta.

Q. 4. When a midwife closes the curtains, he/she minimizes heat loss by:-

- a) Conduction
- b) Evaporation
- c) Convection
- d) Radiation.

Q. 5. Sub-involution of the uterus can be prevented by:-

- a) Early ambulation, regular emptying of the bladder, expelling products of conception.
- b) Expelling products of conception, maintaining personal hygiene, breastfeeding.
- c) Administration of analgesics, breastfeeding, early ambulation.
- d) Administration of oxytocic drugs, daily fundal height estimation, encouraging frequent bladder emptying.

Q. 6. Neurological response in which the newborn's limbs on the side of the body to which the head is turned extend is:-

- a) Grasping reflex.
- b) Moro reflex.
- c) Asymmetrical tonic neck reflex.
- d) Rooting reflex.

Q. 7. Lochia Rubra:-

- a) Contains blood, pieces of membranes, has meconium.
- b) Occurs on 5<sup>th</sup> – 9<sup>th</sup> day, is paler, contains cervical mucus.
- c) Creamish in colour, occurs from 10<sup>th</sup> – 15<sup>th</sup> day, contains cervical mucus.
- d) Occurs 1<sup>st</sup> - 4<sup>th</sup> day, contains blood, has shreds of decidua.

Q. 8. From 28-32 weeks of gestation the developmental changes that occur to the foetus are:-

- a) Skin becomes pale and less wrinkled, plantar creases visible, skull is firm.
- b) Stores fat and iron, testes descend into scrotum, lanugo disappears from the face.
- c) Ear cartilage becomes firm, stores fat and iron, testes descend into scrotum.
- d) Lanugo disappears from the face, vernix caseosa disappears, kidney begins to function and the foetus passes urine.

Q. 9. When plotting findings on a partograph, obstructed labour would be indicated by:-

- a) Poor cervical dilatation, foetal distress, clear liquor.
- b) Slow descent, mild uterine contractions, early rupture of membranes.
- c) Fetal distress, clear liquor, mild uterine contractions.
- d) Slow descent, poor cervical dilatation, early rupture of membranes.

Q. 10. Hormonal family planning methods which can be given to a mother at six weeks post partum include:-

- a) Implants, progesterone only injectable, progesterone only pills.
- b) Progesterone only pills, combined oral contraceptives, implants.
- c) Progesterone only pills, condoms, intra-uterine device.
- d) Progesterone only injectable, intra-uterine device, combined oral pills.

Q. 11. During pregnancy physiological haemodilution reaches its peak at:-

- a) 10<sup>th</sup> – 12<sup>th</sup> week.
- b) 30<sup>th</sup> – 32<sup>nd</sup> week.
- c) 36<sup>th</sup> – 40<sup>th</sup> week.
- d) 32<sup>nd</sup> – 34<sup>th</sup> week.

Q. 12. In face presentation, when the head is completely extended the presenting diameters are:-

- a) submentobregmatic and biparietal
- b) Submentobregmatic and bitemporal
- c) Occipitofrontal and biparietal.
- d) Mentovertical and bitemporal.

Q. 13. Early neonatal death is defined as one occurring:-

- a) Within 28 days of life.

- b) Within 1<sup>st</sup> year of life
- c) Within the first 7 days of life
- d) Within the first 14 days of life.

Q. 14. A baby born of a mother on Anti -TB drugs initial phase should:-

- a) Get BCG immediately.
- b) Get Isoniazid 5 mg/Kg twice daily for 3 months
- c) Get Isoniazid 5 mg/Kg once daily for 6 months
- d) Get BCG after three weeks.

Q. 15. Caput succedaneum is:-

- a) Collection of blood under the periosteum.
- b) A swelling under the scalp
- c) Oedema of the Periosteum.
- d) Congenital abnormality.

Q. 16. The number of maternal deaths per 100,000 live births is the:-

- a) Maternal mortality ratio.
- b) Maternal morbidity rate.
- c) Maternal mortality rate
- d) Crude maternal death rate.

Q. 17. Polarity in the physiology of the first stage of labour means:-

- a) Contractions that start from the cornua and spread towards the lower uterine Segment.
- b) Formation of upper and lower uterine segments.
- c) Neuro-muscular harmony that prevails between the uterine segments.
- d) Painless uterine contractions felt by the woman.

For question 18, match the terms in column A with corresponding statement in column B indicating the correct number.

COLUMN A	<u>NUMBER</u>
Q. 18. a) Cytotrophoblast	_____
b) Yolk sac.	_____

COLUMN B

1. Develops to form skeletal layout.
2. Provides nutrition to the embryo.
3. Produces progesterone hormone.
4. Produces gonadotrophin hormone

For question 19 and 20, indicate whether the following statements are TRUE or FALSE.  
19)

- a) In placenta abruption, the presenting part is not engaged
- b) Supine position in pregnancy causes an increase in blood pressure

20.

- a) Woods manouvre is applied in the management of shoulder dystocia
- b) Ligamentum teres is formed from the ductus venosus

**PART TWO: SHORT ANSWER QUESTIONS (40 marks)**

- Q. 1. Draw a labeled diagram showing the fundal height at various weeks in pregnancy. (5 marks)
- Q. 2. Define the term hypotonic uterus. (1 mark)
- Q. 3. Outline four (4) health messages you would share with a client following diagnosis of Antepartum Haemorrhage before discharge. (4 marks)
- Q. 4. State four (4) predisposing factors to puerperal psychosis. (4 marks)
- Q. 5. Explain five (5) presumptive signs of 2<sup>nd</sup> stage of Labour. (5 marks)
- Q. 6. Enumerate ten (10) aspects that the nurse should explore during the Focused Antenatal Care visits on Individual Birth Plan. (5 marks)
- Q. 7. State five (5) findings that would suggest Occipital Posterior Position. (5 marks)
- Q. 8. Explain five (5) areas of education and counselling given to a couple living With HIV/AIDs on mode of infant feeding before delivery (5 marks)
- Q. 9. State six (6) needs of a newborn. (6 marks)

**PART THREE: LONG ANSWER QUESTIONS (40 Marks)**

Q. 1. Mrs. Kobi Para 2+0 is admitted to the antenatal ward. A diagnosis of severe pre-eclampsia is made at 32 weeks gestation.

- a) Outline the classification of pre-eclampsia. (3 marks)
- b) State five (5) cardinal signs of Impending Eclampsia. (5 marks)
- c) Describe the management of Mrs. Kobi until term. (10 marks)
- d) List the effects of pre-eclampsia.
  - i) Two to the mother (1 mark)
  - ii) Two to the foetus. (1 mark)

Q. 2. Baby Chebi is admitted in New Born Unit due to physiological jaundice.

- a) Differentiate between pathological jaundice and physiological jaundice. (2 marks)
- b) Describe the nursing care of baby Chebi until discharge. (10 marks)
- c) State four (4) complications of jaundice. (4 marks)
- d) Outline the health messages given to the mother at discharge. (4 marks)

1. Foetal testes descend into the scrotum between
  - a. 8-12 weeks
  - b. 32-36 weeks
  - c. 28-32 weeks
  - d. 36-40 weeks
  
2. A pendulous abdomen in a primi gravida will likely indicate;
  - a. Lax abdominal muscles
  - b. Multiple pregnancy
  - c. Pelvic contraction
  - d. Posterior position of the foetal occiput
  
3. Neonatal period is defined as the;
  - a. Period from birth of the baby to 7 days after
  - b. Period from the birth of the baby to 21 days after
  - c. Period from the birth of the baby to 28 days after
  - d. Period from the birth of the baby up to 14 days after
  
4. Maternal causes of unstable lie include;
  - a. Polyhydramnios and placenta praevia
  - b. Polyhydramnios and foetal macrosomia
  - c. Lax uterine muscles and contracted pelvis
  - d. Placenta abruption and contracted pelvis
  
5. The obstetric events that may precipitate disseminated intravascular coagulation (DIC) Include:-
  - a. Placenta abruption, multiple pregnancy, intra- uterine foetal death
  - b. Amniotic fluid embolism, placenta abruption, eclampsia
  - c. Eclampsia, foetal post maturity, placental abruption
  - d. Incomplete abortion, anaemia, diabetes mellitus
  
6. The appropriate advice you will give to a postnatal mother with stress incontinence will be to:
  - a. Have adequate rest
  - b. Perform pelvic floor exercises
  - c. Increase ambulation
  - d. Reduce her fluid intake
  
7. The hormone produced by the early villi of the decidua to maintain the corpus luteum is the;
  - a. Human placental lactogen
  - b. Human chorionic gonadotrophin
  - c. Progesterone

- d. Oestrogen
8. Physiological anemia is best defined as;
- a. Low haemoglobin as a result of increase in foetal requirements
  - b. Increase in plasma volume greater than the red blood cells
  - c. Haemodilution as a result of fluid retention
  - d. Haemoglobin less than 7g/dl
9. A higher blood volume is required in pregnancy to;
- a) Maintain normal vascular peripheral resistance
  - b) Increase flow to the liver for adequate metabolism
  - c) Counter balance effects of lowered osmotic pressure and immunity
  - d) Counter balance the effects of increased arterial and venous capacity
10. Cancer of the cervix may initially present as:
- a) Painless bleeding, dysuria
  - b) Oedema of the lower limbs, referred flank pain
  - c) Increased duration of menses, rectal bleeding
  - d) Painless post coital bleeding, thin watery discharge
11. Mechanical factors that facilitate progress of labour during first stage include;
- a) General fluid pressure, foetal axis pressure
  - b) Cervical dilatation, fundal dominance
  - c) Polarity, cervical effacement
  - d) Fundal dominance, fetal axis pressure
- 12 The major causes of prolonged labour are:
- a) Ineffective uterine contraction, vertex presentation, foetal macrosomia
  - b) Occipito-posterior position, cephalopelvic disproportion, ineffective uterine action
  - c) Multiple pregnancy, fetal macrosomia, cervical dystocia
  - d) Occipitolateral position, cephalopelvic disproportion, multiple pregnancy
13. The following are foetal complications resulting from obstructed labour;
- a) Meconium aspiration, chorioamnionitis
  - b) Intra- uterine hypoxia, neonatal jaundice
  - c) Neonatal jaundice, meconium aspiration
  - d) Intrauterine hypoxia, ascending infection
14. After mastectomy, the patient is advised to:
- a) Rest arm on affected side above chest
  - b) Carry only handbags on affected side
  - c) Ambulate with one arm sling to avoid oedema
  - d) Observe incision site as soon as possible to avoid stress



15. The role of the midwife in the delivery of face to pubis presentation includes:
- Increasing flexion of the head to allow the occiput to sweep the perineum
  - Increasing flexion to deliver the occiput under the symphysis pubis
  - Reducing the engaging diameter
  - Increasing extension to allow for face to sweep the perineum
16. Justifiable indications of episiotomy include;
- To prevent overstretching of perineal tissues to avoid stress incontinence
  - To reduce the risk of spontaneous explosive perineal trauma
  - To minimise the risk of intracranial injury during preterm delivery
  - To prevent excessive stretching which may cause perineal prolapse
17. In Schultze mechanism during third stage of labour
- The placenta begins to separate from one of the lateral borders
  - Blood from placental site escapes so that separation is unaided by a retro placental clot
  - The placenta descends, slipping sideways, maternal surface first at the vulva
  - Placenta begins to separate centrally and a retro placental clot is formed aiding the separation
18. During the first 48 hours of puerperium
- The cervix is soft and flabby
  - The uterus weighs approximately 60 g
  - Diameter of placental site measures 7.5 cm
  - Uterine fundus is palpable 5 cm above the umbilicus
19. In question 20 match the statements in column A with their matching descriptions in **Column A**
- Fundal Palpation
  - Lateral palpation
- Column B**
- Used to determine position in a vertex presentation
  - Used to assess the level of engagement
  - Helps diagnose the lie and the presentation of the fetus
  - Used to locate the foetal back in order to determine the position
20. In question 20, indicate whether the following statements are True or False
- The administration of folic acid during the peri-conception period reduces the risk of neural tube defects
  - Use of nitrofurantoin in labour may cause haemolysis in the fetus

### **Short Answer Questions (40 marks)**

1. Draw and label a diagram illustrating the possible sites of ectopic pregnancy(5 marks)
2. State three(3) functions of the pelvic floor(3 marks)
3. Explain three (3) causes of iron deficiency anaemia during pregnancy(3 marks)
4. Explain three (3 )non pharmacological methods of pain control (6 marks)
5. Outline three( 3 )specific actions of the midwife before carrying out controlled cord traction (CCT) (3 marks)
6. State two( 2 )indications of cord blood sampling(2 marks)
7. List six (6 )causes of atonic uterine action(3 marks)
8. State five(5) maternal indications for the induction of labour(5 marks)
9. State five (5) danger signs during puerperium (5 marks)
10. State five (5) effects of diabetes mellitus on pregnancy (5 marks)

### **Long Answer Question (40 marks)**

1. Miss Z is admitted in the maternity unit with preterm prelabour rupture(PPROM) of the membranes
  - a. Define preterm prelabour rupture of membranes (2 marks)
  - b. Explain the management of Miss Z while in the unit (13 marks)
  - c. State 5 complications of PPRM (5 marks)
2. Baby Ola is born at term with an apgar score of 3 at 1 minute.
  - a) State five( 5 )causes of asyphyxia neonatorum (5 marks)
  - b) Describe the immediate management of baby Ola (10 marks)
  - c) State five( 5) preventive measures that a midwife should take against asphyxia neonatorum (5 marks)

**PART I: MCQS (20 MARKS)**

1. Features of the android pelvis include;
  - a. Heart shaped brim, straight side walls, narrow fore pelvis
  - b. Rounded brim, blunt ischial spines, rounded sciatic notch
  - c. Divergent side walls, blunt ischial spines, wide sciatic notch
  - d. Narrow forepelvis, convergent side walls, narrow sciatic notch
  
2. The correct regimen for administering magnesium sulphate loading dose intramuscularly is;
  - a. 5 g given as a divided dose in each of the buttocks over a period of 10-15 minutes
  - b. 10 g as a divided dose in each of the buttock over a period not less than 5 minutes
  - c. 4g as divided dose in each buttock over a period of not less than 5 minutes
  - d. 5g over a period of between 10-15 minutes
  
3. The diameter of the foetal skull that measures 13.5 cm is the;
  - a. Suboccipitobregmatic
  - b. Occipitofrontal
  - c. Mentovertical
  - d. Submentovertical
  
4. The layer of the inner cell mass from which bones and muscle tissue is the;
  - a. Mesoderm
  - b. Ectoderm
  - c. Endoderm
  - d. Cytotrophoblast
  
5. The function of the seminiferous tubules is to;
  - a. Store sperm
  - b. Produce sperm
  - c. Secrete seminal fluid
  - d. Transport semen
  
6. The layer of the uterine wall shed during menstruation is the;
  - a. Perimetrium
  - b. Functional endometrium
  - c. Myometrium
  - d. Basal endometrium
  
7. Features of the amnion membrane include;
  - a. Thick, opaque, friable
  - b. Thick, tough, translucent
  - c. Smooth, tough, translucent
  - d. Opaque, smooth, friable
  
8. Pawliks manoeuvre is used to;-

- a. Palpate the lower pole of the uterus above the symphysis pubis
  - b. Locate the foetal back in order to determine position
  - c. Determine whether presentation is cephalic
  - d. Judge the size, flexion and mobility of the head
9. Monochorionic twinning is always characterized by the following;
- a. One placenta, one chorion
  - b. One placenta, one amnion
  - c. One chorion, one amnion
  - d. Two amnions, two chorions
10. Events of foetal development that happen during 8-12 weeks gestation include;
- a. Fetal heart heard on auscultation, vernix caseosa appears
  - b. Lanugo appears, swallowing begins
  - c. Fetus responds to sound, eyelids close
  - d. Finger nails can be seen, gender determined
11. Leg cramps experienced by women during third trimester is usually due to;
- a. Increased serum ionized phosphates and decreased levels of sodium chloride
  - b. Lowered serum ionized iron and increased level of phosphates
  - c. Increased serum ionized calcium and decreased levels of phosphates
  - d. Lowered serum ionized calcium and increased level of phosphates
12. The effect of oestrogen on the uterus during pregnancy is ;
- a. Contraction of the uterine smooth muscles
  - b. Increase in the uterine blood supply
  - c. Growth of the uterine smooth muscles
  - d. Relaxation of the uterine muscles
13. The order of foetal movements during normal labour after descent is;
- a. Extension of the head, internal rotation of the head, extension of the head, lateral flexion, restitution
  - b. Lateral flexion, extension of the head, internal rotation of the head, lateral flexion, restitution
  - c. Flexion, internal rotation of the head, extension of the head, restitution, lateral flexion
  - d. Flexion, extension of the head, internal rotation of the head, restitution, lateral flexion
14. Probable signs of pregnancy include;
- a. Amenorrhoea, pregnant test positive, frequency of micturition
  - b. Ballotment of the uterus, Braxton hicks contractions, positive pregnancy sign
  - c. Amenorrhoea, breast tenderness, Braxton hicks contractions
  - d. Foetal parts palpated, amenorrhoea, pregnancy test positive
15. The ratio of chest compressions to inflations during neonatal resuscitation is;

- a. 15: 2
  - b. 30:2
  - c. 3:1
  - d. 3:2
16. Which statement is **false** concerning good breast attachment when breastfeeding.
- a. The tongue is forward in the mouth, and *may* be seen over the bottom gum
  - b. The lower lip is turned outwards
  - c. The chin is not touching the breast
  - d. More areola is visible above the baby's mouth than below it
17. Indicate whether the following statements are TRUE or False
- a. Copper IUD is contraindicated in women with unexplained vaginal bleeding
  - b. Progestin only pills are more effective than combined pills in emergency contraception
18. The light for date baby is defined as:
- a. A baby born before 37 weeks of gestation
  - b. Bulk weight is 2,500 g or less regardless of gestational age
  - c. A baby whose birth weight is below tenth centile for gestation
  - d. A baby whose birth weight is below 3000grammes
19. During examination of the placenta, the normal findings on the fetal side include;-
- a. Blood vessels, amnion, battle dore cord insertion
  - b. Chorion, blood vessels, battle dore cord insertion
  - c. Amnion, blood vessels, central cord insertion
  - d. Central cord insertion, lobes, blood vessels
20. Indicate whether the following statements are TRUE or FALSE
- a. HIV exposed infants who are not breastfeeding should be given daily nevirapine for the first 6 months of life
  - b. All HIV exposed infants should be given cotrimoxazole prophylaxis starting 24 hours after birth

**PART II: SHORT ANSWER QUESTIONS (20 MARKS)**

1. Draw and label a diagram of the foetal skull showing regions and landmarks of clinical importance (5 marks)
2. Describe how progress of labour is monitored using the partograph (6 marks)
3. State six(6) risks associated with the use of intravenous oxytocin (6 marks)
4. Explain five (5) possible complications of precipitate labour (5 marks)
5. Outline four (4) features of sub-involution (4 marks)
6. State five ( 5) interventions for a client with nausea and vomiting in early pregnancy (5 marks)

7. Describe the stages of labour (4 marks)
8. Explain four(4) clinical types of abortion (4 marks)

**PART III: LONG ANSWER QUESTIONS (40 MARKS)**

1. Ms. Kot 30 years old is admitted at 36 weeks gestation with severe malaria.
  - a. Explain four clinical features that Ms. Kot will have (4 marks)
  - b. Describe the specific management of Ms. Kot in the first 48 hours of admission (12 Marks)
  - c. Outline four(4) guidelines for the intermittent preventive treatment (IPT) of malaria in pregnancy in Kenya (4 marks)
2. Essential newborn care is one of the pillars of the Kenya maternal and newborn health model.
  - a. State five (5) physiological changes that occur in a newborn following birth (5 marks).
  - b. Describe the care of a healthy newborn in the first 24 hours following birth (10 marks).
  - c. State five (5) danger signs in a newborn (5 marks).

# NCK PAPER 3 REVISION PAPERS

**NURSING COUNCIL OF KENYA**

**EXAMINATION FOR ADMISSION TO THE REGISTER OF COMMUNITY HEALTH NURSES  
(BASIC)**

**PAPER THREE**

**DATE: THURSDAY 31<sup>ST</sup> JULY 2014**

**TIME ALLOWED: 3 HOURS**

**9.00 AM TO 12.00 PM**

**INSTRUCTIONS TO CANDIDATES:**

1. Read the questions carefully and answer only what is asked.
2. **ENTER YOUR EXAMINATION NUMBER AND QUESTION NUMBER ON THE space provided in the answer booklet.**
3. All the questions are compulsory.
4. **For Part I (M.C.Q's)  
Write your answers in capital letters on the space provided in the answer booklet.**
5. Each M.C.Q. is 1 mark.
6. **For Part II (SHORT ANSWER QUESTIONS).  
Answers to these questions should follow each other on the space provided in the answer booklet.**
7. **For Part III (ESSAY/LONG ANSWER QUESTIONS)  
Answers to each question must be written on the specified page(s) in the answer booklet.**
8. **Omission of or wrong numbering of examination papers, questions or parts of the question will result in 10% deduction of the marks scored from the relevant part.**
9. **Each candidate MUST sign the examination return form after handing n ALL the scripts.**
10. **No candidate shall leave the examination room until all the examination scripts have been submitted and sealed in an envelope by the invigilators.**



**KRCHN (BASIC) EXAMINATION: PAPER THREE: JULY 2014**  
**PART I: MULTIPLE CHOICE QUESTIONS:**

- Q:1: An example of a disease that does not pass from human to human is:-
- a) Tuberculosis.
  - b) Diphtheria.
  - c) Tetanus.
  - d) Malaria.
- Q:2: In the treatment of tuberculosis "DOT" means:-
- a) Patient getting TB treatment as close to home as possible.
  - b) Patient adheres to treatment during the intensive phase only.
  - c) Directly observed treatment with weekly monitoring.
  - d) Patient takes every drug dosage under supervision during the intensive phase.
- Q:3: All health care services and activities within the district are monitored and supervised by the district :-
- a) Health management team.
  - b) The Nursing Officers.
  - c) Medical Officer of Health.
  - d) Clinical Officer.
- Sub County??*
- Q:4: Triaging may best be defined as the process of:-
- a) Assessing all incoming casualties, of a disaster.
  - b) Initiating diagnostic measures for casualties of a disaster.
  - c) Determining the urgency of need of care for casualties of a disaster.
  - d) Setting priorities and assigning urgency ratings for casualties of a disaster.
- Q:5: Non-organic growth failure (failure to thrive) in a child may be attributed to:-
- a) A poor mother-child bond of attachment.
  - b) Altered physiology due to improper feeding.
  - c) Congenital disorders of metabolism.
  - d) High incidence of child abuse.
- Q:6: The acid-generating bacterium in our mouth that is the most common cause of tooth decay (dental caries) is the:-
- a) Streptococcus viridans.
  - b) Neisseria catarrhalis.
  - c) Streptococcus mutans.
  - d) Staphylococcus aureus.
- Q:7: The term "role" may be defined as:-
- a) Community's expectation of a trained person.
  - b) Legal and moral binding of a professional.
  - c) Capacity to run health care activities.
  - d) Activities one is expected to perform as a professional.

Q:8: Currently in Kenya the problems associated with old age are made worse by the:-

- a) Early retirement and meager pension.
- b) Inability to acquire new marketable skills.
- c) Poor health, poverty and dependency.
- d) Disintegration of traditional social support systems.

Q:9: A major cause of "missed opportunity" in the immunization programme is:-

- a) Failure of the cold chain.
- b) Use of vaccines that have lost potency.
- c) High drop-out of immunizable target group.
- d) Vaccine stock out.

Q:10: The process in community diagnosis in which data is separated and categorized in order to help one understand its meaning is known as data:-

- a) Handling.
- b) Analysis.
- c) Cleaning.
- d) Presentation.

Q:11: Vitamins found in the watery parts of the foods we eat:-

- a) Vit K, Niacin, Riboflavin, pantothenic acid.
- b) Pantothenic acid, Thiamine, Pyridoxine, Vit E.
- c) Vit K, Pantothenic acid, Thiamine, Pyridoxine.
- d) Folate, Cyanocobalamin, Thiamine, Riboflavin.

Q:12: Essential amino acids can be defined as amino acids that:-

- a) Cannot be made by the body.
- b) Body can make if nitrogen is available.
- c) Are unique in their primary structure.
- d) Are the basic building blocks of proteins.

Q:13: The dosage of drugs in primary level ARV prophylaxis for prevention of mother-to-child transmission of the HIV is:-

- a) Nevirapine (NVP) 200mg to mother at onset of labour, infant NVP 2mg/kg as soon as possible within 72 hours of delivery.
- b) Nevirapine (NVP) 200mg to mother during labour, infant NVP 2mg/kg immediately after birth plus 4 weeks of AZT 4mg/kg B.D.
- c) AZT 300mg BD plus NVP 200mg to mother during labour, infant 2mg/kg after birth plus AZT 4mg/kg BD for one week.
- d) AZT 600mg to mother at onset of labour, infant NVP 2mg/kg immediately after birth.

Q:14: Water-related diseases include:-

- a) Typhoid, malaria, cholera.
- b) Malaria, cholera, schistosomiasis.
- c) Cholera, schistosomiasis, diarrhoea.
- d) Malaria, schistosomiasis, onchocerciasis.

Q:15: When health care is geographically, financially and culturally within easy reach to the entire community the service is said to be:-

- a) Available to the community.
- b) Acceptable to the community.
- c) Accessible to the community. ✓
- d) Affordable to the community.

Q:16: The purpose of a screening test is to:-

- a) Diagnose persons with the disease.
- b) Detect persons with risk factors of sub-clinical disease.
- c) Check whether a population is at risk of a disease.
- d) Collect the data for a mass campaign.

Q:17: Herd immunity may be said to exist in a community when:-

- a) Both dead and live antigens are used to immunize.
- b) Vaccination is stopped in a community that has been well vaccinated.
- c) The incidence of the disease decrease to a very low level.
- d) A high percentage of people are immune to an infection.

Q:18: Emergency hormonal contraception is usually effective following unprotected sex when taken within a period of:-

- a) 120 hours.
- b) 72 hours.
- c) 24 hours.
- d) 12 hours.

Q:19: Indicate whether the statements are True or False.

- a) Ascribed status is apposition in the community that one gains on the basis of merit or achievement.
- b) Gender equity is whereby men and women are treated in the same way by both law and culture.

Q:20: Match the items in column A with column B.

**COLUMN A**

- a) Secondary prevention of disease.
- b) Perinatal mortality.

**COLUMN B:**

1. Its aim is to intervene before pathological changes have began during the stage of susceptibility.
  2. Deaths occurring before 28 days of age.
  3. It seeks to detect disease early and treat it promptly with the goal of curing.
  4. Foetal deaths occurring from 28 weeks onwards and infant deaths occurring under 7 days of age. ✓
- I U F D.

**PART I: SHORT ANSWER QUESTIONS:**

**MARKS**

Q:1: Write short notes on:-

- i) Probability sampling method. 3
- ii) Non-probability sampling method. 3

Q:2: List:-

- a) The scientific name of the commonest organisms that cause:-
  - i) Visceral leishmaniasis.
  - ii) Malaria.
  - iii) Typhoid fever.
  - iv) Plague. 2
- b) Four (4) types of bacterial food poisoning. 2

Q:3: Outline the six (6) steps of problem solving process in (a sequential order). 6

Q:4: Briefly discuss the clinical benefits of anti-retroviral treatment (ARV) to the HIV-infected person. 5

Q:5: As the community health nurse in-charge of a health centre briefly discuss the process of hospital waste management. 5

Q:6: Outline five (5) activities that are carried out during school health service. 5

Q:7: State four (4) functions for the occupational health nurse. 4

Q:8: Draw and label a diagram to illustrate the life cycle of hookworm. 5

**PART III: ESSAY/LONG ANSWER QUESTIONS**

**MARKS**

- Q:1: You have been requested by the nurse incharge of a health centre to prepare for an immunization session at the CWC- MCH clinic for a month.
- a) Explain the process you will use to determine the number of immunization sessions you will hold. 4
  - b) Describe the preparation of supplies and equipments needed for a session. 9
  - c) Explain how you will arrange the following for an immunization session.
    - i) Immunization area. 5
    - ii) Immunization equipment. 2
- Q:2: You are the district public health nurse, you receive report from one of the sub-district hospitals that a number of patients have been admitted there with clinical features of Acute Meningococcal Meningitis (Epidemic Bacterial Meningitis).
- a) List the causative organism and its main mode of spread. 1
  - b) List eight (8) clinical features of acute meningococcal meningitis. 4
  - c) Describe the management of the infected persons in the ward. 8
  - d) Describe the prevention and control measures of the epidemic. 7

**NURSING COUNCIL OF KENYA**

**EXAMINATION FOR ADMISSION TO THE REGISTER OF COMMUNITY HEALTH  
NURSES(BASIC)**

**PAPER THREE**

**DATE: THURSDAY 9<sup>th</sup> AUGUST 2012**

**TIME ALLOWED: 3 HOURS**

**9.00AM TO 12.00 NOON**

**INSTRUCTIONS TO CANDIDATES:**

1. Read the questions carefully and answer only what is asked.
2. ENTER YOUR EXAMINATION NUMBER AND QUESTION NUMBER ON THE space provided in the answer booklet.
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**KRCHN (BASIC) EXAMINATION: PAPER THREE: AUGUST 2012**  
**PART I: MULTIPLE CHOICE QUESTIONS:**

Q:1: Community diagnosis is carried out:-

- a) With active participation of members of the community.
- b) With active participation of the leaders in the community.
- c) With active participation of health workers only.
- d) By strictly looking at medical problems.

Q:2: Incidence rate:-

- a) Is used to record protracted diseases.
- b) Shows the magnitude/burden of disease in the community.
- c) Is useful for planning and administration of health care services.
- d) Shows the rate of development of disease in the community.

Q:3: The common side effect a nurse should counsel a mother for after giving her child pneumococcal vaccine is:-

- a) Unusual crying.
- b) Loss of appetite.
- c) Diarrhoea and vomiting.
- d) Blood clot at the site of injection.

Q:4: A special consideration for immunocompromised person regarding immunization is that:-

- a) Asymptomatic HIV infected children should not receive BCG vaccine.
- b) Live vaccines can safely be given to persons on corticosteroid therapy.
- c) Asymptomatic children infected with HIV should receive all standard KEPI vaccines.
- d) Pentavalent vaccine can be administered to a child with neurologic disease so long as they are monitored closely.

Q:5: When constructing a septic tank for 15 users, the recommended dimensions are:-

	Length (cm)	Breadth (cm)	Width (cm)
a)	300	60	150
b)	200	60	100
c)	360	60	160
d)	450	60	150

Q:6: A typical case of severe cholera presents with:-

- a) Profuse watery stool preceding vomiting.
- b) High fever with severe abdominal cramps.
- c) Vomiting preceding profuse watery stool.
- d) Decreased urine production preceding profuse watery stool.

Q:7: Amoebic dysentery:-

- a) Is spread by infected persons who pass infective trophozoites in faeces.
- b) Presents with very severe tenesmus.
- c) May present with bottle shaped ulcers on the intestinal wall.
- d) Has an epidemic occurrence.

- Q:8: A child who presents with widening of the wrists, recurrent pneumonia and has prominent costochondral joints is likely to have:-
- Vitamin A deficiency.
  - Vitamin B deficiency.
  - Vitamin C deficiency.
  - Vitamin D deficiency.
- Q:9: Measurement of the mid upper arm circumference is performed :-
- When the child's age is under one year.
  - With or without a weighing scale.
  - As a screening method for in-patients.
  - During field surveys.
- Q:10: Drugs that are known to reduce the efficacy of hormonal contraceptives are:-
- Artemether Lumefantrine, Rifampicin.
  - Pyrazinamide, Phenytoin.
  - Phenytoin, Rifampicin.
  - Ethambutol, co-trimoxazole.
- Q:11: The WHO recommended treatment of uncomplicated neisseria gonorrhoea is:-
- Benzyl penicillin 3g intramuscularly as a single dose.
  - Ofloxacin 400 mg orally as a single dose.
  - Ceftriaxone 250 mg intramuscularly as a single dose.
  - Azithromycin 1g orally as a single dose.
- Q:12: When managing accidental exposure to body fluids and possible HIV infection after a needle prick, the action that should be taken in correct sequence is:-
- Wash the wound under running water with soap, take emergency ARVs, undergo HIV test.
  - Take emergency ARVs, wash the wound under running water with soap, undergo HIV test.
  - Wash the wound under running water with soap, undergo HIV test, take emergency ARVs
  - Undergo HIV test, wash the wound under running water with soap, take emergency ARVs.
- Q:13: Controlling function in management involves:-
- Performance appraisal, quality management.
  - Determining philosophy and goals, managing action.
  - Recruiting, interviewing and orientating staff.
  - Establishing structures, grouping activities.
- Q:14: After Alma Ata Declaration, three (3) elements of primary health that were added in Kenya are-
- Mental health, immunization, dental health.
  - Mental health, HIV and AIDs, Dental health.
  - Mental health, provision of essential drugs, HIV and AIDs.
  - Mental health, provision of essential drugs, immunization.



Q:15: Community participation in organization of health services in ascending order includes:-

- a) Information, discussion, consultation, full control.
- b) Consultation, information, discussion, full control.
- c) Consultation, discussion, information, full control.
- d) Information, consultation, discussion, full control.

Q:16: Specific functions of school health include:-

- a) Conducting special screening programs, treatment of cases by teachers and school nurse.
- b) Determining the health status of each child, continuously appraising changes in health status of a child.
- c) Continuously appraising changes in each child, case management of a sick child.
- d) Determining the health status of each child, case management of a sick child.

Q:17: Primary prevention of occupational health care hazards includes:-

- a) Emphasis on first aid to minimize complications.
- b) Dealing with substances inhaled or contracted because of employee's poor attitudes.
- c) General screening of non occupational illness before a person is hired.
- d) Screening of the working environment to check that recommended preventive measures are put in place.

Q:18: A child aged 9 – 12 months is able to:-

- a) Stand without assistance and throw balls.
- b) Walk without support and grasp small objects with thumb and fingers.
- c) Enjoy imitation and take objects out of a container.
- d) Walk and can say some sentences.

Q:19: Indicate whether the statements are True or False.

- a) Naturalistic trend assumes that illness is believed to be cured by a super natural being.
- b) In the personalistic trend, treatment is normally related to the cause of misfortune resulting in illness.

Q:20: Match the conditions in column A with the correct response in column B.

**COLUMN A:**

- a) Measles.
- b) Rubella.

**COLUMN B:**

1. Fever is absent.
2. Koplik's spots are not present.
3. Cough may be present.
4. Odynophagia is usually present.
5. Patient has no sub-occipital lymph nodes.

**PART II: SHORT ANSWER QUESTIONS:**

**MARKS**

- Q:1: Outline six (6) universal precautions for HIV prevention among health workers. 6
- Q:2: State <sup>6</sup> six (6) characteristics of culture. 6
- Q:3: List eight (8) essential components of palliative care nursing. 4
- Q:4: Outline five (5) phases of disaster management cycle. 5
- Q:5: State four (4) socio-economic effects of malaria to a country. 4
- Q:6: Outline five (5) ways by which transmission of a communicable disease can be interrupted. 5
- Q:7: Draw and label a diagram illustrating the life cycle of *Wucheria Bancrofti*. 6
- Q:8: State four (4) obstacles encountered in implementation of inter-sectoral collaboration. 4

**PART III: ESSAY/LONG ANSWER QUESTIONS:**

**MARKS**

- Q:1: An outbreak of poliomyelitis has been reported to you as a nursing officer in-charge of a health centre.
- a) State three (3) stages of poliomyelitis. 3
  - b) Describe the steps you will follow in investigating this outbreak. 12
  - c) Outline five (5) preventive strategies you would put in place to curb this condition. 5
- Q:2: As a middle level manager at your facility, you have been tasked with organizing for patient care.
- a) Explain five (5) models of nursing care delivery. 10
  - b) Describe how you will use the principles of management to organize nursing care delivery. 10

KCC/10/ NY 424.

**NURSING COUNCIL OF KENYA**

**EXAMINATION FOR ADMISSION TO THE REGISTER OF COMMUNITY HEALTH NURSES (BASIC)**

**PAPER THREE**

**DATE: THURSDAY 11<sup>TH</sup> AUGUST 2011**

**TIME ALLOWED: 3 HOURS**

**9.00AM TO 12.00 NOON**

**INSTRUCTIONS TO CANDIDATES:**

1. Read the questions carefully and answer only what is asked.
2. ENTER YOUR EXAMINATION NUMBER AND QUESTION NUMBER ON THE space provided in the answer booklet.
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**KRCHN (BASIC) EXAMINATION: PAPER THREE: AUGUST 2011**  
**PART I: MULTIPLE CHOICE QUESTIONS:**

Q:1: Socio-economic factors that have a bearing on health include:-

- a) Education, live birth, blood test.
- b) Blood test, housing, beliefs.
- c) Housing, education, food.
- d) Fertility, beliefs, live birth.

Q:2: The type of immunity a child acquires after receiving measles vaccine is:-

- a) Humoral immunity.
- b) Artificial active immunity.
- c) Natural passive immunity.
- d) Innate immunity.

Q:3: Vaccine potency can be maintained in the refrigerator by:-

- a) Placing vaccines in the correct compartments, defrosting the refrigerator regularly, ensuring the maintenance of ideal temperature of 0° to 8°C.
- b) Defrosting the refrigerator regularly, packing vaccines with enough space in-between to allow circulation of air, opening refrigerator only when necessary.
- c) Avoiding contact of vaccines with evaporator, regulating the thermostat regularly, lining the frozen icepacks in the inner walls of the refrigerator.
- d) Ensuring the maintenance of ideal temperature of between +2° to +8°C, lining frozen icepacks in the inner walls of the refrigerator, placing vaccines in the correct compartments.

Q:4: Deficiency of vitamin B1 (Thiamine) leads to:-

- a) Heart failure, abnormal nerve and brain function, emotional disturbances.
- b) Rupture of red blood cells, muscle spasm, bleeding.
- c) Night blindness, heart failure, impaired sensory perception.
- d) Emotional disturbances, rupture of red blood cells, nerve damage.

Q:5: Hypokalemia is a condition characterized by low:-

- a) Blood calcium levels.
- b) Magnesium in the blood.
- c) Potassium levels in the blood.
- d) Sodium levels in the blood.

Q:6: The stage of syphilis characterized by the presence of gamma lesions is:-

- a) Primordial.
- b) Latent.
- c) Tertiary.
- d) Secondary.

Q:7: Recommended second line treatment of urethritis in an adult is:-

- a) Norfloxacin 800mg stat plus doxycycline 100 mg BD for 7 days.
- b) Norfloxacin 800mg twice a day for 7 days and spectinomycin 2mg I.M. stat.
- c) Erythromycin 100mg BD for 14 days and ceftriaxone 62.5mg I.M. stat.
- d) Spectinomycin 2mg I.M. stat and doxycycline 100 mg BD for 7 days.

Q:8: The occupational disease that persons working in information technology are likely to develop is:-

- a) Lead poisoning.
- b) Radiation sickness.
- c) Carpal tunnel syndrome.
- d) Mesothelioma.

Q:9: The principle of unity of command in any organization is important because:-

- a) The superior is able to assign part of his job domain to his/her subordinate, thus avoids overworking.
- b) It avoids divided loyalty since each employee receives orders from one superior.
- c) Employees are self-disciplined and self-controlled, so require very little supervision.
- d) It ensures smooth working at all levels of the organization.

Q:10: Indicate whether the statements are TRUE or FALSE on the answer sheet provided.

- a) According to Douglas McGregor's motivation theory X, an employee will exercise self discipline and self control in certain circumstances.
- b) When reprimanding an employee, the supervisor should avoid arguments and listen carefully to all comments.

Q:11: Methods of food preservation which inhibit multiplication of bacteria include:-

- a) Smoking, pasteurization, salting.
- b) Pasteurization, canning, salting.
- c) Canning, blanching, drying.
- d) Drying, freezing, smoking.

Q:12: Match the vectors in column A with the organism transmitted by the vector in column B.

**COLUMN A:**

- a) Anopheles mosquito. (1)
- b) Ornithodoros moubata (3)

**COLUMN B:**

- 1. Wuchereria Bancrofti.
- 2. Onchocerca volvulus.
- 3. Borrelia duttonii.
- 4. Trypanosoma brucei gambiense.

Q:13: Clinical features of typhoid fever in the first week following the prodromal phase include:-

- a) Meningism, constipation, enlarged spleen.
- b) Pea soup diarrhoea, meningism, stepwise rise in temperature.
- c) Constipation, abdominal distension, broncho-pneumonia.
- d) Mental confusion, enlarged spleen, pea soup diarrhea.

Q:14: Progestin only pills work primarily by:-

- a) Thickening cervical mucus, thus blocking sperm from meeting an egg.
- b) Causing a chemical change that damages sperms and eggs before they can meet.
- c) Suppressing the release of gonadotrophins.
- d) Plugging the fallopian tubes thus preventing egg from meeting sperm.

Q:15: The goals of triaging in disaster management are:-

- a) Early patient assessment, control infection, determination of urgency of need of care.
- b) Document initial patient assessment, teach health care to the patient, notify care providers of incoming patients.
- c) Obtain past history records if needed, teach health care to patient, control infection.
- d) Brief overall patient assessment, control the flow of patients and visitors, take phone calls regarding incoming patients.

Q:16: A tooth cavity that gets close to or reaches the pulp causes:-

- a) Pain only when one drinks something cold or eats candy.
- b) Sensitivity to the tooth when one bites.
- c) Lingering pain even after a stimulus (e.g. cold water) is removed.
- d) Swelling due to pus in the adjacent gum.

Q:17: Growth and development increases in a rapid spurt at ages of:-

- a) 2 to 5 years.
- b) 9 to 12 years.
- c) 6 to 12 months.
- d) 5 to 8 years.

Q:18: Primary Health Care activities at the district level are co-ordinated by the:-

- a) Medical officer of health.
- b) District development committee.
- c) Public health officer.
- d) District health management team.

Q:19: Activities of pre-visit phase of home visiting include:-

- a) Sharing information on reason and purpose of visit with the family, gathering information on the location of the house, assessing the family needs and planning nursing care with them.
- b) Recording important events about the family, gathering some information on need of visit, introducing oneself to the family.
- c) Gathering information on the location of the house, gathering some information on need of visit, assembling supplies needed for the visit.
- d) Investigating community resources, establishing nurse-patient relationship, transferring the client to another nurse for care.

Q:20: Factors that promote development in children include:-

- a) Good nutrition, emotional support, play.
- b) Child spacing, nutrition, immunization.
- c) Good antenatal care, play, follow-up clinic.
- d) Birth Order, child spacing, emotional support.

**PART II: SHORT ANSWER QUESTIONS:**

**MARKS**

- Q:1: Outline the four (4) stages in the progression of HIV infection. 4
- Q:2: a) Define a missed opportunity for immunization. 1  
b) State five (5) ways to reduce missed opportunities for immunization. 5
- Q:3: State four (4) reasons why people are resistant to change in any organization. 4
- Q:4: With the aid of a diagram, illustrate the life cycle of *Ancylostoma duodenale* (hookworm). 5
- Q:5: State the four (4) goals of community health nursing. 4
- Q:6: Explain three (3) ways in which family planning providers can help prevent mother-to-child transmission of HIV. 6
- Q:7: a) Define <sup>↑</sup>socialization. 1  
b) Briefly explain two (2) agencies of socialization. 4
- Q:8: Explain three (3) challenges faced by the girl child due to teenage pregnancy. 6



**PART III: ESSAY/LONG ANSWER QUESTIONS:**

**MARKS**

Q:1: Due to the drought situation, large populations are moving from Somalia to refugee camps in Kenya, raising concern about the spread of measles.

- a) Outline four (4) factors that can lead to the failure of measles vaccination. 4
- b) Describe the prevention and control measures you would institute to curb the spread of measles in the camps. 10
- c) State six (6) complications of measles. 6

Q:2: As the Nursing Officer incharge of the maternity unit, you have been informed that nursing staff in the antenatal and labour ward were engaged in a bitter argument over the management of an antenatal mother.

- a) Define conflict. 1
- b) State three (3) types of conflicts. 3
- c) List six (6) factors contributing to a conflict. 3
- d) Describe how you will resolve this situation. 13

## **PART ONE: MULTIPLE CHOICE QUESTIONS (20MKS)**

1. The total number of new cases of HIV infection reported in the month of March from X village was 50. This is referred to as;
  - a. Incidence
  - b. Prevalence
  - c. Morbidity
  - d. Pandemic
2. When using the 3 pot system for water purification, the water is considered safe for drinking after standing for?
  - a. 24hrs
  - b. 48hrs
  - c. 36hrs
  - d. 30hrs
3. Herd immunity:-
  - a. Results from high infection pressure.
  - b. Is applicable in eradication of tetanus infection.
  - c. Entails prophylaxis treatment for susceptible host
  - d. It is achieved by keeping the number of susceptible host low
4. Principles of PHC are:-
  - a. Manpower development, equity, appropriate technology
  - b. Community rehabilitation, Equity, science
  - c. Culture, science, community participation
  - d. Community participation, equity, Community rehabilitation
5. The correct order of community mobilization steps
  - a. Planning, community entry, conducting, monitoring
  - b. Community entry, planning, conducting, monitoring
  - c. Making reinforcement, community entry, planning, conducting
  - d. Community entry, planning, monitoring, conducting
6. Absorption of iron is enhanced by:
  - a. Antacids
  - b. Citrus fruits
  - c. Tea and coffee
  - d. Taking iron tablets with meals
7. The for following types of hepatitis are transmitted through fecal oral route;
  - a. A and D
  - b. B and C
  - c. A and C

- d. E and A
8. Green tags in disaster management means;
- a. Victims need immediate care.
  - b. Victims can wait up to 3 hrs
  - c. The victims can wait up to 1hr
  - d. Victims are dead
9. The first step when organising a school health programme is
- a. Planning with the stake holders
  - b. Gathering information
  - c. Creating awareness
  - d. Establishing partnerships between teachers and health workers
10. The following is TRUE about hearing impairment :
- a. Individual with profound hearing impairment cannot communicate.
  - b. It causes inability to protect self.
  - c. Individuals with adventitious deafness are also dumb.
  - d. Hard of hearing is the same as congenital deafness.
11. Community health
- a. Is concerned more with health of individuals
  - b. Emphasises more on curative services
  - c. Is different from population medicine
  - d. Can be affected by education levels
12. Elements of culture include;
- a. Language, status, material life
  - b. Values, beliefs, roles
  - c. Religion, material life, status
  - d. Languages, beliefs, Social interactions
13. The descriptive study of living cultures is referred to as;
- a. Ethnography
  - b. Ethnology
  - c. Archaeology
  - d. Social anthropology
14. Principles of community health nursing include;
- a. Prioritising on curative and preventive aspects of health.
  - b. Minimizing vertical programs
  - c. Centralization of activities.
  - d. Utilizing of only health professionals in health care delivery.

15. Planning for daily activities in the ward is an example of;
- Operational plan
  - Tactical plan
  - Strategic plan
  - Contingency plan
16. Management roles include;
- Controlling, decision making, directing
  - Staffing, organizing, information sharing
  - Monitoring, liaison, decision making
  - Planning, controlling, organizing
17. The following theorist emphasized on the use of rules, regulations and policies to govern employees.
- Frederic Taylor
  - Max Weber
  - Henri Fayol
  - Douglas McGregor
18. Tactical plans in an organization
- Focus on single daily action
  - Are concerned on how to implement operational plans
  - Are of intermediate time frame
  - Are mainly developed from the major organization goals
19. Feedback to subordinate from nurse managers;
- Should be given in private always
  - Should be done daily
  - Should be both objective and subjective
  - Should have negative comments last.
20. The following leadership style has the greatest regard for organizational policies and rules ;
- Autocratic
  - Democratic
  - Bureaucratic
  - Laissez-faire

## **PART TWO: SHORT ANSWER LONG (40MARKS)**

1. List the two types of leishmaniasis and identify the causative organism for each type.(2 marks)
2. State five (5) types of environment. (5marks)
3. Describe how calendar method of family planning works. (5 marks)
4. Describe the lifecycle of *Schistosoma mansoni* (5 marks)
5. State five (5) factors that cause underutilization of health services. (5marks)
6. Explain the following principles of management;( 4marks)
  - a. Unity of command
  - b. Unity of direction
  - c. Insubordination of individual interest
  - d. Initiative
7. Outline the steps of the disciplinary process. (7marks)
8. Outline the phases of home visiting. (5mks)
9. List four (4) cold chain monitoring tools. (2 marks)

## **PART THREE: LONG ANSWER QUESTIONS (40MARKS)**

1. With influx of refugees in Kenya, the risk of disease outbreaks is high.
  - a. Define the term disease outbreak.(1 mark)
  - b. Outline four (4)factors that determine decision making during outbreaks.(4 marks)
  - c. Describe the steps of disease management at the district level. (11marks)
2. Performance appraisal should be done for every employee.
  - a. State five (5) benefits of performance appraisal.(5mks)
  - b. List two (2) performance appraisal techniques. (1mks)

c. Describe seven (7) rating errors that can occur during performance appraisal. (14mks)

## **PART ONE: MULTIPLE CHOICE QUESTIONS 20 MARKS**

1. Auto infection is commonly seen in:-
  - a. Trichuriasis
  - b. Enterobiasis
  - c. Ascariasis
  - d. Schistosomiasis
  
2. Examples of cestodes include:-
  - a. *Hymenolepis nana, Taenia Saginata, Diphyllbothrium lata*
  - b. *Necator americanas, Ankylostoma duodenale, Taenia solium*
  - c. *Echinococcus granulosus, Brugia malayi, Wuchereria bancrofti*
  - d. *Ankylostoma duodenale, Loa loa, Onchocerca volvulus*
  
3. Drug of choice for all Schistosomal species is :-
  - a. Oxamniquine
  - b. Metrifonate
  - c. Praziquantel
  - d. Niclosamide
  
4. A disease pandemic is one that:-
  - a. Few persons acquire over a short period of time
  - b. Is always present in a population
  - c. Occurs occasionally in a population
  - d. Affects many people
  
5. Symptoms in stage 2 of WHO clinical staging of HIV/AIDS for adults include:-
  - a. Herpes zoster, seborrheic dermatitis
  - b. Oral candidiasis, pulmonary TB
  - c. Thrombocytopenia, pyomyositis
  - d. Neutropenia, sinusitis
  
6. Immunization schedule for Rota virus vaccine is:-
  - a. 2mls orally at 6 weeks and 10 weeks
  - b. 1.5mls IM at 10 weeks and 14 weeks
  - c. 2mls IM at 10 weeks and 14 weeks
  - d. 1.5 mls orally at 6 weeks and 10 weeks
  
7. An example of a contraceptive method that fall in category 4 of the medical eligibility criteria include:-
  - a. Combined oral contraceptives for women with thalassemia
  - b. Implants for women with Systemic Lupus Erythematosus
  - c. Progestine only contraceptives for women with sickle cell disease
  - d. Intra Uterine Contraceptive Device for women with valvular heart disease

8. Normal developmental milestone for an infant aged 1 month include:-
- Grasp actively, makes loud voices
  - Follow object with eyes, play with hands
  - Lifts head when prone, often smiles
  - Good head control, grasps actively
9. Angular stomatitis in children is as a result of deficiency in:-
- Vitamin B2
  - Vitamin B12
  - Calcium
  - Thiamine
10. Malaria chemoprophylaxis with Mefloquine:-
- Is started 2-3 days before arrival in endemic area
  - Can be given to infants less than 5 kilograms
  - Is available as tablets of 274mg
  - Can be given concomitantly with quinine
11. Gradual social change that occurs with very little or no human effort is referred to as;
- Evolution
  - Reform
  - Diffusion
  - Revolution
12. Achieved status is:-
- Accomplished
  - Family dependant
  - Class defined
  - Assumed at birth
13. A rural health unit is an administrative unit consisting of:-
- 50,000 to 70,000 people
  - One or two schools
  - At least five health centres
  - A level 4 hospital as the head quarter
14. The following groups of people are classified as socially handicapped:
- Displaced, Street children, sexually abused
  - Epileptic, psychiatric cases, widowed
  - Drug addicts, elderly, mongolism
  - Obese, blind, deaf



15. The types of authority are;
- Informal and functional
  - Functional and open system
  - Authoritarian and democratic
  - Formal and functional
16. The purpose of organization structure is:-
- Monitoring flow of communication
  - Reviewing the remuneration of the staff
  - Depicting interdepartmental relations
  - Planning and implementation
17. In functional nursing:-
- Each nurse in a unit is assigned one or more nursing tasks for a number of patients or all patients in the ward.
  - The nurse is accountable for the total care of one or more patients for the period of her work shift.
  - Patients in a unit are divided to various groups under care of certain individual nurses.
  - There is comprehensive, continuous, coordinated and individualized nursing care.
18. The first four steps in the disciplinary process are:-
- Investigation to find cause, formal written warning and suspension, discussion and brief warning
  - Investigation to find cause, discussion and brief warning, strong verbal warning, formal written warning
  - Suspension from job, investigation to find the cause, formal written warning, strong verbal warning
  - Strong verbal warning, interdiction without pay, discharge with opportunity to appeal, formal written warning
19. The process of assigning competent people to fill the roles designed in the organizational hierarchy is:-
- Staffing
  - Scheduling
  - Recruitment
  - Induction
20. Motivational factors according to Herzberg two factor theory include:-
- Possibility of growth, the work itself
  - Company policy , working conditions
  - Interpersonal relationship, recognition
  - Responsibility, good salary

## **PART TWO SHORT ANSWER QUESTIONS (40 MARKS)**

1. Outline five (5) causes of treatment failure in gonorrhoea (5 marks)
2. State six (6) factors that affect the health of a family (6 marks)
3. Outline four (4) roles of the community in implementing primary health care ( 4 marks)
4. Explain four (4) biological criteria a good house should meet (4 marks)
5. State five (5) factors that hinder community mobilization ( 5 marks)
6. Outline four (4) clinical features of the paralytic stage of rabies (4 marks)
7. Outline the step of evaluating school health services ( 4 marks)
8. State three (3) contents of a medical community diagnosis report (3 marks)
9. Describe the life cycle of malaria in mosquitoes (5 marks)

## **PART THREE: LONG ANSWER QUESTIONS (40MARKS)**

1. Ebola disease is the current global public health problem.
  - a. List the four (4) strains of Ebola virus (2 marks)
  - b. Outline three (3) specific clinical features of Ebola (3 marks)
  - c. Describe the approach you will take as a public health nurse to manage the outbreak of the disease ( 10 marks)
  - d. Describe the prevention and control measures of Ebola (5 marks)
2. Delegation is a principle of dealing with time management constraints.
  - a. Other than delegation outline four (4) principles of time management ( 4 marks)
  - b. Describe the steps involved in delegation (10 marks)
  - c. Outline six(6) factors that hinder the delegation process (6 marks)

## **PART ONE: MULTIPLE CHOICE QUESTIONS 20 MARKS**

1. Identify the correct statement below concerning Malaria;
  - a) Humans are the definitive host for plasmodium
  - b) Symptoms appear in the hepatic stage
  - c) Malignant type is caused by falciparum species
  - d) Artemether Lumefantrine is the 1<sup>st</sup> line therapy for complicated malaria
2. The indications for surgery in trachoma include;
  - a) Conjunctivitis and pannus
  - b) Pannus and follicles
  - c) Entropion and trichiasis
  - d) Pannus and entropion
3. The priority activity during community mobilisation for a project is;
  - a) Identifying resources
  - b) Finding out about what the community knows about the project
  - c) Allowing the community members to volunteer in the project
  - d) Conducting mobilisation sessions
4. The following are examples of water related diseases;
  - a) Onchocerciasis, Trypanosomiasis, Malaria
  - b) Typhoid, cholera, amoebiasis
  - c) Dysentery, scabies, trachoma
  - d) Poliomyelitis, malaria, dysentery
5. The elements of Primary Health Care are:-
  - a) Maternal child health, nutrition, appropriate technology
  - b) Immunization, education, community rehabilitation
  - c) Malaria control, essential drugs supply, equitable distribution of resources
  - d) Mental health, integration of services, local disease control
6. In primary health care, participation is important because it:
  - a) Makes the work of the health worker easier
  - b) Creates awareness among community members
  - c) Creates ownership of development programme in the community
  - d) Is part of social mobilization
7. The number of deaths from typhoid divided by the total deaths in a year multiplied by 100 is an example of :
  - a) Case fatality rate
  - b) Mortality rate
  - c) Cause specific death rate
  - d) Case specific death rate

8. In occupational health, deployment of epileptics away from areas where they can easily injure themselves is an example of :
- a) Primary prevention
  - b) Secondary prevention
  - c) Tertiary prevention
  - d) Mitigation
9. An employee of a milk processing industry sustained a frost bite while putting milk in a deep freezer. This is an example of:
- a) Biological hazard
  - b) Physical hazard
  - c) Mechanical hazard
  - d) Environmental hazard
10. In Kenya a person is termed as an elderly from the age of;
- a) 60 yrs
  - b) 55 yrs
  - c) 64 yrs
  - d) 80 yr
11. The infective stage of Taenia species is:-
- a) Oncosphere
  - b) Cystercerci
  - c) Hexacanth
  - d) Rhabditiform
12. Anthropometry is the science of measuring;
- a) Size and makeup of the body and specific body parts.
  - b) Nutritional factors needed for growth and development.
  - c) Patients' habitual intake of food and liquids
  - d) Physical signs and symptoms of inadequate nutrition.
13. The priority activity during community mobilisation for a project is
- a) Identifying resources
  - b) Finding out about what the community know about the project
  - c) Allowing the community members to volunteer in the project
  - d) Conducting mobilisation sessions

14. Anonymity in research is aimed at:-
- Preventing disclosure of privileged information
  - Conferring protection to the source of information
  - Selectively disclosing information to specific individuals
  - Keeping names of respondents only known to the research supervisor
15. The problem statement in a research proposal should include:-
- The background of the study
  - An outline of the study subjects
  - The magnitude of the issue under study
  - The benefits the study shall contribute against challenges
16. The Hawthorne effect is as a result of:-
- A researcher lacking expertise to analyse data
  - Study subjects being aware they are participating in a study
  - Study tools being disclosed to non study subjects
  - Respondents not completing the interview schedule
17. The study design that is appropriate in observing the behavior changes of drug addicts under rehabilitation is:-
- Retrospective study design
  - Longitudinal design
  - Prospective study design
  - Cross-sectional design
18. The most appropriate method of studying characteristics of wound healing would be:-
- Questionnaire
  - Participants' observation
  - Pure observation
  - Context analysis
19. The statement of justification of the study should show:-
- The aims of the study
  - The limitations of the study
  - Why the study is worth doing
  - What is known about the study
20. Exploratory research mainly involves:-
- Testing an hypothesis to develop a theory
  - Establishing casual relationships between variables
  - Investigating the full nature of a phenomenon
  - Predicting and controlling variables

## **PART TWO: SHORT ANSWER QUESTIONS (40 MARKS)**

1. Draw and label a diagram of enterobius vermicularis life cycle. (5 marks)
2. State five (5) principles of family health nursing. (5 marks)
3. Outline five (5) factors that influence the nutrition of a patient with HIV who is on home based care. (5 marks)
4. Outline five (5) aims of school health programme. (5 marks)
5. State five (5) disadvantages of accumulation of solid waste in the environment. (5 marks)
6. State five (5) advantages of using a questionnaire as a tool for data collection (5 marks)
7. Outline five (5) reasons why literature review is important when writing a research proposal (5 marks)
8. State five (5) qualities of a good research report (5 marks)

## **PART THREE: LONG ANSWER QUESTIONS (40 MARKS)**

1. The catchment area for health centre X has a total population of 50,000 people. 400 doses of pentavalent I vaccine were administered in one year.
  - a. Outline the (5marks)
  - b. State two (2) contraindications for pentavalent vaccine administration. (2 marks)
  - c. Calculate the immunization coverage for pentavalent I vaccine in the above named community (3marks)
  - d. Describe ways of increasing immunization coverage in a community. (10marks)
2. Master P has been brought to the health centre and a diagnosis of bacillary dysentery made.
  - a. List four (4) microorganisms that cause bacillary dysentery. (2marks)
  - b. Outline four (4) clinical features of bacillary dysentery. (4marks)
  - c. Describe the specific management of Master P. (9marks)
  - d. State five (5) measures that can be instituted for the prevention and control for bacillary dysentery. (5marks)

**PART I: MULTIPLE CHOICE QUESTIONS (20 MARKS)**

1. A community may be defined as :-
  - a. Individuals and groups living and interacting within certain boundaries
  - b. Groups of people sharing common health problems
  - c. Individuals sharing same boundaries
  - d. Families sharing common cultural beliefs
  
2. Water related diseases include :-
  - a. Trachoma, onchocerciasis, amoebiasis
  - b. Typoid ,cholera, hepatitis A
  - c. Malaria, schistosomiasis, dracunculosis
  - d. Diarrhoea, bacillary dysentery, scabies
  
3. Cold chain is defined as system of :-
  - a. Immunizing children and expectant mothers with a potent vaccine in the facility
  - b. Maintaining vaccines in a potent state from the manufacturer to the consumer
  - c. Maintaining the vaccine in a potent state in a health facility
  - d. Transporting vaccines from the manufacturer to the consumer
  
4. The following plasmodia develop hypnozoites :-
  - a. *P. Ovale*, *P. vivax*
  - b. *P. Malariae*, *P. vivax*
  - c. *P. malariae*, *P.falciparum*
  - d. *P. Ovale*, *P. falciparum*
  
5. Green tags in disaster management means :-
  - a. Victims need immediate care.
  - b. Victims can wait up to 3 hrs
  - c. The victims can wait up to 1hr
  - d. Victims are deceased
  
6. Post visit activities in home visiting :-
  - a. Are done in termination phase
  - b. Include sharing reports
  - c. Include evaluating the client
  - d. Are done during every home visit.
  
7. Equity in primary health care means:-
  - a. Every area should get same quantity of services.
  - b. Health resources and services should be distributed to everyone fairly.

- c. All sectors should be involved in health care delivery.
  - d. The community should participate in their health.
8. A deficiency of vitamin B1 (Thiamine) causes :-
- a. Beriberi
  - b. Pellagra
  - c. Scurvy
  - d. Pernicious anaemia
9. A designated area where an institution is responsible for offering health services is :-
- a. Study area
  - b. Target area
  - c. Catchment area
  - d. Sample area
10. The fourth (4<sup>th</sup>) millennium development goal is concerned with :-
- a. Improvement of maternal health
  - b. Environmental sustainability
  - c. Combating HIV/AIDs
  - d. Reduction of child mortality
11. Onchocerciasis:-
- a. Is caused by a trematode.
  - b. Leads to blindness.
  - c. Is spread by aedes mosquito.
  - d. Microfilariae is found in blood.
12. Diseases transmitted through the fecal-oral route include:-
- a. Poliomyelitis, mumps, typhoid
  - b. Poliomyelitis, bacillary dysentery, viral hepatitis A
  - c. Viral hepatitis A, amoebiasis, hydatidosis
  - d. Poliomyelitis, cholera, schistosomiasis
13. Enteric fevers are usually common at:-
- a. Start of the rains and middle of dry season
  - b. Any time of the year
  - c. Middle of the dry season till the end
  - d. End of the dry season and at the start of the rains
14. The migratory phase of Ascaris is associated with:-
- a. Cough, vague abdominal discomfort, pneumonitis
  - b. Vague abdominal discomfort, vomiting, cough
  - c. Fever, cough, allergic dermatitis
  - d. Diarrhoea, fever, allergic dermatitis



15. When using the 3 pot system for water purification, the water should be left to stand for how long before use?
- 24 hours
  - 48 hours
  - 36 hours
  - 30 hours
16. One advantage of longitudinal research design is that;
- It is cheap
  - It allows the researcher to collect both qualitative and quantitative data
  - Allows the researcher to observe the changes in a group under study overtime
  - The researcher only collects data at one point in time
17. The statement of justification of the study should show;
- The intentions of the study
  - The limitations of the study
  - Why the study is worth doing
  - What is known about the study
18. Exploratory research mainly involves:
- Testing an hypothesis to develop a theory
  - Establishing causal relationships between variables
  - Investigating the full nature of a phenomenon
  - Predicting and controlling variables
19. The accuracy and consistency of information obtained in a research study is:
- Randomness
  - Reliability
  - Validity
  - Credibility
20. The principle of beneficence in research ethics involves:
- Researcher minimising harm to maximise the benefits of the study
  - The right to full disclosure
  - The right to fair treatment during research
  - The right to privacy and confidentiality

## **PART TWO: SHORT ANSWER QUESTIONS (40 MARKS)**

1. State three (3) benefits of integrating MCH/FP services. (3 marks)
2. State four (4) steps in evaluation of a school health programme. (4 marks)
3. Outline four (4) policy elements in disaster management.(4 marks)
4. Outline the 4 Cs in management of sexually transmitted infections.(4 marks)
5. State five (5) clinical manifestations of giardiasis (5 marks)
6. Explain five (5) ethical considerations a community health nurse should take note of before carrying a community diagnosis (5 marks)
7. State five (5) reasons for carrying out literature review in research (5 marks)
8. Explain five (5) methods of non probability sampling (5 marks)
9. State five (5) reasons for pre-testing a questionnaire(5 marks)

## **PART THREE: LONG ANSWER QUESTIONS (40 MARKS)**

1. Trachoma is a contact disease common among children.
  - a. What is the causative organism of trachoma (1 mark)
  - b. Explain the four (4) clinical stage of the disease progression (8 Marks)
  - c. Describe the prevention and control measures of trachoma. ( 11 marks)
2. Home Based Care is an approach adopted by Ministry of Health due to an increased need for long term care for patients with chronic illnesses
  - a. State four (4) components of home based care (4 marks)
  - b. Explain three (3) objectives of home based care ( 3 marks)
  - c. Outline four (4) advantages of home based care to a patient (4 marks)
  - d. Explain the roles of the health care team in home based care ( 9 marks)

**PART ONE: MULTIPLE CHOICE QUESTIONS ( 20 MARKS)**

1. A deficiency of vitamin B1( Thiamine) causes:-
  - a. Pernicious Anemia
  - b. Pellagra
  - c. Scurvy
  - d. Beriberi
  
2. A part from tuberculosis, BCG vaccine also protects a person against :-
  - a. Leprosy
  - b. H1N1 influenza
  - c. Pulmonary histoplasmosis
  - d. Mycoplasma pneumonia
  
3. Non-essential amino acids:-
  - a. Do not meet nutritional needs of the body
  - b. Are incomplete protein molecules
  - c. Can be synthesised by the body
  - d. Are derived entirely from vegetables
  
4. The vaginal discharge in trichomoniasis is:-
  - a. Greenish, foamy, foul smelling
  - b. Whitish, scanty, foul smelling
  - c. Whitish, cheese like, purulent
  - d. Profuse, yellowish, foamy
  
5. A diagnosis of dental carries is made when a client has:-
  - a. Painful inflamed gums, loose teeth
  - b. Bleeding gums, loose teeth
  - c. Plaque on teeth, tooth pain
  - d. Tooth pain, bleeding gums
  
6. An example of a disease that does not pass from human to human is:-
  - a. Tuberculosis
  - b. Diphtheria
  - c. Tetanus
  - d. Malaria

7. Water related diseases include:-
  - a. Typhoid, Malaria, cholera
  - b. Malaria, typhoid , schistosomiasis
  - c. Cholera, schistosomiasis, dysentery
  - d. Malaria, schistosomiasis, onchocerciasis
  
8. When health care is geographically and financially within easy reach to the entire community the service is said to be:-
  - a. Available to the community
  - b. Acceptable to the community
  - c. Accessible to the community
  - d. Affordable to the community
  
9. The *Aedes aegypti* is associated with:
  - a. Yellow fever
  - b. Relapsing fever
  - c. Leshmeniasis
  - d. Drancunculosis
  
10. Condylomata acuminata causes,
  - a. Balanitis
  - b. Lymphogranuloma venereum
  - c. Venereal warts
  - d. Herpes genitalis
  
11. Principles of community health nursing include,
  - a. Prioritising on curative and preventive aspects of health.
  - b. Minimising vertical programs
  - c. Centralisation of activities.
  - d. Utilizing of only health professionals in health care delivery.
  
12. Yellow fever vaccine is,
  - a. A live attenuated vaccine
  - b. Given subcutaneously
  - c. Contraindicated in asymptomatic HIV infection
  - d. Not contraindicated in pregnancy

13. The extent to which a research tool measures what it is intended to measure is called;
- Correlation
  - Reliability
  - Inference
  - Validity
14. The ethical principle that requires that a researcher describes the nature of the study to participants is;
- Non maleficence
  - Beneficence
  - Full disclosure
  - Self determination
15. A hypothesis is;
- The possible application of research results
  - Measure of degree of relationships between the variables under study
  - A statement of the predicted relationship between variables under study
  - Factors that are generally accepted as true
16. The most frequently occurring score in a distribution is the;
- Mean
  - Mode
  - Median
  - Average
17. One of the disadvantages of closed ended questions in a questionnaire is;
- Construction of the questionnaire is time consuming
  - Recording of responses takes time
  - There is lack of objectivity
  - Researcher gets varied responses across participants
18. Cluster sampling requires that;
- The population be divided into groups
  - The proportion of population be identified
  - Every  $n^{\text{th}}$  element from the population be selected
  - All subjects in the population do not have equal chance of being selected

19. The logical order of the components of a research report is;
- Abstract , title, introduction, literature review, methodology, results, discussion
  - Title, abstract, introduction, literature review, methodology, results, discussion
  - Introduction, title, abstract, literature review, methodology, results, discussion
  - Title, abstract, introduction, literature review, methodology, discussion, results
20. The problem statement in a research proposal shows;
- The duration of the study
  - The design of the study
  - The issue to be investigated
  - Why the study is worthy doing

**PART TWO SHORT ANSWER QUESTIONS (40 MARKS)**

- With the aid of a diagram, illustrate the life cycle of *Taenia saginata* (5 marks )
- Outline five (5) characteristics of communicable diseases (5 marks)
- State six (6) goals of triaging in disaster management ( 6 marks)
- Explain four (4) components of home based care (4 marks)
- State four (4) functions of a community (4 marks)
- State five (5) advantages of interview as a data collection method (5 marks)
- Explain five (5) sources of literature for research studies (5 marks)
- State three (3) characteristics of a true experiment (3 marks)
- List six (6) ways of disseminating research studies (3 marks)

**PART THREE LONG ANSWER QUESTION (40 MARKS)**

- You have been contracted to design a school health programme for a school in Magomeni County.
  - Explain five (5) needs of a school child (5 marks)
  - Describe the activities you will include in the package of the programme (15 marks)
- You are a nursing officer in charge of a health centre in County X where there is cholera outbreak.
  - State two (2) characteristics of causative agent for cholera. (2marks)
  - Explain how you would manage the outbreak. (13marks)
  - State five (5) differences between cholera and food poisoning. (5marks)

**PART ONE: MULTIPLE CHOICE QUESTIONS (20 MARKS)**

1. Epidemiological triad includes;
  - a. Agent, route of transmission, vector.
  - b. Host, agent, environment.
  - c. Vector , route of transmission, host
  - d. Host, route of transmission, environment.
  
2. Active immunity;
  - a. Is acquired after several doses of a vaccine.
  - b. Is acquired after vaccination with a live vaccine.
  - c. Is only acquired only when organisms invade the body.
  - d. Is life long
  
3. The diseases that are targeted for eradication by KEPI include;
  - a. Poliomyelitis, neonatal tetanus, measles
  - b. Neonatal tetanus, measles, chicken pox
  - c. Measles, yellow fever, whooping cough
  - d. Poliomyelitis, neonatal tetanus, diphtheria
  
4. The diseases caused by flukes/worms include;
  - a. Leishmaniasis, Onchocerciasis, Dracunculosis
  - b. Schistosomiasis, Trypanosomiasis, Onchocerciasis
  - c. Schistosomiasis, Onchocerciasis, Dracunculosis
  - d. Trypanosomiasis, Onchocerciasis, Dracunculosis
  
5. In communicable diseases, the route of transmission can be interrupted by:-
  - a. Providing treatment to all the sick people
  - b. Vaccinating the population
  - c. Attacking the vectors
  - d. Notification
  
6. The following best defines Primary Health Care;
  - a. Comprehensive care that is accessible by all
  - b. Fundamental care that is sustainable
  - c. Health facility based care that is affordable by all
  - d. Health care supported by development partners

7. Water- washed infections can be prevented through
  - a. Improving the quality of water
  - b. Reducing contact with contaminated water
  - c. Improving the quantity of water
  - d. Notification
  
8. Characteristics of *Bacillus anthracis* include:-
  - a. Gram-negative, often arranged in chains
  - b. Non-flagellate, gram negative
  - c. Often arranged in chains, gram positive
  - d. Non-spore forming, gram positive
  
9. Zoonotic diseases include:
  - a. Brucellosis, amoebiasis and anthrax
  - b. Brucellosis, anthrax and rabies
  - c. Anthrax, rabies and SARS
  - d. Anthrax, tetanus and Avian flu
  
10. In occupational health, secondary prevention services include:
  - a. Training of the workforce on how to work with machines
  - b. Screening employees at risk of a particular hazard
  - c. Provision of crutches for the injured workers
  - d. Utilization of protective clothing in industries
  
11. Some of the records included in a school health report are:-
  - a. Schools covered, number of teachers, activities carried out, disease outbreaks at the schools.
  - b. Schools covered, pupils treated, activities carried out, health messages shared.
  - c. Activities carried out, health achievements by the school, health messages shared, number of visits by education officials.
  - d. Pupils referred, type of ailments treated, activities carried out, number of teachers.
  
12. The WHO diagnostic criteria of measles is:-
  - a. Rash, fever, presence of "3Cs"
  - b. Rash, diarrhoea, pneumonia.
  - c. Fever, dyspnoea and stridor.
  - d. Presence of "3Cs" stridor, dyspnoea.



13. The needs of the elderly include:-
- Companionship, food, hygiene
  - Special residence, supervision, feeding
  - Food, assistance with toilet, sedatives.
  - Hygiene, special residence, feeding.
14. In the entry phase of home visiting a nurse should;
- Share information on the purpose of the visit
  - Do a home assessment to get baseline data
  - Gather information on location of the house
  - Investigate the community resources
15. In community diagnosis, developing objectives as to why the survey is being carried out is done during:-
- Exploration stage
  - Pre-testing of instruments
  - Execution stage
  - Planning stage
16. Objectivity in research means:-
- Assignment of numbers to events accurately.
  - Use of measurement that provides different levels of responses.
  - Use of facts without distortion by personal feelings.
  - Translating concepts into observable measurable phenomenon.
17. One of the disadvantages of closed ended question is:-
- Construction of the questionnaire is time consuming.
  - There is heavy recording burden for the interviewer.
  - Quality of recording is dependent on the respondent.
  - There are inconsistent dimensions of response across participation.
18. The introduction section in research should include;
- Background of the problem, study hypothesis, sampling method
  - Purpose of the study, background of the study, literature review
  - Purpose of the study, literature review, research questions
  - Background of the problem, purpose of the study, research questions

19. In Longitudinal research design

- a. The researcher collects data using qualitative designs
- b. Researcher looks back at phenomenon that occurred in the past
- c. The researcher observes phenomenon at one point in time
- d. The researcher observes changes in a group overtime

20. Sampling error refers to:-

- a. Faulty sampling
- b. Errors that can be reduced by improving collection and complication techniques
- c. The discrepancy between the sample size and sample characteristics
- d. The discrepancy between sample and population characteristics

**PART II: SHORT ANSWERS QUESTIONS: (40 MARKS)**

1. Outline 5 (five) activities carried out during a school health programme (5 Marks)
2. Describe the three (3) types of housing (3 Marks)
3. With the aid of a diagram, illustrate the life cycle of *Taenia saginata* (5 Marks)
4. Explain four (4) policy elements in disaster management (4 Marks)
5. State four (4) functions of a community (4 Marks)
6. Outline four (4) functions of an occupational health nurse (4 Marks)
7. Outline four (4) types of probabilistic sampling technique (4 Marks)
8. List four (4) data collection tools used in research (2 Marks)
9. Outline Five (5) components of research abstract (5 Marks)
10. Define the following terms in research (4 Marks)
  - a. Dependant variable
  - b. Independent variable
  - c. Validity
  - d. Reliability

**PART III: LONG ANSWERS QUESTIONS: (40 MARKS)**

1. As the County public health nurse of county X, you have been alerted of Cholera outbreak in the region
  - a. State five (5) clinical features of cholera (5 marks)
  - b. Describe how you will manage the cholera outbreak ( 12marks)
  - c. State three ( 3) control measure of cholera ( 3 marks)
2. Community mobilization is important for any community project.
  - a. State three (3) benefits of community mobilization. (3mks)
  - b. Outline the steps of community mobilization. (4mks)
  - c. List six (6) examples of community mobilizers. (3mks)
  - d. Explain factors that can hinder community mobilization. (10mks)

**PART ONE: MULTIPLE CHOICE QUESTIONS (20 MARKS)**

1. Vaccines containing live attenuated agents include:
  - a. Tetanus, BCG
  - b. Polio, measles
  - c. Pentavalent, polio
  - d. Measles, tetanus
  
2. Patient's role in a home based care team include:-
  - a. Giving consent for care, monitor resources, consulting
  - b. Writing a will, identifying a care giver, participation in the care
  - c. Identifying a care giver, participating in care, giving consent for care
  - d. Monitoring resources, participating in care writing a will
  
3. The main sources of water are grouped into:
  - a. Ground water, deep wells and lakes
  - b. Rain water, surface water, and oceans
  - c. Surface water, ground water and rivers
  - d. Rain water, ground water and surface water
  
4. The *Borrelia duttoni* is responsible for:
  - a. Dranculosis
  - b. Brucelosis
  - c. Relapsing fever
  - d. Enteric fever
  
5. The three main components of the disease causative cycle include:
  - a. Host, fomites, vector
  - b. Agent, fomites, vector
  - c. Host, vector, agent
  - d. Agent, host, environment
  
6. The players involved in occupational health programmes are:
  - a. Employees, family members, employers
  - b. The health team, employers, community formal leaders
  - c. The health team, employees, religious leaders
  - d. Employers, employees, family members

7. The ground itch is associated with
  - a. Ankylostoma duodenale
  - b. Trichuris trichuria
  - c. Strongyloides stercoralis
  - d. Echinococcus granulosa
  
8. The condylomata lata lesions are associated with which stage of syphilis
  - a. Pre pathogenesis stage
  - b. Primary stage
  - c. Secondary stage
  - d. Tertiary stage
  
9. Common emotional health problems among the youth include:
  - a. Suicidal tendency, alcoholism, drug abuse
  - b. Homosexuality, STI, Truancy
  - c. Drug abuse, school dropout, promiscuity
  - d. Suicidal tendency, STI'S school dropout.
  
10. Diseases that are transmitted directly from animal to human include:
  - a. Brucellosis, rabies, tetanus, anthrax
  - b. Anthrax, taeniasis, tuberculosis, rabies
  - c. Anthrax, tetanus, rabies, plague
  - d. Brucellosis, rabies, anthrax, taeniasis
  
11. The anti-tuberculosis drug that is known to damage vision is:
  - a. Streptomycin
  - b. Rifampicin
  - c. Isoniazid
  - d. Ethambutol
  
12. The following is true about Scabies:
  - a. The itching is generalised
  - b. Is caused by male mite
  - c. The mite borrows deep in the skin
  - d. The itching is intense at night

13. The process of increasing the communities ability to handle a disaster is referred to as:-
- Preparedness
  - Response
  - Mitigation
  - Prevention
14. The process of community mobilization in sequence involves:
- Planning, community entry, conducting, monitoring
  - Community entry, planning, conducting, monitoring
  - Making reinforcement, community entry, planning, conducting
  - Community entry, planning, conducting, evaluation
15. The main reason for carrying out a home visit is to:-
- Establish a working relationship with the family
  - Meet the family at home and tell them how to solve their health problems
  - Assess family structure and their health behavior
  - Assess social economic status and educational level of the family
16. A type of research that involves the collection of data at one point in time is referred to as;
- Longitudinal research
  - Probability research
  - Cross-sectional research
  - Basic research
17. The logical order for a research report is;
- Abstract, title, introduction, methodology, results, discussion
  - Title, abstract, introduction, methodology, results, discussion
  - Introduction, title, abstract, methodology, discussion, results
  - Title, abstract, introduction, methodology, discussion, results
18. The significance of the study shows;
- The aims of the study
  - The design of the study
  - Why the study is worth doing
  - The problem to be investigated

19. Establishing that your research design is reliable will;
- Ensure that there will be no challenges
  - Means that your study is reproducible
  - Remove the need for sampling
  - Allow you to measure to use few resources

20. Probability sampling techniques include;
- purposive, quota, simple random
  - Systematic, stratified, quota
  - Cluster, systematic, stratified
  - Simple random, quota, stratified

**PART II: SHORT ANSWERS QUESTIONS: (40 MARKS)**

- Outline 5 (five) sources of information about school health needs (5 Marks)
- Describe the three (3) stages of cholera infection (3 Marks)
- With the aid of a diagram, illustrate the life cycle of *Ankylostoma Duodenale* (5 Marks)
- State five (5) physical occupational hazards (5 Marks)
- State four (4) needs of the family and care givers of people living with HIV/AIDS (4 Marks)
- List six (6) elements of Primary Health care (3 Marks)
- Explain (5) five methods of data collection (5 marks)
- State five (5) characteristics of quantitative research (5 marks)
- Outline five (5) reasons for reviewing literature in research (5 marks)

**PART III: LONG ANSWERS QUESTIONS: (40 MARKS)**

- Branchofti Filariasis is a disease found in some parts of Kenya.
  - list two vectors that transmit filariasis (1 Mark)
  - Describe the life cycle of *Wuchereria bancrofti* (5 Marks)
  - Explain the clinical phases of filariasis (6 Marks)
  - Describe the preventive and control measures of filariasis (8Marks)
- Community diagnosis assists community members identify priority health problems affecting them.
  - Outline six (6) factors one should assess when carrying out a community diagnosis (6 Marks)
  - Describe the process of community diagnosis (14 Marks)

**PART ONE: MULTIPLE CHOICE QUESTIONS (20 MARKS)**

1. The infective stage of *Taenia* species is:-
  - a. Oncosphere
  - b. Cystercerci
  - c. Hexacanth
  - d. Rhabditiform
  
2. The organism associated with enteral infection in HIV/AIDS is:
  - a. *Giardia lamblia*
  - b. *Cryptosporidia*
  - c. *Salmonella typhi*
  - d. *Vibro cholerae*
  
3. Roles of an occupational health nurse include;
  - a. Managerial and educational
  - b. Supervision and environmental
  - c. Professional and supervision
  - d. Educational and referral
  
4. Water- washed infections can be prevented through
  - a. Improving the quality of water
  - b. Reducing contact with contaminated water
  - c. Improving the quantity of water
  - d. Notification
  
5. Characteristics of *Bacillus anthracis* include:-
  - a. Gram-negative, often arranged in chains
  - b. Non-flagellate, gram negative
  - c. Often arranged in chains, gram positive
  - d. Non-spore forming, gram positive
  
6. *Trichuris trichuria* infestation is associated with:-
  - a. Rectal prolapse
  - b. Neurological symptoms
  - c. Ground itch
  - d. Hypersensitivity reaction



7. The anti-tuberculosis drug that is known to damage vision is
- Streptomycin
  - Rifampicin
  - Isoniazid
  - Ethambutol
8. According to DVI schedule of immunization, the correct dose for vitamin A at six months is;
- 50,000 i.u
  - 100,000 i.u
  - 200,000 i.u
  - 500,000 i.u
9. Sustainable community development is ensured by:
- Encouraging community participation
  - Managing projects for the community
  - Alleviating suffering among the poor in the community
  - Use of exotic technology in management of projects
10. The following group of people are classified as socially handicapped
- Internally displaced, street children, sexually abused
  - Epileptic, psychiatric cases, widowed
  - Drug addicts, elderly, mongolism
  - Obese, blind, deaf
11. Community diagnosis results can be presented using
- Frequency polygon, table of random numbers, pie charts
  - Histograms, frequency tables, pie charts
  - Tally sheets, frequency polygon, table of random numbers
  - Tally sheets, pie charts, histograms
12. Signs and symptoms of rabies include;
- History of a dog bite, dribbling of saliva, difficulty in swallowing
  - Itching at the site of the wound, fever, irritation and skin rash
  - Difficulty in swallowing, history of dog bite, slow pulse
  - Severe pain at site of the wound, difficulty in swallowing, saliva dribbling
13. The test scores for an end of module examination were as follows: 85, 65,75,65,70.  
The median value is;

- a. 65
  - b. 72
  - c. 70
  - d. 85
14. A sampling frame is best defined as;
- a. The desired sample size in research
  - b. The total population from which a sample is drawn
  - c. The number of study respondents that are randomly selected
  - d. The method a researcher uses to select a random sample
15. In qualitative research;
- a. Structured instruments are used to collect data
  - b. A large number of study subjects is targeted
  - c. Data is analyzed for common themes and patterns
  - d. Quantifiable data is collected
16. A personal bias in research influenced by one's beliefs and judgment is referred to as;
- a. Objectivity
  - b. Reliability
  - c. Subjectivity
  - d. Variability
17. The methodology section of a research proposal contains;
- a. Background, hypothesis, justification
  - b. Inclusion criteria, objectives, hypothesis
  - c. Sampling design, study design, sample size
  - d. Work plan, budget, questionnaire
18. A hypothesis is;
- a. What the researcher aims to achieve in the study
  - b. Measure of degree of relationships between the variables under study
  - c. A statement of the predicted relationship between variables in a study
  - d. A statement on the possible uses of the study findings
19. Indicate whether the following statements are TRUE or F ALSE
- a. Quasi experiments lack a control group
  - b. Primary sources of literature include research report published by its author.
20. Methods of data collection include;
- a. Questionnaire, interview, case study
  - b. Experiment, observation, written reports
  - c. Records audit, observation, interview

d. Questionnaire, case study, description

**PART TWO: SHORT ANSWER QUESTIONS (40 MARKS)**

1. Outline the three (3) stages of a typical malarial attack fever (3 marks)
2. State four (4) characteristics of a family (4 marks)
3. Explain four (4) problems of the elderly (4 marks)
4. Describe the lifecycle of *Shistosomias mansoni* (5 marks)
5. State three (3) types of reports written after carrying out a community diagnosis. (3 marks)
6. State five (5) roles of the government in home based care (5 marks)
7. State three (3) advantages of literature review (3 marks)
8. Outline (4) ways of disseminating research findings (4 marks)
9. Explain five (5) methods of sampling (5 marks)
10. State four (4) ethical principles applied in research (4 marks)

**PART THREE: LONG ANSWER QUESTIONS (40 MARKS)**

1. The strategy for the implementation of PHC was adopted by the Kenyan government to provide health services to its population.
  - a. Explain any six (6) pillars of primary health care (6 marks)
  - b. Describe the role of the community as a key implementer of PHC (12marks)
  - c. List four (4) elements of PHC (2 marks)
2. Leshmaniasis is endemic in the Eastern parts of Kenya along the Tana and Athi rivers.
  - a. List the three(3) types of Leshmaniasis and for each give the causative agent (3 marks)
  - b. Describe the life cycle of leshmaniasis in both the human and sand fly stage (7 marks)
  - c. Describe the management, prevention and control of leshmaniasis (10 marks)

**Part One: Multiple Choice Questions (20 Marks)**

1. The components of home based care includes;
  - a. Networking , social support, referral
  - b. Clinical care, nursing care, social support
  - c. Referral, nursing care, clinical care
  - d. Social mobilization, counseling, nursing care
  
2. Vaccines that contain live attenuated agents include;
  - a. Tetanus, BCG
  - b. Polio, measles
  - c. Pentavalent , polio
  - d. Measles, tetanus
  
3. The main reason for carrying out a home visit is to:
  - a. Meet the family at home and tell them how to solve their health problems
  - b. Assess social economic status and educational level of the family.
  - c. Assess family structure and their health behavior.
  - d. Establish a working relationship with the family.
  
4. In taeniasis infection, the adult worm lives in the:-
  - a. Lungs
  - b. Large intestines
  - c. Small intestines
  - d. Rectum
  
5. The main goal of the Kenyan Government in disaster management is to;
  - a. Increase community preparedness
  - b. Take a leading role when disasters occur.
  - c. Minimize losses and disruptions on the population and economy
  - d. Give early warning information on impending disasters.
  
6. Indicate whether the following statements are true or false;
  - a. Blanching is heat treatment of all foods at 100°C.
  - b. Pasteurization inhibits multiplication of bacteria.
  
7. Babies of mothers on anti\_TB treatment should not be immunized with BCG because:-

- a. Anti-TB drugs can neutralize BCG vaccine administered.
- b. The babies have low immunity which can make them develop tuberculosis
- c. They can develop massive drug resistance
- d. They are immune to TB due to maternal antibodies.

8. Community mobilization is the process:-

- a. In which the community is fully involved in identifying their problem and providing solutions.
- b. Of raising awareness on specific issues among community members.
- c. Of bringing members of the community together for the purpose of taking common action.
- d. Of moving the community members from a risky environment to a less risky one.

9. Herd immunity is gained through:-

- a. Natural active immunity
- b. Natural passive immunity
- c. Increasing immunization coverage
- d. Eradication of zoonotic diseases

10. Anthropometry is the science of measuring;

- a. Size and make up of the body and specific body parts.
- b. Nutritional factors needed for growth and development.
- c. Patients' habitual intake of food and liquids
- d. Physical signs and symptoms of inadequate nutrition.

11. Incidence :-

- a. Is used to record protracted diseases.
- b. Shows the magnitude of disease
- c. Is useful in planning of health services
- d. Shows rate of development of disease.

12. The faecal-oral transmitted hepatitis include;

- a. Hepatitis A and B
- b. Hepatitis B and E
- c. Hepatitis A and C
- d. Hepatitis A and E

13. An example of an intervention study design is;
- Quasi experiment
  - Evaluative study
  - Exploratory study
  - Descriptive study
14. In longitudinal research, a cohort can be defined as a sample;
- Chosen by certain criteria and followed up for a specified period.
  - With shared characteristics like age or date of birth
  - Chosen after an event
  - Representative of the whole population.
15. Descriptive research;
- Refers to the direct study of people in their natural every day settings
  - Systematically investigates relations between two or more variables of interest
  - Involves observation for a specific purpose to test cause and effect relation between variables.
  - Involves collection of data that will provide an account of individuals, groups or situations.
16. A measurable characteristic that assumes different values among subjects is referred to as;
- Operational definition
  - Variable
  - Parameters
  - Study unit.
17. The following is true concerning observation;
- It takes less time than self-report approaches
  - Costs less money than self-report approaches
  - It is often not possible to determine exactly why the people behave as they do
  - All of the above
18. When constructing a questionnaire one should use;
- Leading or loaded questions
  - Double-barreled questions
  - Double negatives
  - Use multiple items to measure a single construct

19. When an extraneous variable systematically varies with the independent variable and influences the dependent variable, it is called:
- Another dependent variable
  - A confounding variable
  - A moderating variable
  - An unreliable variable
20. The following is necessary in obtaining informed consent;
- A description of the statistical analyses that will be carried out
  - A description of the purpose of the research
  - A description of the reliability and validity of test instruments
  - A list of publications that the researcher has had in the last ten years

### **PART TWO: Short Answer Questions (40 Marks)**

- Outline the three (3) stages of cholera infection. ( 3marks)
- Explain four (4) causes of malnutrition. (4 marks)
- Explain four (4) methods solid waste disposal. ( 4marks)
- Draw and label a diagram of the life cycle of enterobius vermicularis. ( 5marks)
- Outline millennium development goals (MDGs) one to five.( 5marks)
- As an in charge of MCH/FP clinic state five ways of increasing the percentage of fully immunized children. (5 marks)
- State five (5) types of environment. ( 5marks)
- List six sampling techniques. ( 3 marks)
- Outline six (6) components of a research proposal. ( 6 marks)

### **Part Three: Long Answer Questions (40 Marks)**

- Mr. W is diagnosed with schistosomiasis, caused by *schistosoma haematobium*.
  - State five (5) clinical features that Mr. W may have presented with. ( 5marks)
  - Describe the pathophysiology of the above named condition. ( 5 marks)
  - Describe the prevention and control of schistosomiasis. ( 10 marks)
- Community diagnosis should be conducted before any community health intervention.
  - State four (4) ethical principles to be observed when conducting a community diagnosis. ( 4 marks)
  - Describe the steps of carrying out a community diagnosis. ( 16 marks)

**PART A: MCQS (20 MARKS)**

1. The following are high level disinfectants:-
  - a) Lysol, cidex, jik
  - b) Chlorine, cidex and jik
  - c) Bacterianios, cidex and lysol
  - d) Hibitate, jik and chlorine
  
2. Tertiary phase of cancer prevention involves:-
  - a) Asking people to stop smoking and ingestion of alcohol
  - b) Regular screening of people at risk of cancer diseases
  - c) Early and quick treatment for those diagnosed
  - d) Setting facilities with ionizing radiation far from settlements
  
3. One of the following is NOT true of a malignant tumor. It is:-
  - a) Invasive
  - b) Encapsulated
  - c) Frequently undifferentiated
  - d) Associated with paraneoplastic syndrome
  
4. Crude birth rate (CBR) measures:-
  - a) Number of births per 5000 population in a specified period.
  - b) Number of newborns per 1000 mothers in a year.
  - c) Number of births per 1000 population in a specified period.
  - d) Number of births in 100,000 populations in a year
  
5. The steps followed in carrying out a community diagnosis are:-
  - a) Survey, exploration, develop pre-test tools and report writing
  - b) Developing pre-testing survey tools, exploration, plan time survey and report writing
  - c) Exploration, develop and pre-test tools, survey, report writing and dissemination.
  - d) Develop and pre-test survey tools, execute the survey, Exploration and report dissemination.
  
6. A group of individuals/ events/ objects with common observable characteristics is referred to as a :-



- a) Sample
  - b) Study unit
  - c) Study population
  - d) Cohort
7. The following are activities carried out during school health services except:-
- a) Referral services
  - b) Inspection of school environment
  - c) Sharing of health messages
  - d) Rehabilitation of the handicapped
8. The following guidelines should be considered when choosing a site for a pit latrine except:-
- a) Pit latrines and cesspools to be at least 3 meters above the water table
  - b) Latrines should be 6 meters away from buildings
  - c) Wells should be located upstream
  - d) Pit latrines should be at least 20 feet deep and 10 meters above water table.
9. The following are roundworms except:-
- a) *Ascaris lumbricoides*
  - b) *Enterobias vermicularis*
  - c) *Strongloides stercolaris*
  - d) *Echinococcus gnanulosus*.
10. The following are true about rabies except:-
- a) Prodromal phase takes 2-10 days
  - b) Presents with seizures in acute stage
  - c) Sensitivity to light presents in early stage
  - d) Death occurs within 3 days from onset of symptom.

**PART B; SAQs (20 mrks)**

1. State four (4) differences between home based care and primary health care. (4 mrks)
2. With aid of a diagram describe the lifecycle of hookworms. (5 marks)
3. Explain four (4) methods of probability sampling (4 marks)
4. List six (6) community sub systems (4 mrks)
5. Outline the schedule for administration of anti-rabies immunoglobulins post exposure. (3 mrks).

**PART C: LAQs (20mrks)**

1. As a newly qualified KRCHN you are posted as the DPHN (district public health nurse) in district hospital X. During your induction you notice there poor management of KEPI services.
  - a) State four (4) principles of KEPI (4 mark)
  - b) Describe the measures you will take to ensure a functional and sustainable KEPI program in hospital X. (16 mrks).

# NCK PAPER 4 REVISION PAPERS

**NURSING COUNCIL OF KENYA**

**EXAMINATION FOR ADMISSION TO THE REGISTER OF BACHELOR OF SCIENCE  
IN NURSING**

**PAPER FOUR**

**DATE: THURSDAY 11<sup>TH</sup> AUGUST 2016**

**TIME ALLOWED: 3 HOURS**

**2.00 PM TO 5.00 PM**

**INSTRUCTIONS TO CANDIDATES:**

1. Read the questions carefully and answer only what is asked.
2. ENTER YOUR EXAMINATION NUMBER AND QUESTION NUMBER ON THE space provided in the answer booklet.
3. All the questions are compulsory.
4. For Part I (M.C.Q's)  
Write your answers in capital letters on the space provided in the answer booklet.
5. Each M.C.Q. is 1 mark.
6. For Part II (SHORT ANSWER QUESTIONS):  
Answers to these questions should follow each other on the space provided in the answer booklet.
7. For Part III (ESSAY/LONG ANSWER QUESTIONS)  
Answers to each question must be written on the specified page(s) in the answer booklet.
8. Omission of or wrong numbering of examination papers, questions or parts of the question will result in 10% deduction of the marks scored from the relevant part.
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10. No candidate shall leave the examination room until all the examination scripts have been submitted and sealed in an envelope by the invigilators.

**BSCN EXAMINATION: PAPER FOUR: AUGUST 2016**  
**PART I: MULTIPLE CHOICE QUESTIONS:**

- Q:1: The primary purpose for regulating nursing practice is to protect:-
- a) The public.
  - b) Practicing nurses.
  - c) The employing agency.
  - d) Professional standards.
- Q:2: To utilize the nursing process, the nurse must first:-
- a) Identify goals for nursing care.
  - b) State the clients nursing needs.
  - c) Obtain information about the client.
  - d) Evaluate the effectiveness of nursing actions.
- Q:3: Transformational leadership:-
- a) Focuses on effecting revolutionary change in the organization.
  - b) Values, collaborations, teamwork and interpersonal skills.
  - c) Ensures that individuals share the responsibility for achieving the organizational goals.
  - d) Originates from a desire to serve.
- Q:4: The following is an element of classical theory:-
- a) Hawthorne effect.
  - b) Chain of command.
  - c) Through put.
  - d) Ebbing effect.
- Q:5: The following is a reason for planning in management:-
- a) To establish a hierarchy in the organization.
  - b) To provide adequate and appropriate personnel.
  - c) To motivate staff.
  - d) To focus attention on objectives.
- Q:6: In relation to obtaining an informed consent from a seventeen year old adolescent the nurse should remember that the adolescent:-
- a) Does not have the legal capacity to give consent.
  - b) Is not able to make an acceptable or intelligent choice.
  - c) Is able to give voluntary consent when parents are not available.
  - d) Will most likely be unable to choose between alternatives when asked to consent.

Q:7: Personality theory suggesting that behavior and learning occurs through imitation is:-

- a) Humanistic.
- b) Psychoanalytic.
- c) Cognitive.
- d) Social-learning.

Q:8: The learning where we associate a certain behaviour with a specific outcome is:-

- a) Contingent learning.
- b) Operant conditioning.
- c) Classical conditioning.
- d) Observational learning.

Q:9: The humanistic theories of personality development emphasize:-

- a) Wish-fulfillment.
- b) Self-actualization.
- c) Ego ideal.
- d) The unconscious mind.

Q:10: An appropriate behavioral objective for a teaching session is:-

- a) After a teaching session, the client list five tools in the class of proteins.
- b) After a teaching session, the client will have knowledge of foods in a class of proteins.
- c) After a teaching session, the client will verbalize understanding of foods in the class of proteins.
- d) After a teaching session the client will know which foods are proteineous.

Q:11: When providing group therapy, the nurse must focus on:-

- a) Jointly experienced stress.
- b) Behaviour of individual members.
- c) Confrontation between members.
- d) Personal feelings affecting behaviour.

Q:12: The most advantageous therapy for a preschool-aged child with a history of physical and sexual abuse would be:-

- a) Play therapy.
- b) Psychodrama.
- c) Group therapy.
- d) Family therapy.

Q:13: The foremost etiology of schizophrenia today is the:-

- a) Biologic perspective.
- b) Seasonal perspective.
- c) Immunologic perspective.
- d) Psychoanalytic perspective.

Q:14: When dealing with addiction, the word “drug” means:-

- a) An illegal substance that activates the pleasure center in the brain.
- b) A substance that activates the pleasure center in the brain.
- c) A chemical that produces a pharmacological action when egested.
- d) Any kind of pill that is broken down in the stomach by digestive action.

Q:15: The nurse concludes that a client has agoraphobia after the client states a fear of the following:-

- a) Spiders.
- b) Being embarrassed in public.
- c) Leaving home.
- d) Loosing control.

Q:16: A disadvantage of simulation as an instructional method is:-

- a) Allows the student to make their first serious mistake in a simulated situation rather than a real one.
- b) Simulation techniques cannot model all dimensions of a real situation.
- c) Simulations provide a responsive environment since feedback is given instantly.
- d) There is a link between training situation and a real situation.

Q:17: The core factor which would influence curriculum development process is:-

- a) Natural calamities.
- b) Political events.
- c) Students unresis.
- d) Teacher characteristics.

Q:18: An education objective that requires learners to internalize complex values is classified under:-

- a) Cognitive domain.
- b) Value system domain.
- c) Affective domain.
- d) Psychomotor domain.

Q:19: Discovery learning approach:-

- a) Is more effective than expounding the principles then engaging the students in learning.
- b) Takes less time than exposition learning approach.
- c) Helps students attain higher level (life skills) or methodological objectives as opposed to passive learners.
- d) Is best applied when students need to grasp a few basic concepts.

Q:20: Problem based learning means:-

- a) Learning that results from working towards resolution of a problem.
- b) Situation where students learn without any assistance from the teacher.
- c) Learning that results after the learner gets the solution.
- d) Learning where teachers use questions only.



**PART II: SHORT ANSWER QUESTIONS:**

**MARKS**

✓ Q:1: Differentiate between the following terms.

- i) Formal leadership and informal leadership. 2
- ii) Homogeneous grouping and mainstreamed grouping in teaching. 2
- iii) Illusion and hallucination. 2

✓ Q:2: Explain four (4) types of health care organizations in Kenya. 8

- Home care
- Private clinics
- Public hospitals
- Non-government

\* Q:3: Explain the phases of nurse patient relationship. 10

- contact
- Exchange of value

✓ Q:4: State five disadvantages of mentoring as an instructional strategy/method. 5

- Not creating environment
- subjective
- no evaluation

✓ Q:5: Outline three (3) outcomes of clinical teaching. 3

- Doing - psychomotor
- Writing - cognitive
- Behaviour - penmanship
- Attitude change

\* Q:6: List four (4) roles of a community psychiatric nurse. 2

- Identify risk
- Advocate
- follow up
- Research

\* Q:7: State four (4) unwanted effects of psychotherapy. 6

- Attachment
- Staring par

**PART III: ESSAY/LONG ANSWER QUESTIONS:**

**MARKS**

Q:1: Client education is a routine role of the nurses in hospital.

- a) Explain the concept of client education. 2
- b) Explain the three (3) domains of learning. 6
- c) Explain the factors that determine adult learning. 6
- d) Sketch a teaching plan that you would need for client teaching. 6

*Psychomotor  
Affective  
Cognitive  
- Willingness  
- Time  
- Availability of resources*

<i>Date</i>	<i>Time</i>	<i>Name</i>	<i>Topic</i>	<i>Objectives</i>	<i>Team</i> <i>ATPs</i>	<i>Level</i> <i>ATPs</i>	<i>Teaching</i> <i>method</i>	<i>Remarks</i>

Q:2: Miss T is brought to the psychiatric outpatient department by two policemen. They allege that she was found on the street beating people. When asked why she was beating people she claims she is Jesus Christ and was cleansing the public of their sins. The doctor diagnoses bipolar I mood disorder, manic phase.

- a) Explain the mod of admission under which Miss T will be committed to the ward. 2
- b) Differentiate between bipolar I mood disorder and bipolar II mood disorder. 2
- c) Utilizing the nursing process, describe Mis T's management till parole. (Formulate only four priority nursing diagnoses). 16

*Emergency for 68 628*

Assessment  
*- Aggressive  
- Hallucinations  
- Encephalopathy  
- Worsening*

Nursing Diag  
*- Self care deficit related to ...  
- Nutrition imbalance  
- Risk of injury*

**NURSING COUNCIL OF KENYA**  
**EXAMINATION FOR ADMISSION TO THE REGISTER OF COMMUNITY HEALTH NURSES**  
**(BASIC)**

**PAPER FOUR**

**DATE: THURSDAY 31ST JULY 2014**

**TIME ALLOWED: 3 HOURS**

**2.00 PM TO 5.00 PM**

**INSTRUCTIONS TO CANDIDATES:**

1. Read the questions carefully and answer only what is asked.
2. ENTER YOUR EXAMINATION NUMBER AND QUESTION NUMBER ON THE space provided in the answer booklet.
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**KRCHN (BASIC) EXAMINATION: PAPER FOUR: JULY 2014:**  
**PART I: MULTIPLE CHOICE QUESTIONS:**

Q:1: The initial symptoms of lithium toxicity include:-

- a) Tremors, shuffling gait, and rigidity.
- b) Stiff neck, occipital headache and increased blood pressure.
- c) Ataxia, blurred vision and severe nausea.
- d) Fever, sore throat and cardiac arrhythmias.

Q:2: In acute mania a patient presents with:-

- a) Cheerful and expansive mood.
- b) Excessive psychomotor activity.
- c) Increased motor activity.
- d) Organized thought content and process.

Q:3: In helping a child with a gender identity problem the most appropriate nursing intervention is:-

- a) Give positive reinforcement when he/she engages in opposite sex behaviour.
- b) Give positive reinforcement when he/she engages in assigned sex behaviour.
- c) Do not allow the child to interact with others until he/she demonstrates only appropriate behaviour.
- d) Withdraw privileges if the child is noncompliant.

Q:4: In narcissistic personality disorder there is a pervasive pattern of:-

- a) Social discomfort fear of negative evaluation and timidity.
- b) Grandiosity lack of empathy and hypersensitivity to evaluation by others.
- c) Dependence and submissive behaviour beginning by early adulthood.
- d) Indifference to social relationships and restricted range of emotional experience and expression.

Q:5: The unipolar mood disorders include:-

- a) Cyclothymia and mixed manic episodes.
- b) Hypomania and dysthymia.
- c) Major depression and mixed manic states.
- d) Cyclothymia and mood disorders related to manic conditions.

Q:6: Micro-teaching is:-

- a) Real teaching focusing on developing pupil abilities.
- b) Composed of a scaled up class size, content and time.
- c) Mainly focused on training for the development of specific teaching skills.
- d) Not individualized but largely depends on group feedback.

Q:7: The steps of demonstrating a psychomotor skill are:-

- a) Formulate behaviour objectives, perform skill analysis, assess entry behaviour of learners and formulate a lesson plan.
- b) Formulate a lesson plan, perform skills analysis, assess learners entry behaviour and formulate behavioural objectives.
- c) Assess entry behaviour of learners, formulate lesson plan, formulate behavioural objectives and perform skills analysis.
- d) Perform skills analysis, formulate behavioral objectives, formulate lesson plan and assess the entry behaviours of learners.

Q:8: Objective questions:-

- a) Measure student's proficiency in performing procedures.
- b) Activates several senses in a learner.
- c) Improves on student's reflective thinking and skills on patient care.
- d) Measures student's achievement in relation to knowledge, skills and attitudes.

Q:9: A good report should be:- ??

- a) Written instantly, concise and clear.
- b) Contextualized, brief and enriched with the writers opinion.
- c) Free of extraneous materials, concise and complete.
- d) Promptly written, data enriched and to detail in all aspects.

Q:10: Brain storming as a teaching strategy:-

- a) Ensures all group members have put up their ideas.
- b) Encourages discovery of knowledge.
- c) It yields into convincing solutions in most of the cases.
- d) It usually ends in useful conclusions and solutions to problems.

Q:11: Anonymity in research is aimed at:-

- a) Preventing disclosure of privileged information.
- b) Conferring protection to the source of information.
- c) Selectively disclosing information to specific individuals.
- d) Keeping names of respondents only known to the research supervisor.

Q:12: The problem statement in a research proposal should include:-

- a) The background of the study.
- b) An outline of the study objectives.
- c) The magnitude of the issue under study.
- d) The benefits the study shall contribute against challenges.

\* Q:13: The Hawthorne effect is as a result of:-

- a) A researcher lacking expertise to analyze data.
- b) Study subjects being aware they are participating in a study. ← ?
- c) Study tools being disclosed to non study subjects.
- d) Respondents not completing the interview schedule.

Q:14: The study design that is appropriate in observing the behaviour changes of drug addicts under rehabilitation is:-

- a) Retrospective study design.
- b) Longitudinal design.
- c) Prospective study design.
- d) Cross sectional design.

Q:15: The most appropriate method of studying characteristics of wound healing would be:-

- a) Questionnaire.
- b) Participants observation. 3 ??
- c) Pure observation.
- d) Context analysis.

Q:16: A convulsing one month old infant should be given:-

- a) Phenobarbitone 20 mg/kg im stat.
- b) Diazepam 0.3 mg/kg iv 4 hourly over 1 minute.
- c) Phenobarbitone 5mg/kg im stat.
- d) Diazepam 1 mg/kg per rectal stat.

Q:17: The immediate management for severe dehydration in a child with severe malnutrition according to IMCI strategy includes:-

- a) Infusion of half strength darrows in 5% dextrose 15 mls/kg iv in 1 hr.
- b) Infusion of 0.9% normal saline 20ml/kg in 1 hr.
- c) Transfusion of whole blood 40 ml/kg over 3hrs as soon as it is available.
- d) NGT feeding with Resomal 15ml/kg/hr for 10 hours. *1 rescuer or 2 rescuers.*

~~Q:18:~~ The ratio of infant chest compressions to ventilation where ~~rescue~~ *rescue* is involved is:-

- a) 30:2.
- b) 30:1.
- c) 15:2.
- d) 15:1.

Q:19: Indicate whether the statements are true or false.

- a) The iliac crest is the site of choice for bone marrow aspiration in a 5 year old child.
- b) Acute renal failure is the leading complication associated with acute Glomerulonephritis.

Q:20: Haemophilus influenza type B (HIB) vaccine is given to protect against:-

- a) Diphtheria and whooping cough.
- b) Hepatitis B and whooping cough.
- c) Hepatitis B and meningitis.
- d) Meningitis and pneumonia.

**PART II: SHORT ANSWER QUESTIONS:**

**MARKS**

Q:1: List six (6) danger signs of a sick child.

3

Q:2: Define the following terms:-

a) Counseling.

1

b) Guidance.

1

c) Psychotherapy.

1

Q3: Explain four (4) <sup>rules</sup> rules of a nurse in Milieu therapy.

4

Q4: Describe the acronym 'SPECIES' in relation to innovative teaching/learning methods.

5

Q:5: Explain the first five (5) stages of social change.

5

Q:6: State four (4) clinical features of chronic otitis media.

4

Q:7: State the first six (6) phases of psychological debriefing.

6

Q:8: Outline four (4) characteristics of good teaching aids.

4

Q:9: State six (6) qualities of a good questionnaire.

6

**PART III: ESSAY ANSWER QUESTIONS:**

**MARKS**

- Q:1: Mrs. X 35 years old, a single mother of four is admitted in a psychiatric unit with a diagnosis of schizophrenia.
- a) List any other two (2) types of schizophrenia. 1
  - b) List four (4) predisposing factors to Mrs. X's condition. 2
  - c) Describe the management of Mrs. X while in the ward till discharge. 12
  - d) Formulate three(3) nursing diagnosis for Mrs. X. 5
- Q:2: Master K. 10 years old is admitted in a paediatric ward with a diagnosis of rheumatic fever.
- a) Draw and label a diagram of a synovial joint. 4
  - b) List four (4) specific investigations used to diagnose rheumatic fever. 2
  - c) Describe the specific management for Master K from admission till discharge. 12
  - d) List four (4) complications associated with rheumatic fever. 2



Exam no 424  
424  
5

**NURSING COUNCIL OF KENYA**

**EXAMINATION FOR ADMISSION TO THE REGISTER OF COMMUNITY HEALTH  
NURSES (BASIC)**

**PAPER FOUR**

**DATE: THURSDAY 11<sup>TH</sup> AUGUST 2011**

**TIME ALLOWED: 3 HOURS**

**2.00PM TO 5.00PM**

**INSTRUCTIONS TO CANDIDATES:**

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**KRCHN (BASIC) EXAMINATION: PAPER FOUR: AUGUST 2011**  
**PART I: MULTIPLE CHOICE QUESTIONS:**

Q:1: The behaviour expected of a person occupying a position is called:-

- a) Role.
- b) Rule.
- c) Power.
- d) Status.

Q:2: Cognitive domain of learning is concerned with:-

- a) Facts, muscular activities, attitudes.
- b) Knowledge, attitudes, neuromuscular co-ordination.
- c) Attitudes, values, maintenance of discipline.
- d) Knowledge, information, concepts and principles.

Q:3: The learned social heritage passed from one generation to another is called:-

- a) Culture.
- b) Rule.
- c) Stratification.
- d) Power.

Q:4: Intervention in schizophrenia at family level may include:-

- a) Education about schizophrenia, improving communication, increased expressed emotions and daily contact.
- b) Expanding social networks, education on schizophrenia, improving communication.
- c) Increased expressed emotions and daily contact, reducing communication and hours of contact and social contact.
- d) Adjusting expectations, reducing social networks and hours of contact, education about schizophrenia.

Q:5: The five specific types of delusional disorders are:-

- a) Jealous, persecutory, somatic, erotomanic and grandiose.
- b) Paranoia, persecutory, sadness, grandiose and erotomanic.
- c) Persecutory, unrealistic, indifference, somatic and jealous.
- d) Indifference, somatic, jealous, erotomanic and grandiose.

Q:6: The examination done at the end of the course is a form of:-

- a) Impact evaluation.
- b) Process evaluation.
- c) Summative evaluation.
- d) Formative evaluation.

- Q:7: Factors predicting a good prognosis for depression in old age are:-
- Onset before the age of 70, short duration of illness, good previous adjustment, absence of physical illness.
  - Good previous adjustment, wealth, absence of physical illness, long duration of illness.
  - Wealth, family support, onset before the age of 60, good previous adjustment.
  - All children employed; wealth, good family support, onset before the age of 50.
- Q:8: Psychological development that occur in puberty includes:-
- Development of abstract thinking, greater independence from the family.
  - Increase in socialization, mate selection.
  - Development of intimacy, isolation.
  - Formation of personal and sexual identity, disregard of values.
- Q:9: In child development, crying at 3 - 4 months of life communicates:-
- Pain, fatigue and hunger.
  - Fatigue, anger and urination.
  - Urination, pain and hunger.
  - Hunger, rest and anger.
- Q:10: According to the guidelines on the integrated management of childhood illness, the drug of choice for treatment of chronic ear infection is:-
- Oral Amoxillin for at least 10 days.
  - IV Augmentin for ten days.
  - Topical gentamicin ear drops for at least two weeks.
  - Topical quinolone ear drops for at least two weeks.
- Q:11: Factors that contribute to neonatal jaundice include:-
- Reduced liver perfusion, increased uptake of bilirubin.
  - Enterohepatic circulation of bilirubin, shortened RBC life span.
  - Increased uptake of bilirubin, increased liver perfusion.
  - Increased liver perfusion, abnormal liver.
- Q:12: Principles of management of respiratory distress in children include:-
- No feed by mouth, nasogastric tube aspiration, antibiotics.
  - Intravenous fluids, antibiotics, chest exercises.
  - Nasogastric tube aspiration, chest exercises, intravenous fluids.
  - No feed by mouth, intravenous fluids, tracheostomy care.
- Q:13: Hypothesis is a statement that:-
- Identifies a problem in research.
  - Maintains reliability and validity in research.
  - Proposes a relationship between two variables.
  - Explains relationships between descriptive and cross sectional research.

Q:14: The purpose in a research study should be:-

- a) Clear, unambiguous and state the target population.
- b) Declarative, ambiguous and state relationships among the variables.
- c) Clear and open, not stating relationships among the variables, clear and open.
- d) Ambiguous, state target population, consider confidentiality and respect of respondents.

Q:15: A sampling technique in which units are selected on the basis of availability is known as:-

- a) Purposive.
- b) Convenience.
- c) Snowball.
- d) Quota.

Q:16: Evaluation of students' learning aim to:-

- a) Ascertain their current level of knowledge.
- b) Find out if there are slow learners.
- c) Make judgment on the classroom arrangement.
- d) Ensure all the students attend to classroom activities.

Q:17: Work related stress may emanate directly from:-

- a) Lack of support from co-workers, religious differences.
- b) Unpleasant work environment, marital problems.
- c) Role ambiguity, long working hours.
- d) Religious differences, distance to work station.

Q:18: The technique in which reinforcements or punishments are used to influence behaviour is:-

- a) Classical conditioning.
- b) Behaviour modification.
- c) Operant conditioning.
- d) Behaviorism.

Q:19: Drowning is defined as:-

- a) Form of asphyxia in which access of air to the lungs is prevented.
- b) Accidental submersion of the body in water or fluid medium.
- c) Intentional submersion of the body in water or fluid medium.
- d) Form of asphyxia in which the access of the air out of the lungs is prevented.

Q:20: A variable is:-

- a) An individual selected to represent a study population.
- b) A measurable characteristic that assumes different values among the subjects.
- c) An individual in the population who is willing to participate in the study.
- d) A measurable characteristic which is independent.

**PART II: SHORT ANSWER QUESTIONS:**

**MARKS**

- |   |   |
|---|---|
| Q:1: Outline five (5) methods of probability sampling.                            | 5 |
| Q:2: Draw and label a diagram illustrating the structure of the digestive system. | 6 |
| Q:3: Explain five (5) stages of normal grief as indicated by Kubler Rose          | 5 |
| Q:4: Explain the psychosexual stages of development by Sigmund Freud.             | 7 |
| Q:5: State four (4) advantages of student centered learning.                      | 4 |
| Q:6: List six (6) items that are captured when citing a research article.         | 3 |
| Q:7: State four (4) objectives of the mental health act 1989.                     | 4 |
| Q:8: Illustrate a lesson plan for a teaching session.                             | 6 |

**PART III: ESSAY/LONG ANSWER QUESTIONS:**

**MARKS**

Q:1: Mr. X 35 years old is admitted in a psychiatric unit with drug induced psychosis.

- a) Define the term "substance abuse". 2
- b) List two (2) classifications of substance use disorders. 1
- c) Explain the three (3) important contributory factors to drug abuse. 3
- d) State how the acronym "CAGE" is used to diagnose drug and substance abuse. 4
- e) Describe the specific management of Mr. X. 10

Q:2: Mini, 5 years old, is brought to the emergency department and a diagnosis of status asthmaticus is made..

- a) Define status asthmaticus. 1
- b) Describe the pathophysiology of status asthmaticus. 6
- c) Describe the specific management of Mini until she stabilizes. 10
- d) State three (3) health messages that you would share with the mother on discharge. 3

**NURSING COUNCIL OF KENYA**

**EXAMINATION FOR ADMISSION TO THE REGISTER OF COMMUNITY HEALTH  
NURSES (BASIC)**

**PAPER FOUR**

**DATE: THURSDAY 9<sup>TH</sup> AUGUST 2012**

**TIME ALLOWED: 3 HOURS**

**2.00PM TO 5.00PM**

**INSTRUCTIONS TO CANDIDATES:**

1. Read the questions carefully and answer only what is asked.
2. ENTER YOUR EXAMINATION NUMBER AND QUESTION NUMBER ON THE space provided in the answer booklet.
3. All the questions are compulsory.
4. For Part I (M.C.Q's)  
Write your answers in capital letters on the space provided in the answer booklet.
5. Each M.C.Q. is 1 mark.
6. For Part II (SHORT ANSWER QUESTIONS).  
Answers to these questions should follow each other on the space provided in the answer booklet.
7. For Part III (ESSAY/LONG ANSWER QUESTIONS)  
Answers to each question must be written on the specified page(s) in the answer booklet.
8. Omission of or wrong numbering of examination papers, questions or parts of the question will result in 10% deduction of the marks scored from the relevant part.
9. Each candidate MUST sign the examination return form after handing in ALL the scripts.
10. No candidate shall leave the examination room until all the examination scripts have been submitted and sealed in an envelope by the invigilators.

**KRCHN (BASIC) EXAMINATION: PAPER FOUR: AUGUST 2012**  
**PART I: MULTIPLE CHOICE QUESTIONS:**

- Q:1: Antiparkinsonian agents act through restoring the natural balance of:-
- a) Acetylcholine and dopamine neurotransmitters.
  - b) Serotonin and adrenaline neurotransmitters.
  - c) Dopamine and serotonin neurotransmitters.
  - d) Dopamine and nor-adrenaline neurotransmitters.
- Q:2: The primary nursing consideration in managing an anorexic patient is to:-
- a) Identify stressors.
  - b) Include family members.
  - c) Relieve depression.
  - d) Restore nutrition.
- Q:3: Individuals with histrionic personality disorder:-
- a) Belittle themselves and their abilities.
  - b) Inappropriately overreact to minor stimuli.
  - c) Are suspicious and mistrustful of others.
  - d) Have a lifelong pattern of social withdrawal.
- Q:4: The withdrawal symptoms associated with Heroin addiction are:-
- a) Diaphoresis, increased heart rate, increased blood pressure.
  - b) Tremors, insomnia, seizures.
  - c) Inco-ordination, nausea, unsteady gait.
  - d) Vomiting, diarrhoea, diaphoresis.
- Q:5: An individual who has mistaken ideas that he/she is someone of extreme importance is said to have:-
- a) Delusion of grandeur.
  - b) Somatic delusions.
  - c) Erotomanic delusions.
  - d) Persecutory delusions.
- Q:6: Micro-teaching skills include:-
- a) Lecturing, illustrating and testing.
  - b) Stimulus variation, paraphrasing and probing.
  - c) Closure, silence and non verbal cues.
  - d) Explaining, attending behaviour and animation.
- Q:7: Projected teaching aids include:-
- a) Films, models, recordings and slides.
  - b) Slides, film strips, opaque projector and overhead projector.
  - c) Photographs, models, flash cards and videotapes.
  - d) Chalkboards, puppets, slides and cartoons.



Q:8: In an objective structured practical examination:-

- a) Each student starts the examination at a different station.
- b) Each student is timed separately performing a task.
- c) Only decision making and manual skills are assessed.
- d) The entire examination does not take more than 1 hour.

Q:9: A learning discussion consists of:-

- a) Group moderator, observer, evaluator, 15 - 25 members.
- b) Group recorder, leader, evaluator, 10 - 12 members.
- c) Group leader, recorder, observer, 6 - 20 members,
- d) Group motivator, leader, note taker, 6 - 10 members.

Q:10: The higher teaching/learning techniques include:-

- a) Conferences, seminars, symposia and workshops.
- b) Field trips, seminars, group discussions and role playing.
- c) Role playing, simulation, seminars and field trips.
- d) Group discussions, assignments, lecturing and tutorials.

Q:11: A research question:-

- a) Examines the characteristics of variables.
- b) States which variables are to be manipulated.
- c) Focuses on what relationship might exist among variables.
- d) Focuses on the pattern for conducting an investigation.

Q:12: A sampling method where research subjects recommend other interviewees is known as:-

- a) Random sampling.
- b) Stratified random sampling.
- c) Snowball sampling.
- d) Convenient sampling.

Q:13: In data collection, the term reliability refers to:-

- a) Stability or repeatability of the data collected.
- b) Originality of the tools being used for data collection.
- c) The independence of the study investigators.
- d) The extent to which the study instruments collect what is intended.

Q:14: An example of an intervention study design is:-

- a) Quasi experimental design.
- b) Evaluative study design.
- c) Exploratory study design.
- d) Descriptive study design.

Q:15: Plagiarism occurs if a researcher:-

- a) Quotes the exact words of another author and gives reference.
- b) Paraphrases a passage of another author and gives no reference.
- c) Uses an idea or material based directly on the work of another author but gives reference.
- d) Summarizes a passage by another author and states the publisher.

Q:16: A 9 month old infant with 40 breaths per minute, a cough and a stridor will be having:-

- a) Pneumonia.
- b) Severe pneumonia.
- c) Asthma.
- d) Bronchitis.

Q:17: The treatment of choice for an infant with bacillary dysentery is:-

- a) Mebendazole 125 mg stat and vit A 100,000 IU.
- b) Erythromycin 125 mg stat and multivitamin syrup 2.5 ml od for 1 week.
- c) Ciproxin 125 mg qid for five days and vit A 100,000 IU stat.
- d) Metronidazole 250 mg 8 hourly p.o. for 5 days, vit A 200,000 IU stat.

Q:18: Clinical manifestations of pyloric stenosis include:-

- a) Projectile vomiting, colicky abdominal pains.
- b) Constipation, olive-like mass in upper abdomen.
- c) Observable peristaltic movements, diarrhea.
- d) Failure to thrive, tenesmus.

Q:19: Indicate whether the statements are true or false.

- a) Recovery from acute glomerulonephritis confers specific immunity.
- b) Metastasis of Burkitt's lymphoma is limited to the salivary glands.

Q:20: Complications associated with Tracheo-oesophageal atresia include:-

- a) Pneumonia, malnutrition, intestinal obstruction.
- b) Stenosis of the oesophagus, leakage into the mediastinum, intestinal obstruction.
- c) Abdominal distension, constipation, fistula formation.
- d) Gastro-oesophageal reflux, oesophagus constriction, leakage into the chest cavity.

**PART II: SHORT ANSWER QUESTIONS:**

**MARKS**

- |  |   |
|--|---|
| Q:1: List six (6) forms of relaxation therapy that can be used when nursing a psychiatric patient. | 3 |
| Q:2: Define the following terms  |   |
| i) Quantitative research.  | 1 |
| ii) Qualitative research.  | 1 |
| iii) Basic research.   | 1 |
| Q:3: Describe plan B of dehydration management according to IMCI strategy.                         | 5 |
| Q:4: State four (4) specific nursing interventions for a child following repair of cleft lip.      | 4 |
| Q:5: Outline four (4) differences between formative and summative evaluation.                      | 4 |
| Q:6: Explain five (5) advantages of simulation as a teaching method.                               | 5 |
| Q:7: Outline six (6) specific nursing interventions for a patient post electroconvulsive therapy.  | 6 |
| Q:8: State four (4) phases of crisis development after exposure to a stressful situation.          | 4 |
| Q:9: Explain six (6) reasons why piloting of data collection instruments is necessary.             | 6 |

**PART III: ESSAY/LONG ANSWER QUESTIONS:**

**MARKS**

Q:1: Mr X. 40 years old is admitted in a psychiatric unit with a diagnosis of post traumatic stress disorder.

- |    |  |    |
|----|--|----|
| a) | Define post traumatic stress disorder.                                 | 1  |
| b) | State four (4) predisposing factors to post traumatic stress disorder. | 4  |
| c) | List four (4) clinical features Mr. X. may present with.               | 2  |
| d) | Describe the specific management of Mr. X.                             | 13 |

Q:2: Ayu 5 years old is admitted in a paediatric ward with a diagnosis of bacterial meningitis.

- |    |  |    |
|----|--|----|
| a) | Draw and label a diagram illustrating the formation and flow of cerebrospinal fluid (CSF). | 5  |
| b) | Describe the pathophysiology of bacterial meningitis.                                      | 3  |
| c) | Describe the specific management for Ayu until she is discharged.                          | 12 |

**PART ONE: MULTIPLE CHOICE QUESTIONS (20mks)**

1. Self concept comprises of the following;
  - a) Body image, Ego, and Ideal self
  - b) Superego, Ego and ideal self
  - c) Self image, body image and ideal self
  - d) Ideal self, Super ego and self awareness
  
2. The psychological conceptual theory of psychiatric nursing assumes that;
  - a) Mental illness is as a result of altered levels of neuro-transmitters
  - b) Abnormal behavior is learnt and it can therefore be unlearned
  - c) Mental illness originates from repressed feelings & experiences
  - d) Abnormal behavior is as a result of poorly socialized super-ego
  
3. Dysthymia mood disorder;
  - a) Is a less severe form of chronic depression
  - b) Is diagnosed when a client has had a depressed mood for more than 3 yrs
  - c) Is best managed using ECT
  - d) Is treated using psychoanalysis and group therapy
  
4. Cognitive therapy;
  - a) Is a psychoanalytic approach of therapy
  - b) Assumes behavior is secondary to one's way of thinking
  - c) It helps correct behaviors associated with childhood experiences
  - d) Makes a person highly suggestible to the therapist's commands
  
5. Axis IV in DSMIV criteria of classifying mental illness focuses on;
  - a) Psychosocial and environmental stressors.
  - b) The actual psychiatric illness.
  - c) The underlying personality disorders
  - d) The underlying medical conditions.
  
6. Higher teaching and learning techniques include;
  - a) Simulations, group discussions, eLearning
  - b) Role playing, elearning, tutorials
  - c) Conferences, symposia, workshops
  - d) Field trips, lecturing, demonstrations

7. The main elements of an educational objectives are;
  - a) Knowledge, psychomotor, attitude
  - b) Performance, criterion, goal
  - c) Performance, condition, criterion
  - d) Specific, measurable, attainable
  
8. An example of innovative teaching method is;
  - a) Demonstration
  - b) Problem based learning
  - c) Group discussions
  - d) Brain storming
  
9. The major approaches to curriculum development are;
  - a) Integrated, community based and competency based
  - b) Subject centered, integrated and competency based
  - c) Subject centered, community based and student centered
  - d) Integrated, competency based, goal centered
  
10. When students watch a video on a nursing procedure, they are said to be what level of psychomotor domain?
  - a) Competency
  - b) Precision
  - c) Acquisition
  - d) Manipulation
  
11. A research question;
  - a) Examines the characteristics of variables
  - b) States which variables are to be manipulated
  - c) Focuses on what relationship might exist among variables
  - d) Focuses on the pattern for conducting an investigation
  
12. In data collection, the term reliability refers to;
  - a) The promptness of the study subjects
  - b) Extent to which tools collect the intended data
  - c) Stability of the data collected
  - d) The independence of the study investigators

13. "Use of simulation method of teaching improves performance". The independent variable would be;
- Teaching
  - Students' performance
  - Simulation method of teaching
  - Improves
14. The examination scores for students are as follows:  
76, 54, 45, 92, 88, 47, 54. The range would be;
- 45
  - 54
  - 47
  - 92
15. A sampling method where the researcher picks every  $n^{\text{th}}$  number is;
- Snowball sampling
  - Stratified sampling
  - Systematic sampling
  - Purposive sampling
16. A child with Acute lymphoblastic leukemia has a high risk of infection because;
- White blood cells are produced in inadequate numbers
  - The skin integrity is altered
  - There is a down regulation of immune system by catecholamine
  - The white blood cells are immature.
17. The following feature indicate excessive I.V fluid infusion in a 3-year-old child;
- Worsening dyspnea
  - Gastric distension
  - Nausea and vomiting
  - Temperature of 102°F (38.9° C)
18. The following finding would alert a nurse that a 6-year-old child is at risk for a severe asthma exacerbation;
- Oxygen saturation of 95%
  - Mild work of breathing
  - Absence of intercostals or substernal retractions
  - History of steroid-dependent asthma

19. I.M. injection to an infant should be administered at;
- Deltoid region
  - Dorsogluteal region
  - Ventrogluteal region
  - Vastus lateralis region
20. The primary purpose of administering corticosteroids to a child with nephritic syndrome is to;
- Increase blood pressure
  - Reduce inflammation
  - Decrease proteinuria
  - Prevent infection

**PART TWO: SHORT ANSWER QUESTIONS (40 MARKS)**

- State five (5) advantages of lecturing as a teaching method (5 marks)
- List six (6) components of a lesson plan (3 marks)
- Identify five (5) sources of research problems (5 marks)
- State five (5) ways in which ethical principles can be violated during research (5 marks)
- Outline five phases (5) of drug and substance abuse (5 marks)
- Explain four (4) roles of a nurse in management of a patient with obsessive compulsive disorder (OCD) (4 marks)
- State four (4) specific nursing interventions for a patient with Post traumatic stress disorder (PTSD)(4 marks)
- State four (4) health messages you share with a mother of a nine years old child with Rheumatic heart disease.( 4marks)
- Explain four (4) specific nursing interventions for a child with Crohn's disease. ( 5marks)



**PART THREE: LONG ANSWER QUESTION (40 MARKS)**

1. Sickle cell anemia is a common condition in children.
  - a) Describe the pathophysiology of sickle cell anemia. ( 4marks)
  - b) Using the nursing process, describe the management of a child with sickle cell anemia. (13 marks)
  - c) State three (3) complications of sickle cell anemia. ( 3marks)
  
2. Mr. Y. 45yrs old is admitted in a psychiatric unit after being diagnosed to have Major depressive illness
  - a) State four (4) clinical features Mr. Y. may have presented with in reference to DSMIV criteria (4 Mrks)
  - b) Describe the specific management for Mr. Y from admission till discharge (14 Mrks)
  - c) State two (2) differential diagnoses for Major depressive illness (2 Marks)

**Part I: Multiple Choice Questions (20 Marks)**

1. The level cognitive domain of learning that refers to the ability of the learner to recall information is;
  - a. Mastery
  - b. Comprehension
  - c. Knowledge
  - d. Application
  
2. Innovative teaching methods include;
  - a. Computer aided learning, simulations, clinical demonstrations
  - b. Problem based learning, self-directed learning ,computer aided learning
  - c. Mentorship, computer aided learning, snowballing method
  - d. Self-directed learning, clinical simulations, discussions
  
3. Repetition in teaching is important because it;
  - a. Makes the lesson interesting
  - b. Fosters mastery in the learner
  - c. Actively involves the learners
  - d. Promotes rote learning
  
4. During a lesson, the teacher reinstated a correct response that had been given by a student. The teachers action is best referred to as;
  - a. Motivation
  - b. Feedback
  - c. Reinforcement
  - d. Reward
  
5. The initial step in the development of a competency based curriculum is;
  - a. Job description
  - b. Task analysis
  - c. Situation analysis
  - d. Objectives formulation
  
6. A written account of the research study that presents describes how a particular problem will be investigated is;
  - a. Project
  - b. Methodology
  - c. Design
  - d. Proposal

7. The purpose of comparative design is to;
  - a. Describe a phenomena as it occurs in the community
  - b. Look for differences in one variable between two groups
  - c. Establish two causal relationships between two variables
  - d. Measure the extent one variable makes changes in another
8. Data collection tools include;
  - a. Observation checklist, focus group discussion
  - b. Questionnaire, interviewing
  - c. Records audit, participant observation
  - d. Questionnaire, observation checklist
9. "Use of simulation method of teaching improves student's performance". The independent variable in this statement would be;
  - a. Teaching
  - b. Student's performance
  - c. Simulation
  - d. Improves performance
10. The average of a set of scores is called the;
  - a. Median
  - b. Percentage
  - c. Mode
  - d. Mean
11. Unipolar mood disorders include:-
  - a. Cyclothymia and mixed manic episodes
  - b. Major depression and dysthymia
  - c. Dysthymia and mixed manic episodes
  - d. Cyclothymia and mood disorders related to mania
12. DSMIV categories of anxiety disorders include,
  - a. Post-traumatic stress disorder and phobic disorders
  - b. Generalized anxiety disorder and binge eating
  - c. Panic attack and schizophrenia
  - d. Obsessive compulsive disorder and pyromania
13. In mild mental retardation (MR) there is,
  - a. IQ of 50-70, the child is educable and can live independently
  - b. IQ is 35-50, the child is trainable and only speaks few words
  - c. IQ is 20-34, child is unable to have structured living but is trainable
  - d. IQ is below 20, child unable to relate verbally but can live independently

14. Milieu therapy includes,
- Providing a supportive environment for positive adaptation and personal growth
  - Teaching skills of everyday living to improve a patient's general performance
  - Use of various recreational activities to meet patient treatment goals
  - Focusing on the here and now interactions rather than repressed childhood experiences
15. The mode of action of antipsychotics includes,
- Blockage of dopamine receptors in the brain.
  - Stimulation of serotonin receptors in the brain.
  - Blockage of adrenaline and nor adrenaline receptors
  - Stimulation of dopamine receptors in the brain
16. Uncontrolled vomiting in an infant can result to;
- Tetany
  - Acidosis
  - Alkalosis
  - Hypersensitivity
17. In pediatric emergencies priority signs include;
- Poisoning, restlessness, coma
  - Pallor, pain, edema of both feet
  - Convulsion, central cyanosis, poisoning
  - Pyrexia, severe respiratory distress, coma
18. Hyperopia in children;
- Results from unequal curvature of the cornea
  - Results from an eye ball that is too long
  - Occurs due to rays of light being bent in different directions
  - Occurs due to rays of light being focused behind the retina
19. Features of first degree burns in children include ;
- Pain, blistering
  - Erythema, blanching with pressure
  - Leathery appearance, blistering
  - Minimal swelling, erythema
20. The main cause of edema in nephrotic syndrome is;
- Dilatation of blood capillaries
  - Inflammatory processes
  - Decreased albumin in blood
  - Renal failure

### **Part two: Short Answer Questions (40 Marks)**

1. State three (3) advantages of using a lesson plan (3 marks)
2. Explain five (5) factors to consider when selecting teaching media (5 marks)
3. Outline four (4) probability sampling methods (4 marks)
4. State four purposes of literature review (4 marks)
5. Outline four (4) components of suicide risk assessment (4marks)
6. Explain four (4) roles of a nurse in management of a patient with drug induced psychosis (4 marks)
7. Outline any four (4) nursing interventions for a patient with acute delirium (4 marks)
8. State four (4) specific nursing interventions for a child with osteomyelitis. (4marks)
9. Outline five (5) factors that can trigger a sickle cell crisis in a child with sickle cell anemia. (5 marks)
10. State three (3) indications for tonsillectomy. (3 marks)

### **Part three: Long Answer Questions (40marks)**

1. Mrs, Y. 45yrs old is admitted in a psychiatric unit with a diagnosis of psychosis related to pregnancy and childbirth,
  - a. State four (4) predisposing factors to psychosis related to pregnancy and childbirth (4 Marks)
  - b. Outline any four (4) clinical manifestations Mrs. Y may have presented with (4 Marks)
  - c. Describe the management for Mrs Y. from admission till discharge (12 Marks)
2. Master P with a diagnosis of hydrocephalus is admitted in pediatric ward and a Ventriculoperitoneal (VP) shunting is performed.
  - a. Draw and label a diagram illustrating the formation and flow of cerebral spinal fluid. (5marks)
  - b. List four (4) clinical features of hydrocephalus. (2marks)
  - c. Describe the specific nursing interventions for Master P. (10 marks)
  - d. State three (3) complications that Master P may develop. (3 marks)

**PART I: MCQS: 20 MARKS**

1. In nephrotic syndrome, hypovolemia leads to decreased;
  - a) Secretion of antidiuretic hormone
  - b) Oncotic pressure
  - c) Renal blood flow
  - d) Secretion of aldosterone
  
2. While monitoring a child on blood transfusion, the nurse notes that the child has developed chills, fever and vomiting, the nurse should;
  - a) Stop transfusion immediately
  - b) Transfuse the blood more slowly
  - c) Place child flat on the bed
  - d) Give antihistamines
  
3. The priority nursing diagnosis for an infant with esophageal atresia is;
  - a) Risk for aspiration
  - b) Impaired nutrition; less than body requirement
  - c) Pain
  - d) Altered perfusion
  
4. Middle ear inflammation is common in children. This mainly affects;
  - a) Short , horizontal Eustachian tube
  - b) Thin tympanic membrane
  - c) Permeable tympanic membrane
  - d) Short, vertical Eustachian tube
  
5. Nursing intervention for a 9yrs old child with immunosuppression include;
  - a) Informing the guardian about the condition, catheterisation to monitor urine output
  - b) Offering large amount of fresh fruits and vegetables, Nursing the child in isolation
  - c) Encouraging child to perform at optimal level, nursing the child in isolation
  - d) Nursing the child in isolation, catheterisation to monitor urine output
  
6. Cognitive domain of learning:-
  - a) Embraces development of motor skills and attitudes.
  - b) Embraces the intellectual abilities of remembering and reasoning.
  - c) Emphasizes the emotional qualities and feelings.
  - d) Emphasizes development of values and reasoning
  
7. The third step of the learning process is;
  - a) Perception
  - b) Retention
  - c) Acquisition
  - d) Transfer

8. Dummy patients ( manikins) are examples of:
- a) Projected, real, conventional teaching aids
  - b) Unprojected, emerging, artificial teaching aids
  - c) Unprojected, conventional, artificial teaching aids
  - d) Emerging, projected, artificial teaching aids
9. Objective type of tests include;
- a) Completion type, matching format
  - b) Restricted response essay test, Multiple choice questions
  - c) Unrestricted response essay test, multiple choice questions
  - d) Matching format, unrestricted response essay test
10. Lecture method of teaching;
- a) Cannot be used with illiterate learners.
  - b) Is only effective with large group of learners
  - c) Is not learner-oriented
  - d) Is time consuming
11. Mode is defined as;
- a) Value of middle item of a frequency distribution
  - b) Average value of all items of a frequency distribution
  - c) Value each item would have if the total of all values were shared equally
  - d) Value which occurs most frequently in a set of figures
12. A nurse researcher categorised nurses in hospital X according to their cadre and then selected the study sample from each category. This sampling technique is referred to as;
- a) Quota sampling
  - b) Cluster sampling
  - c) Stratified sampling
  - d) Purposive sampling
13. The logical order for a research report is;
- a) Abstract , title, introduction, literature review, methodology, results, discussion
  - b) Title, abstract, introduction, literature review, methodology, results, discussion
  - c) Introduction, title, abstract, literature review, methodology, results, discussion
  - d) Title, abstract, introduction, literature review, methodology, discussion, results
14. The predictable relationship between variables in a research study is known as ,
- a) Validity
  - b) Reliability
  - c) Hypothesis
  - d) Objectivity

15. Research that is aimed at only generating new knowledge is referred to as;
- Academic research
  - Quantitative research
  - Basic research
  - Operational research
16. The personality disorder associated with being insensitive to others and abusive behavior without remorse is,
- Narcissistic
  - Paranoid
  - Histrionic
  - Antisocial
17. The primary goal of crisis intervention for a victim of rape is to,
- Assist a client express her feelings
  - Help a client identify her resources
  - Support her develop coping skills
  - Assist the client return to pre-rape level of function
18. Anxiety is caused by,
- An objective threat
  - A subjectively perceived threat
  - Hostility turned to the self
  - Masked depression
19. The appropriate nursing diagnosis for a patient with thought broadcasting is,
- Risk for self-directed violence
  - Disturbed sensory perception
  - Impaired verbal communication
  - Disturbed thought processes
20. Alcohol intake can be confirmed through assessment of,
- Pupil dilatation
  - Serum sample
  - Hair shaft analysis
  - Sputum sample



## **PART II: SHORT ANSWER QUESTIONS(40 MARKS)**

1. State five (5) specific nursing interventions for a child with gastroenteritis. (5 marks)
2. State four (4) nursing diagnosis for a child with 20% second degree burns.(4 marks)
3. List six (6) causes of convulsions in children. ( 3marks)
4. Outline four (4) elements of a curriculum. ( 4marks)
5. Explain three (3) components of an educational objective. (3 marks)
6. State four (4) advantages of interview as a data collection method (4 marks)
7. State four (4) characteristics of quantitative research (4 marks) .
8. Outline five (5) clinical features of a patient with obsessive compulsive disorder (5marks)
9. Explain four (4) roles of a nurse in management of a patient with drug induced psychosis (4 marks)
10. State four (4) specific nursing interventions for a patient on Largactil (Chlorpromazine) (4 marks)

## **PART III: LONG ANSWER QUESTIONS (40 MARKS)**

1. Jane 7 years old is admitted in pediatric ward with a diagnosis of acute lymphocytic leukemia.
  - a) State four differences between acute and chronic leukemia. (4marks)
  - b) Describe the pathophysiology of acute lymphocytic leukemia. (5 marks)
  - c) Describe the specific nursing management for Jane. (11 marks)
  
2. Mr. Y. 45yrs old is brought to a psychiatric unit by a police officer for assessment and admission after being found roaming in the city streets, threatening to kill anyone on sight.
  - a) Explain the mode of admission that will be used for Mr.Y (3 marks)
  - b) Describe how you will conduct a mental status assessment for Mr. Y. (14 Marks)
  - c) State three (3) differential diagnoses for Mr. Y's condition (3 Marks)

**PART I: MCQS (20 MARKS)**

1. According to Herzberg, the motivational factors include;
  - a) Possibility of growth, the work itself
  - b) Company policy, working conditions
  - c) Interpersonal relationship, recognition
  - d) Responsibility, Good salary
  
2. The purpose of an organizational structure is to;
  - a) Monitor flow of communication
  - b) Review the remuneration of the staff
  - c) Depict interdepartmental relations
  - d) Planning and implementation of the organization
  
- 3 The highest level of leadership is;
  - a) Personhood
  - b) People development
  - c) Production
  - d) Position
  
4. Stability of tenure is a principle of management which ensures;
  - a) high staff turnover
  - b) job security
  - c) justice and fairness to all staff
  - d) staff focus on group or institution's interest
  
5. The statement that describes the ultimate result of fulfilling an organization's purpose is:-
  - a) Vision
  - b) Mission
  - c) Goal
  - d) Policy
  
6. Delirium tremens causes:-
  - a) Has no associated mortalities
  - b) Is rarely caused by medical illness
  - c) Causes clouding of consciousness & vivid hallucinations
  - d) Its peak occurs 5-10hrs after the last episode of an alcoholic drink

7. The drugs used to manage attention deficit hyperactivity disorder (ADHDA) includes,
- a) Clonidine and imipramine
  - b) Valium and carbamazepine
  - c) Risperidone and Largactil
  - d) Artane and Chlorpromazine
8. Indicate whether the following statements are **True (T)** or False **(F)**.
- a) Detoxification is a step in a package for stopping alcohol use
  - b) Alcohol withdrawal may manifest as insomnia only
9. The initial symptoms of lithium toxicity include,
- a) Tremors, shuffling gait and rigidity
  - b) Stiff neck, occipital headache and increased blood pressure
  - c) Ataxia, blurred vision and severe nausea
  - d) Fever, Sore throat and Cardiac arrhythmias
10. Cognitive therapy:-
- a) Is a psychoanalytic approach of therapy
  - b) Assumes behavior is secondary to one's way of thinking
  - c) It helps correct behaviors associated with childhood experiences
  - d) Makes a person highly suggestible to the therapist's commands
11. Post ECT;
- a) Is common to have a patient develop delirium
  - b) Ibuprofen should not be given to treat post ECT headache
  - c) No thiamine supplements should be given to the patient
  - d) Disorientation is a danger sign for brain injury
12. The process of determining the professional roles and functions in curriculum development is referred to as;
- a) Situational analysis
  - b) Job specification
  - c) Needs assessment
  - d) Job description

13. The correct order in using teaching aids is;
- Selecting, Previewing, planning, presenting
  - Previewing, Selecting, planning, presenting
  - Planning, Selecting, previewing, presenting
  - Selecting, planning, previewing, presenting
14. A student will demonstrate achievement of a psychomotor learning objective by;
- Recalling information presented earlier
  - Accepting the patient as an individual
  - Performing wound dressing procedure
  - Restating information acquired earlier
15. Learning is;
- A method of shaping habits and skills acquired
  - A process of changing behaviour patterns of students
  - A process of acquiring new habits, knowledge and skills
  - A process of teaching new skills, knowledge and habits
16. Set induction can be done through;
- Questioning and recapping the main points.
  - Stating the objectives and summarizing
  - Introductions and writing the topic on the flip chart
  - Previewing previous topic and use of gestures
17. A lesson plan is best defined as ;
- A written description of teaching and learning in a course
  - A written description of all activities that happen in a teaching learning situation
  - A written description of all subjects and learning experiences in a course
  - A written description of all teaching activities performed by a teacher in a classroom
18. Social stratification is;
- Moving up and down the social strata.
  - Ranking of members of a society.
  - Power structure in a society.
  - One's position in the society
19. Ms Pitt is highly ranked in the society because she is a nurse; this type of status is referred to as;
- Acquired status
  - Ascribed status
  - Functional status
  - Professional status

20. An entrepreneur;
- Evaluates perceived opportunities and not threats
  - Only invests in businesses with no risk
  - Provides value for service
  - Conforms well with circumstances

**PART II: SHORT ANSWER QUESTIONS (40 MARKS)**

- Outline any four (4) components of a mental status assessment (4 mrks)
- Explain four (4) roles of a nurse in management of a patient with a manic disorder (4 marks)
- State four (4) phases of substance abuse (4 marks)
- State five (5) characteristics of planned change (5 Marks)
- Outline five (5) ways of eliminating time wasting in the work place (5 Marks)
- State four (4) characteristics of a good test (4 marks)
- State four (4) characteristics of learning (4 marks)
- List four (4) methods used to teach attitudes (2 marks)
- Describe three (3) advocacy strategies that may be used in nursing (3 marks)
- Outline five (5) roles of the education sector as a social institution (5 marks)

**PART III: LONG ANSWER QUESTION (40 MARKS)**

- Mr. Zuu. 45yrs old is admitted in a psychiatric unit with a diagnosis of major depression
  - List four (4) possible causes of major depression (2 mrks)
  - Describe the management for Mr. Zuu from admission till discharge (15 mrks)
  - State any three (3) nursing diagnosis for Mr. zuu's condition (3 mrks)
- Nurse Managers are constantly involved in measuring and correcting performance of employees to ensure that the planned objectives of an organization are achieved.
  - Outline four (4) techniques used in performance appraisal (4 marks)
  - Explain six (6) common evaluators rating errors during performance appraisal (6 Marks)
  - Describe the benefits of performance appraisal (10 marks)

**PART I: MULTIPLE CHOICE QUESTIONS (20 MARKS)**

1. The advantages of essay type of tests include;
  - a) Easy to mark, promotes organisation
  - b) Easy to set, good presentation of the course
  - c) Promotes organisation, helps in meaningful study
  - d) Objective marking, high mark load
  
2. A lesson plan is best defined as a written description of;
  - a) Teaching and learning in a course
  - b) Activities that happen in a teaching learning situation
  - c) Subjects and learning experiences in a course
  - d) Teaching activities performed by a teacher in a classroom
  
3. Simulation is best defined as;
  - a) Demonstration of procedures in the skills lab
  - b) Using substitute elements to represent the real thing
  - c) Clinical skills teaching at the patient's bedside
  - d) Use of a combination of audio-visual media
  
4. Reinforcement is employed when the teacher wants to;
  - a) Discipline students
  - b) Evaluate students' performance
  - c) Encourage learners
  - d) Enhance learners' understanding
  
5. The purpose of student evaluation is to;
  - a) Determine how much a learner can remember
  - b) Assess whether the learner has learned what he/she was expected to learn
  - c) Measure students' performance against each other
  - d) Find out whether the teacher taught well
  
6. The function of management that involves measuring the performance of employees to ensure that planned objectives of an organization are achieved is:
  - a) Directing
  - b) Controlling
  - c) Authority
  - d) Staffing
  
7. Unity of direction as a principle of management involves:-
  - a) Subordinates receiving orders and being accountable to one manager
  - b) Employees understanding and pursuing the same objectives.
  - c) Putting aside personal considerations and putting company objectives first.
  - d) An organization having a clear line of authority from top to bottom

8. The statement that describes the ultimate result of fulfilling an organization's purpose is:-
- Vision
  - Mission
  - Goal
  - Policy
9. The following theorist related high production to high wages.
- Henry Fayol
  - Max Weber
  - McGregor
  - Frederick Taylor
10. The purpose of organization structure is to
- Monitor flow of communication
  - Review the remuneration of the staff
  - Depict interdepartmental relations
  - Plan and implement organizational activities
11. A client experiencing alcohol withdrawal symptoms should be given,
- Haloperidol (Haldol)
  - Lorazepam (Ativan)
  - Benztropine (Cogentin)
  - Naloxone (Narcan)
12. Major tranquilizers
- Have antipsychotic effects
  - Are commonly indicated in management of manic episodes
  - Are used to prevent extra pyramidal side effects
  - They cause muscles relaxation
13. Dysthymia mood disorder,
- Is a less severe form of chronic depression
  - Is diagnosed when a client has had a depressed mood for more than 3 yrs
  - Is best managed using ECT
  - Is treated using psychoanalysis and group therapy
14. Cognitive therapy:-
- Is a psychoanalytic approach of therapy
  - Assumes behavior is secondary to one's way of thinking
  - It helps correct behaviors associated with childhood experiences
  - Makes a person highly suggestible to the therapist's commands

15. Flat affect refers to:-

- a) An affect that quickly changes.
- b) Absence of facial expression to stimulus variation.
- c) An affect that is not consistent with the mood.
- d) One that is related to prolonged use of major tranquillizers.

16. Schneiderian first rank symptoms for schizophrenia include

- a) Thought insertion, auditory hallucinations and delusional perception
- b) Thought broadcasting, passivity phenomena and personal neglect
- c) Personal neglect, automatism and thought echo
- d) Thought insertion, echolalia and delusional perception

17. Factors like age, occupation, religion results in;

- a) Subcultures
- b) Countercultures
- c) Cultural universals
- d) Anomie

18. Ethnography is a branch of ;

- a) Cultural anthropology
- b) Physical-biological anthropology
- c) Archaeological anthropology
- d) Medical anthropology

19. A society ensures compliance with norms through;

- a) Social order
- b) Sanctions
- c) Culture change
- d) Social mobilization

20. Agents of re-socialization include;

- a) Family, schools, media
- b) Convents, religious institutions, media
- c) Prisons, convents, reform schools
- d) Peer groups, schools, media



## **PART II: SHORT ANSWER QUESTIONS (40 MARKS)**

1. State 5 characteristics of learning (5 marks)
2. Outline the first five (5) steps in the development of a competency based curriculum (5 marks)
3. State the three (3) types of norms. (3 marks)
4. Outline five (5) positive effects of social change on health. (5 marks)
5. Outline three (4) roles of a nurse in managing a child with attention deficit hyperactivity disorder (ADHD) (4marks)
6. List four (4) indications for behavioural therapy (2 marks)
7. State four (4) specific nursing interventions for a patient with an eating disorder anorexia Nervosa (4 marks)
8. State five (5) benefits of the function of control in management (5 marks)
9. Differentiate between functional nursing and primary nursing (4 marks)
10. State three (3) styles of leadership (3 marks)

## **PART III: LONG ANSWER QUESTION (40 MARKS)**

1. Nurse Managers are often faced with time constraint and are therefore required to utilize the function of delegation.
  - a. Outline five (5) principles of time management (5 marks)
  - b. Describe the delegation process (12 marks)
  - c. State three (3) factors involved in the delegation process (3 marks)
2. Mr. Y. 45yrs old is admitted in a psychiatric unit after being diagnosed to have schizophrenia
  - a) State four (4) clinical features Mr. Y. may have presented with in reference to DSMIV criteria (4 Marks)
  - b) Describe the specific management for Mr. Y from admission till discharge (14 Marks)
  - c) State two (2) differential diagnosis for Schizophrenia (2 Marks)

**PART I: MCQS (20 MARKS)**

1. Learning is;
  - a) A method of shaping habits and skills acquired
  - b) A process of changing behaviour patterns of students
  - c) A process of acquiring new habits, knowledge and skills
  - d) A process of teaching new skills, knowledge and habits
  
2. Set induction can be done through;
  - a) Questioning and recapping the main points.
  - b) Stating the objectives and summarizing
  - c) Introductions and writing the topic on the flip chart
  - d) Previewing previous topic and use of gestures
  
3. The cognitive domain of learning;
  - a) Embraces the development of motor skills and attitudes
  - b) Embraces the intellectual abilities of memory and reasoning
  - c) Emphasizes emotional qualities and feelings
  - d) Emphasizes the development of attitudes and memory
  
4. Characteristics of adult learning include the following except;
  - a) Require active participation
  - b) Require external motivation
  - c) Require relevant content
  - d) Require cumulative learning
  
5. Indicate whether the following statements are True (T) or False (F)
  - a) The multiple type of test items measures various levels of learning
  - b) Essay format type of tests require more time to construct
  
6. The advocacy strategy that involves the use of direct action to challenge negative policy is;
  - a) Education
  - b) Litigation
  - c) Confrontation
  - d) Persuasion
  
7. Patient advocacy issues for nurses include;
  - a) Job satisfaction, medical errors, safety
  - b) Confidentiality of treatment, safety, remuneration
  - c) Medical errors,access to healthcare,safety
  - d) Public image,safety,working conditions.

8. A social status;
  - e) Is formally defined within a society
  - f) Is always ascribed by the society
  - g) Always have role expectations
  - h) Can only be held by one person at a time
  
9. The following is true about culture;
  - a) Non material culture is more resistant to change than material culture
  - b) It is preserved in norms and values
  - c) It is partially inborn
  - d) It is transmitted through social change and social mobility
  
10. Managerial roles include;
  - a) Planning, controlling and staffing
  - b) Planning, negotiating and liaising
  - c) Organizing, planning, monitoring
  - d) Resource allocation, negotiating, monitoring
  
11. Planning for daily activities in the ward is an example of;
  - a) Operational plan
  - b) Tactical plan
  - c) Strategic plan
  - d) Contingency plan
  
12. The nursing modality in which a nurse is allocated a patient each shift to provide total nursing care is referred to as;
  - a) Case nursing
  - b) Primary nursing
  - c) Team nursing
  - d) Functional nursing
  
13. The principle of management that help in ensuring there is coordination of employees effort is;
  - a) Unity of command
  - b) Unity of direction
  - c) Division of labour
  - d) Decentralization
  
14. Henry Fayol:-
  - a) Introduced innovations in how jobs were designed and how workers were trained to perform.
  - b) Identified specific functions of a manger
  - c) Developed the bureaucratic model
  - d) Examined motivation from the perspective of why people choose to follow a particular course of action

15. In somatoform disorders,
- a) Major symptoms are bodily
  - b) There are tangible physical manifestations for the complains made
  - c) The secondary gain is a decrease in psychological conflicts
  - d) Symptoms represent unconscious attempt to cope with childhood conflicts
16. The personality disorder associated with being insensitive to others and abusive behavior without remorse is,
- a) Narcissistic
  - b) Paranoid
  - c) Histrionic
  - d) Antisocial
17. The psychological conceptual theory of psychiatric nursing assumes that;
- a) Mental illness is as a result as altered levels of neuro-transmitters
  - b) Abnormal behavior is learnt and it can therefore be unlearnt
  - c) Mental illness originates from repressed feelings & experiences
  - d) Abnormal behavior is as a result of poorly socialized super-ego
18. Dysthymia mood disorder,
- a) Is a less severe form of chronic depression
  - b) Is diagnosed when a client has had a depressed mood for more than 3 yrs
  - c) Is best managed using ECT
  - d) Is treated using psychoanalysis and group therapy
19. Cognitive therapy:-
- a) Is a psychoanalytic approach of therapy
  - b) Assumes behavior is secondary to one's way of thinking
  - c) It helps correct behaviors associated with childhood experiences
  - d) Makes a person highly suggestible to the therapist's commands
20. Axis IV in DSMIV criteria of classifying mental illness focuses on:-
- a) Psychosocial and environmental stressors.
  - b) The actual psychiatric illness.
  - c) The underlying personality disorders
  - d) The underlying medical conditions.

## **PART II: SHORT ANSWER QUESTIONS (40 MARKS)**

1. Explain three (3) principles of teaching (3 marks)
2. Outline four (4) differences between formative and summative evaluation (4 marks)
3. State three (3) clinical teaching methods used in nursing education (3 marks)
4. List six (6) components of professional curriculum vitae (3 marks)
5. Outline five (5) roles of mass media in health (5 marks)
6. State five (5) causes of resistance to change. (5marks)
7. Explain five (5) strategies that nursing managers can utilize to reduce conflict in their units/wards. (5marks)
8. Outline four principles (4) of managing a suicidal patient (4marks)
9. Explain four (4) roles of a nurse in management of a patient with obsessive compulsive disorder (OCD) (4 marks)
10. State four (4) specific nursing interventions for a patient with Post traumatic stress disorder (PTSD)(4 marks)

## **PART III: LONG ANSWER QUESTIONS (40 MARKS)**

1. Staffing is a main function of county chief Nursing Officers.
  - a) Define Staffing (2marks)
  - b) State six (6) factors that affect staffing (6 marks)
  - c) Describe the staffing process (12 marks)
2. Mr. Y. 45yrs old is admitted in a psychiatric unit after being diagnosed to have schizophrenia,
  - a) State four (4) clinical features Mr. Y. may have presented with in reference to DSMIV criteria (4 Marks)
  - b) Describe the specific management for Mr. Y from admission till discharge (14 Marks)
  - c) State two (2) differential diagnoses for schizophrenia(2 Marks)

- 1) The following is **not** a disorder of memory
  - a) Jamais vu
  - b) Déjà vu
  - c) Confabulation
  - d) Folie a deaux
- 2) A major principle that should be observed when a nurse communicates with a client experiencing elated mood is:
  - a) Use calm firm approach
  - b) Give expanded explanation
  - c) Make use of abstract concepts
  - d) Encourage light heartedness and joking
- 3) A medication teaching plan for a client receiving lithium should include:
  - a) Rationale for using lithium maintenance
  - b) Dietary teaching to restrict daily sodium intake
  - c) Importance of blood draws to monitor serum potassium levels
  - d) Seeking medication change if side effects become troublesome
- 4) The priority goal of crisis intervention is:
  - a) Client safety
  - b) Anxiety reduction
  - c) Identification of situational supports
  - d) Teaching specific coping skills that are lacking
- 5) Which of the following should **not** be identified by the nurse as a risk factor associated with child psychiatric disorders
  - a) Resiliency
  - b) Severe marital discord
  - c) Low socio-economic status
  - d) Maternal psychiatric disorder.
- 6) Which of the following is a mature defense mechanism
  - a) Altruism
  - b) Acting out
  - c) Dissociation
  - d) Projection
- 7) Match the terms in column A with their corresponding descriptions in column B

Column A

- i) Confabulation
- ii) Perseveration

Column B

- a) Persistent and inappropriate repetition of the same sequence of thought
- b) Lack of logical connection between the train of thought
- c) A misperception of an external stimulus
- d) Reporting as “memories” of events that did not take place at the time in question

- 8) The following are causes of dementia except
- Infections
  - Metabolic conditions
  - Depression
  - Alcohol
- 9) The following are techniques of behavior therapy
- Relaxation training, thought stopping, psychodrama
  - Thought stopping, psychodrama, contingency management
  - Contingency management, thought stopping, catastrophizing
  - Relaxation training, thought stopping, contingency management
- 10) The following is a somatoform disorder:
- Peptic ulcer
  - Psychogenic diarrhea
  - Conversion reaction disorder
  - hypochondriasis
- 11) Which of the following is not a leadership style:
- Informal
  - Bureaucratic
  - Free reign
  - Autocratic
- 12) Which of the following people is associated with classical theory of management;
- Maslow
  - Max Weber
  - Mac Gregor
  - Carnevali
- 13) The following is **NOT** a principle to observed during interviewing
- Create and maintain a comfortable environment
  - Conduct the interview according to a standardized outline.
  - Explore the applicants background and future plans
  - Ask direct close ended questions.
- 14) One of the following statements is not true regarding an organizational chart?
- It shows formal lines of communication
  - It indicates degree of authority
  - Contributes to sound organizational structure
  - Reveals to new employees how they fit into the organization
- 15) The following are performance appraisal tools used in health care organization except:-
- Skill mix
  - Trait rating scales
  - Checklists
  - Peer review
- 16) Indicate whether the following statements are **TRUE** or **FALSE**:-
- Functional nursing jeopardizes the nursing process
  - In case management, the focus is in individual clients

- 17) Which of the following statements regarding power is **TRUE**:-
- a) Referent power is power that a person has because others identify with what that leader symbolizes.
  - b) Expert power is also referred to as legitimate power
  - c) Coercive power is gained by title or official position within an organization
  - d) Reward power is based on the fear of punishment
- 18) The nursing modality in which a nurse is allocated a patient each shift to provide total nursing care is referred to as;
- a) Case nursing
  - b) Primary nursing
  - c) Team nursing
  - d) Functional nursing
- 19) The highest level of leadership is;
- a) Personhood
  - b) People development
  - c) Production
  - d) Position
- 20) Monitoring is an element of which managerial function:
- a) Planning
  - b) Budgeting
  - c) Delegation
  - d) Controlling



### **Short Answer Questions**

1. Define the term delusion (2 marks)  
b) State three delusional themes (3marks)
2. State three (3) disorders in the form of thinking ( 3 marks)
3. Differentiate the following paraphilias: Frotteurism and fetishism (2 marks)
4. Explain five (5) causes of dementia (5 Marks)
5. List six (6) groups of psycho-active substances that are commonly abused. (3 marks)
6. List four (4) common clinical features of acute schizophrenia (2 marks)
7. Define the following terms as used in management:
  - i) Span of control (1 mark)
  - ii) Transformational leadership (1 mark)
8. Explain three types of skills that a ward manager would require for effective supervision of staff (3 marks)
9. Explain five (5) barriers to effective delegation (5 marks)
10. State 4 conflict management strategies that are appropriate for nurses in the ward (5 marks)
11. State five (5) strategies that a nurse manager can use to ensure proper time management. (5mks)

### **Long Answer Questions**

- 1) Mrs. Onyonka is a 35 year old secretary who lives alone. She has been divorced for five years and has two sons who live with their father. She's brought to the emergency department by her neighbour with superficial slashes on her wrists. The neighbour states that Mrs. Onyonka has been withdrawn for at least five years. After treatment at the emergency department, Mrs. Onyonka is seen by a psychiatrist who diagnoses her with major depression disorder.
  - a) Define major depression (2marks)
  - b) List four (4) signs and symptoms of major depression (2marks)
  - c) State three (3) classes of antidepressant drugs giving an example of each class (6 marks)
  - d) Describe the management of Mrs. Onyonka in the ward. (10 marks)
- 2) You are the nurse administrator of Hope general hospital and you want to introduce the use of computers in handling patients' records.
  - I. Define planned change (1mark)
  - II. As the change agent, explain the stages you will take the staff through until the use of computers is fully integrated into the hospital. (14marks)
  - III. List the ten emotional phases the employees will experience during the change process. (5marks)