



**FINAL QUALIFYING EXAMINATION
DIPLOMA IN COMMUNITY HEALTH NURSING
PAPER ONE**

DATE: TUESDAY

17TH JANUARY 2017

TIME ALLOWED: 3 HOURS

9:00AM -12:00 NOON.

INSTRUCTIONS TO CANDIDATES:

1. ENTER YOUR EXAMINATION NUMBER on the space provided on the examination answer booklet and inside every page of the answer booklet.
2. Enter QUESTION NUMBERS on the space provided in the examination answer book.
3. Confirm you have written the EXAM and QUESTION numbers correctly before handing in your booklet.
4. Omission of/ and or wrong numbering of a question or part of the question will result in 10% deduction of the marks scored from the relevant part.
5. Observe all the examination rules and regulations as stipulated in the college rules and regulations.
6. Follow any other instructions from the supervisor as may be necessary.
7. Mobile phones are NOT allowed in the examination hall.

Part 1-Multiple Choice Questions (20 Marks)

- 1. The body's internal environment which is tightly controlled and kept within normal limit is:**
 - a) Control feedback mechanism
 - b) Compensatory mechanism
 - c) Homeostasis
 - d) Equilibrium

- 2. The action of promethazine is to:**
 - a) stop the action of vagal nerve impulse
 - b) stop the action of gastric motility
 - c) antagonize the action of histamine
 - d) Block the symphathetic outflow

- 3. Reverse barrier nursing is aimed at:**
 - a) nursing a patient in a corner bed with a sink
 - b) taking precautions to protect the patient
 - c) taking precautions to protect other patients
 - d) nursing a the patient who has a highly infectious disease

- 4. The mechanism that drives specialized protein carrier molecules across cell membrane is:**
 - a) transport maximum
 - b) osmosis
 - c) diffusion
 - d) adenosine triphosphate

- 5. Wound healing by granulation takes place when:**
 - a) deep wounds break down and get restored again
 - b) scar formulation takes place
 - c) The abscess is incised and the dead cells are released
 - d) Pus is formed or when loss of tissue has occurred

6. The First Aid treatment for a casualty with an open fracture of the leg is:

- a) Apply direct pressure on the wound, and raise the legs
- b) apply pressure around the wound and support limb
- c) lay casualty down and lower the legs
- d) elevate the head and apply pressure

7. Before barium meal is performed, the nurse should:

- a) Position the patient in supine position
- b) Perform a head to toe examination
- c) Take history and ask for history of allergic reactions to barium
- d) Alert the doctor if the patient has severe vomiting

8. The anti-retroviral drugs that cause side-effect of lactic acidosis are:

- a) Abacavir, lamuvidine
- b) Didanosine, stavudine
- c) Tenofovir, didanosine
- d) Stavudine, abacavir

9. Steroid nasal sprays are used in management of sinusitis to:

- a) Moisten secretions
- b) Prevent nasal crusting
- c) Reduce mucosal inflammation
- d) Thin the nasal secretions

10. The heart at rest contracts between:

- a) 55-65 beats/min
- b) 65-75 beats/min
- c) 70-72 beats /min
- d) 72-82/beats /min

11. An individual who is considered overweight has a basal metabolic rate (BMI) of:

- a) 21-25
- b) 25-29
- c) 30-39
- d) Above 40

12. Simple sugars in the mouth are responsible for:

- a) Gingivitis
- b) Dental carries
- c) Dental abscesses
- d) Periodontitis

13. The STI that particularly increases transmission and acquisition of HIV

include:

- a) Gonorrhea, chancroid
- b) Candidiasis, gonorrhea
- c) Chancroid, Chlamydia
- d) Syphilis, genital herpes

14. Restoration of bone fragments to the original position following a fracture is

called:

- a) Reduction
- b) Immobilization
- c) Rehabilitation
- d) Restoration of function

15. The position an unconscious patient should be nursed in is:

- a) Recumbent
- b) Lithotomy
- c) Prone
- d) Semi-prone

16. Parklands' formula is used to calculate:

- a) Total burnt surface area
- b) Fluid replacement
- c) Thickness of the burn
- d) Haemo-concentration

17. The normal intraocular pressure (IOP) ranges between:

- a) 10-15 mmHg
- b) 10-21 mmHg
- c) 10-31 mmHg
- d) 10-40 mmHg

18. Match the items in column A with the corresponding item in column B

Column A

- I. Reconstructive surgery
- II. Diagnostic surgery

Column B

- a) Usually performed to obtain a tissue sample for analysis of cells suspected to be malignant
- b) The goals of treatment are to make the patient as comfortable as possible and to promote a satisfying and productive life for as long as possible
- c) Involves removing non-vital tissues or organs that are likely to develop cancer
- d) May follow curative or radical surgery and is carried out in an attempt to improve function or obtain a more desirable cosmetic effect

19. The theory that 'Nursing is a helping or assisting profession to persons who are wholly or partly dependent or when those who are supposedly caring for them is attributed to:

- a) Henderson
- b) Orem
- c) Roy
- d) Nightingale

20. According to Wallace an adult who has sustained burns on one leg and the genitalia areas has:-

- a) 10% burns
- b) 18% burns
- c) 19% burns
- d) 27% burns

Part 11-Short Answer Questions (40 Marks)

1. Explain three (3) types of blood vessels **(6 marks)**
2. Explain the two (2) components of the central nervous system **(4 marks)**
3. Define the following terms:
 - a) Microbe **(1 mark)**
 - b) Pathogenicity **(1 mark)**
 - c) Glands **(1 mark)**
 - d) Tumour **(1 mark)**
 - e) Ethics **(1marks)**
 - f) Chief complaint **(1 marks)**
4. Outline the respiratory function of the nose **(3 marks)**
5. With the aid of a diagram illustrate the main food groups and their recommended proportions within a balanced diet (food pyramid) **(6 marks)**
6. Outline two (2) physical and (2) psychological changes that take place during puberty in a female **(4 marks)**
7. Outline three (3) functions of potassium in the body **(3Marks)**
8. State four (4) adaptive modes recommended by Callista Roy during patient assessment **(4 marks)**
9. Outline four (4) specific messages given to a client on anti retroviral therapy regarding the drugs **(4marks)**

Part 111-Long Answer Questions (40 Marks)

1. Master bikbik has been received in casualty department following road traffic accident. He has gone into cardiac arrest.

- a) Explain two (2) predisposing factors to cardiac arrest (4 marks)**
- b) State five (5) clinical features that can be elicited from him to indicate cardiac arrest (5 marks)**
- c) Describe the resuscitation measures that would be undertaken to stabilize the patient. (11marks)**

2. Ms Kikilolo 25 years presents in outpatient department with features of pulmonary tuberculosis

- a) Explain the following:**
 - i. Active phase of tuberculosis (2 marks)**
 - ii. Extra pulmonary tuberculosis (2 marks)**
- b) Outline four (4) clinical features of tuberculosis (4marks)**
- c) Describe the management of a newly diagnosed patient with PTB (12marks)**