

- c) Methotrexate
- d) Folic acid

19. Indicate the antagonists of heparin:

- a) Aspirin
- b) Dicumarol
- c) Dalteparin
- d) Protamine sulfate

20. Mechanism of aspirin action is:

- a) Converts inactive plasminogen into active plasmin
- b) Inhibits COX and thus thromboxane synthesis
- c) Enhances the interaction between antithrombin III and both thrombin and the factors involved in the intrinsic clotting cascade
- d) Inhibits the glycoprotein IIb/IIIa complex

SHORT ANSWER QUESTIONS (40 marks)

1. Describe the 4 phases in drug development process (4 mark) 39
2. For a long time Penicillins has been the mainstay of bacterial infection treatment. classify Penicillins giving one example in each class(6 marks)
3. State 3 Challenges the Kenyan government is facing in incorporating herbal therapy into conventional drug therapy (3 marks)
4. State two strategies used to ensure drug adherence of TB patients in Kenya (2 marks)
5. Describe how drugs are named (drug nomenclature) (3 marks)
6. Describe in details five(5) roles of a nurse in drug administration (10 marks) 123
33
7. Patient Y has been seen and prescribed for Cimetidine
 - a. Classify cimetidine (1 mark)
 - b. State the pharmacodynamics of cimetidine(2 marks)

lamivudine + efavirenz
3CT

- a) Diazepam
 - b) Buspirone
 - c) Phenobarbital
 - d) Chloral hydrate
16. The following cations are majorly involved in local anaesthetic pharmacodynamics
- a) Calcium ions
 - b) Chloride ions
 - c) Potassium ions
 - d) Sodium ions
17. The following is used as an adjunct therapy in thyrotoxicosis
- a. Methimazole
 - b. Iodate
 - c. Propranolol
 - d. Sodium iodide
18. The following barbiturate is referred to as 'truth serum'
- a. Allobarbital
 - b. Phenobarbital
 - c. Amobarbital
 - d. Secobarbital
19. Which of the following antienzymes is a monoamine oxidase (MAO) inhibitor:
- a) Physostigmine
 - b) Selegiline
 - c) Acetazolamide
 - d) Disulfiram
20. Which of the following inhaled anesthetics causes megaloblastic anemia?
- a) Desflurane
 - b) Halothane
 - c) Nitrous oxide
 - d) Soveflurane
21. Cocaine exerts its central action by:
- a) Inhibiting phosphodiesterase
 - b) Increasing a release of catecholaminergic neurotransmitters, including dopamine
 - c) Inhibiting dopamine and norepinephrine reuptake
 - d) Altering serotonin turnover

22. Which of the following benzodiazepines is less likely to cause cumulative and residual effects with multiple doses?

- a) Clorazepate
- b) Quazepam
- c) Lorazepam
- d) Prazepam

23. The irreversible MAO inhibitors have a very high risk of developing:

- a) Respiratory depression
- b) Cardiovascular collapse and CNS depression
- c) Hypertensive reactions to tyramine ingested in food
- d) Potentially fatal agranulocytosis

24. Which of the following antipsychotic drugs is typical?

- a) Clozapine
- b) Quetiapine
- c) Haloperidol
- d) Olanzapine

mode of action
during high blood glucose the beta cells in the pancreas secrete insulin which will convert glucose -> glycogen

25. Most antipsychotic drugs:

- a) Block postsynaptic d2 receptor
- b) Stimulate postsynaptic receptor 5-HT3
- c) Block GABA channels
- d) Stimulate 5-HT2 receptor

meals interfere with absorption - absorb well

SAQ's (30 MKS)

1. Justify the following pharmacological instructions given to various patients (3 mks each)

- a) Patient XM instructed to take medication before meals 3
- b) Patient NK instructed to take medications strictly at night 3
- c) Patient QP instructed to take medications 6 hourly till completion 3
- d) Patient XY instructed to avoid some medications due to pregnancy 3
- e) PUD patient instructed not to take NSAID's such as Brufen 3

2. Citing negative feedback as an example, demonstrate how insulin regulates sugar level (5 mks)

3. Outline 5 extrapyramidal side effects associated with antipsychotics (5 marks)

4. Outline 5 desired pharmacological effects of benzodiazepines (5 marks)

- muscle relaxant
- hypnotic
- Anticonvulsant

*Galtonia
PGE1*

Atkinesia

8. The following is a type of non-probability sampling technique

- a) Quota sampling
- b) Cluster sampling
- c) Systematic sampling
- d) Stratified sampling

9. Sampling involves using a small number of people in the target market to make conclusions about the entire market population.

- a) True
- b) False

10. The first stage in selection of a sample is to determine the sampling frame

- a) True
- b) No

11. It is sensible to send a return envelope with:

- a) Personal questionnaires
- b) Postal questionnaires
- c) Delivery and collection questionnaires
- d) Telephone questionnaires

12. The following is an advantage of open ended questions:

- a) Can be asked slowly
- b) Can be analyzed slowly
- c) Can explore new ideas
- d) Can be misinterpreted

13. Which one of these is a self-administered questionnaire?

- a) Face –Face questionnaire
- b) Postal questionnaire
- c) Personal questionnaire
- d) Telephone questionnaire

14. Which of the following techniques yields a simple random sample?

- a) Choosing volunteers from an introductory psychology class to participate
- b) Listing the individuals by ethnic group and choosing a proportion from within each ethnic group at random
- c) Numbering all the elements of a sampling frame and then using a random number table to pick cases from the table
- d) Randomly selecting schools and then sampling everyone within the school

15. In which of the following sampling technique does the researcher ask the participants to identify other potential research participants

- a) Purposive
- b) Convenience
- c) Snowball
- d) Quota

PART I MCQ'S (25 mks)

1. One of the following drugs is not a proton pump inhibitor. Identify it.
 - a) Omeprazole
 - b) Pantoprazole
 - ~~c) Ketacoprazole~~
 - d) Esomeprazole
 2. Misoprostal is synonymous with?
 - a) Sytotec
 - b) Mytotec
~~c) Cytotec~~
 - d) Zytotec
3. Anticholinergics are normally meant for?
 - ~~a) Decreasing of gastric reflux~~
 - b) Increasing of gastric reflux
 - c) Reducing peristalsis of the GIT tract
 - d) Reducing intestinal absorption
4. Emollients are pharmacologic agents that?
 - ~~a) Soften stool~~
 - b) Impact stool
 - c) Reduce intestinal motility
 - d) Increases appetite
5. An example of saline laxative include?
 - ~~a) Fleet enema~~
 - b) Propranol
 - c) Aluminum sulphate
 - d) Capamazepine
6. Gastric acid secretion is under the control of the following agents EXCEPT:
 - a) Histamine
 - ~~b) Acetylcholine~~
 - c) Serotonin
 - d) Gastrin
7. Identify the drug likely to reduce sexual drive on long-term therapy in males
 - a) Glipizide
 - b) Methimazole
 - c) Phenytoin
 - ~~d) Cimetidine~~
8. Which of the following drug causes rebound hyperacidity:
 - a) Sodium bicarbonate

PART I - MULTIPLE CHOICE QUESTIONS (10 MARKS)

1. Manifestations of Cystitis include:

- A. Discharge, itching, frequency of micturition
- B. Dysuria, frequency of urination, urgency of micturition
- C. Itching, frequency of urination, dysuria
- D. Urgency of micturition, discharge, frequency of urination

2. Pre-renal causes of Renal failure include:

- A. Hypertension, Kidney stones
- B. Kidney stones, pyelonephritis
- C. Liver failure, hypertension
- D. Pyelonephritis, Liver failure

3. The immediate treatment for treatment of acute retention of urine is

- A. Prostatectomy
- B. Catheterization
- C. Bladder washout
- D. Administration of intravenous diuretics

4. For a patient in the oliguric phase of Acute Renal Failure, the most important nursing intervention is to

- A. Increase fluid intake
- B. Limit fluid intake
- C. Limit food intake
- D. Alternate loop diuretics with thiazides

5. Nephritis is a condition

- A. That results from an antibody antigen reaction
- B. Characterized by reduced glomerular blood flow leading to oliguria and uremia
- C. Characterized by inflammation of renal pelvis, tubules and interstitial cells of the kidneys
- D. Characterized by increased permeability of the glomeruli

6. The priority management of a patient with renal colic due to renal lithiasis is to

- A. Keep the patient nil orally
- B. Administer strong analgesics
- C. Collect a urine specimen for investigations
- D. Encourage fluid intake 3-4 litres per day

7. Formation of calculi in the urinary system may be favoured by

- A. Urinary tract infections, urinary stasis, hypothyroidism

Helicobacter pylori

- c. Constipation
- d. Breast tenderness

SHORT ANSWER QUESTIONS

1. a. Define abortion as per world health organization (2 marks)
- b. State four possible causes of abortion (4 marks)
- c. Outline specific management of septic abortion (12 marks)
2. State four complications that may arise from rectocele and cystocele (4 marks)
3. Define the following terms
 - a. Infertility (3 years)
 - b. Oligospermia (1 mark)
 - c. Asthenospermia (1 mark)
 - d. Teratospermia (1 mark)
4. Define the following terms
 - a. Menometrorrhagia *IMUS*
 - b. Primary amenorrhea *IMUS*
 - c. Polymenorrhagia *IMU*
5. Explain five risk factors for cervical cancer *5 marks*
6. List six common symptoms in a woman with uterine fibroids *6 marks*

ARPOIT

LONG ANSWER QUESTIONS

1. Madam X booked in to a gynaecology clinic on breast assessment a mass was felt. She is to undergo mastectomy
 - a. Explain two types of mastectomy (3 marks) *radical extent mastectomy*
 - b. State ant three clinical features madam X will present (3 marks)
 - c. Describe both preoperative and post operative management of madam X FOR THE FIRST 48 hours (14 marks)

ARPOIT
ADHER
DHCAE

KENYA MEDICAL TRAINING COLLEGE – VIHIGA
 DEPARTMENT OF NURSING
 PERIOPERATIVE NURSING

END OF SEMESTER EXAM – SEPTEMBER 2019 CLASS

1. Describe in details the pre-operative management of a patient scheduled for theatre (10 mks)
 - Consent, Lab work, Gown, Starting, Pre-orientation, Examining, Resuscitation, Catheterize, Cannulation, Identification*
2. Enumerate four (4) main medical legal aspects in an operating theatre and their significance (8 marks)
 - Consent, specimen, Confidentiality, forensic, protection from infection*
3. State four (4) mode of action narcotics used in operating theatre (4 marks)
 - reduces pain, reduces anxiety, relaxes the muscles, induces it*
4. Explain three (3) theatre anaesthetic emergencies (6 marks)
 - Aspiration, bronchoaspiration, Laryngospasm, Cardiac arrest*
5. State five (5) roles of a recovery Nurse (5 marks)
 - recovery, monitors vital*
6. Explain five (5) positions used in a surgery and the operation used for (10 marks)
 - prone, supine, Trendelenburg, Reverse*
7. Explain the responsibilities of a scrub-up Nurse/sterile Nurse
 - i) Pre-operatively (3 ½ marks)
 - ii) Post-operatively (3 ½ marks)

ALIMENTARY/BILIARY AND DENTAL NURSING

PART I (MULTIPLE CHOICE QUESTIONS) MCQS 10 MARKS

1. One of the following is priority nursing diagnosis for a patient with peptic ulcer disease?
 - a) Activity intolerance related to epigastric pain
 - b) Deficient knowledge related to lack of information on PUD
 - c) Acute pain related to epigastric erosion and acid build up
 - d) Ineffective coping related to diagnosis of PUD
2. Priority nursing diagnosis for gastritis is:
 - a) Imbalanced nutrition related to diagnosis of PUD
 - b) Pain related to inflammatory process
 - c) Anxiety related to deficient knowledge on management regimen
 - d) Risk for fluid volume deficit related to nausea and vomiting
3. The primary goal of nursing care for a patient with peptic ulcer disease is:
 - a) Pain management
 - b) Key messages on stress management
 - c) Patient education regarding diagnosis of the disease
 - d) Injury prevention
4. The classical symptom of appendicitis is:
 - a) Localised pain at the right lower quadrant
 - b) Localised pain at the left lower quadrant
 - c) Anorexia
 - d) Nausea and vomiting
5. One of the following is true about colorectal cancer:
 - a) Management is by intake of low fat and low fiber diet
 - b) Caused by poor hygiene
 - c) Common in patients with adenomatous polyps
 - d) Begin from the squamous cells lining the colon
6. Which statement is true about third degree hemorrhoids?
 - a) They are common during pregnancy
 - b) Management is by coagulation and diet
 - c) Prolapse is irreducible and strangulated
 - d) Prolapse require digital reduction
7. Priority nursing diagnosis for a patient with liver failure is:
 - a) Fluid volume excess
 - b) Risk for infection
 - c) Altered social interaction
 - d) Deficient knowledge
8. Common complications of ulcerative colitis are:
 - a) Ascites, portal hypertension
 - b) Peritonitis, anemia

8. An examination that can reveal cancer of the cervix in the absence of signs and symptoms is

- a) Colposcopy
- b) VIA VILLI examination
- c) Propanicolau (pap) smear *Papanicolaou*
- d) High vaginal swab

9. When performing ultrasound to detect tumours and other abnormalities you should ensure

- a) Patients bladder is full
- b) Patients bladder is empty
- c) Nil per oral 6 hours prior procedure
- d) Patient has emptied her rectum

10. In Sheehan's syndrome

- a) The endometrial layer is injured and heals with scars leading to secondary infertility
- b) The pituitary gland produces high level of hormones leading to irregular or absent menstrual periods.
- c) Develops due to ischaemia to the pituitary gland due to severe haemorrhage
- d) Patient presents with menorrhagia.

11. A membranous sac containing gas solid or liquid is known as

- a) Cyst
- b) Polyp
- c) Pedicle
- d) Tumour

12. Inability to produce offspring is called

- a) Sterility
- b) Fertility
- c) Impotent
- d) Azoospermia

13. Extensive urinary fistula is

- a) Less than 2cm
- b) 4-5cm
- c) 6cm and above
- d) 5-8cm

14. Cardinal signs of endometriosis in sequence include

- a) Dysmenorrhoea, menorrhagia dyspareunia, infertility
- b) Dyspareunia, infertility, menorrhagia polymenorrhoea
- c) Menorrhagia, polymenorrhoea, hypermenorrhoea, dysmenorrhoea
- d) Dysmenorrhoea, dyspareunia, menorrhagia, infertility

SHORT ANSWER QUESTIONS (SAQS) 40 MARKS

1. Outline any five components of post abortal care (5marks)
 - Tranexamic acid
 - ECUC
 - Pain
 - Fluids
2. Outline the specific emergency management you would offer in acute ruptured ectopic pregnancy (5marks)
 - ECUC
 - ECUC
 - ECUC
 - ECUC
 - ECUC
3. Draw a well labelled diagram showing the sites of uterine fibroids (5marks)
 - Intramural
 - Submucosal
 - Pedunculated
 - Intracavitary
4. State any five clinical symptoms of menopause (5marks)
 - Hot flush
 - Amenorrhoea
 - Dyspareunia
 - Dysuria
 - Irritability
5. Describe how you can carry out cancer of the cervix screening using VIA VILLI method (5marks)
 - Explain
 - Position
 - Open the vagina
6. Outline five male predisposing factors to infertility (5marks)
 - Erectile dysfunction
 - Sperm dysfunction
 - Undescended testes
 - Psychological
7. (a) Outline three differences between cysts and polyps (3marks)
 - Size
 - Location
 - Nature
- (b) List four complications of Abortions (2marks)
 - Haemorrhage
 - Infection
 - Cervical incompetence
 - Asherman's syndrome
8. State five risk factors for endometrial cancer (5marks)
 - Obesity
 - Hypertension
 - Diabetes
 - Infertility
 - Late menarche

LONG ANSWER QUESTIONS (LAQS) 20 MARKS

1. Mrs. Leshaan has been admitted with a diagnosis of breast cancer.
 - (a) State four predisposing factors to breast cancer (4marks)
 - 1. Unchecking - lum
 - 2. Early menarche - 11
 - 3. Radical - 12
 - 4. Extended - 13
 - (b) Describe breast cancer staging according to Tumour nodes and metastasis (TNM) system (5marks)
 - 1 - 1
 - 2 - 2
 - 3 - 3
 - 4 - 4
 - (c) Explain any 4 specific surgical treatment that can be offered in breast cancer (4marks)
 - 1. Mastectomy
 - 2. Lumpectomy
 - 3. Axillary dissection
 - 4. Sentinel lymph node biopsy
 - (d) Give any three nursing diagnosis that can apply to Mrs. Leshaan post operatively (3marks)
 - 1. Pain
 - 2. Risk of infection
 - 3. Risk of bleeding
 - (e) Explain any four ways of breast cancer prevention (4marks).
 - Explain the procedure
 - Position the patient
 - Open vagina using speculum
 - 1st swab with acetic acid
 - 2nd swab with iodine
 - Note colour

SHORT ANSWER QUESTIONS (20 marks)

1. Explain three (3) research ethical principles as outlined in the Belmont Report (6 Marks)
2. State three advantages of using snowball sampling technique during non- probability sampling (3 marks)
3. State four purposes of carrying out scientific research (4 marks)
4. Elucidate three advantages of carrying out literature review during the research process (3 marks)
5. Explain the difference between primary and secondary sources of literature references (2 marks)
6. State two types of hypothesis (2 marks)

LONG ANSWER QUESTIONS (BASIC STATISTICS)

The following data are marks scored in a microbiology examination among twenty nursing students.

90	60	90	80	40	65	60	65	60	60
40	80	80	45	90	40	70	60	85	60

- a) Calculate the mode (3 marks)
- b) Calculate the mean (4 marks)
- c) Calculate the range (3 marks)
- d) Draw a frequency distribution table (4 marks)
- e) Draw a histogram (3 marks)

COMMUNITY STRATEGY (40 MARKS)

1. The Alma Atta conference envisaged health for all by 2000. Discuss the formidable disaccords encountered in its implementation (20 marks)
2. In lieu of treatment of diseases at the tier I preventive measures are affront. Make a justification (20 marks)

- Poverty
- Poor state of health centre
- Variability quality
- Political interference
- High burden of epidemic diseases
- morbidity & Mortality
- Poor infrastructure

16. The following data are marks scored in a psychology test among 10 nursing students

80	50	54	69	97	49	39	65	83	81
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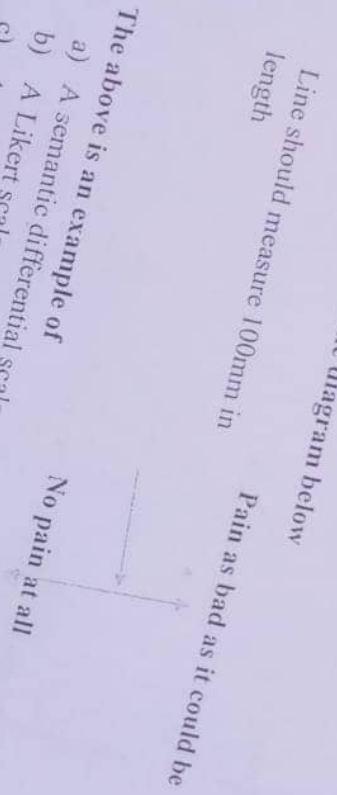
The mean is:

- 66.8
- 67.8
- 80
- 50

17. The degree of consistency with which an instrument measures the attribute it is supposed to be measuring is:

- Internal consistency
- Validity
- Reliability
- Stability

For question 18 use the diagram below



The above is an example of

- A semantic differential scale
- A Likert scale
- A visual analogue scale
- A simple itemized rating scale

19. The measures of variability in distributions include:

- Mean, median and range
- Mean, mode and standard deviation
- Median, standard deviation and standard deviation
- Range, standard deviation and semi-quartile range

20. A statement made about a population for testing purposes is called:

- Statistic
- Hypothesis
- Level of significance
- Chi square

15. The following are complications associated with hydatidiform mole

- a) Choriocarcinoma, haemorrhage
- b) Shock, choriocarcinoma
- c) Abortion, choriocarcinoma
- d) Abortion, haemorrhage

16. A test that reveals the presence of cancer and its extension into the lymphnodes and skeletal involvement is

- a) Computerised tomography scan (CT scan)
- b) Magnetic resonance imaging (MRI)
- c) Mammography
- d) Ultrasound

17. Teenage girls who have just started menses and are having dysfunctional uterine bleeding should be treated with;

- a) Combination of estrogen and progesterone pills for three to six cycles.
- b) Progesterone only pills for three to six cycles.
- c) Progesterone only pills combine with clomiphene tablets for three to a six cycles.
- d) Oestradiol tablets combined with clomiphene tablets for three to six cycles

18. Infection with human papiloma virus could cause

- a) Cancer of the vagina and cervix
- b) Cancer of the vulva and cervix
- c) Cancer of the urethra and cervix
- d) Cancer of the uterus and cervix

19. The lower rectum and vagina are supported by:

- a) Iliococcygeus muscles
- b) Pubococcygeus muscles
- c) Bulbocavernosus muscles
- d) Superficial transverse perineal muscles

20. Menstrual bleeding that lasts too long due to irregular shedding of the endometrium is called

- a) Metrorrhagia
- b) Menorrhagia
- c) Epimenorrhoea
- d) Hypermetrorrhagia

MULTIPLE CHOICE QUESTIONS (20marks)

1. A situation where a woman has had three or more successive abortions is termed as:

- a) Missed abortion
- b) Complete abortion
- c) Imminent abortion
- ~~d) Habitual abortion~~

2. Preventive measures against cystocele in women include

- ~~a) Doing postpartum exercises~~
- b) Doing pelvic examination ✗
- c) Regulating bowel habits ✓
- d) Avoiding vaginal deliveries ✓

3. The most preferred treatment for Bartholin's cyst (abscess) is

- a) Incision and drainage
- ~~b) Marsupialization~~
- c) Dilatation and curettage
- d) Surgery

4. In taking gynaecological history the nurse should enquire about

- a) Menstration, gynaecological operations, rectal operations ✓
- ~~b) Gynaecological operations, contraceptive history, sexual behavior~~
- c) Sexual behavior, rectal operation, nutritional profile ✓
- d) Nutritional profile, menstration, contraceptive history ✓

5. The first sign of puberty in girls is

- ~~a) Menarche (menstruation)~~
- b) Growth of pubic hair ✓
- c) Broadening of hips ✓
- d) Development of pimples in the face ✓

6. The treatment of endometrial cancer involves

- a) Tumor size reduction, chemotherapy ✓
- ~~b) Tumor size reduction, radiotherapy~~
- c) Hysterectomy, radiotherapy ✓
- d) Radical hysterectomy, Tumor size reduction ✓

7. Common cause of secondary amenorrhoea is

- a) Tumour
- ~~b) Cysts~~
- c) Pregnancy ✓
- d) Endometriosis ✓

RESEARCH METHODOLOGY
MULTIPLE CHOICE QUESTIONS

1. **Cross sectional data are data that are;**

- a) Collected over time
- b) That are collected over a single period of time
- c) Consisting of a single variable
- d) Consisting of two or more variables

2. **Ordinal data are;**

- a) Sorted into categories according to specified characteristics
- b) Ordered or ranked according to some relationship
- c) Data which have a natural zero
- d) Ordered, have a specified measure of a distance between observations and have no natural zero

3. **The statistical measure that characterize dispersion are:**

- a) Range, variance, standard deviation
- b) Mean, median, mode
- c) Range, mean, Standard deviation
- d) Correlation, frequencies, Standard deviation

4. **A blue print of research work is called:**

- a) Research problem
- b) Research design
- c) Research tools
- d) Research methods

5. **Interview with a detailed standardized schedule is called:**

- a) Clinical interview
- b) Structural interview
- c) Group interview
- d) Direct interview

6. **A short summary of a research report is called:**

- a) Article
- b) Research abstract
- c) Publication
- d) Guide

7. **The following is an example of primary data:**

- a) A book
- b) Journal
- c) Newspaper
- d) Census report

9. The only remedial measure for patient suffering from cholecystitis include?
- a) Surgical removal of the bladder
 - b) Surgical removal of the gall bladder
 - c) Surgical removal of the colon
 - d) Surgical removal of the ileum
10. The most accurate diagnostic measure for patient with hepatitis include?
- a) Liver function test
 - b) Kidney function test
 - c) Electro cardiogram
 - d) Spleen function test

SHORT ANSWER QUESTIONS (20 MARKS)

1. Outline any five (5) Nursing responsibilities that you will offer to a patient suffering from pancreatitis (5mks) *APPETITE LOSS*
2. Briefly outline how you can diagnose a peptic ulcer disorder in your OPD department (5mks)
3. Mr. Tee, has features suggestive of dental cavities
- a. With the aid of a well labelled diagram, illustrate the human tooth(4 marks)
 - b. Describe the specific nursing management that for a patient suffering from dental cavities. (6mks)

LONG ANSWER QUESTION 40 MKS

1. While discharging your duties as a nursing officer In Isindu County Hospital, A male client was admitted due to acute intestinal obstruction:
- a) Draw the diagram of the human digestive system (5mks) *- humors
- blockage
- trauma
- stricture*
 - b) Outline any six (6) causes of intestinal obstruction (6mks)
 - c) Describe the Pre ,and post-operative management for your client (9mks)

PERI-OPERATIVE NURSING AND RENAL AND URINARY DISORDERS
PART A: PERI-OPERATIVE NURSING

Multiple Choice Questions

(10 MARKS)

1. **Belly's palsy is a disorder of cranial nerve number**
 - a) VII
 - b) V
 - c) VIII
 - d) X
2. **An example of an absorbable suture includes:**
 - a) Polyester, Catgut
 - b) Silk, nylon
 - c) Stainless steel, polyglycolic acid
 - d) Catgut, Polyglactin
3. **Premedication given to suppress secretions are classified as**
 - a) Anti-emetics
 - b) Tranquilizers
 - c) Anti-cholinergic
 - d) Anxiolytics
4. **The role of circulating nurse in an operating room is to**
 - a) Intubate a patient
 - b) Assist surgeon during operation
 - c) Safety administration of anesthesia to patient prior to surgery
 - d) Provides back-up for additional necessities
5. **The most dangerous complication during induction of spina anaesthesia is:**
 - a) Tachycardia
 - b) Hypotension
 - c) Hyperthermia
 - d) Bradycardia
6. **After surgery, your patient is semi-comatose with vital signs within normal limits. As the nurse, what position would be best for the patient?**
 - a) Semi-fowlers
 - b) Prone
 - c) Low-fowlers
 - d) Side positioning preferably on the left side
7. **After surgery your patient starts to shiver uncontrollably. What nursing intervention would you do first?**
 - a) Apply warm blankets and continue oxygen as prescribed
 - b) Take patients rectal temperature
 - c) Adjust the thermostat in the room
 - d) Page the doctor for further orders

8. The nurse is monitoring the patient who is 24 hours post-operation from surgery. Which findings requires intervention
- BP of 100/80 mmHg
 - 24 hour urine output of 300 mls
 - Pain rating of 4 on 1-10 scale
 - Temperature of 99.3° F
9. What is a potential post-operative concern regarding a patient who has already resumed solid diet?
- Failure to pass stool within 12 hours of eating solid food
 - Failure to pass stool within 48 hours of eating solid food
 - Passage of excessive flatus
 - Patient reports a decreased diet
10. You are completing the history of a patient who is scheduled to have surgery. What health history increases the risk for surgery for the patient
- Urinary tract infections
 - History of premature ventricle beats
 - Abuse of street drugs
 - Hypothyroidism

SHORT ANSWER QUESTIONS

(20 MARKS)

- State four (4) roles of the circulating nurse (4 marks)
- State three (3) types of anaesthetics - Local anaesthetics, General anaesthetics, Hypnotics (3 marks)
- State five (5) major sets used in the operating theatre = ORF (5 marks)
- State four (4) nursing responsibilities in the pre-operative management of a patient due for theatre = monitor vitals, consent (4 marks)
- State four (4) general principles in post-operative care (4 marks)

LONG ANSWER QUESTION

(20 MARKS)

- Mrs. Z 44 years old is admitted to the emergency room with a diagnosis of hemorrhagic stroke
 - Define hemorrhagic stroke as a type of cerebral vascular accident (1 mark)

lack of O₂ supply to the brain
 - State four (4) symptoms of stroke (4 marks) = slurred speech, post-nasal blood in mouth, ataxic gait, pain
 - State three (3) predisposing factors to hemorrhagic stroke (3 marks) = hypertension, atherosclerosis, smoking
 - List four (4) complications to Cerebral vascular accident (2 marks) = brain swelling, brain herniation, increased intracranial pressure, death
 - Using the nursing process, describe the management of Mrs. Z till discharge (10 marks)

- Take history
- vitals

D. Immunosuppression

PART II-SHORT ANSWER QUESTIONS

1. State the four(4) pre-renal causes of Kidney Failure (4 marks)
2. State three (3) surgical approaches for treatment of prostatic disorders (3 marks)
3. State four(4) treatment modalities for management of Prostatic Cancer (4 marks)
4. Outline the role of age in the decline of Glomerular filtration rate (GFR) (5 marks)
5. Outline four(4) roles of a Registered Community Health Nurse in the prevention of Chronic Renal diseases (4marks)

PART III-LONG ANSWER QUESTIONS

1. Mr. Mujwahuki, 70 years old is admitted to the male surgical ward with a diagnosis of Benign prostate Hypertrophy and is scheduled for Transurethral Prostatectomy (TURP)

- a) Draw a well labelled diagram showing the prostate gland and its Relations (5 marks)
- b) Describe the pre operative and post operative management of Mr .Mujwahuki (11 marks)
- c) State four (4) late complications following prostatectomy (4 marks)

PERIOPERATIVE NURSING

PART I MULTIPLE CHOICE QUESTIONS (10 MARKS)

1. The findings on a client's pre- surgery laboratory results that would indicate a need to contact the surgeon is?

- A. Platelet count of 250,000/cu.mm
- B. Total cholesterol of 325 mg/dl
- C. Blood urea nitrogen (BUN)) 17 mg/dl
- D. Hemoglobin 9.5 mg/dl

2 The nurse is caring for a patient who had undergone exploratory laparotomy. The finding that should be reported to the physician include?

- A. The patient pushes out the oral airway with his tongue
- B. The patient's urine output is 20 ml/hr for the past 2 hours
- C. The patient's vital signs are as follows: BP = 100/70 mmHg; PR = 95 bpm; RR = 19 minute; T = 36.8°C

① Resection of the prostate
② TURP

Causes of KF
- DM
- HT
- Hyponatremia
- Anemia

Chronic Renal Disease
- Anemia
- Electrolyte imbalance
- Hypertension

role of age in decline of GFR

Adapt
LAD
Elevated
A. BUN
Hyp
Elevated
- Serum
- BUN/Creat
- White
- Hemat
- NPOT
- Anemia

post op
- Elevated input
- AKI
- Anemia
- Anemia
- Psychological support
- Anemia
- Dehydration

471
- PM
- Distention of abdomen
- Swelling

8. Possible complications of hemodialysis include
- Infection, low blood pressure, air embolism
 - Infection, high blood pressure, air embolism
 - Abnormal heart rhythm, high blood pressure, air embolism
 - High blood pressure, hypothermia, allergic reaction
9. An indication of urethral stricture is
- Haematuria
 - Complaint of pressure over urinary bladder
 - Proteinuria
 - Difficult initiating urinary system
10. The phases of acute renal failure in order of occurrence are
- Diuretic, oliguria, post diuretic
 - Oliguria, diuretic, post diuretic
 - Sub-acute renal failure, diuretic, oliguric phase
 - Post diuretic phase, oliguric phase, sub-acute renal failure

SHORT ANSWER QUESTIONS

- Draw and label the structure of the nephron (5 marks) ✓
 - State 5 radiological examination done in the renal system (5 marks) ✓
 - State 5 risk factors of bladder cancer (5 marks) ✓
 - List 4 direct causes of neurogenic bladder (2 marks) ✓
 - State 3 indications of acute haemodialysis (3 marks) ✓
- (20 MARKS)
- MRP, pelvic ultrasound, VU scan*

LONG ANSWER QUESTION

- Mr. Okongo 65 years old is admitted in surgical ward and a diagnosis of benign prostrate hypertrophy is made (20 MARKS)

 - Define benign prostate hypertrophy (BPH) (1 mark)
 - State 6 specific clinical features which Mr. Okongo may present with (3 marks)
 - Describe the pathophysiology of BPH (5 marks)
 - Describe the specific post-operative management of Mr. Okongo till discharge (11 marks)

PART B: RENAL AND GENITO URINARY TRACT DISORDERS

Multiple Choice Questions

(10 MARKS)

1. Which one of the following regulates water balance in the body?
 a) ADH, Renin Atrial natriuretic peptide
 b) Aldosterone, angiotensinogen
 c) ADH, atrial natriuretic peptide
 d) Parathyroid hormone, aldosterone
2. Which of the following are renal function tests?
 a) Creatine clearance, serum creatinine level
 b) BUN, serum electrolyte
 c) 24-hour test, BUN
 d) Specific gravity, PH
3. The urine specific gravity is measured with comparison to
 a) Water
 b) Electrolyte
 c) Blood
 d) Glucose
4. The bacteria that cause pyelonephritis include
 a) E.coli, Staphylococcus, Klebsiella
 b) Proteus, Streptococcus, E.coli
 c) E.coli, Proteus, Klebsiella
 d) Chlamydia, Proteus, E.coli
5. Which one of the following predisposes a patient to cancer of the bladder
 a) Dexamethasone
 b) Doxorubicin
 c) Cyclophosphamide
 d) Cisplatin
6. The prostate cancer is associated with
 a) Oestrogen
 b) Testosterone
 c) Progesterone
 d) Andropause therapy
7. A nephrostomy drainage is usually inserted in the
 a) Urinary bladder
 b) Ureter of both kidneys
 c) Nephrons
 d) Renal pelvis

- B. Encourage the patient to drink at least 500mls of water each hour
C. Take a urine sample for staining
D. Administer an opioid analgesic as prescribed
7. The nurse identifies a nursing diagnosis of risk of fractures related to calcium and phosphorus metabolism in a patient with chronic renal failure. The pathologic process directly related to risk of fractures is:
- A. Loss of aluminium through the impaired kidneys
B. Deposition of calcium phosphate in soft tissues of the body
C. Impaired vitamin D activation resulting in decreased absorption of calcium
D. Increased release of parathyroid hormone in response to decreased calcium levels
8. The hypothalamus will effect the release of ADH in response to all the following stimuli except:

- A. Dehydration
B. Severe Haemorrhage
C. Decreased blood Osmolarity
D. Nicotene

9. The following substance is found in the highest concentration in Urine

- A. Uric Acid
B. Urea
C. Glucose
D. Creatinine

10. Majority of Hospitalized patients may develop urinary tract infections due to:

- A. Decreased fluid intake
B. Inadequate perineal care
C. Invasive procedures

RENAL AND GENITAL URINARY NURSING

PART I-MULTIPLE CHOICE QUESTIONS

1. Urge incontinence is defined as:

- A. The involuntary loss of urine through an intact urethra as results of sudden increase in intra-abdominal pressure
- B. The loss of urine due to hyperflexia or involuntary urethral relaxation
- C. The involuntary urine loss associated with over distension of the bladder
- D. The involuntary loss of urine associated with urgency

2. Complications that may arise due to chronic pyelonephritis include:

- A. Encephalopathy, congestive heart failure
- B. Pulmonary oedema, congestive heart failure
- C. Hypertension, Formation of kidney stones
- D. Pulmonary oedema, Formation of kidney stones

Ren Pelvis
ureter
infection

3. The immediate danger after prostatectomy is:

- A. Infection
- B. Haematuria
- C. Catheter obstruction
- D. Deep venous thrombosis

4. Nephrotic syndrome is a primary glomerular disease characterized by

- A. Low serum cholesterol
- B. High density Lipoproteins
- C. Marked increased protein in urine
- D. Increase in Albumin in the blood

5. Urethral stricture is described as ;

- A. Widening of the lumen of the urethra as a result of scar tissue and contraction
- B. Narrowing of the lumen of the urethra as a result of scar tissue and contraction
- C. Narrowing of the lumen of the urethra as a result of scar tissue and dilatation
- D. Inflammation of the urethra

stenosis

6. A patient has renal colic due to renal lithiasis. The nurse's first priority in managing care for this patient is:

- A. Do not allow the patient to take fluids

- a) Yes
- b) No

This is an example of;

- A) Dichotomous question
- B) Rank-order question
- C) Rating question
- D) Multiple question

15. In Which of the following does the researcher identify strata of the population first then determines the proportions of elements needed from the various segments of the population:

- a) Stratified random sampling
- d) Systematic sampling
- b) Cluster sampling
- d) Quota sampling

16. The following data are marks scored in a psychology test among 20 nursing students:

80	80	27	65	35	65	45	80	65	70
95	36	45	65	95	45	75	64	75	92

The mode is:

- A) 80
- B) 65
- C) 75
- D) 45

27 1
 35 1
 45 3
 65 3
 70 1
 75 2
 80 3
 95 1

17. Failure to acknowledge borrowed material in research is known as:

- A. Acknowledgement
- B Footnote
- C) Plagiarism
- D) Hawthorne

18. The degree of consistency with which an instrument measures the attribute it is supposed to be measuring is:

- a) Internal consistency
- b) Validity
- c) Reliability
- d) Stability

19. The first page of the research report is:

- a) Appendix
- b) Bibliography
- c) Title page
- d) Abstract

20. In research, copies of the questionnaire, consent forms are put under:

- a) Preface
- b) Table of contents
- c) Appendix
- d) References

Short Answer questions

1. State three reasons why samples are used in the context of research studies (3 marks)
2. Explain three (3) research ethical principles as outlined in the Belmont Report (6 Marks)
3. State four differences between quantitative and qualitative research (4 marks)
4. Outline four advantages of using face to face interview technique when collecting data (4 marks)
5. Outline four purposes of carrying out scientific research (4 marks)
6. Highlight three basic rules that guide in construction of a good questionnaire (3 marks)
7. State two disadvantages of using convenience sampling technique (2 marks)
8. Elucidate three advantages of using observational methods during data collection (3 marks)
9. Explain how you would improve the rate of return of a mail survey questionnaire (4 marks)

Bias underreporting inability to generate results

D- EV EV P

8. The following diagram is an example of:

ITEM	RESPONSES				
	Strongly agree	Agree	No response	disagree	Strongly disagree
1. People who have had a mental illness can become normal, productive citizens after treatment					
2. People who have been patients in mental hospitals should not be allowed to have children					
3. The best way to handle patients in mental hospitals is to restrict their activity as much as possible					

- A) checklist
- B) A Likert scale
- C) A visual analogue scale
- D) A Semantic differential scale

9. Internal validity is attained in a study when the findings can be shown to result only from the effect of the independent variable of interest and cannot be interpreted as reflecting the effects of extraneous variables.

- A) True
- B) False

10. When an instrument looks as though it is measuring the appropriate construct it is referred to as:

- A) Construct validity
- B) Face validity
- C) Stability
- D) Content validity

11. Which of the following is a measure of internal consistency of a scale or measure?

- A) Correlation coefficient
- B) Test-retest reliability
- C) Cronbach's alpha
- D) Chi square

12. Applied research means:

- a) a longitudinal research
- b) a research with socioeconomic objective
- c) a research initiated to solve an immediate problem
- d) a cross sectional research

13. Which one of these is a self-administered questionnaire?

- a) Face -Face questionnaire
- b) Postal questionnaire
- c) Personal questionnaire
- d) Telephone questionnaire

14.. A researcher who asks the following question in her questionnaire: Have you ever been hospitalized? Then gives the following choices;

a) Yes
b) No
This is
A) D
B

10. Define the following terms

- i) Sample
- ii) Target population
- ii) Accessible population

3 marks

Long Answer questions

1. Statistics can be divided into descriptive and inferential statistics.

- a) Using examples and diagrams show how you can use descriptive statistics in data analysis. 6 marks
- b) The following are marks scored in a microbiology test among 15 nursing students.

60	90	65	85	45	60	65	45	25	75	43	18	95	60	45
----	----	----	----	----	----	----	----	----	----	----	----	----	----	----

Calculate the following:

- i) Mean
 - ii) Mode
 - iii) Range
 - iv) Median
- 4 marks

END GOOD LUCK

- a) Research problem
- b) Research design
- c) Research tools
- d) Research methods

5. Interview with a detailed standardized schedule is called:

- a) Clinical interview
- b) Structural interview
- c) Group interview
- d) direct interview

6. Suppose a researcher is seeking a sample of 400 from a population of 800,000 using systematic sampling technique, the sampling interval would be:

- a) 200
- b) 2000
- c) 20,000
- d) 10,000

7. The following is an example of secondary data:

- a) A book ✓
- b) A dissertation *Thesis P*
- c) A manuscript *P*
- d) Census report *R*

8. The follow

1.

SECTION THREE: LONG ANSWER QUESTIONS (20 MARKS)

1. Master X 25 years old is a known hypertensive patient, he has been recently diagnosed to have acute kidney injury and he is for hemodialysis.
- State the three principles of hemodialysis (6 marks)
 - State three vascular accesses used for hemodialysis (3 marks)
 - Describe the specific responsibilities of the nurse before and during dialysis (11 marks)

SPECIALIZED PROCEDURE & PALLIATIVE CARE EXAMS 2018

1. State four specific roles of a registered nurse in preparation of a patient for Esophagogastroduodenoscopy (24 MARKS)
2. Distinguish between Proctosigmoidoscopy and Laparoscopy procedures (3 MARKS)
3. State three indications of carrying out Kidney-Ureter-Bladder (3 MARKS)
4. Mrs. X was brought in Coast Hospital Mombasa with the caretaker who explained that she had been in coma for the last 8 hours while at home. The Doctor assessed the patient and ordered for CT-Scan. As a registered nurse, prepare her for the procedure (10 MARKS)

PALLIATIVE CARE

1. Write notes on holistic palliative care. (10 MARKS)
2. Explain four principles of palliative care. pain relief (8 MARKS)
3. Mr. J 72 years old was brought in Kisii level five Hospital. The Oncologist examined the patient and diagnosed cancer of the colon stage 4. Manage this patient for the first 24 hours. (12 MARKS)

- c. List 4 side effects of cimetidine(2 marks)
8. Explain two significance of drug combination in treatment of cancer(4 marks)
9. List three classes of insulin giving one example of drug in each class(3 marks)

LONG ANSWER QUESTIONS(40 marks)

1. Miss X, is a newly diagnosed HIV positive patient. ²³
- a. State 5 classes of antiretroviral agents giving at least one example in each class (8 marks)
 - b. Outline the first line drugs used to manage HIV patients in Kenya (3 marks) ³
 - c. Describe the health education you would share with Miss X before allowing her to leave the clinic.(9 marks)
2. Sister W is a newly qualified nurse has had her first employment to work in paediatric ward and is administering drugs. ⁵
- a. Describe 10 (ten) causes of medication errors experienced in hospitals (10 marks) ²
 - b. Describe ten ways that can be implemented to prevent occurrence of medication error in hospitals(10 marks) ⁵

Rapid

The degree to which the results obtained from analysis of the research data actually present the phenomenon under study is known as:

- a) validity
- b) reliability
- c) sensitivity
- d) feasibility

7. The measures of central tendency that are used to summarise research data comprise of the:

- a) range, mode, mean
- b) percentages, mean, median
- c) mean, mode, median
- d) frequency, median, range

8. The items that are included as appendices in a research report include:

- a) work plan, bibliography, interview guide
- b) references, questionnaires, time schedule
- c) maps, references, focus group discussion guide
- d) consent form, maps, research budget

9. The commonly used quantitative research strategies include:

- a) experiment, grounded theory
- b) correlational survey, ethnography
- c) quasi-experiment, correlational survey
- d) ethnography, experiment

10. The distinguishing features of qualitative research include:

- a) collects information without formal instruments, attempts to understand the phenomenon in its entirety
- b) analyses narrative information in an organised but sensitive fashion, focuses on a relatively small number of concepts
- c) has few preconceived ideas, collects information under conditions of control
- d) involves continuous interaction with the people being studied, literature review must be done early in the study

11. The main characteristics of experimental research include:

- a) collaboration, randomisation
- b) participation, control
- c) innovation, participation
- d) manipulation, control

- (a) Omeprazole
- (b) Cimetidine
- (c) Pirenzepine
- (d) Misoprostol

muscle cramp
 Reversible hypotension of norepinephrine and serotonin

16. The primary mechanism by which prostaglandins promote ulcer healing is
- (a) Inhibition of gastric secretion
 - (b) Augmentation of bicarbonate buffered mucus layer covering gastroduodenal mucosa
 - (c) Increased bicarbonate secretion in gastric juice
 - (d) Increased turnover of gastric mucosal cell

17. What is true of acid control therapy with H₂ blockers?
- (a) It generally heals duodenal ulcers faster than gastric ulcers
 - (b) It checks bleeding in case of bleeding peptic ulcer
 - (c) It prevents gastroesophageal reflux
 - (d) Both (a) and (b)

18. Angiotensin converting enzyme inhibitors (ACEIs) have the side effect of dry cough due to preventing degradation of what substance?
- A. Angiotensinogen
 - B. Angiotensin I
 - C. Bradykinin (✓)
 - D. Renin

19. Relationship between arterial blood pressure (BP), cardiac output (CO) and peripheral vascular resistance (PVR) can be described as
- (a) $BP = CO \times PVR$
 - (b) $BP = CO / PVR$
 - (c) $BP = PVR / CO$
 - (d) None of the above

20. Aldosterone release is stimulated by
- (a) Angiotensin I
 - (b) Angiotensin II
 - (c) Angiotensin III
 - (d) Both (b) and (c)

SHORT ANSWER QUESTIONS (20 MARKS)

1. Illustrate using a well labeled diagram of a nephron the sites of action of diuretics (6 marks)
2. State 4 classes of antidepressants stating their mechanisms of actions (4 marks)
3. Explain the extra pyramidal side effects of antipsychotic drugs (6 marks)
4. State four adjuvant medications to general anaesthetic agents (4 marks)

LONG ANSWER QUESTIONS (20 MARKS)

- A. Cloudy pale urine
 B. Blood-tinged urine
 C. Light yellow urine
 D. Strong-smelling urine
7. To gather more information about symptoms associated with benign prostatic hypertrophy (BPH), the question that is most important to ask is
- A. "Have you noticed any changes in sexual function?"
 B. "Have you felt any lumps in your scrotum recently?"
 C. "Do you have difficulty starting to void?"
 D. "Do you have problems controlling urination?"
8. The nursing team meets to address the client's early renal failure in relation to the care plan. The diagnostic test considered a sensitive indicator of advanced kidney disease, that will need to be closely monitored by the nursing team is
- A. Serum creatinine level
 B. Serum sodium level
 C. Uric acid level
 D. Urine specific gravity
9. Which hospitalized patient is at the highest risk for catheter related-associated urinary tract infections
- A. A Patient with diabetes mellitus
 B. A Patient who had one course of antibiotic therapy
 C. A Patient with family history of UTIs
 D. A Patient with urinary calculus
10. The nurse is assessing a patient with suspected bladder cancer. The common sign of the disease is:
- A. Suprapubic pain
 B. Dysuria
 C. Painless haematuria
 D. Urine retention

SECTION TWO: SHORT ANSWER QUESTIONS (20 MARKS)

1. Outline the renal blood flow (5 marks)
2. State two priority nursing diagnoses for a patient with acute kidney failure (2marks)
3. Explain three pre operative diagnostic investigations for a patient scheduled for renal transplant (3 marks)
4. Describe three immediate complications following kidney transplant (3 marks)
5. Describe the pathophysiology of end stage renal disease (5 marks)
6. State two sources of kidney of kidney donors (2marks)

summary Gastric ulcer

1. Mr. Kay, 36 years old has been newly diagnosed to be having peptic ulcer disease and has been started on treatment.
- a. State 4 causes of peptic ulcer disease (5 marks)
 medication eg NSAIDs, stress, micro-organisms eg H. pylori, family hx of PUD.
 - b. State 5 drug classes used in treatment of peptic ulcer disease, indicating their mechanism of action and 1 drug example (10 marks)
 8 4
 - c. Explain 5 (five) health messages you will share with Mr. Kay and his family members on discharge (5 marks)
 5

Overview
- PPI
- H2 blockers
- Sucralfate
- Proton pump inhibitors
- Antacids
- Symp
- R

SPECIALIZED PROCEDURES 2.

SHORT ANSWER QUESTIONS (20MKS)

- 1. State three specific instructions you will give a patient before arthroscopy. 3mks
- 2. Give two reasons why supine or sitting upright position is key while carrying out arthroscopy. 2mks
 10

RENAL & GU NURSING – 50 MARKS

PART I: MULTIPLE CHOICE QUESTIONS (10 MARKS)

1. When performing haemodialysis excess:
 - a) Water is removed from the body by diffusion.
 - b) Water is removed from the body by osmosis.
 - c) Toxins and wastes are removed by osmosis.
 - d) Toxins and wastes are removed by active transport.
2. When catheterizing a female the nurse will:
 - a) Inflate the balloon before insertion to check function.
 - b) Remember the urethra is 15-18cms long.
 - c) Always fill the balloon (after insertion) with 10cc normal saline.
 - d) Use clean technique for the procedure.
3. Hydrocele is a collection of fluid in; -
 - a) Tunica albuginea
 - b) Pampiniform plexus
 - c) Tunica vasculosa
 - d) Tunica vaginalis
4. The first appropriate nursing intervention to a newly admitted child with urine specific gravity of 1.040 is to;
 - a) Restrict oral fluid. *1.030*
 - b) Administer iv fluids.
 - c) Encourage liquid diet
 - d) Transfuse with blood *1.040*
5. Allopurinol is administered to;
 - a) Reduce calcium excretion.
 - b) Increase calcium excretion.
 - c) Increase uric acid
 - d) Reduce uric acid.
6. The most common cause of pyelonephritis is:
 - a) Staphylococcus *Group A beta S*
 - b) Streptococcus
 - c) Escherichia coli
 - d) Klebsiella
7. Stage B2, in classification of bladder cancer involves;
 - a) Deep muscle layer

The dependent variable in a study investigating the relationship between handwashing and the occurrence of diarrhoeal diseases in a slum settlement is:

- a) slum
- b) residents
- c) hand washing
- d) diarrhoeal disease

13. The strategy that ensures a certain number of sample units from different categories with specific characteristics appear in the sample, so that all these characteristics are represented, is referred to as:

- a) quota
- b) purposive
- c) convenience
- d) availability

14. The determinants of the research approach adopted and the methods of data collection selected include the:

- a) amount of time available, the sampling strategy
- b) resources available, the research question
- c) literature review, generalizability of the findings
- d) nature of the inquiry, type of information required

15. A comprehensive list of all sampling elements in the target population in research is referred to as a:

- a) representative sample
- b) sampling frame
- c) sample size
- d) sampling strategy

16. Given the following scores of students in a sociology continuous assessment test: 3; 4; 5; 6; 6; 7; 9; 10; 12, the range is:

- a) 6
- b) 7
- c) 9
- d) 12

17. The sampling strategy in which the study population is given set of numbers from which they pick one number is:

- a) convenient
- b) systematic random
- c) snowball
- d) simple random

RENAL DISORDERSSECTION ONE: MULTIPLE CHOICE QUESTIONS (10 MARKS)

1. The finding on the results of a client's urinalysis that is most suggestive of a bladder infection is
 - A. Glucose
 - B. Blood
 - C. Bilirubin
 - D. Protein
2. In evaluating multiple clients with UTIs, the clinic nurse would anticipate which client to be at least risk for developing a UTI
 - A. A client with urethral mucosa damage
 - B. A client with an altered mental condition
 - C. A client with an altered metabolic state
 - D. An immunocompromised client
3. When teaching a female client how to catheterize herself, how far into the urethra should the nurse instruct the client to insert the catheter
 - A. 1" (2.5 cm)
 - B. 2" (5 cm)
 - C. 3" (7.5 cm)
 - D. 4" (10 cm)
4. The client is scheduled for intravenous pyelography (IVP). The nurse prepares to administer a laxative to the client. The primary reason for administering a laxative before the procedure is
 - A. Emptying the bowel aids in examining the lower GI tract.
 - B. Emptying the bowel prevents accidental stool incontinence during the X-ray.
 - C. Emptying the bowel reduces the potential for constipation or impaction.
 - D. Emptying the bowel improves the ability to visualize the urinary structures.
5. When the nurse is advising the client about the potential complications associated with peritoneal dialysis, the complication that is most important to include is
 - A. Pulmonary edema
 - B. Abdominal peritonitis
 - C. Abdominal hernia
 - D. Ruptured aorta
6. A client comes to the emergency department for relief from severe, stabbing, colicky flank pain. The physician makes a tentative diagnosis of urolithiasis. The finding that is most supportive of the diagnosis of urolithiasis on examining the voided urine is

- c) Sepsis, hemorrhage
- d) Colon cancer, ascites

9. One of the following statements is true about incarcerated hernia:

- a) Can be spontaneously returned to its normal body
- b) Hernia cannot be returned to its normal body cavity
- c) Part of the hernia's sac is formed by a viscus
- d) Hernia protrudes medial to the inferior epigastric vessels

10. Priority nursing priority for a patient with esophageal cancer:

- a) Impaired coping mechanism related to impaired communication
- b) Disturbed body image related to physical changes
- c) Deficient knowledge regarding etiology and treatment regimen
- d) Imbalanced nutrition less than body requirement related to impaired swallowing

PART II SHORT ANSWER QUESTIONS (SAQS) 20 MARKS

1. Outline the conservative management of hemorrhoids (5 marks)
2. Outline five (5), 3-part nursing diagnoses for a patient with liver cirrhosis (5 marks)
3. Explain three (3) specific nursing management for a patient with acute pancreatitis (3 marks)
4. Elucidate four (4) types of hiatal hernia (4 marks)
5. State five (3) preventive measures of gingivitis (3 marks)

PART III LONG ANSWER QUESTIONS (LAQS) 20 MARKS

I. Mr. Q is admitted in a male surgical unit with acute intestinal obstruction

- a. Describe the pathophysiology of intestinal obstruction (5 marks)
- b. State five (5) nursing diagnoses to be applied during the management of Mr. Q (5 marks)
- c. Explain the specific postoperative nursing management of Mr. Q during the first 24 hours (10 marks)

MULTIPLE CHOICE QUESTIONS (15 MARKS)

1. The following is NOT a risk factor for ectopic pregnancy
 - a. Prior history of uterine fibroids
 - b. Prior history of infertility
 - c. Prior history of Pelvic inflammatory disease
 - d. Prior history of tubal surgery
2. A 66 years old woman presents with vulvular pruritus and examination shows pink like whitish appearance. This Biopsy most likely confirms?
 - a. Vulvular vestibulitis
 - b. Lichen sclerosus
 - c. Lichen planus
 - d. Psoriasis
3. The following is not a theory that explains pathogenesis of endometriosis
 - a. Retrograde menstruation
 - b. Cetomic metaplasia
 - c. Hematogenous dissemination
 - d. Lymphatic exfoliation
4. The following is most accurate about vasectomy
 - a. Requires post operative semen analysis
 - b. Immediately effective
 - c. Easily reversible
 - d. Surgical interruption of urethra
5. Maschcowitz repair is done for?
 - a. Vault prolapsed
 - b. Enterocoele
 - c. Chronic inversion of the uterus
 - d. Adenomyosis
6. The structure that provides the major support to the cervix and uterus is?
 - a. Broad ligament
 - b. Round ligament
 - c. Cardinal ligament
 - d. Uterosacral ligament
7. The structures that produce gonadotropins
 - a. Hypothalamus
 - b. Anterior pituitary
 - c. Posterior pituitary
 - d. Endometrium
8. The most common symptom of endometrial hyperplasia is?
 - a. Vaginal discharge

- B. Hyperthyroidism, Urinary tract infections, urinary stasis
- C. Urinary tract infections, hyperkalemia, cystitis
- D. Urinary stasis, nephritis, Hypothyroidism

8. Urge incontinence is defined as

- A. The involuntary loss of urine through an intact urethra as a result of sudden increase in intraabdominal pressure
- B. The loss of urine due to hyperflexia or involuntary urethral relaxation
- C. The involuntary urine loss associated with over distension of the bladder
- D. The involuntary loss of urine associated with urgency

9. Nephrotic syndrome is a primary glomerular disease characterized by

- A. Low serum cholesterol
- B. High density lipoproteins
- C. Marked increased proteins in urine
- D. Increased albumin in blood

10. The most common manifestation of renal trauma is

- A. Pain
- B. Haematuria
- C. Lacerations
- D. Swellings

d urin = h2o

PART II - SHORT ANSWER QUESTIONS

1. Define the following
 - a. Urolithiasis (3 marks)
 - b. Hypospadias (5 marks)
 - c. Epispadias (3 marks)
2. State five (5) risk factors for development of bladder cancer (5 marks)
3. Outline three (3) causes of urinary strictures (3 marks)
4. Describe the process of glomerular filtration in the formation of urine (5 marks)
5. State four (4) surgical approaches for the treatment of prostatic disorders (5 marks)

urok
family hx
smoking
filariasis
radiation
diabetes
cancer from prostate gland
recto-
neal abla
microwaves
LASER treat
open prostatectomy

PART III- LONG ANSWER QUESTION (20 MARKS)

1. Mr Kacky aged 60 years old has been admitted to the medical ward with a confirmed diagnosis of Acute Renal Failure and is to undergo Haemodialysis

- a. Outline the pathophysiology of Acute Renal Failure (5 marks)
- b. Classify major causes of Acute Renal Failure with examples (3 marks)
- c. Explain the Renin-Angiotensin-Aldosterone mechanism and its relationship to blood pressure and blood volume (7marks)
- d. Outline five (5) nursing roles in Haemodialysis (5 marks)

- vitals
- Reassuring
- machines
- Aseptic

THE ESSAY/LONG ANSWER QUESTIONS (LAQs)

KMTC/OP-08/T15

You are working as a community health nurse in a sub-county where you are a member of a team that is set to collect data for a research project. (40MARKS)

- a) State two (2) types of data that you could collect for a research project (2 marks)
- b) State five (5) methods that you could use in data collection for nursing research (5 marks)
Self reports, observation, Biophysiological measures, interviewing
- c) Outline the considerations that you will make when deciding who should be involved in data collection (5 marks)
- courageous - patient, Faithful, Kind & honest - not arrogant & ignorant.
- d) Describe the precautions that you will take when handling data that you will have collected before analysis (8 marks)

2. You are a sub-county public health nurse responsible for research related activities in your workplace setting.

Non-Probability

- a) State two (2) types of sampling that you could apply in the research project (2 marks)
- b) List four (4) methods that you will use for the presentation of quantitative data (2 marks)
- c) State five (5) reasons why you will conduct a literature review for a research project (5 marks)
- d) Describe the components that you will include in Chapter One of the Research Report (8 marks)

*chapter 1 - Preliminary
Abstract
Literature
Acknowledgement*

SECTION ONE: MULTIPLE CHOICE QUESTIONS (20 MARKS)

1. **Sulphonylureas act by:**
 - a) Reducing the absorption of carbohydrate from the gut
 - b) Increasing the uptake of glucose in peripheral tissues
 - c) Reducing the hepatic gluconeogenesis
 - d) Stimulating the beta islet cells of pancreas to produce insulin
2. **For question 2 indicate whether the statements are TRUE or FALSE**
 - i. **Sulphonylureas are effective in totally insulin deficient patients.**
 - a) True
 - b) False
 - ii. **Insulin Glargine is "peakless"**
 - a) True
 - b) False
3. **Thiazolidinediones act by:**
 - a) Diminishing insulin resistance by increasing glucose uptake and metabolism in muscle and adipose tissues
 - b) Reducing the absorption of carbohydrate from the gut
 - c) Stimulating the beta islet cells of pancreas to produce insulin
 - d) All of the above
4. **Alpha-glucosidase inhibitors act by:**
 - a) Diminishing insulin resistance by increasing glucose uptake and metabolism in muscle and adipose tissues
 - b) Competitive inhibiting of intestinal alpha-glucosidases and modulating the postprandial digestion and absorption of starch and disaccharides
 - c) Reducing the absorption of carbohydrate from the gut
 - d) Stimulating the beta islet cells of pancreas to produce insulin
5. **The laxative drug belonging to osmotic laxatives is:**
 - a) Docusate sodium
 - b) Bisacodyl
 - c) Phenolphthalein
 - d) Sodium phosphate
6. **The mechanism of stimulant purgatives is:**
 - a) Increasing the volume of non-absorbable solid residue
 - b) Increasing motility and secretion
 - c) Altering the consistency of the feces
 - d) Increasing the water content
7. **The antidiarrhoeal drug which inhibits peristalsis is:**
 - a) Castor oil
 - b) Bisacodyl
 - c) Loperamide
 - d) Sorbitol

6/11/2017
d) Patient's advocate

9. Before getting into the scrub area you should:-

- a) Ensure there is water
- b) Be in full attire
- c) Put on an apron
- d) Put on your goggles


10. To ensure fresh air in a procedure room:-

- a) The scavenging system
- b) Open the doors
- c) Working ventilator
- d) Reduce traffic in the room

PART II – SHORT ANSWER QUESTIONS

- 1. Explain three (3) sections of an operating room ^{receiving room} (6 marks)
- 2. State five (5) principles of aseptic-sterile principles ^{operating room} (5 marks)
- 3. State four (4) roles of the receiving area nurse (4 marks)
- 4. Outline five (5) legal issues in perioperative arena (5 marks)

PART III- LONG ANSWER QUESTIONS

- 1. Mrs. K is for surgery today due to acute abdomen
 - a) State for (4) surgical supplies that may be required for this surgery (4 marks)
 - b) Describe the responsibility and activities of the scrub nurse before & during surgery (16 marks)
- Consent
Autonomy
Negligency
Accountability
Concept of treatment
Advocacy*
- 

Mr. Nyongesa has been admitted in male ward with a history of difficulty swallowing and epigastric pain and was diagnosed with gastro esophageal reflux disease (GERD)

- Define GERD
thickens excavation in the mucosal layer of esophagus causing reflux of stomach contents (2 Marks)
- Outline three (3) predisposing factors to GERD
Hx of Gerd, prolonged use of NSAIDs, associated GERD signs (3 Marks)
- Describe the pathophysiology of GERD (5 Marks)
- Describe the conservative management that you will give to Mr. Nyogesa (10 Marks)

catheter catheterize

2. Mrs. Jit is admitted in a medical ward with a diagnosis of acute kidney injury

- Giving an example in each cause, explain the three major causes of acute kidney injury. (6 Marks)
hematological - diabetes, neurological - heart failure, chronic disease - DM, HTN, Cardiac
- State four (6) clinical features Mrs. Jit may present with. (4 Marks)
hematuria, peritonitis, oliguria, pain/tenderness upper hypokalemia
- Describe how a community health nurse can prevent acute kidney injury. (10 Marks)
Fluid intake, compatible medicine, avoid NSAIDs

causes of kidney injury
penetrating injury
pelvic fracture
A ship
How to the body (eg lower part)
↓
contusion

Accessory Organs

- ✓ 3 Biliary tree
- ✓ Pancreas
- ✓ Liver
- ✓ Gallbladder
- ✓ Biliary tree
- ✓ Pancreas
- ✓ Liver
- ✓ Gallbladder
- ✓ Salivary glands
- ✓ Parotid
- ✓ Sublingual
- ✓ Submandibular
- ✓ Tongue
- ✓ Salivary glands
- ✓ Parotid
- ✓ Sublingual
- ✓ Submandibular
- ✓ Tongue

Chemical digestion

- ✓ Lubrication of food
- ✓ Salivary amylase
- ✓ Non-specific defense
- ✓ Lubrication of food
- ✓ Salivary amylase
- ✓ Non-specific defense

12 8 4 8

12 8 4 8

Elimination of nitrogenous waste products in blood is referred to as: -

- a) Hyponatremia
- b) Metabolic acidosis
- c) Nephrolithiasis
- d) Azotemia

A factor for formation of renal stones is: -

- a) Diet rich in vitamin A
- b) Excess vitamin D
- c) Anaemia
- d) Thrombocytopenia



40 Marks

PART II: SHORT ANSWER QUESTIONS (SAQs)

1. Draw and label a diagram of the Pancreas in relation to the duodenum and biliary tract (5 marks)
2. State five (5) functions of gastro intestinal tract (5 Marks)
3. Explain two (2) types of digestion (4 Marks)
 - Mechanical → chewing & mixing food like saliva
 - Chemical → food is broken down by use of acids
4. State two (2) cardinal signs for a patient appendicitis (2 Marks)
 - ✓ Pain
 - ✓ Rebound sign
 - ✓ Rovsing sign
5. Outline four(4) diagnostic test that can be used to confirm cancer of the stomach (4 Marks)
6. a) Define the term urethral stricture? (1 Mark)
 - ↳ narrowing of
- b) State four (4) possible causes of urethral stricture (4 Marks)
 - ↳ It is the narrowing of the lumen of the urethra.
 - ↳ Urethral instrumentation
 - ↳ Trauma
 - ↳ Gonorrhoeal infection
7. State five (5) clinical manifestations of a child with nephrotic syndrome. (5 Marks)
 - ↳ Anorexia
 - ↳ Abdominal distension
 - ↳ Edema
 - ↳ Hypoalbuminemia
 - ↳ Hyperlipidemia
8. State five (5) indications of urinary catheterization. (5 Marks)
 - ↳ Urinary retention
 - ↳ Urinary obstruction
 - ↳ Incontinence
 - ↳ Measurement of urine output
 - ↳ Irrigation of bladder
9. a) List the four (4) types of kidney stones (2 Marks)
 - ↳ Calcium oxalate
 - ↳ Calcium phosphate
 - ↳ Struvite
 - ↳ Uric acid
- b) State three (3) predisposing factors for kidney stones (3 Marks)
 - ↳ Metabolism
 - ↳ Climate
 - ↳ Hypercalcaemia
 - ↳ Hypercalcaemia

13) Pyelonephritis is often caused by: -

- a) Escherichia coli
- b) Chlamydia trachomatis
- c) Gonococcus
- d) Herpes simplex virus 1 and 2

14) The symptoms that a nurse would assess a client with renal calculi is: -

- a) Absence of urine
- b) Headache
- c) Flank pain
- d) Difficulty urination

15) Dysuria refers to: -

- a) Strong urge to void
- b) Painful micturition
- c) Difficulty in initiating urination
- d) Excessive urination → polyuria

16) The reason as to why angiotensin ACE inhibitors are used in treatment of nephrotic syndrome is to: -

- a) Suppress immune system
- b) Decrease protein excretion in urine
- c) Increase cupid's concentration in blood
- d) Increase potassium excretion in urine

17) The type of therapy where ultrasound shock waves are used to break kidney stones into pieces by creating strong vibrations is: -

- a) Nephrectomy
- b) Ureteroscopy
- c) Lithotripsy
- d) Percutaneous nephro-lithotomy

18) Congenital narrowing of the opening of the foreskin so that it cannot be retracted over the glans is known as: -

- a) Phimosis
- b) Hydrocele
- c) Paraphimosis
- d) Epispadias

ation of
Hypernatremia
Metabolic acidosis
Nephrolithiasis
Azotemia

factor for form
a) Diet
b) E

PA
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2.
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4.
5.

gastrointestinal assessment data that a nurse should expect to find when assessing the client in end-stage liver failure is: -

- a) Hypoalbuminemia and muscle wasting.
- b) Oligomenorrhea and decreased body hair.
- c) Clay-colored stools and hemorrhoids.
- d) Dyspnea and caput medusae.

8) The investigation that confirms the diagnosis of peptic ulcer disease is: -

- a) Occult blood test
- b) esophagogastroduodenoscopy
- c) Magnetic resonance imaging
- d) Gastric acid stimulation

For Question 9, indicate whether the statements are TRUE or FALSE: -

9) ...

- a) Magnesium trisilicate is administered in peptic ulcer disease to stimulate formation of mucus in the stomach _____
- b) Ventral hernia is protrusion of stomach through the diaphragm _____

10) The type of hepatitis which may occur in epidemic and mainly spread by fecal oral route is: -

- a) Hepatitis C
- b) Hepatitis D
- c) Hepatitis B
- d) Hepatitis A

11) The kidneys are located between: -

- a) Thoracic 3 and lumbar 3
- b) Thoracic 1 and lumbar 3
- c) Thoracic 12 and lumbar 3
- d) Thoracic 1 and lumbar 1

12) Post renal causes of acute renal failure include: -

- a) Benign prostate hypertrophy, urethral obstruction, cystic stones
- b) Nephrotic syndrome, prostate cancer, cardiac failure
- c) Kidney stones, prostate cancer, hypertension
- d) Acute glomerulonephritis, renal tubular necrosis, cardiac failure

PART I: MULTIPLE CHOICE QUESTIONS. (MCQs)

- 1) The correct order of abdominal examination after inspection is:
- a) Palpation and auscultation
 - b) Percussion and palpation
 - c) Auscultation, percussion
 - d) Percussion, auscultation
- 2) Duodenal ulcers: - 30-60yrs Hemmelen.
- a) Is more common in people above 50 years
 - b) Is more common in female than male
 - c) Have a higher risk of malignancy than gastric ulcers
 - d) Pain is common experienced 3 hours after meals
- 3) A tube has drained 750 ml of green brown discharge in 24 hours the first post cholecystectomy. the appropriate nursing intervention is: -
- a) Clamp the T tube
 - b) Irrigate the T tube
 - c) Notify the physician
 - d) Document the findings
- 4) Prior to barium swallow a patient should: -
- a) Fast for 8 hours before the test
 - b) Eat a regular supper and breakfast*
 - c) Continue to take all oral medication as scheduled
 - d) Monitor own bowel pattern for constipation*
- 5) Clinical manifestation of cancer of the head of the pancreas include: -
- a) Anorexia and weight loss
 - b) Vomiting and epigastric pain
 - c) Raised blood pressure and anorexia*
 - d) Epigastric pain and fever
- 6) A condition characterized by inflammation of the tissue around the teeth of causing shrinkage of the gums and loosening of the teeth is: -
- a) Gingivitis
 - b) oral candidiasis
 - c) Periondotitis*
 - d) Pulpitis

PART III: LONG/ESSAY ANSWER QUESTIONS (LAQs)

1. Mr. T is 38 years old driver who is admitted into a ward with head injury after a road traffic accident (RTA). The patient is unconscious and bleeding

- a) Define head injury
- b) Draw a well labelled diagram to show the major divisions of the brain (4 Marks)
- c) State two (2) causes of head injury other than RTA //
 - Assaults
 - Assaults
 - falls from trees
- d) Describe the specific management of Mr. T for the first 72 hours (13 Marks)

2. Mercy John, 35 years old, has been admitted in the ward with a diagnosis goitre and she is due for thyroidectomy

- a) Formulate three (3) nursing diagnoses for a patient suffering from thyrotoxicosis (3 Marks)
- b) State four (4) indications for thyroidectomy -
 - therapeutic purpose
 - compress
 - pressure syndrome
 - request
 - suspected gbstess (3 Marks)
- c) Using the nursing process, discuss the management of Mercy John pre-operatively until discharge (14 Marks)

Assessment
 Nursing
 Planning
 Intervention
 Evaluation

Difficulty in swallow
 breathing

Rounded face
 muscle wasted
 weight gain
 edema
 hypothermia

Assessment
 Nursing
 Planning
 Intervention
 Implementation
 Evaluation

DATE:

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2. READ

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For SH

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Omission
 deductive

Note:

- a) Mol
- b) All c

Following is a sign of cretinism: -

- a) Failure to thrive
- b) Hyperactivity
- c) Anxiety
- d) Short stature

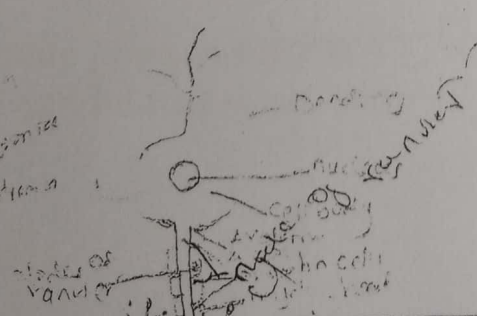
A patient who passes enormous daily output of very dilute water like urine is likely to have: -

- a) Diabetes mellitus
- b) Pheochromocytoma
- c) Hyperthyroidism
- d) Diabetes insipidus

PART II: SHORT ANSWER QUESTIONS (SAQs)

40 Marks

1. Describe two (2) positions used in surgery (2 Marks)
Semi prone position
2. Explain any four (4) general principles of post-operative care (8 Marks)
Semi Fowler's position, Moderate Trendelenburg
3. Outline five (5) functions of a circulating nurse (5 Marks)
Arranges the environment to be used in operation, ensures that sterile operating area, have been achieved, relate to participating staff
4. State five (5) potential post-operative problems that may occur to client (5 Marks)
Comp. Bleeding, Dressing
5. Draw a well labelled diagram of a myelinated neuron (5 Marks)
6. State five (5) clinical features of thyrotoxicosis (5 Marks)
Fever, muscle weakness, increased L.O.C, -goitre, -hypertension, change in bowel
7. Explain the pathophysiology of myxedema (5 Marks)
There is low secretion of TSH, there is disease of thyroid gland, hypothyroidism, secretion of thyroid hormone
8. State five (5) clinical features of cushing's syndrome (5 Marks)
Round face, moon face, purple striae, weight gain, hypertension, hypernatremia



13) The main integrative centre for the endocrine and autonomic system is: -

- a) Hypothalamus
- b) Pituitary gland
- c) Thyroid gland
- d) All the above

14) Pheochromocytoma is adrenal medulla tumor that causes arterial hypertension by increasing the levels of circulating: -

- a) Adrenal hormone
- b) Glucocorticoids
- c) Catecholamines
- d) Activating enzymes

15) Nurse P is receiving the report of a client's routine urinalysis. The value that would be considered abnormal: -

- a) Specific gravity of 1.03
- b) Urine pH of 3.0
- c) Absence of glucose
- d) Absence of proteins

16) Diagnostic finding in thyrotoxic crisis may include: -

- a) Increased total and free T3 and T4
- b) Decreased T3 resin uptake
- c) Severe hypoglycemia
- d) Sinus tachycardia

17) Antidiuretic hormone (ADH) release is increased by: -

- a) Nicotine
- b) Angiotensin
- c) Alcohol
- d) Carbamazepine

18) Insulin therapy for diabetic ketoacidosis (DKA) results in: -

- a) Increased cellular potassium
- b) Decreased cellular potassium
- c) Increased serum glucose
- d) Increased serum sodium

ing is a
Failure to thrive
Hyperactivity
Anxiety
Short stature
patient who passes
likely to have: -
a) Diabetes
b) Pheochromocytoma
c) Hypertension
d) Hypothyroidism

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ent headache after spinal anaesthesia, the patient should be positioned

- a) Semi-prone position
- b) Flat on the bed for 6-8 hours
- c) Prone position
- d) Modified trendelenburg position

8) The peri-operative nurse's first step in creating a suitable environment in surgery is: -

- a) Preparing the patient for surgery
- b) Assisting in anaesthesia
- c) Preparing the procedure room
- d) Creating a sterile field

9) Which of the following factors ensure validity of informed written consent?: -

- a) The patient is of legal age with proper mental disposition
- b) If the patient is a child, secure consent from parents or legal guardian
- c) The consent is secured before administration of pre-operative medications
- d) If the patient is unable to write, the nurse signs the consent for the patient

10) The nurse caring for a patient who had undergone exploratory laparotomy, which of the following post-operative findings should the nurse report to the surgeon: -

- ✓ a) The patient pushes out the oral airway with his tongue^x
- b) The patient's vital signs are: BP-100/70 mmHg, Pulse-95 beats/min, RR-9 breaths/min, Temp. 36.8°C
- c) The patient urine output is 20 mls/hr for the past 2 hours
- d) The patient's wound drainage^x

11) The treatment for hyperthyroidism is: -

- a) Synthetic parathyroid hormone
- b) Desiccated parathyroid hormone
- ✓ c) Surgical removal of the glands
- d) Calcium and phosphate supplements.

12) In acromegaly: -

- ✓ ~~a) There is lengthening of long bones~~
- b) Skin is dry and wrinkled
- c) There is slowed physical growth
- ✓ ~~d) The liver and spleen are enlarged.~~

PART I: MULTIPLE CHOICE QUESTIONS. (MCQs)

- 1) A cerebral hematoma located under the dura mater is classified as **epidural hematoma**.
- a) Epidural hematoma
 - b) Intracerebral hematoma X
 - c) Subdural hematoma
 - d) Subarachnoid hematoma X
- 2) Disruption of blood supply to part of the brain causes: -
- a) Bell's palsy
 - b) Encephalitis
 - c) Myasthenia gravis
 - d) Cerebral vascular accident
- 3) The glasgow coma scale (GCS) is used to evaluate the level of consciousness in a neurological patient. The three assessment factors include: -
- a) Eye opening, verbal response, motor response
 - b) Pupil size, response to pain, motor response
 - c) Motor response, verbal response, pupil size
 - d) Eye opening, response to pain, motor response
- 4) Hypertension is a risk factor for the following intracranial: -
- a) Extradural
 - b) Intracerebral
 - c) Epidural
 - d) Subdural
- 5) The following drug is used in management of Parkinson's disease: -
- a) Naloxane
 - b) Neostigmine
 - c) Amitriptyline
 - d) Levodopa
- 6) Principles of basic aseptic technique in an operating room include: -
- a) Contaminated items should be kept in the sterile field
 - b) If a sterile item comes into contact with unsterile item, it can be used immediately
 - c) All materials entering sterile field must be sterile
 - d) Tables are considered unsterile only at the table top level. Items extending beneath this level are considered sterile

it heat
Semi-prone
Flat on the bed
Prone position
Modified trendelenburg
the peri-operative
surgery is: -

Glasgow Scale

19. The treatment of endometrial cancer involves:

- a) Tumor size reduction, chemotherapy
- b) Tumor size reduction, radiotherapy
- c) Hysterectomy, radiotherapy
- d) Radical hysterectomy, Tumor size reduction

20. Primary syphilis is characterized by:

- a) A single painless firm ulcer
- b) Generalized non-itchy rash
- c) Whitish lines on the tongue and mucus membrane
- d) Lightning pains reflex and sensory loss muscle wasting

PART 11 - SHORT ANSWER QUESTIONS (SAQs): (40 MARKS)

- 1) State four (4) modes of transmission of syphilis (4 marks)
- 2) State three (3) goals of antiretroviral therapy (ART) (3 marks)
- 3) State six (6) risk factors to the development of breast cancer (6 marks)
- 4) State six (6) signs and symptoms a patient with prostate cancer will present with (6 marks)
- 5) State six (6) male factors affecting fertility (6 marks)
- 6) State four (4) principles of STIs management (4 marks)
- 7) Explain three (3) factors that put women at risk of HIV (6 marks)
- 8) Draw a well labelled diagram to illustrate the sites for development of fibroids (5 marks)

PART 111 - LONG ANSWER QUESTIONS (LAQs): (40 Marks)

- 1) Miss Di, 17 years had a still birth after a difficulty delivery. She is admitted 2 weeks after with a diagnosis of Vesico- Vaginal Fistula and she is for surgical repair
 - a) Outline four(4) clinical manifestation the Miss Di will present with (4 marks)
 - b) Explain six (6) roles of a midwife in the prevention of (VVF) (12 Marks)
 - c) State four(4) health messages you will share with miss Di (4 marks)
- 2) Mr. B, aged 21 years comes to the outpatient department presenting with pain on passing urine and a small amount of thin watery discharge from the end of his penis.
 - a) State the STI syndrome that Mr. B has presented with (1 mark)
 - b) Outline the history that you will obtain from Mr. B (5 marks)
 - c) Describe the syndromic management that you will institute for Mr. B (10 marks)
 - d) State four (4) complications that Mr. B is likely to develop (4 marks)

- 3) **the organism that is associated with causing preventable blindness is :**
- Treponema pallidum
 - Haemophilus Ducreyi
 - Chlamydia trachomatis ✓
 - Neisseria gonorrhoea
- 14) **The drug of choice for effective management of syphilis is:**
- Ceftriaxone
 - Doxycycline
 - Benzathine penicillin ✓
 - Cloxacillin
- 15) **The preventive intervention against Hepatitis D include:**
- Safe sex, hand washing
 - Safe drinking water, hand washing
 - Safe sex, injection safety ✓
 - Hand washing, injection safety
- 16) **Body fluids having the highest concentration HIV includes:**
- Blood and semen ✓
 - Tears and saliva
 - Vaginal secretions and saliva
 - Blood and saliva
- 17) **An advantage of syndromic management approach of STI/RTI is:**
- One might treat STI/RTI that the patient does not actually have
 - Adequately address the needs to the patient with symptomatic STI/RTI
 - Referrals are limited to complicated cases
 - Traditionally, the health care provider relied on the etiological diagnosis of STI/RTI
- 18) **Uterine fibroids can cause infertility through:**
- Tubal obstruction
 - abnormal myometrium and endometrial veins
 - normal myometrium contractility
 - distortion of the uterine cavity

7) The first sign of puberty in girls is :

- a) Menarche
- b) Pubic hair
- c) Thelarche
- d) Premature closure of the epiphysis

8) The most common cause of secondary amenorrhea is :

- a) Abnormal thyroid
- b) Abnormal prolactin
- c) Pituitary problems
- d) Pregnancy

9) The reason for close interrelationship between sexually transmitted infections and HIV and AIDS is that:

- a) They are transmitted through blood transfusion
- b) They are caused by the same organism
- c) They have similar clinical presentation
- d) STI can predispose to HIV/AIDS and vice versa

10) The most likely diagnosis for a school girl aged 22 years, who presents with abdominal pain, menorrhagia, and 18 weeks size mass arising from epigastrium includes:

- a) Pelvic inflammatory disease
- b) Endometriosis
- c) Uterine fibroid
- d) Ovarian cyst

11) The causative organism for Chancroid is:

- a) Haemophilus ducreyi
- b) Haemophilus influenza
- c) Haemophilus vaginitis -
- d) Chlamydia trachomatis - *Lymphogranuloma venereum*

12) The clinical presentation of inevitable abortion includes:

- a) Vaginal bleeding, and passage of tissue
- b) Vaginal bleeding, and dilation of the cervix
- c) dilation of the cervix and less cramping
- d) dilation of the cervix and tissue in the upper uterine segment

1) The condition that manifests as tumors of the cervix is:

- a) Nabothian follicles, polyps, adenocarcinoma
- b) Fibroids, squamous cell carcinoma, basal cell carcinoma
- c) Polyps, fibroids, Nabothian follicles
- d) Adenocarcinoma, fibroids, squamous cell carcinoma

2) A situation where a woman has had three or more successive abortions is termed as:

- a) Missed abortion
- b) Complete abortion
- c) Imminent abortion
- d) Habitual abortion

3) The preventive measures against cystocele in women include:

- a) Doing intrapartum and postpartum exercises
- b) Doing pelvic examination
- c) Regulating bowel habits
- d) Avoiding vaginal deliveries

4) The most preferred treatment for Bartholin's cyst (abscess) is :

- a) Incision and drainage
- b) Marsupialization
- c) Dilation and curratage
- d) Surgery

5) In taking gynecological history, the nurse should enquire about:

- a) Menstruation, gynaecological operations, and rectal operation
- b) Gynaecological operations, contraceptive history, sexual behavior
- c) Sexual behavior, rectal operation, nutritional profile
- d) Nutritional profile, Menstruation, contraceptive history

6) The risk factor to sexually transmitted infections, HIV/AIDS include:

- a) Lifestyle, occupation, marital status
- b) religious beliefs Age, occupation,
- c) Marital status, promiscuity, religious beliefs
- d) Resistance, age, Lifestyle

19. A variable that is presumed to cause a change in another variable called:

- a) Categorical
- b) Dependent
- c) Independent
- d) Interviewing

20. The sampling method where every nth element is chosen is known as:

- a) Snow balling
- b) Stratified sampling
- c) Systematic sampling
- d) Multistage

PART 2: SHORT ANSWER QUESTIONS

(40 marks)

1. Outline five (5) components of abstract in a research article (5 marks)
2. State five (5) characteristics of a good research objective (5 marks)
3. State four (4) characteristics of a good problem statement (4 marks)
4. State five (5) purposes of executing a pilot study (5 marks)
5. Describe three (3) ethical principles underlining the protection of human rights in academic research (6 marks)
6. State five (5) sources of literature (5 marks)
7. State five (5) methods of data presentation (5 marks)
8. State five (5) general characteristics of scientific research (5 marks)

PART 3: LONG ANSWER QUESTIONS

(40 marks)

1. Nursing research develops knowledge about health and the promotion of health over the full life span

- a) Explain Three (3) disadvantages of a longitudinal research study (6 marks)
- b) State two (2) ways in which errors can be reduced in research (2 marks)
- c) Explain the components of research methodology in scientific research process (12 marks)

2. You are a community health nurse working in a remote area in sub county A where diarrhoeal diseases are on the increase in the under fives.

- a) Formulate five (5) objectives that will guide your research (5 marks)
- b) State five (5) purposes of research in nursing (5 marks)
- c) Describe factors that hinder nurses from carrying out nursing research

PART 11 - SHORT ANSWER QUESTIONS (SAQs) (40)

1. Explain the differences between incidence and prevalence of a disease condition (3 M)
2. State five (5) qualities for one to be selected as a community health worker by the community (5 M)
Physically fit, Respected by the community
3. List four (4) methods of probability sampling (2 M)
Permanent residents
4. State five (5) elements of primary health care (5 M)
Events
5. State five (5) challenges faced by the health sector in achieving health (5 M)
Culture, religion, infrastructure, level of education, complexity of human nature
6. Outline six (6) reasons for conducting population census (6 M)
7. State five (5) characteristics of a normal distribution curve (5 M)
8. Outline five (5) factors to consider while studying population increase in given duration (5 M)
9. State four (4) factors that determine the health of a community (4 M)
Sanitation, Nutrition, Hygiene

PART 111 - LONG ANSWER QUESTION (LAQs): (40 M)

1. Community strategy is concerned with promotion of health and prevention of diseases within the community (4 M)
 - a) State four (4) objectives of Community Strategy (4 M)
 - b) Outline three (3) benefits of the establishment of community health strategy (3 M)
2. Describe the role of the household in Community Strategy (13 M)
proper health and nutrition hygiene
3. One of the roles of a community health nurse is to take an active role in identifying health problems and risk factors prevalent in the community through community diagnosis (10 M)
 - a) Define community diagnosis (1 M)
 - b) Explain three (3) tools for data collection used during community diagnosis exercise (6 M)
 - c) State three (3) ethical considerations during community diagnosis (3 M)
 - d) Describe steps in community diagnosis process (10 M)

E - exploration
D - conducting

14) In a symmetric distribution the:

- a) Median equals the mean
- b) Mean is less than the median
- c) Mean is greater than median
- d) Median is less than the mode

15) Demography includes:

- a) Age, sex, marital status,
- b) Taboos, residence, level of education
- c) Residence, family size, sex
- d) Immunizations, occupation, economic status

16) In Kenya, Civil registration involves registration of:

- a) Deaths and births
- b) Divorce and morbidities
- c) Marriages and morbidities
- d) Migration and morbidities

17) When referring to population data we have characteristics such as

- a) Social factors
- b) Density and distribution
- c) Rates and ratios
- d) Medical trends

18) Which of the following is not a scale of measurement in statistics:

- a) Interval
- b) Variable
- c) Ordinal
- d) Ratio

19) The type of study where a group of subjects with similar qualities are studied over a period is referred to as:

- a) Action study
- b) Descriptive study
- c) Cohort Study
- d) Correlation study

20) Birth rate is referred to as:

- a) Live births/ midyear population x 1000
- b) Total births /midyear population x 1000
- c) Live births/ mid-year population x 1000
- d) Live birth/ 10,000 population of reproductive age group (15-45) years

- 7) The team responsible for supervision of level one services is known as:
- a) Intersectoral management
 - b) Hospital management
 - c) Sub county multidisciplinary
 - d) Sub county management board

8) The aim of Community Health Strategy is to:

- a) Establish sustainable health services
- b) Promote dignified livelihood across all stages of life cycle cohorts
- c) Enhance community access to health care
- d) Empower communities to participate in their own health

9) A responsibility of a community health volunteer is:

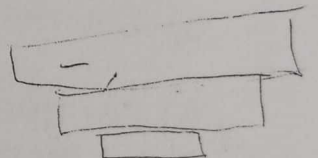
- a) Give immunizations
- b) Strengthen community structures and systems
- c) Make diagnosis of all diseases and prescribe treatment
- d) Assist in organization of Community health related activity

10) The following concept explains universal accessibility to health care:

- a) Cost of health, good roads, health personnel
- b) Availability, acceptability, affordability
- c) Health facility, health worker, patients
- d) Provision of equipments, present of theatre, X-ray machines

11) A population pyramid is used to show:

- a) Population distribution in relation to age and sex
- b) Dependency return of population
- c) Rapid population growth
- d) Net migration of population



12) The following statement is true about community diagnosis:

- a) It involves following up a malnourished under five child
- b) Always concerned with the health a pregnant
- c) One of its concerns is utilization is utilization of social amenities by community members
- d) Relies heavily on the experts for implementation of progress

13) The following are non probability methods of sampling:-

- a) Cluster sampling, snowballing
- b) Quota, systematic
- c) Simple random, convenience
- d) Purposive, quota

PART 1- MULTIPLE CHOICE QUESTIONS (MCQs): (20 MARKS)**1) Activities of primary health care include:**

- a) Growth monitoring and rehydration and breastfeeding
- b) Immunizations, family planning, and female literacy
- c) Female literacy, implementation and supplementary feeding
- d) Supplementary feeding, evaluation and family planning

2) Community involvement in primary health care is important because:

- a) It makes the work of the health worker easier
- b) Awareness is created among the community
- c) It creates ownership of development of programmes within the community
- d) It is part of social mobilization

3) The following are key health messages for cohort two of the Kenya Essential Package for Health (KEPH)

- a) Involve fathers in the care of the children
- b) Sleep under insecticide treated Nets(ITNs) to prevent malaria
- c) Ensure all children at six months and above receive vitamin A
- d) All of the above

4) The aim of community health ^{team} at the health centre is to:-

- a) Help communities attain and maintain health
- b) Encourage community members to build and use toilets
- c) Ensure that all mothers deliver in hospital
- d) Counsel those families with marital problems

5) For question 5 indicate whether the following statements are True or False by putting a tick against the correct answer

- (i) Principles of primary health care include community participation, multidisciplinary and appropriate technology
- (ii) Community based health care focuses on curative and rehabilitative activities being implemented at the community level

6) Intersectoral collaboration as one of the pillars of primary health care ensures:

- a) Equal distribution of the available resources
- b) Prevention of diseases
- c) Involvement of the intended people in planning and carrying out issues related to people's health
- d) Health support outside the medical services

19. A variable that is presumed to cause a change in another variable is called:

- a) Categorical
- b) Dependent
- c) Independent
- d) Interviewing

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20. The sampling method where every nth element is chosen is known as:

- a) Snow balling
- b) Stratified sampling
- c) Systematic sampling
- d) Multistage

Simple 100 to 1000

variable

PART 2: SHORT ANSWER QUESTIONS (40 marks)

1. Outline five (5) components of abstract in a research article (5 marks)
- *2. State five (5) characteristics of a good research objective (5 marks)
3. State four (4) characteristics of a good problem statement (4 marks)
- *4. State five (5) purposes of executing a pilot study (5 marks)
- *5. Describe three (3) ethical principles underlining the protection of human rights in academic research (6 marks)
- *6. State five (5) sources of literature (5 marks)
7. State five (5) methods of data presentation (5 marks)
8. State five (5) general characteristics of scientific research (5 marks)

target population of study
sample size
collection of data
feasible
SMART
measurable
Achievable
Realistic
Time bound
Confidentiality
Respect
Beneficence
Books
Journals
Internet
Tables
maps
Diagrams
Histograms
Flowcharts

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20/02/2019

1st and 2nd