



**PAPER ONE**

**AMREF VIRTUAL NURSING SCHOOL**

**MARCH 2009 COLLEGE FINAL EXAMINATION: PAPER 1**

**DATE: Monday 25<sup>th</sup> July 2011**

**PART I: MULTIPLE CHOICE QUESTIONS (40 Marks)**

Q: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

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

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

Q: 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

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

- a) Colchicine and allopurinol in acute gout
- b) Allopurinol and prebencid in chronic gout
- c) Probenicid and salicylates in chronic gout
- d) Colchicine and salicylates in acute gout

Q: 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

Q: 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 minutes after each meal in recumbent position

Q: 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

Q: 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

Q: 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

Q: 10 In preparation for cataract surgery the nurse is to administer cyclopentolate (cyclogy) 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

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

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

Q: 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.

Q: 13. The gall bladder does not:-

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

Q: 14. The absorption of nutrients from food is:-

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

Q: 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) Protenuria, frequency pf micturation, polyuria

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

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

Q: 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

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

- a) Rhinitis
- b) Oltagia
- c) Otorrhoea
- d) Aural tenderness

Q: 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

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

- a) Promoting absorpotion 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 (5mrks)
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:-
  - i) One Indication
  - ii) Classification
  - iii) One side effect
  - iv) Specific nursing responsibilities
  - a) Omeprazole (2 marks)
  - b) Doxycyline (2 marks)
  - c) Amphotericin B (2 marks)

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 thyrodectomy procedure.
  - a) State two indications for thyrodectomy ( 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)

**SEPTEMBER 2009 COLLEGE FINAL PAPER 1**

**DATE: MONDAY 10<sup>TH</sup> OCTOBER 2011**

**PART ONE: MCQs (20mks)**

1. Hypotension in acute pancreatitis is mainly caused by;
  - a) Profuse vomiting

- b) Loss of large amounts of protein rich fluid into tissues and peritoneal cavity.
- c) Bleeding into the tissues and peritoneal cavity.
- d) Profuse sweating and anxiety

2. Clinical manifestations of neurogenic shock include;
  - a) Tachycardia, hypotension and dysrhythmias.
  - b) Hypotension, hyperthermia and tachypnea.
  - c) Warm dry skin, bradycardia and hypothermia.
  - d) Hypothermia, warm dry skin and tachycardia.
3. Hysteroscopy is indicated in ;
  - a) Cases of infertility and cervical carcinoma.
  - b) Endometrial carcinoma & infertility.
  - c) Unexplained per vaginal bleeding & recurrent early pregnancy loss.
  - d) Retained intra-uterine device & acute pelvic inflammation.
4. Abnormal findings on Breast examination includes;
  - a) Longstanding nipple inversion, breast tenderness before menses.
  - b) Unilateral venous prominence, skin dimpling.
  - c) Lumpiness before menstruation, skin dimpling.
  - d) Longstanding nipple inversion, edema
5. Early signs of cervical cancer include;
  - a) Bleeding between menstrual periods, dyspareunia and prolonged bleeding.
  - b) Heavy bleeding post intercourse, pelvic pain and unusual discharge.
  - c) Pelvic pain, unusual vaginal discharge and increased urinary frequency.
  - d) Prolonged bleeding, dyspareunia and bleeding between menstrual periods.

6. The primary outcome of the assessment component of the nursing process is;
- Complete data base
  - Comprehensive system review.
  - Detailed nursing history
  - Nursing diagnosis.
7. Fracture immobilization is meant to achieve the following;
- Pain relieve, reduced movement and correction of malunion
  - Prevention of displacement, pain relieve and reduced deformities.
  - Prevent muscle spasms, bone alignment and increased circulation.
  - Reduce malformations, restore circulation and relieve pain

d) Muscles and the bones only.

12. The common causative bacterial pathogens for otitis media are;
- Staphylococcus aureus, pneumococci.
  - Klebsiella spp., pseudomonas spp.
  - Staphylococcus aureus, pseudomonas spp.
  - Streptococcus spp. *Neisseria meningitidis*

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

- Filtration, urine concentration, secretion and reabsorption.
- Secretion, urine concentration, filtration and reabsorption.
- Filtration, reabsorption, secretion and urine concentration.
- Urine concentration, filtration, secretion and reabsorption.

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

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

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

- Erythematous with raised papules.
- Dry & scaly flaking skin.
- Inflamed with weeping and crusting lesion
- Excoriated with multiple fissures.

16. Prior craniotomy the nurse should;

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

For questions 8 and 9 match the drugs in column A with the descriptions in column

B.

**Column A.**

**Column B.**

- |  |  |
|--|--|
| 8. a. Ethambutol                       | i) causes smooth muscle contraction      |
| b. Vasopressin                         | ii) causes peripheral visual loss.       |
| 9. c. Neostigmine                      | iii) used for staphylococcal septicaemia |
| d. Flucloxacillin                      | iv) Is a cholinergic drug.               |
| v) Causes hepatitis & cardiac toxicity |  |

10. The stratified epithelium lines the following;

- Kidney tubules, buccal cavity and the throat.
- Lungs, trachea and inner lining of blood vessels.
- Eye conjunctiva, vagina and oesophagus
- Inner lining of blood vessels, buccal cavity and lungs.

11. A third degree burn involves;

- The epidermis and a portion of the dermis.
- Epidermis, upper dermis & a portion of deeper dermis.
- Epidermis, entire dermis, subcutaneous & connective tissue.

17. 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.

18. 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.

19. 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.

20. 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)

#### **COLLEGE FINAL EXAMINATION: PAPER 1**

#### **PAPER ONE**

#### **PART I: MULTIPLE CHOICE QUESTIONS:**

- Q:1. Chronic bronchitis can complicate to:

- a) Pulmonary hypertension.
- b) Left ventricular heart failure.
- c) Status asthmaticus
- d) Left lung collapse.

- d) Taking antacids one hour after meals, taking coffee immediately after meals.

Q:6. The appropriate diet for a patient post maxillo-facial surgery is:-

Q:2. The aqueous humour is formed by the:-

- a) Iris.
- b) Ciliary body.
- c) Suspensory ligaments
- d) Canal of schlemm.

- a) Gastric diet.
- b) Puree diet.
- c) High roughage diet.
- d) Bland diet

Q: 7.Possible complications of haemodialysis include:-

Q:3. Osteoporosis may be prevented by:-

- a) Adequate intake of calcium and vitamins.
- b) Engaging in weight reducing exercises after 35 years.
- c) Adequate intake of calcium before age 30.
- d) Weight bearing exercises for the middle aged.

- a. Infection, low blood pressure, air embolus.
- b. Infection, high blood pressure, air embolus.
- c. Abnormal heart rhythms, high blood pressure, haemorrhage.
- d. Allergic reactions, hypothermia, high blood pressure.

Q: 8.Causes of enlarged spleen include:-

Q:4. Early manifestations of shock in the respiratory system include:-

- a) Hyperventilation, reduced carbon dioxide and oxygen partial pressures.
- b) Hyperventilation, reduced carbon dioxide partial pressure, normal oxygen partial pressure.
- c) Hyperventilation, increased carbon dioxide and oxygen partial pressures.
- d) Hyperventilation, normal carbon dioxide and oxygen partial pressures.

- a) Malaria, hepatitis, measles.
- b) Leukaemia, hepatitis, measles.
- c) Syphilis, tuberculosis, hepatitis.
- d) Syphilis, kala-azar, measles.

Q: 9. A patient suffering from sinusitis affecting the ethmoid bone will feel pain:-

Q:5. Measures that may be taken to reduce gastro-oesophageal acid reflux include:-

- a) Taking antacids one hour after meals, avoiding alcohol.
- b) Taking coffee immediately after meals, avoiding alcohol.
- c) Taking antacids one hour before meals, avoiding alcohol.

- e) Between and behind the eyes.
- f) Over the forehead, back of head.
- g) Over cheeks, below the eyes.
- h) In front and back of the head.

Q:10. Following cataract extraction, the patient should wear glasses to:-

- c) Improve vision.
- d) Enhance healing.

- e) Protect the eye.
- f) Prevent infections.

- e) Limiting carbohydrate intake.
- f) Controlling hyperglycemia.
- g) Withdrawing antihypertensives.
- h) Treating urinary tract infections.

Q:11. The following statement is **TRUE** of polycystic ovary syndrome:-

- e) It develops after puberty.
- f) Is accompanied by regular vaginal bleeding.
- g) Develops after menopause.
- h) Symptoms include obesity.

Q:16. Psoriasis is best treated:-

- e) With steroids and wet dressings.
- f) With eusol and wet dressings.
- g) With dry dressings and betadine.
- h) By exposure and flamazine application.

Q:12. The health messages that should be shared with a patient who has suffered from myocardial infarction include:-

- e) Identification and modification of all risk factors.
- f) Reporting to health care providers if extremely fatigued.
- g) Eating low salt but fluid-free diet.
- h) Reporting insomnia whenever it occurs.

Q:17. Some of the factors that predispose to gynaecomastia are:-

- e) Aldomet administration, orchitis, auto-immune gonadal failure.
- f) Oestrogen secreting tumour, stilbesterol, hyperthyroidism.
- g) Cimetidine, tuberculosis, hyperpituitarism.
- h) Digoxin, orchitis, hyperpituitarism.

Q:13. Factors that determine the severity of burns include the:-

- e) Extent and depth of burns.
- f) Extent of burns and body weight of the victim.
- g) Depth of burns and race of the victim.
- h) Burning agent and emotional status.

Q:18. Karposi's sarcoma:-

- e) Mainly affects the skin of the lower limbs.
- f) Is always associated with HIV infection.
- g) Presents with multiple boils.
- h) Has lesions scattered all over the body.

Q:14. The following diseases are caused by bacteria:-

- e) Onchocerciasis, diphtheria, anthrax, paratyphoid.
- f) Diphtheria, paratyphoid, whooping cough, tonsillitis.
- g) Endocarditis, peritonitis, anthrax, candidiasis
- h) Peritonitis, schistosomiasis, puerperal sepsis, rheumatic fever.

For question 19 indicate whether the following statements are **TRUE** or **FALSE** by indicating the correct answer in the answer sheet provided.

Q:19. a) Following a fracture, pain that is immediate and aggravated by movement requires the limb to be elevated.

b) Compound fractures require wound debridement before immobilizing.

For question 20 match the statements in column A with the corresponding term in column B by indicating the correct number in the answer sheet provided.



**COLUMN A**

Q:20. a) Core temperature below 35°C, with apathy and drowsiness.

b) Nasal congestion, tightness of chest and generalized body itching.

**COLUMN B**

1. Food poisoning
2. Heat stroke.
3. Anaphylactic shock.
4. Carbon Monoxide poisoning.
5. Accidental Hypothermia

**PART II: SHORT ANSWER QUESTIONS:**

1. Explain four (4) clinical features of patient having “compartment syndrome” (4mks)
2. Draw and label a diagram illustrating the circle of willis (5mks)
3. Explain the specific management for a patient with open angle glaucoma (5mks)
4. Describe the pathophysiology of nephrotic syndrome (5mks)
5. State five (5) specific nursing responsibilities for a patient with chronic myeloid leukaemia (CML) (6mks)
6. Explain six (6) nursing responsibilities for a patient to undergo craniotomy (6mks)

7. State three (3) side effects for each of the following drugs:-

a) Nevirapine

(3mks)

b) Amphotericin B

(3mks)

8. List four (4) characteristics of nursing process

(2mks)

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

1. Mrs Aya 35 years old is admitted in a surgical ward for above knee amputation procedure.
  - a) List four (4) indications for amputation of the lower limb (2mks)
  - b) Draw and label a diagram illustrating a femur (5 mrks)
  - c) Describe the pre and post operative care for Mr.Aya (13mrks)
2. Mr. Yu 30 yrs old is admitted in a medical ward and is diagnosed to have Diabetes mellitus Type I for the first time.
  - d) Describe the pathophysiology for diabetes type I (3 mrks)
  - e) Describe the management for Mr. Yu from admission till discharge (14 mrks)
  - f) State three (3) micro vascular complications for diabetes Mellitus.(3mrks)

**COLLEGE FINAL EXAMINATION: PAPER 1**

**DATE: MONDAY 26<sup>th</sup> April 2010**

**PART I: MULTIPLE CHOICE QUESTIONS:**

Q:1. Nephrotic syndrome mainly presents with:-

- e) Proteinuria, hypoalbuminaemia and edema.
- b) Hyperlipidaemia, angiogenesis and lipomas.
- c) Pyreemia, hyperpyrexia and hypoalbuminaemia.
- d) Hyperlipidaemia, hypertension and pancytopenia

Q:2. The following bacteria produce exotoxins:-

- e) *Corynebacterium diphtheriae* and *Clostridium botulinum*.
- f) *Staphylococcus aureus* and *Bacillus anthracis*.
- g) *Pseudomonas aeruginosa* and *Streptococcus pneumoniae*.
- h) *Streptococcus pyogenes* and *Klebsiella* species (spp).

Q:3 Early manifestations of shock in the respiratory system include:-

- e) Hyperventilation, reduced carbon dioxide and oxygen partial pressures.
- f) Hyperventilation, reduced carbon dioxide partial pressure, normal oxygen partial pressure.
- g) Hyperventilation, increased carbon dioxide and oxygen partial pressures.
- h) Hyperventilation, normal carbon dioxide and oxygen partial pressures.

Q: 4 Measures that may be taken to reduce gastro-oesophageal acid reflux include:-

- e) Taking antacids one hour after meals, avoiding alcohol.
- f) Taking coffee immediately after meals, avoiding alcohol.
- g) Taking antacids one hour before meals, avoiding alcohol.
- h) Taking antacids one hour after meals, taking coffee immediately after meals.

Q: 5. Aminophylline is associated with one of the following effects:-

- e) Improved blood flow to the kidneys.
- b) Dilatation of hepatic veins and arteries.
- c) Slowing of heart rate and respiratory rate.
- d) Excretion of sodium, potassium and water.

Q: 6. The following interventions are appropriate for a patient in thyroid storm

**EXCEPT:-**

- a) Covering the patient with hypothermia blanket.
- b) Administering humidified oxygen to the patient.
- c) Starting the patient on Aspirin to reduce body temperature.
- d) Administration of glucose rich intravenous fluids.

Q: 7. To determine if an oropharyngeal airway is appropriate for a patient, it should reach from:-

- a) Left eye to the lower neck.
- b) Lip to ear.
- c) Nose to the upper neck.
- d) Nose to the manubrium sternum.

Q: 8. A lumbar vertebral bone has:-

- i) A small body.
- j) A round large vertebral foramen.
- k) A triangular vertebral foramen.
- l) Long spinous processes .

Q:9 Following cataract extraction, the patient should wear glasses to:-

- g) Improve vision.
- h) Enhance healing.
- i) Protect the eye.
- j) Prevent infections.

Q:10 Rheumatic endocarditis is associated with:-

- i) PolyarthritiS,vulvular stenosis and heart failure.
- j) Lymphadenopathy,fever and anaemia.
- k) Heartfailure,moon face and stunted growth.
- l) PolyarthritiS,persistent vomiting and general body wasting.

Q: 11. The health messages that should be shared with a patient who has suffered from

Myocardial infarction include:-

- i) Increased intake of caffeine containing beverages.
- j) To take junior Aspirin daily.
- k) Eating low fibre and salt free diet.
- l) Reporting insomnia whenever it occurs.

Q: 12. Factors that determine the severity of burns includes:-

- i) Extent and depth of burns.
- j) Extent of burns and body weight of the victim.
- k) Depth of burns and race of the victim.
- l) Burning agent and emotional status.

Q: 13. When applying eye medication the nurse should:-

- i) Apply at least 2 drops of the medication in each eye.
- j) Allow for at least 5 minutes interval if two different medications are to be administered at the same time.
- k) Clean the eye from external to inner canthus to minimise transmission of infection.
- l) Advise the patient to lie in supine position for at least 45min before rising up.

Q:14. Albuminuria resulting from long term diabetes requires the following interventions:-

- i) Limiting carbohydrate intake.
- j) Controlling hyperglycemia.
- k) Withdrawing antihypertensives.
- l) Treating urinary tract infections.

Q: 15. Myasthenia gravis:-

- i) Affects more men than women.
- j) Is caused by autoimmune destruction of acetylcholine receptors.
- k) Presents with ascending paralysis.
- l) Characteristically starts with descending paralysis.

Q:16. Patients with syndrome of inappropriate antidiuretic hormone secretion (SIADH)

mainly present with:-

- i) Hyponatremia and oliguria.
- j) Hyponatremia and polyuria
- k) Hyponatremia and general body edema.
- l) Hyponatremia and polydipsia..

Q:17. One of the following is NOT an appropriate nursing diagnosis for a patient with

burns:-

- i) Pain related to tissue and nerve injury as evidenced by patient's restlessness.
- j) Hypothermia related to loss of skin microcirculation as evidenced by body shivering.
- k) Ineffective airway clearance due to oedema of the airway as evidenced by frothy sputum.
- l) Fluid volume deficit related to increased capillary permeability as evidenced by reduced urine output.

Q: 18. For question 18 indicate whether the following statements are **TRUE** or **FALSE** by indicating the correct answer in the answer sheet provided.

a) Following a fracture, pain that is immediate and aggravated by movement requires the limb to be elevated.

b) Compound fractures require wound debridement before immobilizing.

Q:19. Membership of the Nursing council of Kenya consists:-

- e) Three ex-officials.
- f) Three people nominated by the outgoing council.
- g) Two people representing nursing associations.
- h) One person responsible for continuous education.

Q: 20 Kaposi's sarcoma:-

- e) Always affects the lower limbs only.
- f) Presents with raised or flat lesions surrounded by ecchymosis and oedema.
- g) Is associated with exfoliative dermatitis.
- h) Is commonly treated through radiotherapy and cauterization.

**KRCHN (BASIC) EXAMINATION: APRIL 2010: PAPER ONE**

**PART II: SHORT ANSWER QUESTIONS**

1. Explain four (4) clinical features of a patient having Osteomyelitis  
(4mrks)
2. Draw and label a diagram illustrating exchange of gases between the alveoli and blood (external respiration)  
(5mrks)
3. State four (4) specific nursing responsibilities for a patient with a peptic ulcer  
(4mrks)
4. Describe plasil (metoclopramide) under the following subheadings  
(5mrks)
  - i. Classification.
  - ii. 2 indications
  - iii. Dosage
  - iv. 2 specific nursing responsibilities.

5. Explain the management of a patient with fibroids  
(5mrks)
6. Outline five (5) specific health messages a nurse should share with a patient on self administration of insulin  
(5mrks)
7. a) Define parenteral feeding  
(5mrks)  
b) State four indications for parenteral feeding.
8. Explain five (5) nursing interventions for a patient with chronic renal failure  
(5mrks)
9. List four (4) causes of disseminated intravascular coagulopathy (DIC)  
(2mrks).

**KRCHN (BASIC) EXAMINATION: APRIL 2010: PAPER ONE**

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

1. Mrs Aya 35 years old is admitted in a surgical ward for total abdominal hysterectomy.
  - a) List four (4) indications for total abdominal hysterectomy (2 mks)
  - b) Describe the pre and post operative care for Mrs Aya (15 mrks)
  - c) State three (3) complications Mrs.Aya may develop. (3 mrks)
2. Mr. Ayu 40 yrs old is admitted in a medical ward and is diagnosed to have cryptococcal meningitis.
  - g) State three (3) clinical features Mr. Ayu may present with (3 mrks)

- h) Describe the pathophysiology of meningitis  
(5 marks)
- i) Describe the management of Mr. Ayu from admission till discharge.  
(12marks)

**COLLEGE FINAL EXAMINATION PAPER ONE**  
**SEPTEMBER 2012 CLASS**

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

1. The best indicators that a patient is ready for oral feeding post bronchoscopy are;
  - a) Bowel sounds and cough reflex
  - b) Hoarseness of voice and respiratory rate
  - c) Respiratory rate and bowel sounds
  - d) Cough reflex and hoarseness of voice
2. Barrel chest is a feature of;
  - a) Heart failure, kyphosis
  - b) Kyphosis, emphysema
  - c) Emphysema, osteoarthritis
  - d) Drug resistant tuberculosis, emphysema
3. The major electrolytes in the intracellular fluid are;
  - a) Sodium and chloride
  - b) Potassium and Chloride
  - c) Potassium and phosphorus
  - d) Sodium and phosphorus
4. Factors that can lead to myocardial ischemia include;
  - a) Anemia, aortic valve stenosis, polycythemia
  - b) Mitral valve stenosis, anemia, left ventricular hypertrophy
  - c) Anemia, aortic valve stenosis, mitral valve stenosis
  - d) Polycythemia, mitral valve stenosis, left ventricular hypertrophy
5. Indicate whether the following statements are **true(T)** or **false(F)** in the answer sheet provided;
  - a) Colloids are administered in patients with cardiogenic shock to expand circulatory volume.
  - b) Atherosclerosis is more common in males than females.
6. Nursing interventions for a patient with multiple myeloma include;
  - a) Providing low calorie diet in small frequent amounts
  - b) Providing plenty of oral fluids
  - c) Catheterization to monitor urine output
  - d) Encouraging weight bearing exercises
7. The sickle hemoglobin gene causes substitution of;
  - a) Amino acid valine for glutamine
  - b) Amino acid alanine for glutamine
  - c) Amino acid glutamine for valine
  - d) Glutamine for asparagine
8. Patients with diabetes mellitus type I are at risk of acidosis due to;
  - a) Increased potassium levels in blood
  - b) Increased breakdown of fat
  - c) Increased metabolism of fatty acids
  - d) Increased myoglobin in blood
9. In positioning a casted leg, the nurse should:
  - a) Keep the leg in a flat position always
  - b) Elevate the leg for 3 hours then put it flat for 1 hour
  - c) Keep the leg flat for 3 hours then elevate it for 1 hour
  - d) Elevate the leg on pillow continuously for 24 to 48 hours.
10. Drugs used in management of Meniere's disease include;
  - a) Antiemetics, diuretics, glucocorticoids
  - b) Glucocorticoids, diuretics, antihistamines
  - c) Antihistamines, diuretics, antiemetics
  - d) Glucocorticoids, Antihistamines, antiemetics
11. Post below-knee amputation in a patient with diabetes poses the risk of ;

- a) Hemorrhage
  - b) Edema of the stump
  - c) Contractures
  - d) Wound dehiscence
12. Patients with ulcerative colitis are put on bed rest mainly to;
- a) Prevent falls that can cause massive bleeding
  - b) Reduce oxygen demand
  - c) Reduce intestinal peristalsis
  - d) Conserve energy
13. Normal Cerebral spinal fluid;
- a) Contain red blood cells and white blood cells
  - b) Tests negative for glucose and protein
  - c) Appears clear and turbid
  - d) Appears slightly cloudy and turbid
14. Following repair of retinal detachment, the priority action is to;
- a) Prevent increased intraocular pressure
  - b) Alleviate pain and itchiness
  - c) Maintain darkened room
  - d) Promote low-sodium diet
15. Insertion of urinary catheter is facilitated by requesting the patient to;
- a) Bear down
  - b) Breathe deeply.
  - c) Turn to the side.
  - d) Hold the labia or shaft of penis
16. The typical clinical manifestations of acute pancreatitis include
- a) Hypertension, epigastric pain, abdominal swelling
  - b) Acute epigastric pain, respiratory distress, hypotension
  - c) Dyspnea, hypertension, hypoglycemia
  - d) Hypervolemia, tachypnea, hyperglycemia
17. The type of seizures which may only affect a finger or hand is ;
- a) Petit mal seizure
  - b) Complex partial seizure
  - c) Absent seizure
  - d) Simple partial seizure
18. Microorganisms that have both bacterial and viral characteristics include;
- a) Mycoplasma, spirochetes
  - b) Rickettsia, chlamydia
  - c) Plasmodium, mycoplasma
  - d) Spirochetes, chlamydia
19. Impetigo contagiosa is;
- a) Primarily the result of allergies
  - b) A fungal infection
  - c) Best treated with benzyl benzoate
  - d) Caused by beta hemolytic streptococcus
20. The following discharge instruction to a patients following gastrectomy will prevent dumping syndrome?
- 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)

- b) Hypertension  
c) Rheumatic fever  
d) Coronary heart disease

**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)

4. Effects of aldosterone hormone include;
  - a)Hyperkalemia,Hypercalcemia
  - b) Hyperphosphatemia, Hypercalcemia
  - c)Hyponatremia and Hyperkalemia
  - d) Hypernatremia and hypokalemia
5. A patient with diabetes mellitus who is on propranolol (Inderal) should be monitored for;
  - a)Seizure activity
  - b) Hypoglycemia
  - c)Diplopia
  - d) Hyperglycemia
6. When nursing a patient who had a cerebrovascular accident (CVA),the best nursing intervention to promote urinary continence is;
  - a)Encouraging intake of at least 2 L of fluid daily
  - a)Giving the client a glass of soda before bedtime
  - b) Taking the client to the bathroom twice per day
  - c)Consulting with a dietician

**COLLEGE FINAL EXAMINATION PAPER I**

**TUESDAY 23<sup>RD</sup> OCTOBER 2012**

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

1. Instructions to a patient who is on warfarin sodium (Coumadin) should include;
  - a) To increase her daily intake of green leafy vegetables.
  - b) To test stools weekly for blood.
  - c) To wear a medic alert bracelet.
  - d) To stop taking the Coumadin before going to the dentist.
2. To evaluate a patient's hydration status, the nurse should check the patient's;
  - a)Erythrocyte sedimentation rate (ESR).
  - b) White blood cell count (WBC).
  - c)Hematocrit (Hct).
  - d) Serum glucose.
3. The most common cause of a mitral valve stenosis is;
  - a)Cardiac tamponade

7. A nurse should give priority to the following parameter when assessing a patient who has a serum potassium level of 6.8 mEq/L.
  - a)Blood pressure
  - b) Respirations
  - c)Temperature
  - d) Pulse
8. A client who has been treated for chronic renal failure (CRF) is ready for discharge. The best dietary instruction for this client is;
  - a) "Be sure to eat meat at every meal."

- b) "Monitor your fruit intake, and eat plenty of bananas."
  - c) "Increase your carbohydrate intake."
  - d) "Drink plenty of fluids, and use a salt substitute."
9. Condylomata acuminata (genital warts);
- a) Increases the risk for cervical cancer, Has no permanent cure
  - b) Condom use eliminate its transmission, Increases the risk for cervical cancer.
  - c) Is caused by human papillomavirus (HPV), It can't be transmitted during oral sex.
  - d) Condom use eliminate its transmission, It can't be transmitted during oral sex
10. The nursing diagnosis that takes highest priority for a client with hyperthyroidism is;
- a) Risk for imbalanced nutrition: More than body requirements related to thyroid hormone excess
  - b) Risk for impaired skin integrity related to edema and skin fragility
  - c) Body image disturbance related to weight gain and edema
  - d) Imbalanced nutrition: Less than body requirements related to thyroid hormone excess
11. Which of the following is true of red blood cell?
- a) It is nucleated.
  - b) It has a lifespan of 100 days
  - c) Its production and formation depends on kidney function
  - d) It is produced in the yellow marrow
12. The first action that a nurse should take for a client is having a tonic-clonic seizures is;
- a) Elevate the head of the bed.
  - b) Restrain the client's arms and legs.
  - c) Place a tongue blade in the client's mouth.
  - d) Take measures to prevent injury.
13. The best position for a client having a lumbar puncture performed is;
- a) Side-lying, with a pillow under the hip
  - b) Prone, with a pillow under the abdomen to support the patient
  - c) Prone, in slight-Trendelenburg's position
  - d) Side-lying, with legs pulled up and head bent down onto chest
14. A male client has an impairment of cranial nerve II. Specific to this impairment, the nurse would plan to do the following to ensure client safety;
- a) Speak loudly to the client
  - b) Test the temperature of the shower water
  - c) Check the temperature of the food on the delivery tray.
  - d) Provide a clear path for ambulation without obstacles
15. The nurse would avoid the following measures to minimize the risk of recurrence of automatic dysreflexia in a patient with spinal cord injury;
- a) Strict adherence to a bowel retraining program
  - b) Keeping the linen wrinkle-free under the client
  - c) Preventing unnecessary pressure on the lower limbs
  - d) Limiting bladder catheterization to once every 12 hours
16. Prior to a 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 medications as scheduled
  - d) Monitor own bowel movement pattern for constipation
17. The following assessment technique follows inspection, during abdominal assessment;
- a) Palpation of the abdomen for size
  - b) Palpation of the liver at the right rib margin
  - c) Auscultation of bowel sounds in all four quadrants
  - d) Percussion of the right lower abdominal quadrant
18. A T tube has drained 750 mL of green-brown drainage in 24 hours the first day 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

19. A nurse in the emergency unit responsible for triaging should give priority to;

- a) A 10yr old with a laceration on the face
- b) A 20yr old with a sternal bruises
- c) A 34yr old with a fracture femur
- d) A 60yr old with a dislocation of the elbow.

20. A skeletal traction is applied to the right femur of an injured client. The primary purpose of the traction is to;

- a) Realign the tibia and fibula
- b) Provide traction on the muscle
- c) Provide traction on the ligament
- d) Realign femoral bone fragments.

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

1. Explain effects of burns as follows
  - a. Three (3) on the cardiovascular (2marks)
  - b. Two (2) on the immune system. (2marks)
2. Differentiate between Open-Angle Glaucoma and Angle-Closure Glaucoma. (4marks)
3. State five (5) nursing actions for a patient post gastrectomy. (5marks)
4. State five complications of sickle cell anaemia. (5marks)
5. Describe the pathophysiology of liver cirrhosis. (5marks)
6. Drawing and label a diagram illustrating the anterior view of the humerus (5) marks
7. Explain (4) health messages that you would share with a patient with renal stones. (4marks)
8. For Phenobarbital,
  - a) List two (2) indications (1mark)

- b) List two (2) Contraindications (1mark)
- c) List two (2) side effects. (1mark)
- d) Outline four (4) nursing implications. (4marks)

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

1. Mr. X, 45 years old is admitted in a medical ward and diagnosed to have chronic obstructive pulmonary disease (COPD).
  - a) Describe the pathophysiology of COPD (3 marks)
  - b) Draw and label a diagram illustrating the structures of the respiratory system (5 marks)
  - c) Describe the medical and nursing management for Mr. X from admission till discharge (12 marks)
2. Mrs. Yu, 51 years old is admitted in a surgical ward for a radical mastectomy procedure after being diagnosed to have cancer of the breast.
  - a) Define radical mastectomy (1 mark)
  - b) Outline three (3) actual nursing diagnoses that may apply for Mrs. Yu prior surgery (3 marks)
  - c) State one (1) nursing order for each of the nursing diagnoses above (3 marks)
  - d) Describe the post operative nursing care for Mrs. Yu till discharge (13 marks)

**MARCH 2010 CLASS  
PAPER ONE, TIME; 3hrs**

**PART A MCQS 20 MARKS**

2. The Na<sup>+</sup> K<sup>+</sup> ATPase pump:-
  - a) Extrudes potassium ions from the cell and takes two sodium ions into the cell
  - b) Extrudes three sodium ions from the cell and takes two potassium ions into the cell
  - c) Has a coupling ratio of 2:1
  - d) Is found mainly in the intravascular fluid compartment

3. The three major factors associated with increased risk of pancreatic carcinoma are:-
  - a) Diabetes mellitus,obesity,high protein diet
  - b) Obesity,hypertension,age 35 - 40 years
  - c) Hypertension, tobacco use, age 35 – 40 years
  - d) Diabetes mellitus, tobacco use, high fat diet
  
4. Conductive hearing loss can be caused by:-
  - a) Ototoxic medication,otitis externa
  - b) Presbycusis,ototoxic medication
  - c) Meniere’s disease,otosclerosis
  - d) Otosclerosis,tympanic memberane retraction
  
5. When measuring central venous pressure (CVP) the nurse should;
  - a) Mark the location of the right atrium.
  - b) Identify the location of the left atrium.
  - c) Always ensure the patient lies in supine position.
  - d) Allow Normal saline to drip rapidly into the client for 5 min before taking CVP reading.
  
6. During thoracocentesis
  - a) Fluid is aspirated from the peritoneal space
  - b) Consent is not necessary
  - c) Medications can be instilled into the pleural space
  - d) Local anaesthesia is not advisable
  
7. The carcinogenic risk factors for laryngeal cancers include:-
  - a) Tar products, mustard gas, chronic laryngitis
  - b) Asbestos, chronic laryngitis, voice straining
  - c) Voice straining, high fibre diet, tobacco
  - d) Asbestos, tobacco, tar products
  
8. Sympathetic stimulation of the cardiovascular system causes:-
  - a) Increased heart rate and constriction of coronary arteries.
  - b) Constriction of GIT secretory gland vessels with increased flow of digestive juices.
  - c) Increased peripheral resistance and dilatation of coronary arteries.
  - d) Increased force of heart contraction & reduced peripheral resistance.
  
9. When preparing a patient for barium enema, the nurse will inform the patient that:-
  - a) He should take the radio-opaque substance orally a day before the procedure
  - b) Nothing should be taken orally after midnight
  - c) The procedure will take 2-4 hours
  - d) An evacuating enema or laxative will not be necessary after the procedure
  
10. A potential nursing diagnosis for a patient with breast cancer is:-
  - a) Potential for pain related to surgical incision as evidenced by irritability
  - b) Disturbed body image related to loss of part or all of the breast
  - c) Potential for impaired mobility related to shoulder immobility
  - d) Anxiety related to fear of cancer as manifested by difficulty in falling asleep
  
11. Post thyroidectomy,the nurse can rule out laryngeal nerve damage by;
  - a) Asking the patient to speak.
  - b) Stimulating the patient’s gag reflex.
  - c) Determining the patient’s ability to swallow.
  - d) Telling the patient to extend his tongue.
  
12. Relaxation of the intercostals muscles and diaphragm results in:-

- a) Downward and outward movement of the rib cage and elastic recoil of the lungs
  - b) Upward and inward movement of the ribcage and elastic recoil of the lungs
  - c) Downward and inward movement of the rib cage and elastic recoil of the lungs
  - d) Enlargement of the thoracic cavity from back to front
13. A deteriorating condition for a patient with head injury will be indicated by;
- a) Widening pulse pressure and irregular respiratory pattern.
  - b) Narrowing pulse pressure and escalation of discomfort.
  - c) Bradycardia and Kussmaul breathing.
  - d) Oliguria and narrow pulse pressure.
14. The primary causes of acute otitis media are;-
- a) Escherichia coli and proteus spp.
  - b) Streptococcus pneumonia and Haemophilus influenza.
  - c) Staphylococcus aureus and haemophilus influenza.
  - d) Proteus spp. and Streptococcus pneumonea.
15. When suctioning a laryngeal tube;-
- a) It should take about 10 seconds.
  - b) A clean and not aseptic technique should be used.
  - c) Suction is applied while inserting the catheter into the tube.
  - d) Suctioning should be done continuously till secretions clear.
16. The appropriate intervention in decreasing absorption of an ingested poison is:-
- a) Performing haemodialysis
  - b) Administering milk
  - c) Performing gastric lavage
  - d) Administering activated charcoal
17. The drug that would be used to control oedema of the spinal cord in a patient with a spinal cord injury at level T12 is:-
- a) Acetazolamide
  - b) Furosemide
  - c) Methylprednisolone
  - d) Sodium bicarbonate
18. In Fallot's tetralogy there is;
- a) Pulmonary artery stenosis, ventricular septal defect, aortic misplacement & right ventricular hypertrophy.
  - b) Coarctation of the aorta, patent ductus arteriosus, aortic stenosis and ventricular septal defect.
  - c) Ventricular hypertrophy, coarctation of the aorta, atrial septal defect and Blue babies syndrome.
  - d) Atrial-ventricular hypertrophy, coarctation of the aorta, ventricular septal defect and pulmonary artery stenosis.
19. In myocardial infarction, Nitroglycerin is administered to;-
- a) Dilate arteries in small doses.
  - b) Decrease ischemia by reducing myocardial oxygen consumption.
  - c) Increase the preload.
  - d) Enable the patient achieve muscle relaxation.
20. A patient with Angina Pectoris manifests with:-
- a) An acute onset of dyspnea and pleuritic chest pain
  - b) Severe crushing chest pain that is not relieved by nitroglycerin
  - c) Pressure in the chest that is relieved by morphine sulphate
  - d) Substernal chest pain that is usually accompanied by diaphoresis
21. Fluid filled blisters that are greater than 0.5cm in diameter are referred to as:-
- a) Macules
  - b) Vesicles
  - c) Papules
  - d) Bullae

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

1. Draw and label a diagram to illustrate the arch of the aorta and its branches (5 marks)
2. State four (4) causes of acute pancreatitis (4 marks)
3. State four (4) nursing interventions for improving airway clearance (4 marks)
4. Outline five (5) steps of planning phase in the nursing process (5 marks)
5. List three (3) blood products and give an indication for each. (3 marks)
6. Explain the process of administering a metered dose inhaler to a patient with an asthmatic attack (4 marks)
7. State five (5) factors you would consider when positioning a patient on operating table (5 marks)
8. Outline three(3) specific nursing interventions for a patient with hyperkalemia (3 marks)
9. a) State four (4) specific pre-operative interventions for a patient scheduled for cholecystectomy (4 marks)  
b) Outline three (3) complications associated with cholecystectomy (3 marks)

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

1. Mr. Yee 45yrs old is admitted in a surgical ward with benign prostatic hyperplasia. He is scheduled for prostatectomy.
  - a) Define benign prostatic hyperplasia (BPH) (1 mark)
  - b) Outline five (5) clinical features Mr. Yee may present with (5 marks)
  - c) List four (4) surgical approaches for prostatectomy (2 marks)
  - d) Describe the care you would provide to Mr. Yee following prostatectomy till discharge (12 marks)
2. Mrs Chispat 40 yrs old is admitted in a medical ward having been diagnosed to have myeloid leukaemia:-
  - a) Define myeloid Leukaemia (2 marks)

- b) List six (6) signs and symptoms Mrs. Chispat may present with (3 marks)
- c) Describe the management for Mrs. Chispat until discharge (15 marks)

**MARCH 2011 COLLEGE FINAL EXAMINATION**

**PAPER ONE**

**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<sup>0</sup>c
  - 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;

- Restricting the jerking movements to prevent injury
- Inserting an oral airway to protect the tongue
- Putting pillows and raising the side rails if the patient is in bed
- 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;

- Resting the foot
- Applying a heating pad
- Applying an elastic compression bandage
- Elevating the ankle on a pillow while sitting or lying down

19. Risk for osteoporosis is greatest in;

- A 36-year-old man who has asthma
- A 70-year-old man who consumes alcohol
- A sedentary 65-year-old woman who smokes cigarette
- A 25-year-old woman who jogs

20. The following indicate infection in a casted extremity

- Diminished distal pulse
- Presence of a "hot spot" on the cast
- Coolness and pallor of the extremity
- Dependent edema

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)

### **COLLEGE FINAL EXAMINATION: PAPER ONE**

**DATE: TUESDAY 15<sup>th</sup> OCTOBER 2013**

### **PART I: MULTIPLE CHOICE QUESTIONS**

Q1. Central type obesity seen in Cushing's syndrome occurs mainly due to:

a) Accelerated protein catabolism and protein use by muscle cells

b) Increased mineral corticoid activity leading to retention of water and sodium

c) Increased mobilisation of fats especially from the extremities and deposition in other areas

d) Increased androgen secretion hence causing masculinisation

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.

- Q2. The following are indications for limb observations;
- Fracture pelvis, anemia and compartment syndrome.
  - Deep venous thrombosis, malignancy and cellulitis.
  - Compartment syndrome, Laminectomy and deep venous thrombosis.
  - Post spinal anaesthesia, fracture malleolus, Tropical ulcers.
- Q3. Post hip joint replacement (arthroplasty) the nurse should:-
- Maintain adduction of lower limbs and external rotation
  - Educate the patient to avoid flexing the hip joint beyond 45°
  - Ensure the patient takes high calorie foods on a daily basis
  - Ascertain the closed wound suction (potovac drain) isn't vacuumed.
- Q4. The cerebrospinal fluid,
- Is reabsorbed into blood capillaries in the dura mater
  - Is secreted into the subarachnoid space from pia mater capillaries
  - Is found in the ventricles and subarachnoid space
  - Is found in the subarachnoid and epidural space
- Q5. The high threshold substances that are completely reabsorbed by renal tubules include,
- Creatinine, urea, uric acid.
  - Water, urine, plasma proteins
  - Bicarbonate, glucose, amino acids
  - Sodium, Potassium, Phosphate
- Q6. A nurse should advise a patient with reflux oesophagitis to,
- Take high roughage diet
  - Eat highly seasoned foods
  - Avoid caffeine containing drinks
  - Take high protein, low fat and high fibre diet
- Q7. When a patient with fracture of the humerus develops a Vockman's contracture it signifies damage to,
- Brachial artery
  - Ulnar artery
  - Ulnar nerve
  - Radial nerve
- Q8. Mannitol is indicated in management of,
- Heart failure and anaemia
  - Pulmonary edema and congestive heart failure
  - Renal failure and elevated intracranial pressure
  - Elevated intraocular pressure and increased intracranial pressure
- Q9. The immediate complications of a burn injury includes,
- Hypokalemea, ischemia and acute renal failure
  - Compartment syndrome, hyperkalemea and hypovolemea
  - Hyponatremea, anaemia and hypercalcemea
  - Acute renal failure, compartment syndrome and eschar formation
- Q10. The drugs that are mainly indicated in management of myocardial infarction include,
- Pethidine, buscopan and hydrocortisone
  - Morphine, oxygen and nitroglycerine
  - Pethidine, propranolol and heparin
  - Alteplase, atenolol and junior Aspirin
- Q11. The following diseases/conditions are associated with high levels of calcium in blood;
- Multiple myeloma and osteoarthritis
  - Osteoporosis and rheumatoid arthritis
  - Bone tumours and rheumatoid arthritis
  - Multiple myeloma and bone tumours
- Q12. The technique used in nursing patients with sickle cell crisis is:
- Isolation
  - Reverse barrier nursing.
  - Barrier nursing.
  - General nursing.
- Q13. In stage II of a pressure sore,
- The underlying skin is hardened (indurated)
  - There is an open lesion exposing the subcutaneous tissue
  - There is reddening of the affected pressure point skin
  - Necrosis extends through the skin and subcutaneous tissue
- Q14. When nursing a patient with chronic obstructive pulmonary disease, the nurse should,
- Ensure the patient gets high flow rate oxygen at 100%
  - Advise the patient to get influenza and pneumococcal vaccines

- c) Avoid administration of prophylactic bronchodilators
- d) Position the patient in dorsal recumbent position to enhance ventilation

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

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

Q16. The following laboratory test involves antigen-antibody reaction:

- a) Alcohol Fast Bacilli Test.
- b) Widal test
- c) Gram Staining.
- d) International Normalizing ratio (INR)

Q17. The common side-effects of anti-neoplastic therapy includes,

- a) Alopecia, bone marrow depression, central nervous system depression.
- b) Central nervous system depression, anorexia, alopecia.
- c) Nausea and vomiting, alopecia, central nervous system depression.
- d) Stomatitis, bone marrow depression, alopecia.

Q18. The following complication is associated with prolonged mechanical ventilation of a patient,

- a) Gastro-intestinal haemorrhage
- b) Immunosuppression
- c) Increased cardiac output
- d) Pulmonary embolism

Q19. A patient with a cataract is likely to complain of,

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

Q20. The following nursing diagnosis would be most appropriate for a client, who has undergone hysterectomy,

- a) Imbalanced nutrition; less than body requirement related to nausea and vomiting
- b) Excess fluid volume related to surgery
- c) Ineffective breathing pattern related to post-operative pneumonia

- d) Ineffective coping related to body image disturbance

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

Q1. Outline five (5) specific nursing interventions for a client who has undergone transurethral resection of the prostate gland (TURP). (5 mrks)

Q2. Describe the pathophysiology of acute pancreatitis (5 mrks)

Q3. State four (4) principles of urethral catheter care (4 mrks)

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

Q5. Draw & label a diagram illustrating functional areas of the cerebrum (4mrks)

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

Q7. State four (4) roles of a nurse for a client to undergo a CT-Scan test with a contrast (4 mrks)

Q8. Describe the process of conducting an abdominal examination of a client during physical assessment (5 mrks)

Q9. Explain five (5) features of a normal electrocardiogram (ECG) (5 mrks)

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

Q1. Mr. Q. 45yrs old is admitted in a surgical ward with a diagnosis of a prolapsed vertebral disc and is scheduled for laminectomy procedure

- a) State four (4) clinical features Mr.Q. may have presented with (4 mrks)
- b) Describe the pre and post-operative care for Mr .Q (12 marks)
- c) State four (4) complications associated with laminectomy (4 mrks)

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

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

#### **MARCH 2012 CLASS, COLLEGE FINAL EXAMINATION: PAPER ONE**

**DATE: THURS 24th APRIL 2014**

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

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

- e) Absent breath sounds



- f) Inspiratory wheezing
- g) Dullness on chest percussion
- h) Pronounced crackles

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

- e) Relax the walls of the heart's arteries.
- f) Improve the strength of the heart beat.
- g) Prevent irregularities in ventricular contractions.
- h) Decrease inflammation of the heart wall.

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

- e) Risk for infection related to stasis of alveolar secretions
- f) Impaired skin integrity related to pressure
- g) Activity intolerance related to pump failure
- h) Constipation related to immobility

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

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

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

- e) Hypotension, Kussmaul's breathing, hunch back & diaphoresis
- f) Moon face, buffalo hump, central obesity & thin musculature
- g) Mood swings, slow wound healing, hypertension & tunnel vision
- h) Flushing, brittle skin, abdominal pain and encephalopathy

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

- e) Identifying the causative organism for the infection diagnosed
- f) Identifying the most effective antibiotics against the causative organism
- g) Identifying the antibiotics that the patient is resistant to
- h) Testing the concentration of antibiotic required to cure an infection

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

- e) Halos and rainbows around lights
- f) Eye pain and irritation that worsens at night
- g) Blurred and hazy vision

- h) Eye strain and headache when doing close work

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

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

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

- e) Meet dietary needs and prevent fistula formation
- f) Maintain an open airway and prevent aspiration
- g) Meet fluid & dietary needs and prevent aspiration
- h) Prevent fistula formation and reduce aspiration

Q10. When a burn occurs in an adult,

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

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

- e) Sliding the client to move her up in bed
- f) Rolling the client onto her side
- g) Lifting the client when moving her up in bed
- h) Having the client lift herself off the bed using a trapeze

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

- e) On the other arm
- f) On both arms sitting and standing
- g) With the patient standing
- h) After a 5 min wait

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

- e) Circulating and anaesthetic nurses
- f) Anaesthetic and scrub nurses
- g) Circulating and Scrub nurses
- h) Recovery room and scrub nurses

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

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

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

- e) Offer the client liquids to drink
- f) Provide the client with oral hygiene
- g) Encourage client to cough and deep breath
- h) Auscultate the client's bowel sounds

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

- e) Color, sensation and pulses
- f) Level of consciousness, limb symmetry and muscular strength
- g) Capillary refill, sensation and muscle power
- h) Color, warmth and muscle power

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

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

Q18. The priority indicator of increasing intracranial pressure is,

- e) Unequal pupil size
- f) Decreasing systolic pressure
- g) Tachycardia
- h) Decreasing body temperature

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

- e) Meat, eggs and beans
- f) Beans, Peas and rice
- g) Capsicum , Sorghum and Millet
- h) Meat, Maize, Sorghum

Q20. In pyloric stenosis there is,

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

#### **MARCH 2009 FINAL SUPPLEMENTARY: PAPER 1**

#### **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

- a) Adduction
- b) Pronation
- c) Flexion
- d) Abduction

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

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).

**MARCH 2009 COLLEGE FINAL PAPER 1**

**DATE: THURSDAY 26<sup>TH</sup> MAY 2011**

**MULTIPLE CHOICE QUESTIONS (MCQ's) 20 Marks**

- 21) 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

- 22) Skills needed in critical thinking include

- a) Preference
- b) Inference
- c) Self indulgence
- d) Adherence

- 23) 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

- 24) The following manifestation of rheumatic fever can lead to permanent complications

- a) Sydenham's chorea
- b) Erythema marginatum
- c) Subcutaneous nodules
- d) Carditis

- a) Mediator, source, receiver
- b) Feedback, social setting, amplifier
- c) Channel, message, source
- d) Speaker, audience, recorder

25) The type of blood that is called the universal donor blood is:

- a) Type A
- b) Type B
- c) Type AB
- d) Type O

30) 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

26) Movement of an extremity away from the midline of the body is called

- a) Adduction
- b) Pronation
- c) Flexion
- d) Abduction

31) 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

27) 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

32) 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

28) 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

33) 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

29) Components of the communication process include;

34) 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?

35) 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

36) 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

37) 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

38) Which problem constitutes a medical emergency

- a) Anuria
- b) Polyuria
- c) Dysuria

d) Dyspnea

39) 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

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

- e) Restlessness among the audience
- f) Message too long
- g) Inadequate knowledge on the subject area
- h) Negative attitude towards the message

#### **SHORT ANSWER QUESTIONS (SAQ's) 40 Marks**

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

- c. Hypoxaemia
- d. Oxyhaemoglobin

- c) Common among the elderly.
- d) Common in hyperthyroidism.

**LONG ANSWER QUESTIONS (LAQ's) 40 Marks**

- 3) 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)
- 4) 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).

Q:8. In neurogenic (spinal) shock:-

- a) The heart rate is higher than normal.
- b) The skin is dry and normal.
- c) There is a wide pulse pressure.
- d) There is a narrow pulse pressure.

Q:9. Early manifestations of shock in the respiratory system include:-

- a) Hyperventilation, reduced carbon dioxide and oxygen partial pressures.
- b) Hyperventilation, reduced carbon dioxide partial pressure, normal oxygen partial pressure.
- c) Hyperventilation, increased carbon dioxide and oxygen partial pressures.
- d) Hyperventilation, normal carbon dioxide and oxygen partial pressures.

Q:10. Measures that may be taken to reduce gastro-oesophageal acid reflux include:-

- a) Taking antacids one hour after meals, avoiding alcohol.
- b) Taking coffee immediately after meals, avoiding alcohol.
- c) Taking antacids one hour before meals, avoiding alcohol.
- d) Taking antacids one hour after meals, taking coffee immediately after meals.

Q: 6.Obesity:-

- e) Is a result of imbalance between fats and carbohydrates intake.
- b) Represents excess of body carbohydrate reserve.
- c) Is associated with a BMI of greater than 40.
- d) Is associated with a BMI of 30 to 40

**COLLEGE FINAL SUPPLEMENTARY EXAMINATION: PAPER 1**

**SEPTEMBER 2009 CLASS**

**PART I: MULTIPLE CHOICE QUESTIONS:**

Q:6. Ranitidine used in management of peptic ulcers acts by;

- a. Blocking histamine 2 receptors
- b. Blocking the proton pump
- c. Coating the abdominal mucosa
- d. Neutralizing the acid.

Q:7. A sinus tachycardia is :-

- a) An abnormal heart rhythm.
- b) Associated with a pulse rate above 150 beats/min.



Q: 7. Leiomyomas:-

- a. Mostly regress with menopause
- b. May become malignant if not removed early
- c. Are best managed through Total abdominal hysterectomy
- d. Respond better to hormonal therapy compared to uterine artery embolization.

Q: 8. Curling's ulcers are:-

- a) Common in patients with head injury.
- f) Observed in about 72 hrs following extensive burns.
- g) Mainly caused by Helicobacter pylori.
- h) Usually linked to excessive ingestion of steroids.

Q: 9. A patient suffering from sinusitis affecting the ethmoid bone will feel pain:-

- m) Between and behind the eyes.
- n) Over the forehead, back of head.
- o) Over cheeks, below the eyes.
- p) In front and back of the head.

Q:10. Following cataract extraction, the patient should wear glasses to:-

- k) Improve vision.
- l) Enhance healing.
- m) Protect the eye.
- n) Prevent infections.

Q:11. The following is **true** about carcinoma of the colon:-

- m) Radiotherapy with adjuvant chemotherapy is the treatment of choice.
- n) Is associated with increased motions when it affects the left colon.
- o) Is associated with constipation when the right colon is affected.
- p) Colon resection with bowel anastomosis is the treatment of choice.

Q: 12. The health messages that should be shared with a patient who has suffered from

Myocardial infarction include:-

- m) Identification and modification of all risk factors.
- n) Reporting to health care providers if extremely fatigued.
- o) Eating low salt but fluid-free diet.
- p) Reporting insomnia whenever it occurs.

Q: 13. A central venous pressure (CVP) line is:-

- m) Only meant for hyperalimentation.
- n) Used to measure the amount of circulatory volume deficit.
- o) Helpful in assessing functioning of the left side of the heart.
- p) Helpful in assessing functioning of the right side of the heart.

Q: 14. The *Somogyi* effect:-

- m) Presents with elevated blood sugars after a carbohydrate meal.
- n) Is prevented by decreasing pre-dinner dose of intermediate insulin.
- o) Is usually avoided by decreasing the amount of bedtime snack.
- p) Presents with hyperglycaemic levels at around 3 after midnight (am).

Q: 15. While caring for a patient with urine incontinence, the nurse should:-

- m) Avoid exposing the patient to timed voiding patterns.
- n) Carry out "bladder drills" with the patient.
- o) Instruct the family members how to perform *Keegel* exercises.
- p) Educate the patient to avoid anticholinergic drugs.

Q: 16. The appropriate nursing diagnosis post spinal surgery is:-

- m) Acute pain related to the surgical procedure.
- n) Impaired physical mobility related to postoperative surgical regimen.

- o) Deficient knowledge about postoperative course and home care management.
- p) Potential for haematoma formation related to prolonged and delicate surgery.

Q:17. A patient with acute haemorrhage should be transfused:-

- m) Packed cells.
- n) Whole blood.
- o) Fresh Frozen plasma (FFP).
- p) Factor VIII cryoprecipitate.

Q:18. Kaposi's sarcoma:-

- m) Mainly affects the skin of the lower limbs.
- n) Is always associated with HIV infection.
- o) Presents with multiple boils.
- p) Has lesions scattered all over the body.

Q: 19. A retention enema:-

- a) Is indicated to empty the bowel of faeces
- b) Is a means of applying local treatment
- c) Precedes a soap and water enema
- d) Is administered for colonic lavage

Q: 20. The sources of fluid output include

- a) Blood loss, sputum, vomitus
- b) Perspiration, faecal matter , urine
- c) Urine, exhalation, perspiration
- d) Sputum, faecal matter, vomitus

**PART II: SHORT ANSWER QUESTIONS:**

- 9. Outline four (4) body temperature abnormalities (4mks)
- 10. Draw and label a diagram illustrating the exchange of gases in internal respiration (5mks)
- 11. Explain five (5) specific nursing interventions for a patient with thyrotoxicosis (5mks)
- 12. List four(4) types of therapeutic baths giving an indication for each (4mks)
- 13. State five (5) specific nursing responsibilities for a patient with vesicle-vaginal fistula(5 mks)
- 14. Explain six (6) nursing responsibilities for a patient to pre- Arthroscopy (6mks)
- 15. State two (2) specific nursing responsibilities for patients on each of the following drugs:-
  - a) Erythromycin
  - b) Phenytoin
- 16. State four (4) predisposing factors to chronic bronchitis
- 17. Explain four (4) specific post-operative nursing interventions for a patient who has undergone spinal anaesthesia (4 mrks)

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

- 3. Mrs Aya 35 years old is admitted in a surgical unit with 30% Total body surface area second degree burns.
  - a) Draw and label a diagram illustrating layers of the skin. (5mks)
  - b) State two effects of burns on cardiovascular system. (2mrks)
  - c) Describe the specific management for Mrs. Aya for the first 72 hrs. (13mrks)
- 4. Mr. Yu 48 yrs old is admitted in a medical ward with ischemic stroke.
  - j) Outline three (3) forms of ischemic stroke. (3 mrks)

k) Describe the specific management for Mr. Yu from admission till discharge.

(14 mrks)

l) State three (3) complications associated with ischemic stroke.(3mrks)

- a) H. influenza and S. pneumonia.
- b) S. aureus and H. influenza.
- c) S. Pneumonia and S. Pyogenes.
- d) H.influenza and S.pyogenes.

### MID MODULE ONE EXAMINATION    SEPTEMBER 2011 CLASS

#### PART ONE: MULTIPLE CHOICE QUESTIONS (MCQ 20 MKS)

1. A child on long term use of corticosteroids is at risk of;

- a) Growth retardation.
- b) Peripheral neuropathy.
- c) Muscular degeneration.
- d) Hyperkalemia.

2. Intradermal injection is administered at an angle of;

- a) 15<sup>0</sup>.
- b) 45<sup>0</sup>
- c) 60<sup>0</sup>
- d) 90<sup>0</sup>

3. Indicate whether the following statements are True or False in the answer sheet provided.

- a) Asthma is a form of chronic obstructive disease (COPD)
- b) In chronic bronchitis there is coughing & sputum production for at least 3 months.

4. When measuring central venous pressure (CVP) the nurse should;

- a) Mark the location of the right atrium.
- b) Identify the location of the left atrium.
- c) Always ensure the patient lies in supine position.
- d) Allow Normal saline to drip rapidly into the client for 5 min before taking CVP reading.

5. Chronic bronchitis is commonly caused by;

6. The appropriate health message to a patient who develops stomatitis secondary to radiotherapy is ;

- a) Gargle with mouthwash and rinse thoroughly after each meal.
- b) Use ice cold liquids such as tea or cola to relieve discomfort.
- c) Use a toothbrush soaked in saline to clean the mouth.
- d) Drink citrus juices

7. Sympathetic stimulation of the cardiovascular system causes;-

- a) Increased heart rate and constriction of coronary arteries.
- b) Constriction of GIT secretory gland vessels with increased flow of digestive juices.
- c) Increased peripheral resistance and dilatation of coronary arteries.
- d) Increased force of heart contraction & reduced peripheral resistance.

8. The immediate effects of burns on body fluids and electrolytes include ;-

- a) Hypokalemia & Hyponatremia.
- b) Reduced circulatory blood volume and hypernatremia.
- c) Hyponatremia and Hyperkalemia.
- d) Reduced urine output and hypokalemia

9. Before a client undergoes a mammogram test, the nurse should educate her to:-

- a) Avoid drinking fluids four hours prior the test.
- b) Avoid use of deodorants, creams & powders in the under arm before the test.
- c) Expect a slight wheal skin reaction after the procedure.
- d) Shave all axillary hair prior turning up for the test.

10. Post thyroidectomy, the nurse can rule out laryngeal nerve damage by;
- Asking the patient to speak.
  - Stimulating the patient's gag reflex.
  - Determining the patient's ability to swallow.
  - Telling the patient to extend his tongue.
11. Priority Nursing diagnostic label for a diabetes mellitus patient experiencing peripheral neuropathy is;
- Altered health maintenance.
  - Altered urinary elimination.
  - Risk for impaired skin integrity.
  - Knowledge deficit.
12. A deteriorating condition for a patient with head injury will be indicated by;
- Widening pulse pressure and irregular respiratory pattern.
  - Narrowing pulse pressure and escalation of discomfort.
  - Bradycardia and Kussmaul breathing.
  - Oliguria and narrow pulse pressure.
13. The primary causes of acute otitis media are;-
- Escherichia coli and proteus spp.
  - Streptococcus pneumonia and Haemophilus influenza.
  - Staphylococcus aureus and haemophilus influenza.
  - Proteus spp. and Streptococcus pneumonea.
14. When suctioning a laryngeal tube;-
- It should take about 10 seconds.
  - A clean and not aseptic technique should be used.
  - Suction is applied while inserting the catheter into the tube.
  - Suctioning should be done continuously till secretions clear.
15. Orem's self-care model depicts nursing as ;
- Assisting individuals to their optimal level of self care.
  - Promoting environment- client interactivity to enhance healing.
  - Performing self care activities for a patient to enhance recovery.
  - A profession that is centred on client Self care activities .
16. Angiotensin-converting enzyme (ACE)inhibitors;
- Inhibit conversion of angitensinogen to angiotensin I.
  - Block receptors from binding angiotensin II.
  - Inhibit conversion of angiotensin I to angiotensin II.
  - Block angiotensin I receptor sites.
17. In Fallot's tetralogy there is;
- Pulmonary artery stenosis, ventricular septal defect, aortic misplacement & right ventricular hypertrophy.
  - Coarctation of the aorta, patent ductus arteriosus, aortic stenosis and ventricular septal defect.
  - Ventricular hypertrophy, coarctation of the aorta, trial septal defect and Blue babies syndrome.
  - Atrial-ventricular hypertrophy, coarctation of the aorta, ventricular septal defect and pulmonary artery stenosis.
18. In myocardial infarction, Nitroglycerin is administered to;-
- Dilate arteries in small doses.
  - Decrease ischemia by reducing myocardial oxygen consumption.
  - Increase the preload.
  - Enable the patient achieve muscle relaxation.
19. The characteristic signs and symptoms of laryngo tracheo-bronchitis are;
- Stridor, subglottic edema.
  - Wheeze, vomiting.
  - Chest pain, pyrexia.
  - Spasmodic cough, copious vomiting.
20. A 2 yrs old child brought to a health facility with a respiratory rate of 42B/min, cough and chest in drawing will be classified as:-
- Pneumonias

- f) Severe pneumonia
- g) Laryngotracheobronchitis
- h) Status asthmaticus

- b) Describe the pre and post operative care for Mr. Xiao (12 mrks)
- c) State three(3) immediate complications associated with open reduction internal fixation (3 mrks)

**PART 2: SHORT ANSWER QUESTIONS (40 MARKS)**

10. Outline five (5) specific nursing interventions for a child with Leukaemia (5mrks)
11. Draw and label a diagram illustrating the skin (5 marks)
12. State four (4) indications for cardiopulmonary resuscitation (4 mrks)
13. Describe the pathophysiology of rheumatic heart disease (5 mrks)
14. List three (3) blood products and give an indication for each. (3 mrks)
15. Describe the process of administering an inhaler to a patient with an asthmatic attack (4 marks)
16. Write short notes on Lasix ( frusemide ) in reference to the following subheadings (4mrks)
  - i) Dose
  - ii) Indications.
  - iii) 2 specific Nursing responsibilities.
17. Outline five (5) roles of a scrub nurse in theatre (5 mrks)
18. List four (4) qualities of a good counsellor ( 2mrks)
19. State the first three (3) psychosexual stages of development according to Sigmund Freud ( 3 mrk)

**PART 3: LONG ESSAY ANSWER QUESTIONS (40 MARKS)**

1. Mr. Xiao 45yrs old is admitted in a surgical ward with a fracture of the femur and is scheduled for open reduction internal fixation (ORIF)
  - a) Outline the phases of fracture healing (5 mrks)

2. Master Chrisley is admitted in a paediatric ward having been diagnosed to have nephritic syndrome-:
  - d) State four (4) causes of nephritic syndrome ( 4 mrks)
  - e) Draw and label a diagram illustrating a nephron ( 4 mrks)
  - f) Describe the management for master Christly from admission till discharge (12 mrks).

**March 2012 CLASS  
END MODULE ONE EXAM**

**PART I: MULTIPLE CHOICE QUESTIONS (40 Marks)**

Hypotension in acute pancreatitis is mainly caused by;

- a. Profuse vomiting
  - b. Loss of large amounts of protein rich fluid into tissues & peritoneal cavity.
  - c. Bleeding into the tissues and peritoneal cavity.
  - d. Profuse sweating and anxiety
- 2 Indicate whether the following statements are **True (T)** or **False (F)** in the answer sheet provided.
    - a. Contact lenses are safer than glasses.
    - b. A rhonchi type of adventitious sound is produced when air passes through a narrow passage.
  - 3 A PRN medication order;
    - a. May not have a termination date
    - b. Medication is given when the client requires.
    - c. Treatment is given when in the nurse's judgement the client requires.

- d. Is a onetime order.
- 4 The expected outcomes for a patient has “potential for impaired gas exchange related to fluid overload” is;
- No shortness of breath, scaphoid abdomen.
  - Chest X-ray normal, improved gas exchange.
  - Respiratory rate less than 20breaths/min, skin colour normal.
  - Heart rate less than 100 beats/min, increased urine output.
- 5 The type of ECG commonly seen in myocardial infarction is;
- Ventricular fibrillation.
  - Atrial fibrillation
  - Sinus Tachycardia
  - Atrial Flutter
6. During Lumbar puncture, a needle is inserted in the space between;-
- Fifth and sixth thoracic vertebrae.
  - Fourth and fifth thoracic vertebrae
  - Third and Fourth Lumbar vertebrae.
  - 1<sup>st</sup> and 2<sup>nd</sup> Lumbar vertebrae.
7. In chronic bronchitis;-
- There is cough and sputum production for at least 3 months in 2 consecutive years.
  - There is destruction of alveoli walls.
  - There is increased ciliary function in the airway.
  - There is flow limitation and is not fully reversible
8. A major burn is:-
- Partial thickness with more than 20% in children.
  - Full thickness with 2-10% burn.
  - Full thickness with less than 2%.
  - Partial thickness with 10-20% burn in children.
9. When nursing a patient with Gillain Barre syndrome (GBS), the nurse should know that;
- GBS is never a medical emergency.
  - Elective intubation is necessary.
  - Use of anticoagulant agents is contra-indicated.
  - GBS is associated with descending paralysis.
10. When nursing a patient who has gout attack;
- The patient is prepared for Arthroplasty immediately.
  - Encourage the patient to eat plenty of fruits and vegetables.
  - Encourage consumption of legumes and organ meat only.
  - ASA 150mg is administered orally immediately
11. A deteriorating condition for a patient with head injury will be indicated By;-
- Widening pulse pressure and irregular respiratory pattern.
  - Narrowing pulse pressure and escalation of discomfort.
  - Bradycardia and Kussmaul breathing.
  - Oliguria and narrow pulse pressure.
12. The primary causes of acute otitis media are;-
- Escherichia coli and proteus spp.
  - Streptococcus pneumonia and Haemophilus influenza.
  - Staphylococcus aureus and haemophilus influenza.
  - Proteus spp. and Streptococcus pneumonea.
13. Low blood sugars in a child can be treated by administering;-
- 50mls of sugar water orally.
  - 5% dextrose 10mls/kg bolus.
  - 50% dextrose 5mls/kg bolus.
  - 20mls of dextrose saline IV.
14. Orem’s self-care model depicts nursing as;
- Assisting individuals to their optimal level of self care.
  - Promoting environment- client interactivity to enhance healing.

- c. Performing self care activities for a patient to enhance recovery.
- d. A profession that is centred on client Self care activities.

15. Turbid urine is an indication of;

- a. Dehydration and urinary tract infection.
- b. Presence of prostatic fluid and WBC.
- c. Anuria and presence of RBCs.
- d. Perineal injury and prolonged use of diuretics.

16. In Fallot's tetralogy there is;

- a. Pulmonary artery stenosis, ventricular septal defect, aortic misplacement & right ventricular hypertrophy.
- b. Coarctation of the aorta, patent ductus arteriosus, aortic stenosis and ventricular septal defect.
- c. Ventricular hypertrophy, coarctation of the aorta, atrial septal defect and Blue babies syndrome.
- d. Atrial-ventricular hypertrophy, coarctation of the aorta, ventricular septal defect and pulmonary artery stenosis

17. In neurogenic Shock;-

- a. The heart rate is higher than normal.
- b. The skin is dry and normal.
- c. There is a wide pulse pressure.
- d. There is a narrow pulse pressure.

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

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

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

- a. Pneumonias
- b. Severe pneumonia
- c. Laryngotracheobronchitis

- d. Status asthmaticus

20. For a patient scheduled for endoscopic retrograde cholangiopancreatography (ERCP) the nurse should

- a. Withhold food and fluids for 24hrs before examination
- b. Assess the prothrombin time and INR of the patient
- c. Tell the patient that the procedure takes 4 hrs
- d. Have a chest XRY done before the procedure

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

20. Describe the physiology of sight (4mrks)

21. Outline four (4) specific nursing interventions for a patient with a colostomy (4 marks)

22. List six (6) nursing procedures that require use of aseptic technique (3 mrks)

23. Describe the pathophysiology of diabetetic keto-acidosis (DKA) (5 mrks)

24. State three (3) specific nursing responsibilities for a patient who has undergone a liver biopsy procedure. (3 mrks)

25. State four (4) specific health messages a nurse will share with a mother whose child has Rheumatic heart disease (4 marks)

26. Write short notes on Nifedipine ( Adalat ) in reference to the following subheadings (4mrks)

iv) Dose

v) Indications.

vi) 2 specific Nursing responsibilities.

27. List three (3) surgical positions used in theatre and give one indication for each (3mrks)

28. List four (4) I.V fluids and give an indication for each (4mrks)

29. State the first three (3) specific nursing interventions for a child with hydrocephalus after the shunt is inserted ( 3 mrks)

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

3. Mr. Xao 45yrs old is admitted in a surgical ward with a fracture of the femur and is scheduled for open reduction internal fixation (ORIF) .
- a) Outline the phases of fracture healing (5 mrks)
  - b) Describe the pre and post operative care for Mr. Xao (12 mrks)
  - c) State three(3) immediate complications associated with open reduction internal fixation (3 mrks)
4. Master Chrisley is admitted in a paediatric ward having been diagnosed to have nephritic syndrome:-
- g) State four (4) causes of nephritic syndrome ( 4 mrks)
  - h) Draw and label a diagram illustrating a nephron ( 4 mrks)
  - i) Describe the management for master Chrisley from admission till discharge (12 mrks).

**AMREF VIRTUAL NURSING SCHOOL  
PAPER ONE 2010 EXAMINATION**

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

1. In cases of brain injury, temporary loss of consciousness followed by alertness with equal pupils indicates;
- a. Subdural hematoma
  - b. Brain contusion
  - c. Brain concussion
  - d. Intracranial hematoma
2. While counselling a patient, the nurse should;
- a. Make good decision for the patient
  - b. Keep confidentiality of patients problems
  - c. Be judgemental throughout the session
  - d. Hide certain harmful information from the patient
3. According to IMCI guidelines, the criteria to refer a child with ear problem from a health centre is;
- a. Acute ear infection, pus discharge less than 14days
  - b. Chronic ear infection, pus discharge more than 14 days
  - c. Tender swelling behind the ear
  - d. Ear pain
4. The only movable born of the human skull is the;
- a. Maxilla
  - b. Temporal
  - c. Mandible
  - d. Zygomatic
5. The involuntary expulsion of urine that occurs during coughing is referred to as;
- a. Urgency incontinence
  - b. Stress incontinence
  - c. Overflow incontinence
  - d. Urge incontinence
6. Management of osteoporosis include;
- a. Increased calcium intake, decreased coffee intake
  - b. Performing weight bearing exercises, Increased calcium intake
  - c. Decreased calcium intake, engaging in regular moderate activity
  - d. Cessation of smoking, avoiding weight bearing exercises
7. Maximum growth of head circumference is attained at age of;
- a. 1-3yrs
  - b. 4-5 yrs
  - c. 7-8 yrs
  - d. 10-15yrs
8. Sensation indicators of peripheral neuromuscular dysfunction are;



- a. Cyanosis and paralysis
  - b. Weakness and unrelenting pain
  - c. Absence of feeling and pallor
  - d. Absence of feeling and pain on passive stretch
9. Following gastrectomy, dumping syndrome occurs as a result of;
- a. Reduced gastric motility resulting from vagus nerve stimulation
  - b. Removal of acid producing cells thus resulting in reduced absorption of vit B12
  - c. Rapid gastric emptying of hyperosmolar fluid and substances into the duodenum
  - d. Damage of vagus nerve and cardiac sphincter
10. Priority nursing intervention for a patient with a peritoneal abscess is to;
- a. Administer analgesic for pain relief
  - b. Administer intravenous fluid
  - c. Reassure the patient
  - d. Administer parenteral nutrition
11. When estimating the size of burns, the palm of the patient's hand represents total body surface area of;
- a. 3%
  - b. 1%
  - c. 4.5%
  - d. 9%
12. The health message given a patient following tympanoplasty is;
- a. Drink fluids using a straw
  - b. Avoid blowing the nose and sneeze through the mouth
  - c. Administer saline water into the ear to aid healing
  - d. Avoid noisy places up to two weeks post operatively
13. The most important nursing intervention for a patient with a skin disorder is;
- a. Patient teaching
  - b. Prevention of secondary infection
  - c. Application of infection
  - d. Counselling because of altered body image.
14. Prothrombin and fibrinogen are produced by;
- a. Gall bladder
  - b. Liver
  - c. Pancreas
  - d. Bone marrow
15. The most appropriate nursing intervention to decrease postoperative edema and pain following an inguinal herniorrhaphy is;
- a. Applying a truss to the hernia site
  - b. Allowing the patient to stand to void
  - c. Elevating the scrotum with a support
  - d. Supporting the incision during coughing and deep breathing
16. A patient with common bile duct obstruction related to cancer pancreas is likely to present with;
- a. Brown faeces, dark coloured urine
  - b. Scleral icterus, malena stool
  - c. Dark coloured urine, scleral icterus
  - d. Jaundice, brown faeces
17. In addition to the general symptoms of anaemia, a patient with pernicious anaemia also manifest with;
- a. Coagulation deficiencies
  - b. Low immunity
  - c. Neurological symptoms
  - d. Cardiovascular disturbances
18. Nursing interventions for a patient with acute infective endocarditis include;
- a. Early ambulation and activity progression
  - b. Restricted activity for several weeks

- c. Low calorie diet
- d. Increased fluid intake

19. Rapid and deeper respirations are stimulated by the respiratory centre of the brain when;
- a. Oxygen saturation levels are greater than 90%
  - b. Carbon dioxide levels increase
  - c. Alveoli contract
  - d. The diaphragm contracts and lowers its dome.
20. Addison's disease results from;
- a. Decreased production of parathyroid hormone.
  - b. Excessive secretion of epinephrine and norepinephrine
  - c. Inadequate secretion of glucocorticoids
  - d. Over activity of parathyroid glands

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

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

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

1. Mr X is admitted in medical ward with a diagnosis of emphysema.
  - a. State four (4) clinical features of emphysema. (4mks)

- b. Explain how emphysema can lead to heart failure. (2mks)
- c. State three (3)diagnostic tests for emphysema (3mks)
- d. Describe the nursing management of Mr X. (11mks)

2. Mrs Y is admitted in surgical ward for thyroidectomy.
  - a. Draw and label a diagram illustrating the thyroid gland and its associated structures. (5mks)
  - b. State three (3) indications for thyroidectomy. (3mks)
  - c. Describe the pre and postoperative management for Mrs Y. (12mks)

**SUPPLEMENTARY COLLEGE FINAL EXAMINATION**

**PAPER I SEPT 2010 CLASS**

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

1. For a patient with suspected increased intracranial pressure (ICP), a most appropriate respiratory goal is to,
  - a. Prevent respiratory alkalosis.
  - b. Lower arterial pH.
  - c. Promote carbon dioxide elimination.
  - d. Maintain partial pressure of arterial oxygen (PaO<sub>2</sub>) above 80 mm Hg
2. The following action is contraindicated for a patient who begins to experience seizure activity while in bed.
  - a. Loosening restrictive clothing
  - b. Restraining the client's limbs to avoid injury
  - c. Removing the pillow and raising padded side rails
  - d. Positioning the client to side, if possible, with the head flexed forward
3. A Nurse should provide the following medication instruction for a patient on co-trimoxazole (Septrin).
  - a. "Take the medication with food."
  - b. "Drink at least eight glasses of fluid daily."
  - c. "Avoid taking antacids during co-trimoxazole therapy."
  - d. "Don't be afraid to go out in the sun."
4. The following indicate that a patient has an infection caused by Candida albicans.
  - a. Cottage cheese-like discharge

- b. Yellow-green discharge
  - c. Gray-white discharge
  - d. Discharge with a fishy odor
5. The priority nursing intervention for a patient with continuous bladder irrigation who reports bladder pain on the first day after transurethral resection of the prostate is;
    - a. Increase the intravenous fluid flow rate.
    - b. Notify the physician immediately.
    - c. Assess the irrigation catheter for patency and drainage.
    - d. Administer prescribed analgesic and monitor the patient pulse
  6. An appropriate nursing diagnosis for a client with renal calculi is;
    - a. Ineffective tissue perfusion
    - b. Functional urinary incontinence
    - c. Risk for infection
    - d. Decreased cardiac output
  7. The life span of normal platelets is;
    - a. 3-4 months
    - b. 1-2 months
    - c. 1-3 days
    - d. 7-10 days
  8. A patient who reports stomach pain 2hrs after feeding is likely to have,
    - a. Duodenal ulcer
    - b. Gastric ulcer
    - c. Peptic ulcer
    - d. Curling's ulcer
  9. In planning care for a patient with ulcerative colitis, the priority nursing diagnosis is;
    - a. Anxiety
    - b. Impaired skin integrity
    - c. Fluid volume deficit
    - d. Altered nutrition; less than body requirement
  10. The following action is contraindicated for a patient post mastectomy;
    - a. Taking blood pressure on the side of the mastectomy
    - b. Elevating the arm on the side of the mastectomy
    - c. Positioning the patient on the unaffected side.
    - d. Flexing the arm on the unaffected side
  11. The best intervention for a patient with hyphema is;
    - a. Elevate the head of the bed and apply ice to the eye.
    - b. Place the patient in supine position and apply heat to the eye.
    - c. Elevate the head of the bed and apply ice to the ear.
    - d. Place the patient in supine position and apply heat to the ear.
  12. The best method of administering syrup FeSO<sub>4</sub> is;
    - a. Administer the medication with milk
    - b. Administer the medication with meals
    - c. Administer the medication with orange juice
    - d. Administer the medication undiluted.
  13. The priority nursing action for a client with severe burns of the left arm, hands, face and neck would be;
    - a. Starting IV fluids
    - b. Administering oxygen
    - c. Assessing the blood gases
    - d. Administering analgesics
  14. When managing a patient scheduled for transphenoidal removal of the pituitary gland, the nurse should be alert for,
    - a. Nasal congestion
    - b. Abdominal tenderness
    - c. Muscle atony
    - d. Oliguria
  15. The following client should be given priority when assigning patients for reverse barrier nursing ;
    - a. A patient with Cushing's syndrome
    - b. A patient with diabetes mellitus type 1

- c. A patient with acromegaly
- d. A client with myxedema

16. Pulmonary edema is associated with failing;

- a. Right atrium
- b. Left atrium
- c. Right ventricle
- d. Left ventricle

17. Pulse pressure (pp) is;

- a. Difference between the systolic and diastolic pressure
- b. The sum of the systolic and diastolic pressure
- c. The inverse of the blood pressure
- d. Half of the systolic pressure

18. If a chest drainage system is accidentally disconnected, the nurse should;

- a. Place the end of the chest tube in a container of sterile saline
- b. Apply an occlusive dressing and notify the physician.
- c. Clamp the chest tube immediately.
- d. Secure the chest tube with tape.

19. The amount of air inspired and expired with each breath is called:

- a. Tidal volume.
- b. Residual volume.
- c. Vital capacity.
- d. Dead-space volume.

20. Indicate whether the following statements are true or false.

- a. Osteomalacia is caused by insufficient calcium absorption from the intestine.
- b. Pathologic fractures result from many repeated small stresses on a bone.

#### **PART TWO: SHORT ANSWER QUESTIONS 40MKS**

1. Outline four (4) complications of oxygen therapy. (4mks)
2. Describe the pathophysiology of rheumatic heart disease. (3mks)

3.

- a. Define the term status epilepticus. (1mk)
  - b. State four (4) nursing interventions for a patient with status epilepticus. (4mks)
4. State five (5) causes of uterine prolapse. (5mks)
  5. Explain five (5) clinical features of hyperthyroidism. (5mks)
  6. State five (5) classes of drugs used in management of hypertension.(5mks)
  7. State five (5) health messages you would share with a patient with renal failure. (5mks)
  8. Describe the rennin-angiotensin system. ( 6mks)
  9. List four (4) complications of pneumonia. (2mks)

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

1. Mr. Y is admitted in the medical ward with a newly diagnosed diabetes mellitus type 2.
  - a. State four (4) differences between type 1 and type 2 diabetes mellitus. (4mks)
  - b. Describe the management of Mr. Y from admission to discharge. (13mks)
  - c. State three (3) microvascular complications of diabetes mellitus. (3mks)
2. Mrs. M is admitted to your surgical ward with intestinal obstruction.
  - a) Draw and label a diagram of the alimentary canal and its accessory organs ( 5 marks)

- b) State four (4) causes of mechanical intestinal obstruction. (4 marks)
- c) Describe the post operative nursing management for Mrs M. ( 11 marks)

**PCEA CHOGORIA HOSPITAL**

**PART I: MULTIPLE CHOICE QUESTIONS**

Q1. The cause of diabetes insipidus is:

- a) Increased production of antidiuretic hormone.
- b) Decreased production of antidiuretic hormone.**
- c) Increased production of insulin hormone.
- d) Decreased production of insulin hormone.

Q2. Kidney pain may radiate to the:

- a) Back.
- b) Umbilicus.**
- c) Shoulder.
- d) Chest.

Q3. Reabsorption of amino acids and glucose in the nephron takes place at:

- a) Distal convoluted tubule.
- b) Loop of henle.
- c) Proximal convoluted tubule.
- d) Collecting tubule.**

Q4. Bacterial skin infections include:

- a) Folliculitis, cellulitis, carbuncles.**
- b) Cellulitis, shingles, carbuncles.
- c) Folliculitis, warts, shingles.
- d) Warts, cellulitis, shingles.

Q5. The immediate clinical manifestation of pulmonary embolism is:

- a) Migraine headache.
- b) Hypertension.
- c) Central cyanosis.
- d) Sudden chest pain.**

Q6. First degree burn manifestation includes:

- a) Blanching with pressure.**
- b) Blisters.
- c) Edema.
- d) Weeping surface.

Q7. Curling's ulcer is one of the complications of burns which occurs in the:

- a) Rectum.
- b) Ileum.
- c) Duodenum.**
- d) Colon.

Q8. Initial intervention for external bleeding would involve:

- a) Elevation of the affected part above level of the heart.
- b) Application of ice over the bleeding vessel.
- c) Direct pressure over the bleeding vessel.**
- d) Application of a tourniquet.

Q9. The first stage of immune response to an infection is:

- a) Humoral immune response.
- b) Phagocytic immune response.**
- c) Cellular immune response.
- d) Antibody immune response.

Q10. Early manifestations of otosclerosis causes:

- a) Vertigo.
- b) Conductive hearing loss.**
- c) Sensorineural hearing loss.
- d) Discomfort in the ear.

Q11. The conditions that occurs due to light rays being focused in front of the retina is:

- a) **Myopia.**
- b) Hypermetropia.
- c) Presbyopia.
- d) Astigmatism.

Q12. The secretory phase of the menstrual cycle:

- a) Follows ovulation.
- b) **Precedes ovulation.**
- c) Occurs during ovulation.
- d) Occurs during fertilization.

Q13. Hemorrhoid symptoms and discomfort can be reduced by:

- a) High residue diet and laxatives.
- b) High residue diet and enema.
- c) High residue diet and analgesics.
- d) **Avoiding excessive straining during defecation and increased fluid intake.**

Q14. Dumping syndrome:

- a) Occurs one hour after a meal.
- b) **Results from entrance of hypertonic food directly into the jejunum.**
- c) Is more pronounced following a non-sugary meal.
- d) Results from slow emptying of gastric contents into the jejunum.

Q15. In neurovascular assessment of a fractured limb, sensation compromise indicators are:

- a) **Paresthesia, absence of feeling, unrelenting pain.**
- b) Pain on passive stretch, paralysis, cyanosis.
- c) Unrelenting pain, cool temperature, capillary refill greater than 4 seconds.
- d) Weakness, cyanosis, Paresthesia.

Q16. A fracture that produces several bone fragments is referred to as:

- a) Greenstick.

- b) Avulsion.
- c) **Comminuted.**
- d) Impacted.

Q17. Which of the following is not involved in Glasgow coma scale assessment:

- a) Eye opening.
- b) Motor response.
- c) Verbal response.
- d) **Sensory response.**

Q18. Leiomyoma is a benign tumor of:

- a) Striated muscles.
- b) **Smooth muscles.**
- c) Fibrous tissue.
- d) Cartilage tissue.

Q19. Effects of parasympathetic nervous stimulation on the cardiovascular system include:

- a) Vasodilatation of coronary arteries, increased blood pressure.
- b) **Vasoconstriction of peripheral blood vessels, increased heart rate.**
- c) Vasodilatation of skeletal blood vessels, increased blood coagulation.
- d) Decreased heart rate, vasoconstriction of coronary arteries.

For question 20 indicate whether the following statements are TRUE or FALSE on the answer sheet provided.

Q20. a) Myocardial infarction causes pain to radiate widely throughout the chest. [T]

b) Pericarditis manifests with pain to the left of the sternum. [T]

#### **PART II: SHORT ANSWER QUESTIONS**

Q1. State four (4) steps of planning in the nursing process.

4

Q2. Explain the pathophysiology of asthma.

5

Q3. State three (3) acute complications of diabetes mellitus.

3

Q4. Explain the management of a patient following lumbar puncture.

8

Q5. State five (5) nursing interventions for a patient with Cushing's syndrome.

5

Q6. Outline the management of pelvic inflammatory disease.

5

Q7. Explain the three basic measures to control peripheral edema.

6

Q8. Write short notes on omeprazole using the following headings.

a) Classification ½

b) Indication.

½

c) Mode of action.

1

d) List four (4) side effects.

2

**PART III: LONG ANSWER QUESTIONS MARKS**

Q1. Mr. Omo sustained burns on the neck, chest and abdomen and was admitted in the surgical ward.

a) Draw and label a diagram of the skin.

5

b) Outline four (4) factors that determine the severity of a burn injury.

4

c) Explain the specific management of Mr. Omo within 48 hours post burn injury. 11

Q2. Mr. F sustained a fracture of the femur following a road traffic accident.

a) Explain the two (2) methods of fracture reduction.

4

b) Outline five (5) factors that promote bone healing.

5

c) Explain the management of Mr. F following application of a cast. 10

d) List any two (2) complications that Mr. F may develop.

1

**SEPTEMBER 2012 CLASS**

**PAPER ONE**

**Part One: Multiple Choice Questions (20marks)**

1. The following is true about gout;

- a) Acute attack may be triggered by alcohol ingestion
- b) The knee joint is the most commonly affected
- c) Allopurinol is the safest of the uricosuric agents
- d) Primary nursing care in acute attacks focuses on nutritional counseling

2. When nursing a patient on traction the;

- a) Nurse should frequently remove the weights to allow range of motion
- b) Traction must be continuous for it to be effective in reducing and immobilizing fractures
- c) Nurse should ensure anticoagulants are administered daily.
- d) Traction site should be taken an X-ray on alternate days

3. Pleurisy;

- a) Refers to the inflammation of the parietal pleura only
  - b) Presents with diffuse chest pain
  - c) Presents with chest pain that reduces with holding of breath.
  - d) Management entails position the patient on the non-affected side
4. In Cor pulmonale the;
- a) Patient has left ventricular hypertrophy
  - b) Patient has right auricular hypertrophy
  - c) Most common cause is Chronic Obstructive Pulmonary Disease (COPD)
  - d) Patient should be advised to take in a lot of fluids
5. When managing a patient with status epileptic attack, the nurse should;
- a) Put pads on bed rails to prevent patient from injury
  - b) Prevent biting of the tongue by inserting wooden pads in the mouth
  - c) Restrain the movement to prevent injuries
  - d) Put the patient in supine position to enable airway clearance
6. In management of a patient with nephrotic syndrome, the nurse should;
- a) Restrict proteins and potassium intake.
  - b) Administer hypotonic solutions and high protein diet.
  - c) Restrict potassium and sodium intake.
  - d) Restrict sodium and increase potassium intake.
7. Post intracranial surgery a patient is mainly at risk of;-
- a) Hypoxia, paralytic ileus and hypostatic pneumonia
  - b) Cerebral oedema, hypoxia and seizures.
  - c) CSF leakage, urine retention and hyperthermia.
  - d) Hypotension, septicaemia and sensory deprivation
8. The correct diet for a patient with acute renal failure is,
- a) High protein, high calorie, low sodium, low potassium
  - b) Low fat, low protein, high potassium, low sodium
  - c) High calorie, low protein, low sodium, low potassium
  - d) Bland, low calorie, low sodium, low potassium
9. Sitz baths post haemorrhoidectomy are meant to;
- a) Promote healing
  - b) Relieve tension
  - c) Lower body temperature
  - d) Prevent infection
10. The leading cause of death after liver transplant is;
- a) Bleeding
  - b) Infections
  - c) Rejection
  - d) Deep venous thrombosis
11. Acidosis results in;
- a) Shift of potassium from blood to the cells
  - b) Shift of potassium from cells to blood
  - c) Increased potassium loss through the kidneys
  - d) Increased potassium loss through the gastrointestinal tract.
12. Drugs used in management of endometriosis include;
- a) Analgesics, antibiotics
  - b) Prostaglandin inhibitors, oral contraceptives
  - c) Oxytocics, analgesics
  - d) Oral contraceptives, oxytocics
13. Contact dermatitis is associated with skin;
- a) Atrophy
  - b) Lichenification
  - c) Crusts
  - d) Keloids
14. The following are granulocytes;
- a) Eosinophils, basophils, neutrophils
  - b) Neutrophils, T-cells, B-cells
  - c) Plasma cells, neutrophils, mast cells
  - d) Monocytes, T-cells, B-cells



15. Hypo-proliferative anemias include;
- Iron deficiency anemia, sickle cell anemia, aplastic anemia
  - Anemia secondary to renal dysfunction, iron deficiency, megaloblastic anemia
  - Drug induced anemia, aplastic anemia, anemia due to chronic blood loss
  - Folate deficiency anemia, Vitamin B12 deficiency anemia, sickle cell anemia
16. Indicate whether the following statements are True (T) or False (F) in the foolscap provided.
- Mydriatics cause pupil constriction
  - Miotics reduce aqueous humor production
17. Management of Meniere's disease entails;
- Restriction of foods high in sodium and sugars
  - Restricting fluid and sodium
  - Increasing intake of sodium and potassium
  - Restricting fluid and caffeine
18. Stress ulcers in burns can be prevented by;
- Avoiding enteral feeding until fluid balance is achieved
  - Administration of proton pumps inhibitors prophylactically.
  - Administration of anxiolytics to relieve anxiety
  - Administration of antibiotics to prevent H. Pylori infection.
19. Hyperparathyroidism presents with
- Hypocalcemia, osteoporosis
  - Hypercalcemia, kidney stones
  - Hyperkalemia, heart arrhythmias
  - Hypokalemia, muscle cramps
20. Hydralazine reduces blood pressure by;
- Inhibiting Angiotensin Converting Enzyme

- Blocking Adrenergic receptors
- Relaxing the smooth muscles
- Blocking calcium channels.

**Part Two: Short Answer Questions (40 Marks)**

- Outline five (5) specific nursing responsibilities for a patient with end stage renal disease (ESRD) (5marks)
- State four (4) roles of a nurse for a patient to undergo colonoscopy (4marks)
- Explain five (5) specific nursing interventions for a patient with spinal injury within 12hrs of admission. (5marks)
- Outline four (4) roles of a nurse for a patient with a tension pneumothorax (4marks)
- Draw and label a diagram illustrating a simple reflex arc (5marks)
- State three (3) nursing interventions for a patient with functional intestinal obstruction (3 marks)
- Outline five (5) causes of uterine prolapse. (5marks)
- State four (4) health messages for a patient with multiple myeloma. (4 marks)
- State five (5) complications of Cushing's syndrome. (5 marks)

**Part Three: Long Answer Questions (40 Marks)**

- Mrs. Kay is admitted in the ward with a diagnosis of myocardial infarction.
  - State six (6) risk factors to atherosclerosis. (6 marks)
  - Other than atherosclerosis outline three (3) causes of myocardial infarction. (3marks)
  - Describe specific management for Mrs. Kay. (11 marks)

2. Mr. Puddy 60yrs old is admitted in a surgical and is diagnosed to have prolapse of the intervertebral disc (PID) and is scheduled for laminectomy.

- a. Draw and label a diagram illustrating a typical lumbar vertebra. 4marks
- b. State three (3) risk factors for prolapsed of the intervertebral disc (PID).( 3marks)
- c. Describe the pre and post-operative management for Mr. Puddy. (13 marks)

**AMREF VIRTUAL TRAINING SCHOOL  
SEPTEMBER 2013 CLASS**

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

1. Russell's traction is indicated in;
  - a. Femur,knee and hip fractures
  - b. Minor fractures of lower spine,sciatica,muscle spasms
  - c. Degenerative disc disease of cervical spine,shoulder dislocation,muscle spasm
  - d. Femur,acetabulum and lower leg fracture
2. Joints usually affected by osteoarthritis are;
  - a. Thoracic spine,knees,wrist
  - b. Acromioclavicular,sacral spine,lower cervical spine
  - c. Ankle,sacro-iliac,hip
  - d. Thoracic spine, hip,temporal mandibular
3. Status asthmaticus can be precipitated by;
  - a. Infection,tranquilizers overdose, emphysema,anxiety
  - b. Tranquilizers overdose,nebulizer abuse,anxiety,infection
  - c. Tranquilizers overdose,anxiety,blebs and aspirin overdose
  - d. Emphysema,infection,nebulizer abuse and bullae
4. Broncho-pneumonia presents with,
  - a. Stabbing chest pain,low grade fever,dry cough and low pulse.
  - b. Nasal flaring, fever, cyanosis and stabbing chest pain
  - c. Rapid pulse,nasal flaring, barrel chest and low grade fever
  - d. Low grade fever,nasal flaring,stabbing chest pain and low pulse.
5. The main role played by the anaesthetic nurse is,
  - a. Intubating patient.
  - b. Extubating patient
  - c. Observing patient
  - d. Supporting the scrub nurse
6. The following information about a patient is classified as objective data,
  - a. Feels tired, blood pressure 130/70mmHg,leg hurts
  - b. Dry skin, nocturia, anorexia
  - c. Seems nervous, temperature 37<sup>0</sup>C, pale
  - d. Allergic to sulphur drugs, skin rash, lethargic
7. A patient is to receive 500mls of Normal saline over a period of 6 hrs. Using a fluid giving set with a drop factor of 20dpm, the nurse should regulate the flow rate to,
  - e. 27 drops/minute.
  - f. 28 drops/ minute.
  - g. 43 drops/minute.
  - h. 44 drops/minute
8. The micro-organisms that are minimised through hand-washing include;
  - e. Streptococcus pyogenes.
  - f. Staphylococcus albus
  - g. Escherichia coli.
  - h. Entamoeba histolytica
9. A deteriorating condition for a patient with head injury will be indicated by,
  - e. Widening pulse pressure and irregular respiratory pattern.
  - f. Narrowing pulse pressure and escalation of discomfort.
  - g. Bradycardia and Kussmaul breathing.
  - h. Oliguria and narrow pulse pressure

10. The substances that are completely reabsorbed by renal tubules after filtration (high- threshold materials) include,
- Creatinine,urea,uric acid
  - Water,urine, plasma proteins
  - Bicarbonate,glucose,amino-acids
  - Sodium,potassium,phosphate
11. Late symptoms of cervical cancer include,
- Painful micturition, haematuria
  - Rectal bleeding, referred flank pain
  - Painless bleeding, menorrhagia.
  - Oedema of extremities, thin watery vaginal discharge
12. The motor abilities observed in a 5 months old infant include,
- Able to sit when supported, turns over front to back.
  - Able to sit unsupported, cruises easily around furniture.
  - Able to pull self to standing position, transfers objects hand to hand.
  - Can hold to small objects, holds hands tightly closed
13. In non-communicating forms of hydrocephalus,
- CSF formation is normal but re-absorption is abnormal
  - CSF re-absorption is normal but formation is abnormal
  - The obstruction exists between the choroid plexi and sub-arachnoid space
  - The obstruction exists between the foramen magnum and the central canal
14. The diet implemented for a patient in acute renal failure is,
- High protein,high calorie,low sodium,low potassium
  - Low fat,low protein,high potassium,low sodium
  - High calorie,low protein,low sodium,low potassium
  - Bland,low calorie, low sodium,low potassium
15. In right sided (diastolic) heart failure,
- Patients present with distended Jugular vein
  - There is compensatory tachycardia
  - There is production of frothy sputum
  - Patients complain of light headedness
16. The priority interventions for a patient who has suffered a cardiac arrest are,
- High quality CPR and early defibrillation
  - Establishing IV access, history taking
  - Early defibrillation, administration of hydrocortisone
  - Taking a 12 lead ECG, administration of Atropine
17. When nursing a patient on steroids, the nurse should,
- Observe for oedema, weigh daily, monitor blood counts
  - Maintain infection control, monitor blood sugar, maintain hydration
  - Observe for bone marrow suppression, minimise exposure to heat, encourage bed rest
  - Encourage increased fluid intake, administer anti-emetics, monitor RBC count
18. The indications for terminal cleaning of isolation room include,
- Infective hepatitis, meningococcal hepatitis,malaria,HIV infection
  - Chicken pox,malaria, measles and pneumonia
  - Measles,chicken pox,infective hepatitis
  - Methicillin resistant staphylococcus aureus (MRSA), liver cirrhosis, measles & hepatitis
19. The following are causes of functional intestinal obstruction
- Intususception, volvulus
  - Hyperkalemia, faecal impaction
  - Peritonitis, paralytic ilies
  - Peritonitis , hyperkalemia
19. Indicate whether the following statements are true or false in the answer sheet provided
- Central venous pressure (CVP) assesses pressure within the superior venacava and competency of the right side of the heart
  - In hyperkalemia cases, a nurse should intravenously administer 10% glucose with regular insulin

20. Patients with Chronic obstructive pulmonary disease (COPD),
- Has chronic high levels of carbon dioxide (hypercapnia) in circulation
  - Has increased sensitivity to high levels of carbon dioxide
  - Their breathing is stimulated by high levels of oxygen
  - They mainly suffer Asthma

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

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

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

- Master Xio 10 years old is admitted in paediatric ward with a diagnosis of acute glomerulonephritis.
  - Define glomerulonephritis (1 mark)
  - Describe the pathophysiology of glomerulonephritis (4 marks)
  - State four (4) clinical manifestations Master Xio may present with ( 4 marks)
  - Describe the specific management of Master Xio till discharge ( 11 marks)

- Ms. Y 50 yrs old is admitted in a surgical ward with cholecystitis and is scheduled for open cholecystectomy
  - Draw a diagram illustrating the Biliary tract (5 marks)
  - Describe the pre and post operative care for Ms. Y (12 marks)
  - State three(3) immediate complications associated with open cholecystectomy (3 marks)

**SUPPLEMENTARY COLLEGE FINAL EXAMINATION**

**PAPER 4 SEPT 2010 CLASS**

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

- The following information obtained from a mother of a child with cerebral palsy correlates to the diagnosis;
  - She was born at 40 weeks gestation
  - She had meningitis when she was 6 months old.
  - She had physiologic jaundice after delivery
  - She has frequent sore throats
- The following would indicate a complication post tonsillectomy;
  - A low grade fever
  - Frequent swallowing
  - Decreased appetite
  - Chest congestion

The following is associated with intussusception in a 2 yr old.

- Blood stained stools
  - Projectile vomiting
  - Ribbon like stools
  - Palpable mass over the flank.
- A nurse finds an oxygen saturation of 78% in a 9 year old child with asthma, the best action to take would be;
    - Notify the physician
    - Do nothing as this is normal
    - Administer oxygen
    - Assess the child's pulse

4. A mother of a 2yr old child with sickle cell anaemia wants to know why the condition did not present during the child's first year of life. The best response would be;
  - a. There is no test to measure sickled cells during infancy
  - b. Infants do not have insensible fluid loss
  - c. Infants rarely have infections that would cause sickling
  - d. Fetal haemoglobin does not sickle
  
5. A patient with high serum sodium levels is likely to present with;
  - a. Mania
  - b. Psychosis
  - c. Depression
  - d. Anger
  
6. The following indicates effective electroconvulsive therapy for a patient with severe depression.
  - a. The patient loses consciousness
  - b. The patient vomits
  - c. The patient's ECG indicates tachycardia
  - d. The patient has a grand mal seizure
  
7. A chart of a patient with schizophrenia states that the patient has circumstantiality, this means that the patient;
  - a. Speaks using words that rhyme
  - b. Repeats words used by others
  - c. Include irrelevant details in conversation
  - d. Makes up new words with no meaning
  
8. A patient admitted in the psychiatry unit claims to be the pope and insists that he will not be kept away from his followers. The most likely explanation for the client's delusion is;
  - a. A reaction formation
  - b. A stressful event
  - c. A low self esteem
  - d. Overwhelming anxiety
  
9. When discharging a client on monoamine oxidase inhibitor (MAOI), the nurse should instruct the relatives to ensure the patient;
  - a. Wears protective clothing and sunglasses when out in the sun.
  - b. Avoids over the counter cold preparations
  - c. Drinks at least 8 glasses of water per day.
  - d. Takes food rich in high-quality protein
  
10. The objective domain that deals with acquisition of attitudes is;
  - a. Psychomotor
  - b. Cognitive
  - c. Affective
  - d. Comprehension
  
11. Components of a lesson plan include;
  - a. Objectives, teaching media
  - b. Teaching media, lesson number
  - c. Teaching method, name of the teacher
  - d. Lesson number, teaching method
  
12. The role of stimulus variation in an instruction forum is to:-
  - a. Excite the learners to like the subject.
  - b. Help improve the learner's concentration.
  - c. Assist the learners remember all learning activities.
  - d. Entertain and stimulate the eagerness to learn.
  
13. A tutorial may be defined as:-
  - a. Session assigned to an individual student or group of learners.
  - b. Discussion session between a teacher and a small group of learners
  - c. Method of encouraging group discussions among students
  - d. Method of assigning an enthusiastic student from the class a subject to discuss with others.
  
14. A manikin (dummy patient) can be classified as;
  - a. Projected, visual, real and conventional teaching aid
  - b. Projected, visual, artificial and emerging teaching aid
  - c. Non-projected, audio, real and emerging teaching aid.
  - d. Non projected, visual, artificial and conventional teaching aid

15. The chapter of a research proposal that includes the ethical considerations is;
  - a. Introduction
  - b. Literature review
  - c. Methodology
  - d. Theoretical framework
  
16. The form of research typically conducted by nurses and other professionals to help them solve local problems is;
  - a. Action research
  - b. Basic research
  - c. Predictive research
  - d. Explorative research
  
17. The following best describes quantitative research;
  - a. The collection of non-numerical data
  - b. An attempt to confirm the researcher's hypotheses
  - c. Research that is exploratory
  - d. Research that attempts to generate a new theory
  
18. A condition or characteristic that can take on different values or categories is called;
  - a. A constant
  - b. A variable
  - c. A cause-and-effect relationship
  - d. A descriptive relationship
  
19. The following technique 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.

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

1. State four (4) elements of a therapeutic community (4mks)
2. State five (5) forms of delusions (5mks)
3. State five (5) principles of learning. (5mks)
4. Outline the first six (6) steps of developing a competency based curriculum. (6mks)
5. State five (5) clinical features of acute glomerulonephritis. (5mks)
6. Describe the assessment and classification for a 3yr old child presenting with cough or difficulty in breathing using the IMCI approach. (5mks)
7. State any five (5) types of research designs. (5mks)
8. Outline three (3) methods of data collection. (3mks)
9. List four (4) barriers to nursing research. (2mks)

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

1. Acute lymphocytic leukemia is a common condition in children.
  - a. Define acute lymphocytic leukemia. (1mk)
  - b. List four (4) predisposing factors to leukemia. (2mks)
  - c. Describe the pathophysiology of leukemia.(5mks)
  - d. Describe specific nursing interventions for a child with acute lymphocytic leukemia. (12mks)
  
2. Mr. Ray is brought to the psychiatry ward by the relatives involuntary, a diagnosis of delirium is made
  - a. Define delirium. (1mk)
  - b. State any five (5) causes of delirium.(5mks)
  - c. State four (4) features that Mr. Ray may present with.(4mks)
  - d. Describe the management of Mr. Ray from admission to discharge. (10mks)