

- a) The epidermis and a portion of the dermis.
- b) Epidermis, upper dermis & a portion of deeper dermis.
- c) Epidermis, entire dermis, subcutaneous & connective tissue.
- d) Muscles and the bones only.

11. The common causative bacterial pathogens for otitis media are;

- a) Staphylococcus aureus, pneumococci.
- b) Klebsiella spp., pseudomonas spp.
- c) Staphylococcus aureus, pseudomonas spp.
- d) Streptococcus spp. *Neisseria meningitidis*

12. The stages of urine formation are in the order of:-

- a. Filtration, urine concentration, secretion and reabsorption.
- b. Secretion, urine concentration, filtration and reabsorption.
- c. Filtration, reabsorption, secretion and urine concentration.
- d. Urine concentration, filtration, secretion and reabsorption.

13. While caring for a patient in the recovery room after an operation under general anaesthesia, the nurse should notify the physician if the;

- a) Patient pushes out the airway.
- b) Respiration is regular but shallow.
- c) Systolic pressure drops from 130mmhg to 100mmhg.
- d) Patient has snoring respirations.

14. Contact dermatitis is initially suspected if the rash appears;

- a) Erythematous with raised papules.
- b) Dry & scaly flaking skin.
- c) Inflamed with weeping and crusting lesion
- d) Excoriated with multiple fissures.

15. Prior craniotomy the nurse should;

- a) Rule out facial oedema, shave the surgical site & restrict fluid intake.
- b) Ensure the patient is on antiseizures, shave the head & stop all other medications.
- c) Rule out neurological deficits, ensure patient is well hydrated and insert indwelling urinary catheter.
- d) Relieve pain, obtain results for all investigations & restrict fluid intake.

16. To assess the level of consciousness using the Glasgow coma scale, the nurse should check;

- a) Pupil size, orientation and muscle tone.
- b) Eye opening, motor and verbal response.
- c) Grasp strength, pupil size and response to commands.
- d) Flexing of limbs, muscle strength and orientation.

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

- a) The skin should be cleaned with an alcohol swab before insulin injection is administered.
- b) The onset of action for glucagon injection is 8-10min.

18. The 24 hr urine collection is meant for the following investigations;

- a) Glomerula filtration rate and creatinine clearance.
- b) Blood urea nitrogen (BUN) and conjugated bilirubin levels determination.
- c) Analysis of adrenaline metabolite levels and blood urea nitrogen (BUN).
- d) Glomerula filtration rate (GFR) and serum potassium levels.

19. Clinical manifestations of retinal detachment include;

- a) Pain, luminous rays and floaters in the field of vision.
- b) Painless changes in vision, flashing lights & floaters in field of vision.
- c) Pain in the affected eye, headache & reduced visual acuity for near objects.
- d) Painless changes in vision, excessive lacrimation & photophobia.

PART B: SHORT ANSWER QUESTIONS (40MRKS)

1. In order of priority explain the interventions a nurse should initiate on suspecting a blood transfusion reaction (6mks)

2. a) Define high level disinfection (HLD) (1mk)
- b) State two methods of high level disinfection (2 mks)
3. Describe the process of fracture healing (6mks)
4. Draw and label a diagram illustrating the relationship between the pituitary gland & the hypothalamus (5mks)
5. List four (4) pre- renal causes of renal failure (2mks)
6. Describe the pathophysiology of Asthma (5mks)
7. Outline five (5) specific nursing responsibilities for a patient with Hyperglycaemic hyperosmolar non-ketotic syndrome (5mks)
8. State four (4) indications for a 12 lead ECG test on a patient (4 mks)
9. Outline the four (4) phases of menstrual cycle (4 mks)

PART C: LONG ANSWER QUESTIONS (40MKS)

1. Mrs. Quiz. 45 yrs old is admitted in a medical ward having been diagnosed to have Hypertension.
 - a) List four (4) predisposing factors to hypertension (2mks)
 - b) State any two actual nursing diagnosis a nurse is likely to formulate for Mrs. Quiz(2 mks)
 - c) Describe the medical & nursing management for Mrs. Quiz from admission till discharge (14mks)
 - d) List four (4) complications of hypertension (2mks)
2. Mr. Rocky. 56yrs old is admitted in a surgical ward with benign prostatic hyperplasia (BPH) and is scheduled for Trans-urethral incision of the prostate (TUIP).
 - a) Draw and label a diagram illustrating longitudinal section of the male reproductive system & its associated structures (6mks)
 - b) Describe the pre and post operative care for Mr. Rocky (12mks)
 - c) State two (2) complications of Trans-urethral incision of the prostate (TUIP) (2mks)

**AMREF VIRTUAL TRAINING SCHOOL MARCH 2013 CLASS COLLEGE FINAL EXAM PAPER 1 DATE:
6TH MAY 2015**

PART A: MCQs – 20mrks

1. **An intravenous fluid of 1 litre is to be infused over 5hrs. The infusion set delivers 10 drops per minute. The correct flow rate will be,**
 - a) 3 drops per minute
 - b) 33 drops per minute
 - c) 50 drops per minute
 - d) 60 drops per minute
2. **Q2. A client with urge incontinence presents with;**
 - a) Inability to empty the bladder.
 - b) Involuntary urination with minimal warning.
 - c) Passage of urine when coughing.
 - d) Frequent dribbling of urine.
3. **Q3. Post hip joint replacement (arthroplasty) the nurse should:-**
 - a) Maintain adduction of lower limbs and external rotation
 - b) Educate the patient to avoid flexing the hip joint beyond 45°
 - c) Ensure the patient takes high calorie foods on a daily basis
 - d) Ascertain the closed wound suction (potovac drain) isn't vacuumed.
4. **Q4. After thyroid surgery, the nurse should,**
 - a) Monitor the patient for a high pitched voice
 - b) Observe the patient for positive Chvostek's sign and grand mal seizures
 - c) Encourage intake of low carbohydrate, low fat and low protein diet
 - d) Educate the patient to expect a two months dosage of thyroid hormone replacement therapy.
5. **Q5. Every nurse should know that "Somogyi "effect;**
 - a) Presents with high fasting blood glucose in early morning
 - b) Is associated with nocturnal hyperglycemia
 - c) Is prevented by administering a high dose of soluble insulin before going to bed
 - d) Is common among type II diabetes patients
6. **Q6. Carbon monoxide poisoning results from the tendency of carbon monoxide to,**
 - a) Block carbondioxide transportation
 - b) Inhibit vasodilation
 - c) Preferentially combine with Haemoglobin
 - d) Form bubbles in blood plasma
7. **Q7. Sympathetic stimulation of the digestive system causes,**
 - a) Increased smooth muscles contraction (increased peristalsis)
 - b) Increased conversion of glycogen to glucose
 - c) Increased secretion of digestive juices
 - d) Decreased conversion of glycogen to glucose
8. **Q8. Mannitol is indicated in management of,**
 - a) Heart failure and anaemia
 - b) Pulmonary edema and congestive heart failure
 - c) Renal failure and elevated intracranial pressure
 - d) Elevated intraocular pressure and increased intracranial pressure
9. **Q9. The immediate complications of a burn injury includes,**
 - a) Hypokalemea, ischemia and acute renal failure
 - b) Compartment syndrome, hyperkalemea and hypovolemea
 - c) Hyponatremea, anaemia and hypercalcemea
 - d) Acute renal failure, compartment syndrome and eschar formation
10. **The drugs that are mainly indicated in management of myocardial infarction include,**
 - a) Pethidine, buscopan and hydrocortisone
 - b) Morphine, oxygen and nitroglycerine
 - c) Pethidine, propranolol and heparin
 - d) Alteplase, atenolol and junior Aspirin
11. **Complications that can follow cataract extraction include;**
 - a) Vitreous loss, capsule rupture

- b) Nystagmus, Vitreous loss
- c) Conjunctivitis, Nystagmus
- d) Lens prolapse, Vitreous loss

12. Q12. Nursing interventions for a patient suffering from Addison's disease include:

- a) Elevation of head of bed, fluid restriction
- b) Low sodium diet, position patient in a recumbent position
- c) Elevation of foot of bed, high sodium diet
- d) Administration of antihypertensive drugs, daily weight taking

13. Q13. The post anaesthetic nurse's responsibilities include,

- a) Ensuring the patient is arousable
- b) Extubating the patient ready for ward transfer
- c) Assessing patients' orientation versus responsiveness
- d) Observation of vital signs every half hour

14. Q14. When nursing a patient with Chronic Obstructive Pulmonary Disease (COPD), the nurse should,

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

15. Q15. The most important goal of nursing care for a client who is in haemorrhagic shock is,

- a) Manage fluid overload
- b) Manage increased cardiac output
- c) Manage inadequate tissue perfusion
- d) Manage vasoconstriction of vascular beds

16. Q16. Whiplash injuries commonly affect:

- a) Flat bones of the skull.
- b) Cervical spine
- c) Lumbosacral region.
- d) The pelvic bone

17. Q17. Increased Haemoglobin values/reading in a full haemogram test can be associated with,

- a) Dehydration, decreased cardiac output and malnutrition.
- b) Liver cirrhosis, anaemia and intestinal obstruction.
- c) Dehydration, decreased cardiac output and haemolysis.
- d) Haematemesis, pneumonia and sickle cell disease.

18. Q18. Nasal prongs oxygen delivery capacity ranges ,

- a) 5 to 10L/min
- b) 10 to 15 L/min
- c) 2 to 6 L/min
- d) 2 to 10 L/min

19. Q19. Indicate whether the following statements are True (T) or False (F) in the answer sheet provided

- a) Paradoxical breathing is indicative of a Flail chest
- b) Atropine is indicated in all cases of chemical poisoning

20. Q20. When managing a patient with cholecystitis, the nurse should,

- a) Encourage mobility to prevent bed rest related complications
- b) Monitor the patient for any bleeding tendencies
- c) Encourage patient to take high fat, low salt and high carbohydrate diet
- d) Carry out intermittent insertion of a nasal-gastric tube to decompress the digestive system

PART II: SHORT ANSWER QUESTIONS (40 MARKS)

1. Q1. Outline five (5) specific nursing interventions for a patient on IV fluids. (5 mrks)
2. Q2. Describe the pathophysiology of pancreatitis (5 mrks)
3. Q3. State any four (4) nursing diagnosis for a patient with ischaemic stroke (4 mrks)
4. Q4. State five (5) nursing responsibilities for a patient with a tracheostomy (5mrks)
5. Q5. Draw & label a diagram illustrating functional areas of the cerebrum (4mrks)
6. Q6. Outline four (4) specific health messages for a patient on diuretics (4 mrks)
7. Q7. State four (4) principles of dialysis (4 mrks)

8. Q8. Outline five (5) specific nursing interventions for a patient who has reacted to blood transfusion (5 mrks)
9. Q9. State four (4) factors that hinder fracture healing (4 mrks)

PART III: LONG ANSWER QUESTIONS (40 MARKS)

1. **Q1.** Mr. Q. 45yrs old is admitted in a surgical ward with a diagnosis of head injury and is scheduled for craniotomy
 - a) Distinguish between primary and secondary head injury (2 mrks)
 - b) State four (4) clinical features Mr Q. may have presented with (4 marks)
 - c) Describe the pre and post-operative nursing care for Mr Q. till discharge (14 mrks)
2. **Q2.** Ms. T. 40 years old is admitted in a medical ward with a diagnosis of Hepatitis B
 - a) Draw and label a diagram illustrating the biliary tract (5 mrks)
 - b) List four (4) clinical features Ms.T may have presented with (2 mrks)
 - c) Describe the specific medical and nursing management for Ms. T (13 mrks)

**AMREF VIRUAL TRAINING SCHOOL COLLEGE FINAL EXAMINATION PAPER ONE
SEPTEMBER 2012 CLASS TUESDAY 21ST OCTOBER 2014**

PART ONE: MULTIPLE CHOICE QUESTIONS (20MARKS)

1. **indicators that a patient is ready for oral feeding post bronchoscopy are;**
 - a) Bowel sounds and cough reflex
 - b) Hoarseness of voice and respiratory rate
 - c) Respiratory rate and bowel sounds
 - d) Cough reflex and hoarseness of voice
2. **Barrel chest is a feature of;**
 - a) Heart failure, kyphosis
 - b) Kyphosis, emphysema
 - c) Emphysema, osteoarthritis
 - d) Drug resistant tuberculosis, emphysema
3. **The major electrolytes in the intracellular fluid are;**
 - a) Sodium and chloride
 - b) Potassium and Chloride
 - c) Potassium and phosphorus
 - d) Sodium and phosphorus
4. **Factors that can lead to myocardial ischemia include;**
 - a) Anemia, aortic valve stenosis, polycythemia
 - b) Mitral valve stenosis, anemia, left ventricular hypertrophy
 - c) Anemia, aortic valve stenosis, mitral valve stenosis
 - d) Polycythemia, mitral valve stenosis, left ventricular hypertrophy
5. **Indicate whether the following statements are true(T) or false(F) in the answer sheet provided;**
 - a) Colloids are administered in patients with cardiogenic shock to expand circulatory volume.
 - b) Atherosclerosis is more common in males than females.
6. **Nursing interventions for a patient with multiple myeloma include;**
 - a) Providing low calorie diet in small frequent amounts
 - b) Providing plenty of oral fluids
 - c) Catheterization to monitor urine output
 - d) Encouraging weight bearing exercises
7. **The sickle hemoglobin gene causes substitution of;**
 - a) Amino acid valine for glutamine
 - b) Amino acid alanine for glutamine
 - c) Amino acid glutamine for valine
 - d) Glutamine for asparagine
8. **Patients with diabetes mellitus type I are at risk of acidosis due to;**
 - a) Increased potassium levels in blood
 - b) Increased breakdown of fat
 - c) Increased metabolism of fatty acids
 - d) Increased myoglobin in blood
9. **In positioning a casted leg, the nurse should:**
 - a) Keep the leg in a flat position always

- b) Elevate the leg for 3 hours then put it flat for 1 hour
 - c) Keep the leg flat for 3 hours then elevate it for 1 hour
 - d) Elevate the leg on pillow continuously for 24 to 48 hours.
- 10. Drugs used in management of Meniere's disease include;**
- a) Antiemetics, diuretics, glucocorticoids
 - b) Glucocorticoids, diuretics, antihistamines
 - c) Antihistamines, diuretics, antiemetics
 - d) Glucocorticoids, Antihistamines, antiemetics
- 11. Post below below-knee amputation in a patient with diabetes poses the risk of ;**
- a) Hemorrhage
 - b) Edema of the stump
 - c) Contractures
 - d) Wound dehiscence
- 12. Patients with ulcerative colitis are put on bed rest mainly to;**
- a) Prevent falls that can cause massive bleeding
 - b) Reduce oxygen demand
 - c) Reduce intestinal peristalsis
 - d) Conserve energy
- 13. Normal Cerebral spinal fluid;**
- a) Contain red blood cells and white blood cells
 - b) Tests negative for glucose and protein
 - c) Appears clear and turbid
 - d) Appears slightly cloudy and turbid
- 14. Following repair of retinal detachment, the priority action is to;**
- a) Prevent increased intraocular pressure
 - b) Alleviate pain and itchiness
 - c) Maintain darkened room
 - d) Promote low-sodium diet
- 15. Insertion of urinary catheter is facilitated by requesting the patient to;**
- a) Bear down
 - b) Breathe deeply.
 - c) Turn to the side.
 - d) Hold the labia or shaft of penis
- 16. The typical clinical manifestations of acute pancreatitis include**
- a) Hypertension, epigastric pain, abdominal swelling
 - b) Acute epigastric pain, respiratory distress, hypotension
 - c) Dyspnea, hypertension, hypoglycemia
 - d) Hypervolemia, tachypnea, hyperglycemia
- 17. The type of seizures which may only affect a finger or hand is ;**
- a) Petit mal seizure
 - b) Complex partial seizure
 - c) Absent seizure
 - d) Simple partial seizure
- 18. Microorganisms that have both bacterial and viral characteristics include;**
- a) Mycoplasma, spirochetes
 - b) Rickettsia, chlamydia
 - c) Plasmodium, mycoplasma

d) Spirochetes, chlamydia

19. **Impetigo contagiosa is;**

- a) Primarily the result of allergies
- b) A fungal infection
- c) Best treated with benzyl benzoate
- d) Caused by beta hemolytic streptococcus

20. **The following discharge instruction to a patients following gastrectomy will prevent dumping syndrome?**

- a) Ambulate following a meal
- b) Eat high carbohydrate foods
- c) Limit the fluid taken with meal
- d) Sit in a high-Fowler's position during meals

PART TWO: SHORT ANSWER QUESTIONS (40MARKS)

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

PART THREE: LONG ANSWER QUESTIONS (40 MARKS)

1. Mr. Y is admitted in medical ward with a diagnosis of hypothyroidism.

- a. Draw and label a diagram of the thyroid gland and its associated structures. (5marks)
- b. State four (4) causes of hypothyroidism. (4marks)
- c. Describe the management of Mr. Y from admission to discharge. (11 marks)

2. Mrs. T is admitted in the gynecology ward with a diagnosis of cervical cancer and she is scheduled for total hysterectomy.

- a. Outline five (5) risk factors to cancer of the cervix. (5marks)
- b. Describe the pre and post-operative management of Mrs T. (12 marks)
- c. State three (3) complications that can occur post hysterectomy. (3 marks)

AMREF VIRTUAL TRAINING SCHOOL 2011 COLLAGE FINAL EXAMINATION

PAPER ONE MONDAY 29TH APRIL 2013

PART ONE: Multiple Choice Questions. (20 Marks)

1. **Antidiuretic hormone;**
 - a. Is released by the anterior pituitary gland
 - b. Excessive production cause dilutional hyponatremia**
 - c. Causes increased potassium excretion
 - d. Stimulates production of aldosterone
2. **The following antituberculosis drug increases metabolism of oral contraceptives;**
 - a. Isoniazid
 - b. Rifampicin**
 - c. Ethambutol
 - d. Pyrazinamide
3. **Nursing interventions for a patient with chronic obstructive pulmonary disease (COPD) include;**
 - a. Maintaining the room temperature at 37^oc
 - b. Nursing the patient in a supine position
 - c. Restricting fluid intake
 - d. Performing postural drainage with percussion and vibration daily**
4. **Rheumatic endocarditis is;**
 - a. More common in older people
 - b. Non infectious
 - c. Common in people with prosthetic heart valves**
 - d. Caused by staphylococcus
5. **Management of a patient with myocardial infarction include;**
 - a. Moderate physical activity, high calorie diet
 - b. Low sodium diet, low fibre diet
 - c. Supine positioning, high calorie diet
 - d. Low calorie diet, bed rest**
6. **Nursing diagnosis for a patient with leukaemia include;**
 - a. Impaired gaseous exchange, hypothermia
 - b. Excess fluid volume, impaired skin integrity
 - c. Risk for injury (bleeding), impaired gaseous exchange**
 - d. Pain , hypothermia
7. **Duodenal ulcers,**
 - a. Are more common in people above 50 years
 - b. Are more common in females than males
 - c. Have a higher risk of malignancy than gastric ulcers
 - d. Pain is commonly experienced 3 hours after meals.**
8. **Peritonitis is commonly caused by;**
 - a. *Escherichia Coli, Klebsiella, Proteus*
 - b. *Streptococci, Escherichia Coli, Proteus*
 - c. *Staphylococci, Streptococci, Klebsiella***
 - d. *Proteus, Pseudomonas, staphylococci*
9. **The following is a mineralocorticoid ;**
 - a. Cortisol
 - b. Adrenal corticotrophic hormone
 - c. Aldosterone**
 - d. Epinephrine
10. **Nephrotic syndrome presents with;**
 - a. Increased albumin in blood, loss of protein in urine.
 - b. High serum cholesterol, presence of blood in urine
 - c. Decreased albumin in blood, high serum cholesterol**
 - d. Loss of albumin in urine, presence of blood in urine
11. **Risk factors to breast cancer include;**
 - a. Late menarche, nulliparity
 - b. Obesity, early menopause

c. **Late menopause, nulliparity**

d. Early menarche, multiparity

12. Systemic effects of burns include;

a. **Hypovolemia, generalized vasoconstriction**

b. Decreased cardiac output, bronchospasm

c. Hypotension, peripheral vasodilatation

d. Decreased capillary permeability, hypovolemia

13. Chemosis is;

a. Seeing one object as two

b. **Oedema of the conjunctiva**

c. Dilatation of the vasculature of the conjunctiva

d. Presence of blood in the anterior chamber of the eye

14. A patient post eye surgery should be advised to;

a. Perform frequent coughing exercises to prevent respiratory complications

b. Perform deep breathing exercises to prevent respiratory complications

c. **Lie on the affected side immediately post operatively to promote drainage of secretions**

d. Take a low fibre diet

15. Meniere's disease management include;

a. High sodium diet, antibiotic administration

b. Administration of antibiotic and antihistamine

c. **Administration of antiemetic and antihistamine**

d. High potassium diet and antibiotics administration

16. Post intracranial surgery a patient requires strict temperature regulation mainly to;

a. **Detect infection**

b. Prevent increased metabolic demand

c. Prevent hypothermia

d. Enhance cerebral perfusion

17. Management of a patient during a seizure include;

a. Restricting the jerking movements to prevent injury

b. Inserting an oral airway to protect the tongue

c. **Putting pillows and raising the side rails if the patient is in bed**

d. Removing pillows and raising the side rails if the patient is in bed.

18. A patient with a sprained ankle should be advised to avoid;

a. Resting the foot

b. **Applying a heating pad**

c. Applying an elastic compression bandage

d. Elevating the ankle on a pillow while sitting or lying down

19. Risk for osteoporosis is greatest in;

a. A 36-year-old man who has asthma

b. A 70-year-old man who consumes alcohol

c. **A sedentary 65-year-old woman who smokes cigarette**

d. A 25-year-old woman who jogs

20. The following indicate infection in a casted extremity

a. Diminished distal pulse

b. **Presence of a "hot spot" on the cast**

c. Coolness and pallor of the extremity

d. Dependent edema

PART TWO: Short Answer Questions (40 Marks)

1. State four (4) activities carried out during the planning phase of the nursing process. (4mks)

2. Explain five (5) nursing interventions for a patient post gastric surgery. (5mks)

3. Outline five (5) clinical features of hyperthyroidism. (5mks)

4. State four (4) causes of uterine prolapse. (4mks)

5. For Buscopan (hyoscine butylbromide) ; (5mks)

a. Classify

b. Describe the mechanism of action.

c. List three (3) side effects.

d. List two (2) indications

6. Explain five (5) risk factors for ischemic stroke. (5mks)
7. State five (5) health messages you would share with a patient with heart failure. (5mks)
8. State four (4) complications of sickle cell anaemia. (4mks)
9. Outline three (3) stages of hypovolemic shock. (3mks)

PART THREE: Long Answer Questions (40 Marks)

- 1. Mr. X is a patient is admitted in your unit for lobectomy.**
 - a. Define lobectomy. (1mk)
 - b. Draw and label a diagram illustrating the anterior view of the lungs. (5mks)
 - c. List four (4) indications for lobectomy. (2mks)
 - d. Describe the pre and post operative nursing management of Mr. X. (12mks)
- 2. Mrs Y is admitted with a diagnosis of acute renal failure.**
 - a. Differentiate between acute renal failure and chronic renal failure. (1mk)
 - b. State four (4) causes of acute renal failure. (4mks)
 - c. Outline the phases of acute renal failure. (4mks)
 - d. Describe the management of Mrs X till discharge. (11mks)

AMREF VIRTUAL NURSING SCHOOL MARCH 2009 COLLEGE FINAL EXAMINATION:

PAPER 1 DATE: MONDAY 25TH JULY 2011

PART I: MULTIPLE CHOICE QUESTIONS (40 Marks)

1. Thirst is stimulated by:-

- a) Increased plasma osmolality and volume
- b) Increased plasma osmolality and a decrease in plasma volume
- c) Decreased plasma osmolality and volume
- d) Decreased plasma osmolality and a increase in plasma volume

2. The ability of an infectious agent to elicit a detectable immune response is called:-

- a) Pathogenicity
- b) Virulence
- c) Antigenicity
- d) Toxicity

3. Inspiratory and expiratory stridor may be heard in a client who:-

- a) Is experiencing status asthmaticus
- b) Is experiencing an acute asthmatic attack
- c) Has aspirated object
- d) Has severe laryngo-tracheitis

4. The medical management of gout involves the use of:-

- a) Colchicine and allopurinol in acute gout
- b) Allopurinol and probenecid in chronic gout
- c) Probenecid and salicylates in chronic gout
- d) Colchicine and salicylates in acute gout

5. A client has been admitted with a diagnosis of acute pancreatitis. The nurse would assess this client for pain that is:-

- a) Severe and unrelenting, located in the epigastric area, radiating to the back, relieved by positioning in recumbent position.
- b) Severe and unrelenting, located in the left quadrant radiating to the back, relieved by vomiting and knee-chest positioning
- c) Severe and unrelenting, located in the medipigastrium, radiating to the back, relieved by knee chest positioning and not relieved by vomiting
- d) Severe and unrelenting, located in the left lower quadrant radiating to the hip, relieved by eating and sitting up position

6. Instructions prescribed for the patient following gastrectomy with regard to dumping syndrome include:-

- a) Large dry feedings high in carbohydrates, take fluids with meals, plan rest periods of at least 30 minutes after each meal.
- b) Small dry feedings low in carbohydrates, take fluids between meals, rest periods of at least 2 hours after each meal.
- c) Eat normal meals twice a day, rest 30 minutes after meals, in semifowlers' position take fluids after meals
- d) Small dry feeding, low in carbohydrates, take fluids between meals, plan rest periods of at least 30

7. Fluid and electrolyte shifts that occur during early enlargement phase in burns include:-

- a) adherence of albumin to vascular walls
- b) Movement of potassium into the vascular space
- c) Sequestering of Sodium and water in interstitial fluid
- d) Hemolysis of red blood cells from large volumes of rapidly administered fluid

8. To maintain a positive nitrogen balance in a major burn the patient MUST:-

- a) Eat a high protein, low-fat, low carbohydrate diet
- b) Increase normal adult caloric intake by about 3 times
- c) Eat at least 1500 calories per day in small frequent meals
- d) Eat rice and whole wheat for the nitrogen balance

9. For question 9, match the following antidotes in list 'A' with the correct drug poisoning in list 'B' by indicating the correct number in the space provided on the answer sheet:-

List A

- a) N-acetylcysteine
- b) Pralidoxine

List B

- i) Aspirin poisoning
- ii) Acetaminophen
- iii) Digoxin poisoning
- iv) Organo phosphate poisoning

10. In preparation for cataract surgery the nurse is to administer cyclopentolate (cyclogyl) eye drops.

The nurse administers the eye drops, knowing that the purpose of this medication is to:-

- a) Produce miosis of the operative eye
- b) Dilate the pupil of the operative eye
- c) Constrict the pupil of the operative eye
- d) Provide lubrication to the operative eye

11. Fluid shifts during the first week of the acute phase of a burn injury cause electrolyte movements that result in:-

- a) Hypernatremia
- b) Hyperkalemia
- c) Hypercalcemia
- d) Hypokalemia

12. Which one of the following is TRUE about basic life support:-

- a) The ideal compression to ventilation ratio during CPR is 30:2
- b) Rescue breaths should be administered over a period of more than 10 seconds to ensure adequate chest rise
- c) Compressions of the chest should be given at a depth of 1-2 cm and should be 30 in one minute
- d) For unconscious infant begin with 30 chest compression using two fingers then followed by 5 rescue breaths.

13. The gall bladder does not:-

- a) Produce bile
- b) Concentrate bile
- c) Store bile
- d) All of the above

14. The absorption of nutrients from food is:-

- a) Gluconeogenesis
- b) Digestion
- c) Metabolism
- d) Nutrition

15. Chemical manifestation of cancer of bladder include:-

- a) Polyuria, frequency of micturation, painless Hematuria
- b) Painless Hematuria, dysuria, frequency of micturation
- c) Dysuria, oliguria, Proteinuria
- d) Proteinuria, frequency of micturation, polyuria

16. The immediate clinical manifestation of pulmonary embolism is:-

- a) Migraine
- b) Hypertension
- c) Entral cyanosis
- d) Sudden chest pain

17. Chemical burns of the eye are treated with:-

- a) Local anaesthetics and antibacterial drops for 24-30 hours
- b) Hot compresses applied at 15 minutes intervals
- c) Cleansing of the conjunctiva with a small cotton-tipped applicator
- d) Flushing of the lids, conjunctiva and cornea with water

18. The following are symptoms of acute otitis media EXCEPT:-

- a) Rhinitis
- b) Otagia

- c) Otorrhoea
- d) Aural tenderness

19. The commonest cause of toxic goitre (Grave's disease) is:-

- a) Pituitary tumours
- b) Benign thyroid
- c) Lack of iodine in the diet
- d) Immunoglobulins reaction

20. Parathyroid hormone maintains fluid and electrolyte balance by:-

- a) Promoting absorption of calcium from the intestines
- b) Promoting release of calcium from the bone
- c) Increasing the excretion of phosphate ions by the kidneys
- d) Acting on the renal tubules to retain water and to decrease urinary output

PART II: SHORT ANSWER QUESTIONS (40 marks)

1. a. State four (4) priority actions for a diagnosis of diabetic ketoacidosis (4 marks)
b. Define somogyi effect (1 mark)
2. Explain the mechanism of blood pressure regulation (5marks)
3. a. Outline three (3) signs that are indicative of raised intracranial pressure (3 marks)
b. State two nursing interventions for a patient with raised intracranial pressure (2 marks)
4. Describe the pathophysiology of asthma (4 marks)
5. For each of the following drugs, write short notes under the following headings:-
 - a) Omeprazole (2 marks)
 - b) Doxycyline (2 marks)
 - c) Amphotericin B (2 marks)
 - i) One Indication
 - ii) Classification
 - iii) One side effect
6. State five (5) clinical manifestations of myocardial infarction (5mks)
7. a. State four (4) nursing interventions following repair of Vesico-Vaginal Fistula. (4 marks)
b. State two (2) predisposing factors to Vesico-vaginal fistula. (2 marks)
8. Outline four (4) health messages a nurse should share with a patient post laryngectomy (4marks)

PART III: LONG ESSAY ANSWER QUESTIONS (40 marks)

1. Mr. X 35 years old is admitted to the medical ward with a diagnosis of acute renal failure..
 - a) Draw and label a diagram showing a longitudinal section of the kidney. (5mark)
 - b) List six (6) intrarenal causes of acute renal failure (3 marks)
 - c) Describe the management of Mr. X till discharge (10 marks)
 - d) State two (2) health messages you would share with Mr. X on discharge (2 mrks)
2. Mr. Tembo is admitted in a surgical ward and is scheduled for thyroectomy procedure.
 - a) State two indications for thyroectomy (2 marks)
 - b) Outline three (3) nursing diagnosis for Mr. Tembo pre-operatively (3 marks)
 - c) Describe the pre and post management of Mr. Tembo.(15 mrks)

EXAMINATION:

PAPER ONE DATE: WEDNESDAY 16th MAY 2012

PART I: MULTIPLE CHOICE QUESTIONS (20 mrks)

1. Aspiration pneumonia may arise from:-

- a) Oesophageal disease, aspiration, pneumococci
- b) Pneumococci, lung abscess, oesophageal disease
- c) Lung abscess, oesophageal disease, kerosene inhalation
- d) Kerosene inhalation, pneumococci, oesophageal disease.

2. The genus Neiseria has bacilli that are:-

- A. Non-motile, spore forming
- B. Non-motile, non-spore forming
- C. Non-motile, capsulated
- D. Motile, capsulated

3. Third space losses of Na⁺ and H₂O include:-

- A. Vomiting, diarrhea and Bleeding
- B. Burns, ascites and edema
- C. Haematoma, Lipoma and Fistula drainage
- D. Burns, laxative abuse and diarrhea

4. Finger clubbing is a clinical feature in:-

- A. Chronic bronchitis, Crohn's disease, fibrosing alveolitis
- B. Chronic bronchitis, aortic aneurysm, Crohn's disease.
- C. Crohn's disease, aortic aneurysm, fibrosing alveolitis
- D. Aortic aneurysm, chronic bronchitis, fibrosing alveolitis

5. When taking a wound swab:-

- A. The procedure should be as clean as possible
- B. The swab should be rotated along the edges of the wound
- C. The swab should be delivered to the laboratory within 24hrs
- D. The nurse should avoid moistening the swab with a transport medium

6. In stage 2 of a pressure sore formation:-

- A. The sore has irregular contour and extends under the skin edge
- B. No ulcer is present but tissues are non-blunching
- C. The patient incurs superficial wounds
- D. There is formation of deep wounds with injury to the subcutaneous tissue

7. Indiscriminate use of eye preparations with steroids should be discouraged to avoid risk of:-

- A. Glaucoma, blindness
- B. Glaucoma, cataract
- C. Increased fungal infection, blindness
- D. Worsening infection, glaucoma

8. In pustular psoriasis:-

- A. An associated arthritis occurs
- B. Lesions are confined to the soles of feet
- C. Pustules are sterile
- D. There is often an eruption in the mouth

9. The following statement is TRUE of intestinal obstruction:-

- A. Mechanical type complicates with paralytic obstruction
- B. Is said to be mechanical when strangulation occurs.
- C. Is unlikely to be due to hernia in an elderly patient
- D. The paralytic type presents like the mechanical type

10. Acute Leukaemia commonly presents with:-

- A. Anaemia, Leucopenia and Thrombocytopenia
- B. Bleeding, respiratory distress and agranulocytosis
- C. Opportunistic infections, anemia and leucopenia
- D. Haemathrosis, granulocytosis and bleeding gums

For questions 11 and 12, indicate whether the following statements are **TRUE** or **FALSE** by putting a tick (✓) in the answer sheets provided.

11. Q: 11

- a. Blood transfusion is indicated whenever platelet count is below 10,000/mm³.
- b. Antispasmodics should not be used in bladder irritability as they may predispose one to urinary retention.

12. Q: 12

- a. Protein intake is restricted in nephrotic syndrome when renal insufficiency develops
- b. In acute glomerulonephritis the kidneys become large, swollen and congested due to loss of filtering surface

13. Q: 13. Range of movement (ROM) exercises should be performed in the order of:-

- a) Active-assistive, passive and active
- b) Active, passive, active-assistive.
- c) Passive, active-assistive, active
- d) Passive, active, active-assistive

14. Q: 14. The post operative nursing care of a patient after total hip replacement includes elevation of the:-

- a) Bed to 50°, abduction of limbs at 45°
- b) Bed to 45°, abduction of lower limbs to 50°
- c) Bed to 45°, abduction of lower limbs to not more than 45°
- d) Bed to over 45°, abduction of lower limbs

15. Q: 15. Delayed complications after reduction of a fracture include:-

- a) Fat embolism syndrome, non-union, avascular necrosis.
- b) Avascular necrosis, non-union, shock
- c) Shock, fat embolism syndrome, avascular necrosis
- d) Avascular necrosis, delayed union, non-union

16. Q: 16. When nursing a patient with extensive burns:-

- a) Exposure method is used to control bacterial colonization by exposing to light
- b) A mask and sterile gloves are worn to prevent infection of wound by Escherichia Coli (E. coli).
- c) Topical antibiotic therapy used should be effective against gram-positive organisms like *pseudomonas aeruginosa*
- d) Where fingers are burned they should be bandaged together for faster healing

17. Q: 17. A patient may have reduced hearing for several weeks post ear surgery as a result of:-

- a) Dressing pack, tinnitus
- b) Oedema, increased ear pressure
- c) Accumulation of drainage, tinnitus
- d) Oedema, accumulation of drainage

18. Q: 18. Body temperature must be maintained at:-

- a) 35 to 36.6 °C
- b) 36 to 37.5°C
- c) 36.5 to 37.5 °C
- d) 35.5 to 37°C

19. Q: 19. The following actions apply when two nurses performs external cardiac

Compression on a patient:-

- a) Both nurses perform cardiac compression at the same time
- b) One nurse performs cardiac compression while the other elevates the patients head.
- c) One nurse monitors the pulse while the other performs cardiac compression
- d) One nurse performs cardiac compression while the second ventilates the patient

20. Q: 20. The following statements is true about prostatic cancer:-

- a) Commonly metastasis to bones, lymph nodes and brain
- b) Has obstructive symptoms occurring early in the condition
- c) It is best treated by prostatectomy regardless of the stage
- d) It is self limiting after metastasis

PART II: SHORT ANSWER QUESTIONS (40 mrks)

- 1. State four (4) predisposing factors to ectopic pregnancy (4mks)
- 2. State four (4) functions of glucocorticoids (4mks)
- 3. Explain five (5) specific nursing responsibilities for a patient with gastritis. (5mks)
- 4. Outline four (4) specific pre-operative nursing interventions for a patient to undergo intra-ocular surgery (4mrks)
- 5. State any four (4) nursing diagnosis for unconscious patient (4mrks)
- 6. State five (5) measures you would take to prevent the spread of infection in operating theatre (5mrks)
- 7. Explain six (6) specific roles of a nurse while caring for a patient with Heart failure (6 marks)
- 8. Draw and label a diagram to illustrate the internal ear structures (5mks)
- 9. List three (3) emergency drugs and give one indication for each (3mrks)

PART III: LONG ANSWER QUESTIONS (40 marks)

1. Mr. Mai aged 45 years is admitted in a medical ward and diagnosed to have Diabetes Keto acidosis (DKA)

- a) List four(4) sites for insulin injection (2mks)
- b) Describe the pathophysiology of DKA (5mks)
- c) Describe the management for Mr. Mai for the first 24hrs (13mks)

2. Mrs. Owi 40 years old is admitted into a surgical ward for laminectomy following a spinal injury

- a) Draw and label a diagram illustrating a cross-section of a spinal cord (4mrks)
- b) State four (4) clinical features Mrs. Owi may have presented with (4mrks)
- c) Describe the specific management of Mrs. Owi pre and post-operatively (12mrks)

AMREF VIRTUAL NURSING SCHOOL MARCH 2009 COLLEGE FINAL

SUPPLEMENTARY: PAPER 1 DATE: THURSDAY 26TH MAY 2011

MULTIPLE CHOICE QUESTIONS (MCQ's) 20 Marks

- 1) The hormones responsible for blood calcium levels are:**
- a) Calcitonin and parathyroid hormone
 - b) Estrogen and progesterone
 - c) Melatonin and follicle stimulating hormone
 - d) Thyroxine and parathyroid hormone
- 2) Skills needed in critical thinking include**
- a) Preference
 - b) Inference
 - c) Self indulgence
 - d) Adherence
- 3) Indicate if the following statements regarding ethical principles are True or False**
- a) Beneficence: the obligation to tell the truth and not to lie
 - b) Nonmaleficence: The duty not to inflict harm and to prevent or remove harm
- 4) The following manifestation of rheumatic fever can lead to permanent complications**
- a) Sydenham's chorea
 - b) Erythema marginatum
 - c) Subcutaneous nodules
 - d) Carditis
- 5) The type of blood that is called the universal donor blood is:**
- a) Type A
 - b) Type B
 - c) Type AB
 - d) Type O
- 6) Movement of an extremity away from the midline of the body is called**
- a) Adduction
 - b) Pronation
 - c) Flexion
 - d) Abduction
- 7) When a patient is receiving heparin therapy, the nurse should**
- a) Observe him for cyanosis
 - b) Remember that a sedimentation rate is ordered for monitoring blood coagulation
 - c) Give the injection intramuscularly
 - d) Observe emesis, urine, and stools for blood
- 8) An abnormal condition in which there's discomfort in breathing in any but an erect sitting position is?**
- a) Orthopnea
 - b) Dyspnea
 - c) Orthopsia
 - d) Cheyne-stokes
- 9) Components of the communication process include;**
- a) Mediator, source, receiver
 - b) Feedback, social setting, amplifier
 - c) Channel, message, source
 - d) Speaker, audience, recorder
- 10) When writing a report the following should be considered except:**
- a) Language to be used in the report
 - b) Type of information to be included

- c) Time the report shall be presented
- d) Purpose of writing the report
- 11) Because the small intestine needs bile only a few times a day, bile is stored and concentrated in the:**
 - a) Pancreas
 - b) Gall bladder
 - c) Liver
 - d) Small intestine
- 12) An appropriate nursing intervention for a 32-yr-old patient in skeletal traction would be to?**
 - a) Provide cast care
 - b) Cleanse pin sites daily with hydrogen peroxide and observe for signs of infection
 - c) Place patient on drainage and secretion precautions
 - d) Encourage patient to sit in a straight, firm chair for no longer than 20 minutes each time
- 13) Select the most appropriate nursing assessment for the nursing diagnosis of ineffective tissue perfusion, secondary to fractured hip**
 - a) Assess for ecchymosis over pelvis and perineum
 - b) Protect patient from cross-contamination
 - c) Assess for adventitious lung sounds
 - d) Assess distal pulses
- 14) A patient reports being allergic to penicillin. Which question would elicit the most useful information?**
 - a) When did the reaction occur?
 - b) What infection did you have that required penicillin?
 - c) What type of allergic reaction did you have?
 - d) Did you notify your physician of the allergy?
- 15) The nurse is assessing the bowel sounds of her patient who had prostatectomy 2 days ago. To determine that he does not have bowel sounds present, the nurse would have to auscultate each quadrant for ;**
 - a) 1 minute
 - b) 3 minutes
 - c) 10 minutes
 - d) 15 minutes
- 16) The nurse determines that a patient is unconscious when the patient**
 - a) Has cerebral ischemia
 - b) Responds only to painful stimuli
 - c) Is unaware of self or the environment
 - d) Does not respond to verbal stimuli
- 17) The blood that is pumped from the left ventricle contains**
 - a) A full supply of oxygen
 - b) Impurities that must be removed by the liver
 - c) A high percentage of carbon dioxide
 - d) All the wastes to be delivered to the organs of excretion
- 18) Which problem constitutes a medical emergency**
 - a) Anuria
 - b) Polyuria
 - c) Dysuria
 - d) Dyspnea
- 19) Which goal would have priority in planning care of the aging patient with urinary incontinence?**
 - a) Recognizes the urge to void
 - b) Mobility necessary for toileting independently

- c) Episodes of incontinence decrease
- d) Drinks a minimum of 2000ml of fluid per day

20) Barriers to effective communication originating from the source include;

- a) Restlessness among the audience
- b) Message too long
- c) Inadequate knowledge on the subject area
- d) Negative attitude towards the message

SHORT ANSWER QUESTIONS (SAQ's) 40 Marks

1. List ten(10) major groups of superficial lymph nodes of the head and neck (5marks)
2. State three(3) specific components of nutritional assessment in an adult (3 marks)
3. State two(2) interventions to manage impaired swallowing in a patient (2 marks)
4. State five(5) common electrolyte imbalances and one(1) manifestation for each imbalance (5 marks)
5. Explain three (3) types of wound healing. (6 marks)
6. List four (4) nursing interventions to alleviate diarrhea (2 marks)
7. State five(5) adventitious breath sounds that can be heard during auscultation of the lung (5marks)
8. State five (5) guidelines for sputum specimen collection (5 marks)
9. List six(6) areas susceptible to pressure ulcers (3 marks)
10. Define the following terms: (4marks)
 - a. Hypercapnia
 - b. Hypoxia
 - c. Hypoxaemia
 - d. Oxyhaemoglobin

LONG ANSWER QUESTIONS (LAQ's) 40 Marks

- 1) **Mr. Kanga is a 50 year old patient admitted in the ward with a diagnosis of empyema. He has a water seal drainage inserted to his chest as part of his management.**
 - a) State five (5) nursing diagnoses associated with a patient on water seal drainage (5 marks)
 - b) Explain five (5) specific nursing interventions for a patient with under water-chest drainage system (10 marks)
 - c) Outline the documentation done for a patient on under water chest drainage (5 marks)
- 2) **Ms Betty, a 60 year old lady is admitted in the ward with diverticulosis.**
 - a) State the clinical manifestations of diverticulosis (4 marks)
 - b) Explain the management of Ms Joyce in the ward (14 marks)
 - c) List four (4) complications of diverticulosis. (2 marks).