

# **NURSING COUNCIL OF KENYA**

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

### **PAPER ONE**

**DATE: WEDNESDAY 24<sup>TH</sup> AUGUST 2016**

**TIME ALLOWED: 3 HOURS**

**9.00 AM to 12.00 PM**

#### **INSTRUCTIONS TO CANDIDATES:**

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

**KRCHN (BASIC) EXAMINATION: PAPER ONE: AUGUST 2016**  
**PART I: MULTIPLE CHOICE QUESTIONS:**

- Q:1: Obstruction of the hepatopancreatic sphincter impairs digestion by reducing the availability of:-
- a) Hel and bile.
  - b) Hel and intestinal juice.
  - c) Pancreatic juice and intestinal juice.
  - d) Pancreatic juice and bile.
- Q:2: Non-specific body defense mechanisms include:-
- a) T-lymphocytes, B-lympocytes.
  - b) Natural killer celles, phagocytes.
  - c) Antibodies, mucus membranes. ✓
  - d) Phagocytes, B-lymphocytes.
- Q:3: Mycoses that cause systemic infection include:-
- a) Histoplasma capsulatum, coccidioides immitis.
  - b) Modurella mycetomatis, sporothrix schenckii.
  - c) Malassezia furfur, microsporum.
  - d) Candida albicans, epidermophyton floccosum.
- Q:4: Patients with COPD are encouraged to exercise because it:-
- a) Improves respiratory muscle strength.
  - b) Reduces the number of exacerbations.
  - c) Prevents over – reliance on medication.
  - d) Enhances cardiovascular compliance.
- Q:5: The most appropriate treatment goal for a client with status asthmaticus is:-
- a) Avoiding intubation.
  - b) Determining the cause of attack. ✓
  - c) Improving exercise tolerance.
  - d) Reducing secretions.
- Q:6: When caring for a client with emphysema, the oxygen flow rate should not exceed:-
- a) 1 L/min.
  - b) 6 L/min.
  - c) 10 L/min.
  - d) 3 L/min.
- Q:7: Modified risk factors for cardiovascular disease include:-
- a) Use of OCPs, gender.
  - b) Hyperlipidemia, hyperglycemia.
  - c) Obesity, family history.
  - d) Age, family history.

Q:8: The correct landmark for obtaining apical pulse is left:-

- a) Intercostal space, mid-axillary line.
- b) Fifth intercostal space, midclavicular line.
- c) Second intercostal space, mid clavicular line.
- d) Fifth intercostal space, mid axillary line.

Q:9: A positive Chvostek's sign is a manifestation of:-

- a) Hypocalcemia.
- b) Hypercalcemia.
- c) Hypokalemia.
- d) Hypermagnesemia.

Q:10: The appropriate medication to reverse hypertensive crisis caused by pheochromocytoma is:-

- a) Mannitol (osmitrol).
- b) Methyldopa (Aldomet).
- c) Phentolamine (Rigitine).
- d) Felodopine (Plendil).

Q:11: A technique used to assess a patient's peripheral response to pain is:-

- a) Sternal rub.
- b) Nail bed pressure. ✓
- c) Pressure on the orbital rim.
- d) Pressure on the sternodeidomastoid muscle.

Q:12: Nursing intervention arrived at preventing autonomic dysreflexia include:-

- a) Frequent monitoring of GCS.
- b) Preventing bladder distention.
- c) Increasing skin stimulation.
- d) Administering mannitol as ordered.

Q:13: The pathogenesis of compartment syndrome involves:-

- a) Injury to the nerve supply in the affected area.
- b) Fascia expanding in the affected area.
- c) Bleeding and edema increasing pressure in the affected area.
- d) Impaired perfusion in the affected area due to arterial damage.

Q:14: A laboratory diagnosis that primarily indicates pancreatitis is:-

- a) Increased lactate dehydrogenase.
- b) Elevated blood urea nitrogen.
- c) Elevated aspartate aminotransferase.
- d) Elevated serum lipase.

Q:15: A contra-indication to ear irrigation is:-

- a) Ear pain.
- b) Hearing loss.
- c) Otitis external.
- d) Perforated tympanic membrane. ✓

Q:16: The appropriate fluid to administer during emergency fluid resuscitation in burns is:-

- a) Colloids.
- b) Crystalloids.
- c) Fresh frozen plasma.
- d) Packed red blood cells.

Q:17: The first action to take when you find an unconscious victim is:-

- a) Check for responsiveness.
- b) Ensure scene safety.
- c) Begin chest compressions.
- d) Open the airway.~

Q:18: The appropriate <sup>drug</sup> dry to administer in acute narrow angle glaucoma is:-

- a) Acetazolamide.
- b) Atropine.
- c) Furosemide.
- d) Urokinase.

Q:19: The appropriate health message for a client treated to chronic renal failure is:-

- a) "Eat meat protein every day".
- b) "Eat plenty of bananas".
- c) "Increase carbohydrate intake".
- d) :Increase fluid and salt in diet".

Q:20: A diagnostic test for hemophilia is:-

- a) Bleeding time.
- b) Tourniquet test.
- c) Clot retraction test.
- d) Partial Thromboplastin time (PTT) test.

**PART II: SHORT ANSWER QUESTIONS:**

**MARKS**

Q:1: Mr. T is on carbamazepine:-

- a) State the mechanism of action of carbamazepine. 2
- b) State two (2) indications of carbamazepine. *epileptic pt.* 2
- c) List two (2) effects of carbamazepine. *↓ fibrin* 1

Q:2: Describe the specific nursing care for a client with osteomyelitis. 5  
*care - Vitals -*

Q:3: Outline six (6) specific interventions for a client with increased intracranial pressure. 6  
*- ↓ PaCO<sub>2</sub> to less than 30mmHg*  
*- Administer mannitol.*  
*- Elevate head.*  
*- Restrict fluids.*

Q:4: Describe the pathophysiology of acne vulgaris. 5  
*- Monitor vital signs & pulse press*  
*- Monitor input and output.*

Q:5: Outline five (5) specific nursing care for a client with pulmonary edema. 5  
*- Monitor input & output*  
*- Encourage Diet low salt diet*

Q:6: State five (5) clinical manifestations of dumping syndrome. 5  
*- Pt is tired all the time*

Q:7: Outline four (4) health messages you will share with a client discharged after treatment of renal stones. 4

Q:8: Mr. K is diagnosed with arrhythmia:-

- a) List any four (4) types of arrhythmia. 2
- b) State three nursing interventions for Mr. K. 3

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

**MARKS**



Q:1: Mr. X is admitted for total hip replacement.

- a) Draw a diagram to illustrate a synovial joint. 5
- b) Describe the specific pre-operative care for Mr. X. 4
- c) Describe the post-operative care for Mr. X. 11

*Teach with water with suit*

Q:2: Mr. P, 45 years old is admitted with a diagnosis of hyperosmolar, Non-Ketotic Syndrome (HNKS).

- a) State two (2) differences between DKA and HNKS. 2
- b) Describe the pathophysiology of HNKS. 6
- c) Describe the management of Mr. P until discharge. 12

*HNKS - hyperosmolar*