

1. 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

2. Monochorionic twinning is always characterized by the following;

- a. One placenta, one chorion
- b. One placenta, one amnion
- c. One chorion, one amnion
- d. Two amnions, two chorions

3. Following hemorrhoidectomy the nurse should:-

- a) Ensure the patient sits on a soft cushion for the first three days.
- b) Advise the patient to only request for a bland diet in ms menu till bowel action normalizes.
- c) Ensure the patient has a sitz bath after every bowel action.
- d) Remove the anal pack 8 hours after the surgery to allow for passing of flatus:

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

- a) The left kidney is slightly lower than the right kidney.
- b) The nasal part of the pharynx has stratified squamous epithelium.

5. Events of foetal development that happen during 8-12 weeks weeks gestation include;

- a. Fetal heart heard on auscultation, vernix caseosa appears
- b. Lanugo appears, swallowing begins
- c. Fetus responds to sound, eyelids close
- d. Finger nails can be seen, gender determined

6. The diagonal conjugate is measured anteroposteriorly from:-

- a) Lower border of symphysis to sacropromontory.
- b) Upper border of symphysis to sacropromontory.
- c) From the symphysis to coccyx.
- d) From anterior of symphysis to the sacropromontory

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8. A late manifestation of compartment syndrome is:-

- a) Pallor.
- b) Paresthesia.
- c) Pulselessness.
- d) Pain.

9. The following are characteristics of the chorion membrane:-

- a) Tears to the edge of placenta, tough, smooth.
- b) Tears to cord insertion, tough, smooth.
- c) Tears to cord insertion, opaque, thick.
- d) Opaque, **thick, tears to the** edge of placenta

10. The personality disorder associated with being insensitive to others and abusive behavior without remorse is,

- a) Narcissistic
- b) Paranoid
- c) Histrionic
- d) **Antisocial**

11. The clinical features for kidney rejection post transplantation includes»

- a) Anaemia, anuria, hypotension.
- b) Hypertension, **weight gain, oliguria.**
- c) Tenderness on the area over the transplanted kidney, weight gain, Hypokalemia.
- d) Hyperuricemia, hyperactivity and polyuria

12. On abdominal examination during labour, the sinciput is felt and occiput just felt. The descent is :-

- a) **4/5.**
- b) 3/5.
- c) 2/5.
- d) 1/5.

13. A classification of ringworms that infect the finger nails is:-

- a) Tinea corporis.
- b) Tinea **unguium**.
- c) Tinea cruris.
- d) Tinea pedis.

14. 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%.

15. The prophylactic drugs given to a term new born at birth are:-

- a) 3% tetracycline eye ointment, vit. K 0.5mg i.m. stat.
- b) Gentamycin eye drops, vit K. i.m. stat.
- c) 1% **tetracycline** eye ointment, vit K, 1 mg i.m. stat.
- d) Gentamycin eye drop, vit. K 1 mg i.m. stat.

16. The process of immersing used dressing instruments in dilute hibitane solution is known as:-

- a) Chemical sterilization.
- b) Disinfection.
- c) **Decontamination**.
- d) Cold sterilization.

17. **Specific defence mechanisms are achieved by:-**

- a) Phagocytosis.
- b) Chemotaxis.
- c) Inflammatory responses.
- d) Cell-mediated **immunity**.

18. The cycle in which bile salts and other substances excreted by the liver are absorbed by the intestinal mucosa and returned to the liver via the portal circulation is:-

- a) Extra corporeal circulation. /
- b) Enterohepatic **circulation**.
- c) Collateral circulation.
- d) Mesenteric circulation.

19. When a midwife closes the curtains, he/she minimizes heat loss by:-

- a) Conduction
- b) Evaporation
- c) Convection
- d) **Radiation.**

20. Gram negative bacilli include:-

- a) **Escherichia** coli, salmonella, shigella.
- b) Salmonella, staphylococcus, streptococcus.
- c) Shigella, neisseria gonorrhoea, streptococci.
- d) Clostrichia, esherichia coli, staphylococcus.

21. Management of impetigo involves:-

- a) Use of **systemic antibiotics.**
- b) Administering systemic corticosteroids.
- c) Use of topical antifungal creams.
- d) Treatment with opiod analgesics

22. Lochia Rubra:-

- a) Contains blood, pieces of membranes, has meconium.
- b) Occurs on 5th – 9th day, is paler, contains cervical mucus.
- c) Creamish in colour, occurs from 10th – 15th day, contains cervical mucus.
- d) **Occurs 1st - 4th day,** contains blood, has shreds of decidua

23. Transurethral incision of the prostate is indicated in management of:-

- a) Cancer of the prostate.
- b) **Initial stages of benign prostatic** hypertrophy.
- c) Painful benign prostatic hypertrophy.
- d) Benign prostatic hypertrophy causing complete urinary obstruction.

24. Reed-stem berg cell is a pathologic hallmark essential in diagnosis of:-

- a) **Hodgkin's** disease.
- b) Acute myeloid leukemia.
- c) Chronic lymphocytic leukemia.
- d) Non Hodgkin's disease.

25. Hormonal family planning methods which can be given to a mother at six weeks post partum include:-

- a) Implants, progesterone only injectable, progesterone only pills.
- b) Progesterone only pills, combined oral contraceptives, implants.
- c) Progesterone only pills, condoms, intra-uterine device.
- d) Progesterone only injectable, intra-uterine device, combined oral pills

26. From 28-32 weeks of gestation the developmental changes that occur to the foetus are:-

- a) Skin becomes pale and less wrinkled, plantar creases visible, skull is firm.
- b) Stores fat and iron, testes descend into scrotum, lanugo disappears from the face.
- c) Ear cartilage becomes firm, stores fat and iron, testes descend into scrotum.
- d) Lanugo disappears from the face, vernix caseosa disappears, kidney begins to function and the foetus passes urine.

27. When plotting findings on a partograph, obstructed labour would be indicated by:-

- a) Poor cervical dilatation, foetal distress, clear liquor.
- b) Slow descent, mild uterine contractions, early rupture of membranes.
- c) Fetal distress, clear liquor, mild uterine contractions.
- d) Slow descent, poor cervical dilatation, early rupture of membranes

28. During pregnancy physiological haemodilution reaches its peak at:-

- a) 10th – 12th week.
- b) 30th – 32nd week.
- c) 36th – 40th week.
- d) 32nd – 34th week.

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

- a) Relax the walls of the heart's arteries.
- b) Improve the strength of the heart beat.
- c) Prevent irregularities in ventricular contractions.
- d) Decrease inflammation of the heart wall.

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31. A baby born of a mother on Anti -TB drugs initial phase should:-
- Get BCG immediately.
 - Get Isoniazid 5 mg/Kg twice daily for 3 months
 - Get Isoniazid 5 mg/Kg once daily for 6 months
 - Get BCG after three weeks.
32. Caput succedaneum is:-
- Collection of blood under the periosteum.
 - A swelling under the scalp
 - Oedema of the Periosteum.
 - Congenital abnormality.
33. The priority nursing diagnosis for a patient with heart failure and pulmonary oedema is,
- Risk for infection related to stasis of alveolar secretions
 - Impaired skin integrity related to pressure
 - Activity intolerance related to pump failure
 - Constipation related to immobility
34. The sensitivity part of a culture & sensitivity test is for the purpose of,
- Identifying the causative organism for the infection diagnosed
 - Identifying the most effective antibiotics against the causative organism
 - Identifying the antibiotics that the patient is resistant to
 - Testing the concentration of antibiotic required to cure an infection
35. Indicate whether the following statements are True (T) or False (F) in the provided answer sheet
- Acute angle closure glaucoma is a medical emergency
 - In spinal injury there is complete anesthesia below the level of injury
36. The primary rationales for tube feeding for a client post total laryngectomy due to cancer of larynx is to,
- Meet dietary needs and prevent fistula formation
 - Maintain an open airway and prevent aspiration
 - Meet fluid & dietary needs and prevent aspiration
 - Prevent fistula formation and reduce aspiration

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

- a) On the other arm
- b) On both arms sitting and standing
- c) With the patient standing
- d) After a 5 min wait

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

- a) Sliding the client to move her up in bed
- b) Rolling the client onto her side
- c) Lifting the client when moving her up in bed
- d) Having the client lift herself off the bed using a trapeze

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

- a) Color, sensation and pulses
- b) Level of consciousness, limb symmetry and muscular strength
- c) Capillary refill, sensation and muscle power
- d) Color, warmth and muscle power

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

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

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

- a) Meat, eggs and beans
- b) Beans, Peas and rice
- c) Capsicum , Sorghum and Millet
- d) Meat, Maize, Sorghum

42. 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

43. In positioning a casted leg, the nurse should:
- Keep the leg in a flat position always
 - Elevate the leg for 3 hours then put it flat for 1 hour
 - Keep the leg flat for 3 hours then elevate it for 1 hour
 - Elevate the leg on **pillow continuously for** 24 to 48 hours.
44. Drugs used in management of Meniere's disease include;
- Antiemetics, diuretics, glucocorticoids
 - Glucocorticoids, diuretics, antihistamines
 - Antihistamines, **diuretics, antiemetics**
 - Glucocorticoids, Antihistamines, antiemetics
45. Normal Cerebral spinal fluid;
- Contain red blood cells and white blood cells
 - Tests negative for glucose and protein
 - Appears clear and turbid
 - Appears slightly cloudy and turbid
46. Insertion of urinary catheter is facilitated by requesting the patient to;
- Bear down
 - Breathe** deeply.
 - Turn to the side.
 - Hold the labia or shaft of penis
47. The type of seizures which may only affect a finger or hand is ;
- Petit mal seizure
 - Complex partial seizure
 - Absent seizure
 - Simple **partial seizure**
48. Microorganisms that have both bacterial and viral characteristics include;
- Mycoplasma, spirochetes
 - Rickettsia**, chlamydia
 - Plasmodium, mycoplasma
 - Spirochetes, chlamydia
49. Impetigo contagiosa is;
- Primarily the result of allergies
 - A fungal infection
 - Best treated with benzyl benzoate

d) **Caused** by beta hemolytic streptococcus

50. Buck's traction is,

- a) A form of skin traction **and is often** used to relieve muscle spasms.
- b) A form of skeletal traction for compound fractures.
- c) Only used in correction of hip and femur fractures.
- d) Always contra-indicated in obese patients

51. The common causative organism for pharyngitis is,

- a) Group B, beta hemolytic streptococcus
- b) Group A, beta **hemolytic** streptococcus
- c) Hemophilus influenza
- d) Staphylococcus aureus

52. The antidote for heparin is,

- a) Vitamin K
- b) Warfarin (Coumadin)
- c) Thrombin
- d) Protamine **sulfate**

53. The frontal lobe of the brain is,

- a) The primary receptive area for vision
- b) Mainly responsible for auditory sensation and coordination
- c) Centre for respiratory and vasomotor activity
- d) Responsible for **abstract thinking**, judgement and emotions

54. Dumping syndrome is as a result of,

- a) Rapid emptying of hypertonic food from the **stomach** into the jejunum
- b) Failure of a patient with a peptic ulcer to eat regularly
- c) Chronic anemia among the elderly patients
- d) Loss of the large intestine functionality following hemicolectomy

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

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

56. After a clients' nasogastric tube has been removed the nurse should,
- Offer the client liquids to drink
 - Provide the client with oral hygiene
 - Encourage client to cough and deep breath
 - Auscultate the client's bowel sounds
57. The causes of pre-renal failure include,
- Renal calculi, benign prostatic hypertrophy and blood clots
 - Tubular necrosis, septic shock and hemolytic blood reaction transfusion
 - Hemorrhage, burns and dehydration
 - Tumours, Trauma and chemical toxicity
58. Treatment of megaloblastic anemia includes;
- Chemotherapy, radiotherapy, hydration
 - Oxygen therapy, hydration and iron supplements
 - Blood transfusion, iron supplements, splenectomy
 - Oxygen therapy, folate supplements, Alcohol restriction
59. A person whose vision is 20/200 can;
- See an object from 20 ft away that a person with normal vision can see from 200ft away.
 - See an object from 200ft that a person with normal vision can see from 20ft away.
 - See small objects from 20ft away and large objects from 200ft away.
 - See bigger objects from 200ft away and small objects from 20ft away.
60. The common causes of visual impairment among adults of 40 yrs and above is;
- Diabetic retinopathy, glaucoma and cataracts.
 - Hypertension, cataracts and eye trauma.
 - Conjunctivitis, Glaucoma and chronic renal failure.
 - Astigmatism, diabetic retinopathy and aging.
61. The gastro-intestinal complications associated with burns include;
- Paralytic ileus and Curling's ulcers.
 - Gastric distension and pancreatitis.
 - Gastric bleeding and mechanical intestinal obstruction.
 - Abdominal compartment syndrome and peptic ulcers.
62. The clinical manifestations for carbon-monoxide poisoning include:-
- Headache, muscular spasms, cherry-red skin color.
 - Pink skin color, muscle rigidity, paraesthesia.
 - Palpitations, battle's sign, rhinorea

- d. Coma, bluish skin coloration, parosmia.
63. The form of pre-operative chemotherapy given to shrink a large tumour is referred to as:-
- Neo-adjuvant chemotherapy.
 - Consolidation chemotherapy.
 - Induction chemotherapy
 - Maintenance chemotherapy.
64. The drug of choice for managing methicillin-resistant staphylococcus aureus (MRSA) is:-
- Vancomycin.
 - Augumentin.
 - Clarithromycin.
 - Oxacillin.
65. The following is true about stroke:-
- Obesity is a modifiable risk factor for haemorrhagic stroke.
 - Thrombolytic therapy is contra-indicated in haemorrhagic stroke.
 - The head of the patient should be raised to 30 degrees.
 - Haemorrhagic stroke is more common than ischaemic stroke.
66. One of the following is a principle of good listening
- The speaker should have good view of the listener
 - Environment must be free of disturbance, except gospel music
 - Information gathered does not need to be recorded anywhere
 - Full attention should be given to the speaker
67. One of the following laboratory tests involves antigen-antibody reaction:
- Alcohol Fast Bacilli Test.
 - Widal test
 - Gram Staining.
 - International Normalizing ratio (INR)
68. The model of choice in counseling a patient with varied issues is
- Eclectic
 - Behavioural
 - Humanistic
 - Psychoanalytic

69. The following are rationales for using nursing process except;
- Gives objective measurement of nursing management at the bedside.
 - It helps define the nursing role.
 - Establishes a nurse patient relationship on a firm basis.
 - Helps collect data for **experimental** research
70. The fourth level of Maslow's hierarchy of needs is :
- Safety and security needs
 - Belongingness and affection
 - Self **esteem**
 - Self actualization
71. When decontaminating very bloody instruments using chlorine;
- One uses six parts of water and 6 part of chlorine always.
 - The instruments are **soaked** in the chlorine first before rinsing
 - The blood should first be rinsed off under running water.
 - The instruments should be submerged in the chlorine solution for 30 minutes.
72. The following is the correct sequence of the dying process according to Kubler Rose
- Denial, bargain, anger, depression
 - Denial, anger, bargaining**, depression
 - Denial, depression, anger, bargain
 - Denial, anger, depression, bargain
73. Mrs. K. begins to bleed heavily immediately after delivery of the baby. In sequence, your actions as a midwife would be.-
- Call for help, make rapid evaluation of Mrs K's general condition, massage uterus, give oxytocin 101.U.
 - Massage uterus give oxytocin 20 LU, perform urinary bladder catheterization, take blood to rule out blood disorders.
 - Call for help, perform urinary **bladder catheterization**, deliver placenta, examine birth canal.
 - Start I.V. line with crystalloids, deliver placenta if in-situ, examine birth canal, give ergometrine 0.5mg I.V. stat.
74. The following fluid would increase the intravascular fluid volume;
- Darrows
 - Normal saline**
 - Hartmans

d. 50% dextrose

75. A patient with increased intracranial pressure will present with.-

- a) Tachycardia, bradycardia, hypotension.
- b) Reflex vomiting, hypertension, tachycardia.
- c) Projectile vomiting, tachycardia, hypothermia.
- d) Hypertension, tachycardia, bradypnoea.

76. In sickle cell anaemia patients

- a. The structure of haemoglobin molecule is not affected.
- b. Prophylactic administration of folic acid and pneumococcal vaccine is recommended
- c. Administration of IV fluids & immediate blood transfusion are encouraged during sickle cell crisis situations
- d. The treatment of choice includes administration of penicillins & NSAIDs

77. 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.

78. Limb traction helps to,

- a. Relieve pain, achieve hemostatis and prevent deep venous thrombosis
- b. Restore nerves function, maintain bone alignment & correct deformities
- c. Rest inflamed joints, restore limb and muscle size, prevent contractures
- d. Promote movement with ease, restore blood flow & reduce embolism

79. Hyperkalemia commonly occurs in the following,

- a. Burns, pneumonia and congestive cardiac failure.
- b. Renal failure, crush **injuries** and burns.
- c. Digitalis toxicity, DKA and hyperthyroidism.
- d. Overuse of potassium sparing diuretics, CCF and liver cirrhosis

80. Complications of measles include:-

- a) Deafness,encephalitis,contractures
- b) Paralysis, rectal prolapse
- c) pneumonia, blindness
- d) Malnutrition, umbilical hernia, deafness
- e) Blindness, **malnutrition**, pneumonia

81. The route that achieves the quickest absorption and effects of a drug is the,

- a) Subcutaneous
- b) Intradermal
- c) **Intramuscular**
- d) Oral

82. Hormones involved in lactation are:-

- a) Prolactin and oestrogen,
- b) Human placental lactogen and prolactin,
- c) **Progesterone** and oxytocin.
- d) Prolactin and oxytocin.

83. Kim is eight (8) weeks pregnant. On assessment, a nurse determines that she has gonococcal infection. The significance of this information is that the pregnancy is at risk of

- a) Spontaneous abortion.
- b) Result in thrush in the newborn
- c) Cause ophthalmia neonatorum
- d) Increase the risk of acquired Immune deficiency syndrome

84. The advice you would give a rhesus-negative mother on RhO (D) Immune globulin administration would be--

- a) Administration of Immune globulin at twenty eight (28) weeks gestation and within 72 hours after birth.
- b) Administration of Immune globulin before conception and within 48-hours after birth.
- c) Administration of immune-globulin at 28 weeks gestation and within forty eight. (48) hours after birth.
- d) Administration of immune globulin before conception and within seventy-two (74) hours after birth,

85. The manifestation in a woman who delivered a newborn thirty six (36) hours ago that would lead a midwife to suspect a postpartum depression is

- a) Expressing concern about taking the infant life.
- b) Delay her morning shower.
- c) Exhibiting prolonged periods of fatigue.
- d) Asking repeated questions about life care.

86. The complication likely to occur during delivery of shoulder dystocia is:-

- a) Klumpke's palsy.
- b) Shoulder dislocation.
- c) Erb palsy:
- d) Facial nerve damage,

87. For a woman who is at thirty two (32) weeks gestation and has been having vaginal bleeding for the last four (4) hours, the priority would be.-

- a) Assess bleeding by giving a packet of pads, advice on bed rest, monitor fetal heart rate.
- b) Conduct a speculum examination, monitor fetal heart rate, advocate for an ultrasound.
- c) Assess bleeding by giving a packet of pads, call for help, monitor fetal heart rate.
- d) Bed rest, ultrasound, speculum examination.

88. The MC Roberts maneuver is applied in the delivery of shoulder dystocia by>

- a) To create gentle pressure on her abdomen, releasing the impaction' of the anterior shoulder.
- b) Applying pressure on the fetal back in order to help adduct the shoulders away from the symphysis pubis.
- c) Identifying the posterior shoulder on vaginal examination, then to push the posterior shoulder towards the fetal chest.
- d) The midwife inserting her hands into the vagina, identify the fetal chest and rotating the posterior fetal shoulder for delivery.

89. The immediate management of gestational trophoblastic disease is»

- a) Excavation, control of bleeding, administration of methotrexate.
- b) Family planning, excavation, administration of methotrexate.
- c) Control of bleeding, family planning, evacuation.
- d) Evacuation, control of bleeding, anti D Immune globulin administration.

90. The daily observation of a postnatal mother in the ward Includes-

- a) Inspection of the perineum, taking weight, assessing involution of the uterus, observation of vital signs
- b) Observation of vital signs, weight loss, involution of the uterus, inspection of the perineum.
- c) Palpation of the calf muscles, urine testing, bowel movements, breast examination.
- d) Urinalysis, vaginal examination, assessment of lochia loss, sleeping patterns.

91. After mastectomy, the patient is advised to:

- a) Rest arm on affected side above chest
- b) Carry only handbags on affected side
- c) Ambulate with one arm sling to avoid oedema
- d) Observe incision site as soon as possible to avoid stress

92. Surgical treatment of a client with Rectocele and a cytocele include :-

- a) Anterior colporrhaphy.
- b) Posterior colporrhaphy,
- c) Abdominal hysterectomy;
- d) **Antericposierior** colporrhaphy

93. The nurse while assessing a primipara during the immediate postpartum period, puts one hand on the fundus to.-

- a) Prevent uterine invasion.
- b) Promote uterine involution.
- c) Hasten the puerperium period,
- d) Determine the **size** of fundus.

94. The causes of face presentation include

- a) Hydrocephalus, uterine abnormality.
- b) **Anterior obliquity** of the uterus, contracted pelvis, anencephaly,
- c) Contracted pelvis, placenta praevia, anencephaly.
- d) Polyhydramnios, uterine abnormalities, multiple pregnancies

95. The hormone produced by the early villi of the decidua to maintain the corpus luteum is the;

- a. Human placental lactogen
- b. Human chorionic gonadotrophin
- c. **Progesterone**
- d. Oestrogen

96. A woman with preterm labour is given magnesium sulphate for the following reasons»-

- a) To enhance fetal lung maturity.
- b) To prevent seizures
- c) To improve grip of the uterus
- d) To inhibit **uterine** contractions.

97. Physiological anemia is best defined as;

- a. Low haemoglobin as a result of increase in foetal requirements
- b. Increase in plasma volume greater **than the red** blood cells
- c. Haemodilution as a result of fluid retention
- d. Haemoglobin less than 7g/dl

98. The major causes of prolonged labour are:

- a) Ineffective uterine contraction, vertex presentation, foetal macrosomia
- b) Occipito-posterior position, cephalopelvic disproportion, ineffective uterine action
- c) Multiple pregnancy, fetal macrosomia, cervical dystocia
- d) Occipitolateral position, cephalopelvic disproportion, multiple pregnancy

99. The obstetric events that may precipitate disseminated intravascular coagulation (DIC) Include:-

- a. Placenta abruption, multiple pregnancy, intra- uterine foetal death
- b. Amniotic fluid embolism, placenta abruption, eclampsia
- c. Eclampsia, foetal post maturity, placental abruption
- d. Incomplete abortion, anaemia, diabetes mellitus

100. A client with type I diabetes mellitus who is multigravida visits the clinic at 27 weeks of gestation; The nurse should instruct the client that she.-

- a) DQ weekly fetal movements counts by the mother.
- b) Contraction stress testing is performed weekly.
- c) Induction of labor is begun at 34 weeks gestation.
- d) Non stress testing is performed weekly until 32 weeks gestation

101. The appropriate advice you will give to a postnatal mother with stress incontinence will be to:

- a. Have adequate rest
- b. Perform pelvic floor exercises
- c. Increase ambulation
- d. Reduce her fluid intake

102. Management of Bartholin's abscess includes.-

- a) Encourage moderate upright activity for drainage.
- b) Apply cold packs to the vulva to reduce swelling.
- c) Obtain a culture of any drainage for analysis.
- d) Having the client wear support briefs to reduce skin irritation.

103. Neonatal period is defined as the;

- a. Period from birth of the baby to 7 days after
- b. Period from the birth of the baby to 21 days after
- c. Period from the birth of the baby to 28 days after
- d. Period from the birth of the baby up to 14 days after

104. Spermatogenesis takes place in the.-

- a) Prostate glands.
- b) Seminal vesicles.
- c) Epididymis.
- d) **Seminiferous** duct,

105. The most common cause of maternal death in Kenya today is:-

- a) **Haemorrhage.**
- b) Ruptured uterus.
- c) Eclampsia,
- d) Abortion.

106. When planning care of a 15 year old female who is pregnant, a midwife should recognize that the adolescent is at risk for.-

- a) Glucose intolerance.
- b) Foetal chromosomal abnormality.
- c) Incompetent cervix.
- d) Iron **deficiency** anemia

107. Foetal testes descend into the scrotum between

- a. 8-12 weeks
- b. 32-36 weeks
- c. 28-32 weeks
- d. 36-40 weeks

108. Maternal causes of unstable lie include;

- a. Polyhydramnios and placenta praevia
- b. Polyhydramnios and foetal macrosomia
- c. Lax uterine **muscles and contracted** pelvis
- d. Placenta abruption and contracted pelvis

109. A pendulous abdomen in a primi gravida will likely indicate;

- a. Lax abdominal muscles
- b. Multiple pregnancy
- c. Pelvic contraction
- d. Posterior position of the foetal occiput

110. The hormone responsible for rise in temperature immediately after ovulation is:-

- a) Oestrogen.
- b) Luteinizing hormone.
- c) Follicle stimulating hormone.
- d) Progesterone.

111. Mrs. Y comes for her first antenatal clinic. On history taking her last menstrual period was 25.4.11 L Her expected date of confinement will be-

- a) 1.2.2012.
- b) 2.2.2012.
- c) 3.3.2012.
- d) 4.3.2012.

112. The effects of diabetes mellitus on pregnancy include.-

- a) Nausea and vomiting, ketosis.
- b) Glycosylated haemoglobin, reduced fertility rate.
- c) Urinary tract infection, neuropathy.
- d) Blindness, Polycythaemia.

113. Leg cramps experienced by women during third trimester is usually due to;

- a. Increased serum ionized phosphates and decreased levels of sodium chloride
- b. Lowered serum ionized iron and increased level of phosphates
- c. Increased serum ionized calcium and decreased levels of phosphates
- d. Lowered serum ionized calcium and increased level of phosphates

114. The order of foetal movements during normal labour after descent is;

- a. Extension of the head, internal rotation of the head, extension of the head, lateral flexion, restitution
- b. Lateral flexion, extension of the head, internal rotation of the head, lateral flexion, restitution
- c. Flexion, internal rotation of the head, extension of the head, restitution, lateral flexion
- d. Flexion, extension of the head, internal rotation of the head, restitution, lateral flexion

115. The ratio of chest compressions to inflations during neonatal resuscitation is;

- a. 15: 2
- b. 30:2
- c. 3:1
- d. 3:2

116. Which statement is false concerning good breast attachment when breastfeeding.

- a. The tongue is forward in the mouth, and may be seen over the bottom gum
- b. The lower lip is turned outwards
- c. The chin is **not touching** the breast
- d. More areola is visible above the baby's mouth than below it

117. The light for date baby is defined as:

- a. A baby born before 37 weeks of gestation
- b. Bulk weight is 2,500 g or less regardless of gestational age
- c. A baby whose birth weight is below tenth centile **for gestation**
- d. A baby whose birth weight is below 3000grammes

118. An example of a disease that does not pass from human to human is:-

- a) Tuberculosis.
- b) Diphtheria.
- c) **Tetanus.**
- d) Malaria.

119. All health care services and activities within the district are monitored and supervised by the district :-

- a) Health **management** team.
- b) The Nursing Officers.
- c) Medical Officer of Health.
- d) Clinical Officer.

120. Triage may best be defined as the process of.-

- a) Assessing all incoming casualties, of a disaster.
- b) Initiating diagnostic measures for casualties of a disaster.
- c) Determining the urgency of need of care for casualties of a disaster.
- d) Setting priorities and assigning urgency ratings for casualties of a disaster.

121. Non-organic growth failure (failure to thrive) in a child may be attributed to-

- a) A poor mother-child bond of attachment.
- b) Altered physiology due to improper feeding.
- c) Congenital disorders of metabolism.
- d) High incidence of child abuse.

122. The acid-generating bacterium in our mouth that is the most common cause of tooth decay (dental caries) is the:-

- a) Streptococcus viridans.
- b) Neisseria catarrhalis.
- c) Streptococcus mutans.
- d) Staphylococcus aureus,

123. Currently in Kenya the problems associated with old age are made worse by the:-

- a) Early retirement and meager pension.
- b) Inability to acquire new marketable skills.
- c) Poor health, poverty and dependency.
- d) Disintegration of traditional social support systems

124. A major cause of "missed opportunity" in the immunization programme is-

- a) Failure of the cold chain.
- b) Use of vaccines that have lost potency.
- c) High drop-out of immunizable target group.
- d) Vaccine stock out.

125. Vitamins found in the watery parts of the foods we eat-

- a) Vit K, Niacin, Riboflavin, pantoic acid.
- b) pantoic acid, Thiamine, Pyridoxine, Vit E.
- c) vit K, Pantoic acid, Thiamine, Pyridoxine.
- d) Vit K, **Cyanocobalamin**, Thiamine, Riboflavin.

126. The dosage of drugs in primary level ARV prophylaxis for prevention of mother-to-child transmission of the HIV is:-

- a) Nevirapine (NVP) 200mg to mother at onset of labour, infant NVP 2mg/kg as soon as possible within 72 hours of delivery.
- b) **Nevirapine (NVP) 200mg to mother during labour, infant NVP 2mg/kg immediately after birth plus 4 weeks of AZT 4mg/kg B.D.**
- c) AZT 300mg BD plus TVP 200mg to mother during labour, infant 2mg/kg after birth plus AZT 4mg/kg BD for one week.
- d) AZT 600mg to mother at onset of labour, infant NVP 2mg/kg immediately after birth.

127. The purpose of a screening test is to:-

- a) Diagnose persons with the disease.
- b) Detect persons with **risk factors of sub-clinical** disease.
- c) Check whether a population is at risk of a disease.
- d) Collect the data for a mass campaign.

128. Herd immunity may be said to exist in a community when.-

- a) Both dead and live antigens are used to immunize.
- b) Vaccination is stopped in a community that has been well vaccinated.
- c) The incidence of the disease decreases to a very low level.
- d) A high percentage **of people are immune** to an infection.

129. Emergency hormonal contraception is usually effective following unprotected sex when taken within a period of.-

- a) 120 hours.
- b) 72 hours.
- c) 24 hours.
- d) 12 hours.

130. Community diagnosis is carried out.-

- a) With active participation of members of the community.
- b) With active participation of the leaders in the community.
- c) With active participation of health workers only.
- d) By strictly looking at medical problems.

131. Incidence rate-

- a) Is used to record protracted diseases.
- b) Shows the magnitude/burden of disease in the community.
- c) Is useful for planning and administration of health care services.
- d) Shows the rate of development of disease in the community.

132. The common side effect a nurse should counsel a mother for after giving her child pneumococcal vaccine is:-

- a) Unusual crying.
- b) Loss of appetite.
- c) Diarrhoea and vomiting.
- d) Blood clot at the site of injection.

133. After Alma Ata Declaration, three (3) elements of primary health that were added in Kenya are-

- a) Mental health, immunization, dental health.
- b) Mental health, HIV and AIDs, Dental health.
- c) Mental health, provision of essential drugs, HIV and AIDs.
- d) Mental health, provision of essential drugs, immunization.

134. Community participation in organization of health services in ascending order includes:-

- a) Information, discussion, consultation, full control.
- b) Consultation, information, discussion, full control.
- c) Consultation, discussion, information, full control.
- d) Information, consultation, discussion, full control.

135. Controlling function in management involves:-

- a) Performance appraisal, quality management.
- b) Determining philosophy and goals, managing action.
- c) Recruiting, interviewing and orientating staff.
- d) Establishing structures, grouping activities.

136. Simulation is best defined as;

- a) Demonstration of procedures in the skills lab
- b) Using substitute elements to represent the real thing
- c) Clinical skills teaching at the patient's bedside
- d) Use of a combination of audio-visual media

137. Primary prevention of occupational health care hazards includes»

- a) Emphasis on first aid to minimize complications.
- b) Dealing with substances inhaled or contracted because of employee's poor attitudes.
- c) General screening of non occupational illness before a person is hired.
- d) Screening of the working environment to check that recommended preventive measures are put in place.

138. Post ECT;

- a) Is common to have a patient develop delirium
- b) Ibuprofen should not be given to treat post ECT headache
- c) No thiamine supplements should be given to the patient
- d) Disorientation is a danger sign for brain injury

139. A child aged 9- 12 months is able to:-

- a) Stand without assistance and throw balls.
- b) Walk without support and grasp small objects with thumb and fingers.
- c) Enjoy imitation and take objects out of a container.
- d) Walk and can say some sentences.

140. The initial symptoms of lithium toxicity include,

- a) Tremors, shuffling gait and rigidity
- b) Stiff neck, occipital headache and increased blood pressure
- c) Ataxia, blurred vision and severe nausea
- d) Fever, Sore throat and Cardiac arrhythmias

141. Socio-economic- factors that have a bearing on health include:-

- a) Education, live birth, blood test.
- b) Blood test, house, beliefs.
- c) Housing, education, food.
- d) Fertility, beliefs, birth

142. Vaccine potency can be maintained in the refrigerator by:-

- a) Placing vaccines in the correct compartments, defrosting the refrigerator regularly, ensuring the maintenance of ideal temperature of 0 to 8°C.
- b) Defrosting the refrigerator regularly, packing vaccines with enough space in between to allow circulation of air, opening refrigerator when necessary.
- c) **Avoiding** contact of vaccines with evaporator, regulating the thermostat regularly, lining the frozen icepacks in the inner walls of the refrigerator.
- d) Ensuring the maintenance of ideal temperature of between -42° to +8°C, lining frozen icepacks in the inner walls of the refrigerator, placing vaccines in the correct compartments.

143. The drugs used to manage attention deficit hyperactivity disorder (ADHD) includes,

- a) Clonidine **and imipramine**
- b) Valium and carbamazepine
- c) Risperidone and Largactil
- d) Artane and Chlorpromazine

144. Deficiency of vitamin B1 (Thiamine) leads to:-

- a) Heart failure, abnormal **nerve and brain** function. emotional disturbances.
- b) Rupture of red blood cells, muscle spasm, bleeding.
- c) Night blindness, heart failure, impaired sensory perception.
- d) Emotional disturbances, rupture of red blood cells, nerve damage.

145. The appropriate nursing diagnosis for a patient with thought broadcasting is,

- a) Risk for self-directed violence
- b) Disturbed sensory perception
- c) Impaired verbal communication
- d) Disturbed **thought processes**

146. Alcohol intake can be confirmed through assessment of,

- a) Pupil dilatation
- b) Serum **sample**
- c) Hair shaft analysis
- d) Sputum sample

147. Hypokalemia is a condition characterized by low»

- a) Blood calcium level
- b) Magnesium in the blood.
- c) Potassium levels **in the blood**
- d) Sodium levels in the blood.

148. Recommended second line treatment of urethritis in an adult is:-

- a) Norfloxacin 800mg stat plus doxycycline 100 mg BD for 7 days.
- b) Norfloxacin 800mg twice a day for 7 days and spectinomycin 2mg I.M. stat.
- c) **Erythromycin 100mg BD** for 14 days and ceftriaxone 6~2.5mg J.M. stat.
- d) Spectinomycin 2mg I.M. stat and doxycycline 100 mg B_D for 7 days.

149. Methods of food preservation which inhibit multiplication of bacteria include:-

- a) Smoking, pasteurization, salting.
- b) Pasteurization, canning, salting.
- c) Canning, blanching, drying.
- d) drying, **freezing, smoking**.

150. Primary Health Care activities at the district level are co-ordinated by the.-

- a) Medical officer of health.
- b) District **development committee**.
- c) Public health officer.
- d) District health management team.

151. Activities of pre-visit phase of home visiting include:-

- a) Sharing information on reason and purpose of visit with the family, gathering information on the location of the house, assessing the family needs and planning nursing care with them.,
- b) Recording important events about the family, gathering some information on need of visit, introducing oneself to the family.
- c) **Gathering information on the location of the house, gathering some information on need of visit, assembling supplies needed for the visit.**
- d) Investigating community resources, establishing nurse-patient relationship, transferring the client to another nurse for care.

152. When using the 3 pot system for water purification, the water is considered safe for drinking after standing for?

- a. 24hrs
- b. **48hrs**
- c. 36hrs
- d. 30hrs

153. The correct order of community mobilization steps

- a. Planning, **community entry, conducting**, monitoring
- b. Community entry, planning, conducting, monitoring
- c. Making reinforcement, community entry, planning, conducting
- d. Community entry, planning, monitoring, conducting

154. Absorption of iron is enhanced by:

- a. Antacids
- b. Citrus fruits
- c. Tea and coffee
- d. Taking iron tablets with meals

155. Green tags in disaster management means;

- a. Victims need immediate care.
- b. Victims can wait up to 3 hrs
- c. The victims can wait up to 1hr
- d. Victims are dead

156. Elements of culture include;

- a. Language, status, material life
- b. Values, beliefs, roles
- c. Religion, material life, status
- d. Languages, beliefs, Social interactions

157. Principles of community health nursing include;

- a. Prioritising on curative and preventive aspects of health.
- b. Minimizing vertical programs
- c. Centralization of activities.
- d. Utilizing of only health professionals in health care delivery.

158. Examples of cestodes include:-

- a. Hymenolepis nana, Taenia Saginata, Diphyllbothrium lata
- b. Necator americanas, Ankylostoma duodenale, Taenia solium
- c. Echinococcus granulosus, Brugia malayi, Wuchereria bancrofti
- d. Ankylostoma duodenale, Loa loa, Onchocerca volvulus

159. A disease pandemic is one that:-

- a. Few persons acquire over a short period of time
- b. Is always present in a population
- c. Occurs occasionally in a population
- d. Affects many people

160. Drug of choice for all Schistosomal species is :-

- a. Oxamniquine
- b. Metrifonate
- c. Praziquantel
- d. Niclosamide

161. Symptoms in stage 2 of WHO clinical staging of HIV/AIDS for adults include:-

- a. Herpes zoster, **seborrheic** dermatitis
- b. Oral candidiasis, pulmonary TB
- c. Thrombocytopenia, pyomyositis
- d. Neutropenia, sinusitis

162. Malaria chemoprophylaxis with Mefloquine:-

- a. Is started 2-3 days before arrival in endemic area
- b. Can be given to infants less than 5 kilograms
- c. Is available as **tablets of 274mg**
- d. Can be given concomitantly with quinine

163. The first four steps in the disciplinary process are:-

- a. Investigation to find cause, formal written warning and suspension, discussion and brief warning
- b. Investigation to find cause, **discussion and brief warning**, strong verbal warning, formal written warning
- c. Suspension from job, investigation to find the cause, formal written warning, strong verbal warning
- d. Strong verbal warning, interdiction without pay, discharge with opportunity to appeal, formal written warning

164. In functional nursing:-

- a. Each nurse in a unit is **assigned one or more** nursing tasks for a number of patients or all patients in the ward.
- b. The nurse is accountable for the total care of one or more patients for the period of her work shift.
- c. Patients in a unit are divided to various groups under care of certain individual nurses.
- d. There is comprehensive, continuous, coordinated and individualized nursing care.

165. In narcissistic personality disorder there is a pervasive pattern of:-

- a) Social discomfort fear of negative evaluation and timidity.
- b) **Grandiosity lack of empathy and** hypersensitivity to evaluation by others.
- c) Dependence and submissive behaviour beginning by early adulthood.
- d) Indifference to social relationships and restricted range of emotional experience and expression.

166. The Hawthorne effect is as a result of:-

- a) A researcher lacking expertise to analyze data.
- b) Study subjects **being aware they are participating** in
- c) Study tools being disclosed to non study subjects.
- d) Respondents not completing the interview

167. The most appropriate method of studying characteristics of wound healing would be:-

- a) Questionnaire.
- b) Participants observation.
- c) Pure observation.
- d) Context analysis.

168. A convulsing one month old infant should be given»

- a) Phenobarbitone 20 mg/kg im stat.
- b) Diazepam 0.3 mg/kg iv 4 hourly over 1 minute.
- c) Phenobarbitone 5mg/kg im stat.
- d) Diazepam 1 mg/kg per rectal stat.

169. Antiparkinsonian agents act through restoring the natural balance of:-

- a) Acetylcholine and dopamine neurotransmitters.
- b) Serotonin and adrenaline neurotransmitters.
- c) Dopamine and serotonin neurotransmitters.
- d) Dopamine and nor-adrenaline neurotransmitters.

170. Micro-teaching skills include:-

- a) Lecturing, illustrating and testing.
- b) Stimulus variation, paraphrasing and probing.
- c) Closure, silence and non verbal cues.
- d) Explaining, attending behaviour and animation.

171. The withdrawal symptoms associated with Heroin addiction are:-

- a) Diaphoresis, increased heart rate, increased blood pressure.
- b) Tremors, insomnia, seizures.
- c) Incontinence, nausea, unsteady gait.
- d) Vomiting, diarrhoea, diaphoresis.

172. Plagiarism occurs if a researcher.-

- a) Quotes the exact words of another author and gives reference.
- b) Paraphrases a passage of another author and gives no reference.
- c) Uses an idea or material based directly on the work of another author but gives reference.
- d) Summarizes a passage by another author and states the publisher.

173. Complications associated with Tracheo-oesophageal atresia include»

- a) Pneumonia, malnutrition, intestinal obstruction.
- b) Stenosis of the oesophagus, leakage into the mediastinum, intestinal obstruction.
- c) Abdominal distension, constipation, fistula formation.
- d) Gastro-oesophageal reflux, oesophagus constriction, leakage into the chest cavity.

174. Self concept comprises of the following;

- a) Body image, Ego, and Ideal self
- b) Superego, Ego and ideal self
- c) Self image, body image and ideal self
- d) Ideal self, Super ego and self awareness

175. Dysthymia mood disorder;

- a) Is a less severe form of chronic depression
- b) Is diagnosed when a client has had a depressed mood for more than 3 yrs
- c) Is best managed using ECT
- d) Is treated using psychoanalysis and group therapy

176. Axis IV in DSMIV criteria of classifying mental illness focuses on;

- a) Psychosocial and environmental stressors.
- b) The actual psychiatric illness.
- c) The underlying personality disorders
- d) The underlying medical conditions.

177. The main elements of an educational objectives are;

- a) Knowledge, psychomotor, attitude
- b) Performance, criterion, goal
- c) Performance, condition, criterion
- d) Specific, measurable, attainable

178. When students watch a video on a nursing procedure, they are said to be what level of psychomotor domain?

- a) Competency
- b) Precision
- c) Acquisition
- d) Manipulation

179. The examination scores for students are as follows:

76, 54, 45, 92, 88, 47, 54. The range would be;

- a) 45
- b) 54
- c) 47
- d) 92

180. A sampling method where the researcher picks every nth number is;

- a) Snowball sampling
- b) Stratified sampling
- c) Systematic sampling
- d) Purposive sampling

181. A child with Acute lymphoblastic leukemia has a high risk of infection because;

- a) White blood cells are produced in inadequate numbers
- b) The skin integrity is altered
- c) There is a down regulation of immune system by catecholamine
- d) The white blood cells are immature.

182. The following feature indicate excessive I.V fluid infusion in a 3-year-old child;

- a) Worsening dyspnea
- b) Gastric distension
- c) Nausea and vomiting
- d) Temperature of 102°F (38.9° C)

183. The primary purpose of administering corticosteroids to a child with nephritic syndrome is to;

- a) Increase blood pressure
- b) Reduce inflammation
- c) Decrease proteinuria
- d) Prevent infection

184. Reinforcement is employed when the teacher wants to;

- a) Discipline students
- b) Evaluate students' performance
- c) Encourage learners
- d) Enhance learners' understanding

185. The following theorist related high production to high wages.

- a) Henry Fayol
- b) Max Weber
- c) McGregor

d) Frederick Taylor

186. Major tranquillizers

- a) Have antipsychotic effects
- b) Are commonly indicated in management of manic episodes
- c) Are used to prevent extra pyramidal side effects
- d) They cause muscles relaxation

187. Flat affect refers to:-

- a) An affect that quickly changes.
- b) Absence of facial expression to stimulus variation.
- c) An affect that is not consistent with the mood.
- d) One that is related to prolonged use of major tranquillizers.

188. Ethnography is a branch of ;

- a) Cultural anthropology
- b) Physical-biological anthropology
- c) Archaeological anthropology
- d) Medical anthropology

189. The following is true about culture;

- a) Non material culture is more resistant to change than material culture
- b) It is preserved in norms and values
- c) It is partially inborn
- d) It is transmitted through social change and social mobility

190. The nursing modality in which a nurse is allocated a patient each shift to provide total nursing care is referred to as;

- a) Case nursing
- b) Primary nursing
- c) Team nursing
- d) Functional nursing

191. In somatoform disorders,

- a) Major symptoms are bodily
- b) There are tangible physical manifestations for the complains made
- c) The secondary gain is a decrease in psychological conflicts
- d) Symptoms represent unconscious attempt to cope with childhood conflicts

192. The initial step in the development of a competency based curriculum is;

- a. Job description
- b. Task analysis

- c. Situation analysis
- d. Objectives formulation

193. Unipolar mood disorders include:-

- a. Cyclothymia and mixed manic episodes
- b. Major depression and dysthymia
- c. Dysthymia and mixed manic episodes
- d. Cyclothymia and mood disorders related to mania

194. DSMIV categories of anxiety disorders include,

- a. Post-traumatic stress disorder and phobic disorders
- b. Generalized anxiety disorder and binge eating
- c. Panic attack and schizophrenia
- d. Obsessive compulsive disorder and pyromania

195. Uncontrolled vomiting in an infant can result to;

- a. Tetany
- b. Acidosis
- c. Alkalosis
- d. Hypersensitivity

196. In pediatric emergencies priority signs include;

- a. Poisoning, restlessness, coma
- b. Pallor, pain, edema of both feet
- c. Convulsion, central cyanosis, poisoning
- d. Pyrexia, severe respiratory distress, coma

197. Hyperopia in children;

- a. Results from unequal curvature of the cornea
- b. Results from an eye ball that is too long
- c. Occurs due to rays of light being bent in different directions
- d. Occurs due to rays of light being focused behind the retina

198. The main cause of edema in nephrotic syndrome is;

- a. Dilatation of blood capillaries
- b. Inflammatory processes
- c. Decreased albumin in blood
- d. Renal failure

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- a. Dilatation of blood capillaries
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200. Nursing intervention for a 9yrs old child with immunosuppression include;

- a) Informing the guardian about the condition, catheterisation to monitor urine output
- b) Offering large amount of fresh fruits and vegetables, Nursing the child in isolation
- c) Encouraging child to perform at optimal level, nursing the child in isolation
- d) Nursing the child in isolation, catheterisation to monitor urine output