

NURSING COUNCIL OF KENYA

BSc. Nursing Examination

Revision Questions

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JANUARY 2009 PAPER ONE

Part I: Multiple Choice Questions

Q:1: The major factors associated with obesity include:-

- a) Genetic, nutritional, level of activity.
- b) Nutritional, level of activity, socio-cultural.
- c) Nutritional, social, genetic.
- d) Level of activity, genetic, psychological.

Q:2: During assessment of hearing, Rhine test is used to:-

- a) Evaluate bone conduction.
- b) Evaluate the patient's ability to hear high frequency sounds.
- c) Compare bone conduction with air conduction in both ears.
- d) Determine the degree of hearing.

Q:3: A synergistic interaction between furosemide and gentamicine may cause:-

- a) Sedation.
- b) Gout.
- c) Retinopathy.
- d) Ototoxicity.

Q:4: In the elderly, peptic ulceration induced by non-steroidal anti-inflammatory drugs can best be treated with:-

- a) Bismuth chelate.
- b) Misoprostol.
- c) Metoclopramide.
- d) Antacids.

Q:5: Temper tantrums are common in:-

- a) School age children.
- b) Infancy.

- c) Toddlers.
- d) Preschool age children.

Q:6: Hordeolum eternal (sty) is the infection of:

- a) Tarsal glands of eyelid.
- b) Eyeball.
- c) Lachrymal glands.

Q:7: Pelvic inflammatory diseases include:

- a) Salpingitis, cervicitis, candidiasis
- b) Cervicitis, endometritis, oophoritis.
- c) Trichomoniasis, salpingitis, urethritis.
- d) Candidiasis, toxic shock syndrome, endometritis.

Q: 8: A clinical path is:-

- a) Day to day activities that will be carried out for a particular patient.
- b) An outline of steps a patient will take from admission to discharge.
- c) A predetermined outline of patient care for a specific episode of care.
- d) A predetermined outline of medical and surgical care procedures for a specific episode of care.

Q:9: Cholellthiasis is associated with:-

- a) Abnormal metabolism of cholesterol and bile salts.
- b) Abnormal metabolism of lipids and bile acids.
- c) Chronic pancreatitis.
- d) Hepatitis.

Q:10: Increased tactile fremitus may occur in:-

- a) Lung tumor, pulmonary fibrosis.
- b) Pleural effusion chronic obstructive pulmonary disease(COPD)
- c) Pneumonia, pleural effusion.

d) Pulmonary fibrosis, chronic obstructive pulmonary disease (COPD)

Q: 11: Atopic dermatitis commonly develops in individuals aged:-

- a) 30 years and above.
- b) 1 month to 1 year.
- c) Above 5 years.
- d) Between 2 years and 5 years.

Q:12: Chvostek's sign is used for diagnosis of:-

- a) Hypercalcemia resulting from hyperparathyroidism.
- b) Hypercalcemia resulting from hyperpituitarism.
- c) Hypocalcaemia resulting from hypoparathyroidism.
- d) Hypocalcaemia resulting from hypothyroidism.

Q:13: Glomerulonephritis usually follows:-

- a) Staphylococcal infection.
- b) Gonococcal infection.
- c) Hemophilus influenza infection.
- d) Streptococcal infection.

Q:14: Characteristics Prinzmetal's Angina (Variant Angina) include:

- a) Occurs with known amount of activity, density of pain remain stable.
- b) Occurs with increasing severity, pain is unpredictable.
- c) Occurs same time each day, caused by coronary artery spasms.
- d) Always occur due to atherosclerotic lesion, pain increases with increasing level of activity.

Q:15: The teeth that commonly get impacted are the :-

- a) Molars.
- b) Incisors.
- c) Canine.

d) Wisdom.

Q:16: Body mechanics usually prescribed for clients with low pain include:-

- a) Bending at knee and hips, standing straight, carrying objects close to the body.
- b) Bending at the waist carrying objects close to the body, standing straight.
- c) Sleeping on the side carrying objects farther from the body, bending at the knees and hips.
- d) Bending at the knees and hips.
- e) Bending at the waist, sleeping on the side, standing straight.

Q:17: The type of immunoglobulin's involved in type iii immune complex-mediated hypersensitivity are:-

- a) 1gE, 1gM
- b) 1gG, 1gM.
- c) 1gE, 1gD.
- d) 1gG, 1gA.

Q:18: The major nursing interventions for a patient with hemolytic anemia focus on:-

- a) Protection from injury, understanding of the condition.
- b) Reduced stress, absence of infection.
- c) Improved nutrition status, absence of infection.
- d) Protection from injury, absence of infection.

Q:19: During pre-operative period, the drugs used to achieve sedation, reduce and cause amnesia include:

- a) Diazepam ranitidine.
- b) Diazepam, scopolamine.
- c) Midazolam, diazepam.
- d) Atropine sulfate, midazolam.

Q:20: When a nurse is monitoring a patient for cerebrospinal fluid (CSF) leak he/she should observe for:-

- a) Halo sign.
- b) Babinski reflex.
- c) Illopoas sign.
- d) Blumberg sign.

JANUARY, 2009 PAPER TWO

Part I

Q:1 The trophoblast cells of the developing zygote from the:-

- a) Fetus and amnion
- b) Placenta and fetus
- c) Chorion and amnion
- d) Placenta and chorlon

Q:2: If Mrs. Cola's menstrual period was on 27.7.08, her expected date of delivery will be:-

- a) 3.4.09
- b) 4.5.09
- c) 3.5.09
- d) 4.4.09

Q:3: In focused antenatal care, the second dose of sulfadoxide pyrimethamine (sp) is administered at gestation of:-

- a) 16-28 weeks
- b) 20-30 weeks.
- c) 28-34 weeks.
- d) 34-36 weeks.

Q:4: the diastolic pressure is usually not affected by excitement, its increase is therefore more significant in assessment of pregnant women for pre-eclampsia. The range of change in mmHg is:-

- a) 10-15
- b) 15-20
- c) 15-30
- d) 20-30

Q:5: The management of placenta previa type three when the fetus has died in utero includes:-

- a) Preparation of woman for emergency caesarian section.
- b) Induction of labour by use of syntocinon.
- c) Gentle palpation through vaginal fornices to determine whether posterior or anterior.
- d) Complete bed rest and speculum examination on third day.

Q:6: The hormonal factor responsible for uterine contractions at onset of labour are:-

- a) Increase release of oxytocin progesterone from deciduas at term.
- b) Formation of oxytocin and estrogen in the fetal circulation.
- c) Rise of oxytocin and estrogen in the fetal circulation.
- d) Optimum levels of estrogen and rise of prostaglandins in maternal circulation.

Q:7: fetal axis pressure is a physical change that is more significant during:-

- a) Early stages of labour transmitting the force of contraction to the upper pole of fetus.
- b) Second stage of labour when membranes are intact.
- c) Active and second stages of labour when membranes are ruptured.
- d) Second stage of labour transmitting the force of contraction to the lower pole of the uterus.

Q:8: If membranes rupture at cervical dilation of 8 centimeters, a vaginal examination performed should rule out:-

- a) Obstructed labour, cord prolapsed, fetal compromise.

- b) Cord prolapsed, cord presentation, fetal distress.
- c) Obstructed labour, cord prolapsed, prolonged labour.
- d) Maternal distress, prolonged labour, cord presentation.

Q:9: The partograph is an effective tool in management of women in labour, a good progress in the active phase will be:-

- a) Cervical dilatation plotted progressively on alert line within 7 hours.
- b) Uterine contractions increasing in strength from 20-25 seconds within 8 hours.
- c) Cervical dilation plotted on the action line and progressive descent.
- d) Cervical dilatation plotted the right of the action line.

Q:10: At primary level of ant-retroviral prophylaxis for PMTCT (prevention of mother to child transmission), a HIV-positive woman should take:-

- a) Nevirapine 300 mgs at onset of labour.
- b) Nevirapine 200 mgs at onset of labour.
- c) Zidovudine 300 mgs 3 hourly for 12 hours.
- d) Zidovudine 2mg/ kilogram body weight within three days of delivery.

Q:11: The initial characteristics of rigid cervix in cervical dystocia include:-

- a) Thin, tight, unyielding.
- b) Thick, tight, edematous.
- c) Long, thick, edematous.
- d) Thick, edematous, unyielding.

Q:12: Perineal trauma is common in delivery of face to pubis due to:-

- a) Irregular shape of the face as a presenting part.
- b) Persistent occipito-posterior position when occiput becomes the leading part.
- c) Large presenting mentovertical diameter.
- d) Large presenting occipito-frontal and biparietal diameters.

Q:13: After birth, the functional closure of ductus arteriosus takes place within:-

- a) 1-2hours.
- b) 2-4 hours
- c) 4-6 hours
- d) 8-10 hours

Q:14: the anti-opioid drug used in resuscitation of the newborn is:-

- a) Konakion 0.5 mg intramuscularly.
- b) Dexamethosone 1-2mg Intravenously.
- c) Narcan 0.1 mg/kilogram body weight intravenously.
- d) Naloxone 0.5 mg intravenously.

Q:15: The anti-infective factor that is abundant in human milk but absent in cow's milk is:-

- a) Lysozyme.
- b) Lactoferin.
- c) Colostrums.
- d) Bifidus.

Q:16: injury to the fetal scalp due to pressure by girdle of contact is known as:-

- a) Cephalhaematoma.
- b) Pericranial hematoma.
- c) Subdural oedema.
- d) Caput succedaneum.

Q:17: The peak action syntocinon administered to prevent post-partum hemorrhage is felt in:-

- a) 2 ½ minutes.
- b) 2 minutes.
- c) 2 seconds.
- d) 2 ½ seconds.

Q:18: The exogenous causative organisms to puerperal infection include:-

- a) Escherichia coli, Clostridium welchii.
- b) Streptococcus faecalis, haemolytic streptococcus.
- c) Staphylococcus aureus, Escherichia coli.
- d) Haemolytic streptococcus aureus.

Q:19; Mrs Dodo para 6+ 0 comes to the postnatal clinic at six weeks and demands for bilateral tubal ligation, the midwife should:-

- a) Reassure and encourage her to continue with lactational amenorrhea method.
- b) Schedule for return date in order to prepare for the procedure.
- c) Check whether pregnancy tests is negative then provide the demanded method accordingly.
- d) Take in-depth medico-social history and encourage partner participation.

In question 20, indicate whether the following statements are TRUE or FALSE by indicating the correct answer sheet provided.

Q:20: a) Immunization in the newborn should be administered earlier than the time when maternal antibodies diminish and his body defense mechanism mature.

b) Maternal death is defined as death of a woman during pregnancy, labour or 42 days after delivery or abortion.

Part II: Short Answer Questions

Q:1: Draw and label a diagram of the uterus showing the fundal heights at 12th, 24th, 30th, 36th, 40th weeks of gestation.

Q:2: outline the second line of treatment for smear positive mild to moderate malaria in pregnancy.

Q:3: Myometrium has a unique role in good progress of labour and control of bleeding during the third stage. Describe the muscular structure of the myometrium.

Q:4: Write notes on retained placenta using the following headlines:-

- a) Definition

b) Preventive measures.

c) Aspects of specific management.

Q:5: Outline five signs of actual rupture of uterus following obstructed labour.

Q:6; discuss four predisposing factors to amniotic fluid embolism.

Q:7: Describe the neuro-endocrine control of breast milk release.

Q:8: State three tests performed on cord blood in management of haemolytic disease of the new born.

Q:9: Mrs. Cole complains of heavy red lochia loss during a postnatal home visit on the 10th day post-partum.

Name and define the obstetric condition that Mrs. Cole is suffering from.

Outline three possible causes of Mrs. Cole health problem.

Part III: Long Essay Questions

Q:1: Miss Kazi comes for her third focused antenatal care clinic visit at 32 weeks of gestation. A diagnosis of pregnancy induced hypertension is made on history and examination.

a) State six signs of impending eclampsia.

b) Describe the stages of an eclamptic fit.

c) Describe the magnesium sulphate regimen used in the management of Miss Kazi.

d) State two complications associated with magnesium sulphate.

Q:2: Mrs. Kyoto has ruptured membranes and a loop of the umbilical cord is visible at the vulva.

a) Differentiate between cord prolapsed and cord presentation.

b) State six predisposing factors to cord prolapse.

c) Describe the specific nursing management of Mrs. Kyoto until she delivers.

JANUARY, 2009: PAPER THREE

Part I: Multiple Choices Questions:

Q:1: Cross immunity can be define as:-

- a) The immunity level that is present in a population group.
- b) Long term and sometimes life-long resistance that is acquired either naturally or artificially.
- c) Short-term resistance that is acquired either naturally or artificially.
- d) A situation in which a person's immunity to one agent provides immunity to another related agent.

Q:2: Ergonomic factors include:-

- a) The responses and behavior that workers exhibit on the job.
- b) Living organism found in the work environment.
- c) All the interactions between the worker, the demands of the job, the work setting and the environment.
- d) Structural elements of the workplace that influence worker health and productivity.

Q:3: A child growing within normal developmental milestones will be able to have good head control at the age of:

- a) 3-6 months.
- b) 6-9 months.
- c) 12-18 months.
- d) 20-24 months

Q:4: Campylobacter jejuni:-

- a) Is isolated less frequently from infants and young adults.
- b) Grows best in an environment of less oxygen than the amount in the atmosphere.

- c) Tolerates drying.
- d) Infections always occur as outbreaks.

Q:5; The clinical picture of trachoma in stage four would be:-

- a) Trichiasis and follicles.
- b) Pannus and follicles.
- c) Entropion and scars.
- d) Entropion and Trichiasis.

Q:6: Familiarization assessment as a type of community needs assessment involves:-

- a) The researcher focusing on single problem and studies the community in terms of that problem.
- b) Examining a single facet of community life.
- c) An in-depth survey of the entire community.
- d) Studying data already available in the community and gathering a certain amount of first hand data.

Q:7; The direct health effects of ozone depletion include:-

- a) Increased risk for skin cancer and breast cancer.
- b) Increased risk of skin cancer and cataracts.
- c) Increased risks of cataracts and exposure to vector borne diseases.
- d) Increased population exposure to vector borne diseases and increased risk for skin cancer and cataracts.

Q:8: The vaccine that is heat stable not destroyed rapidly at room temperature and remains active for atleast 6 weeks at 37degrees c is:-

- a) Pentavalent.
- b) BCG
- c) Tetanus toxoid
- d) Measles.

Q:9: the number of deaths from all causes during a given year divided by the population estimated at midyear times a thousand is referred to as the:-

- a) Crude death rate.
- b) Age specific death rate.
- c) Cause-specific death rate.
- d) Case fatality ratio.

Q:10: In the treatment of tuberculosis, the “DOTS” approach refers to:-

- a) Patient getting TB treatment as close to home as possible.
- b) Patient adheres to treatment during the intensive phase only.
- c) Directly observed treatment with weekly monitoring.
- d) Patient takes every drug dosage under supervision during the intensive phase.

Q:11: The following is an adverse effect of Nevirapine:-

- a) Bone marrow suppression
- b) Hepatotoxicity.
- c) Peripheral neuropathy.
- d) Gastro-intestinal intolerance.

Q:12: When health care is geographically, financially and culturally within reach of the entire community, the service is said to be:-

- a) Available
- b) Acceptable.
- c) Accessible.
- d) Affordable.

Q:13: The habit disorders you can discover while assessing the psychological aspect of school children include:-

- a) Temper tantrums, thumb sucking.
- b) Thumb sucking, bedwetting
- c) Temper tantrums, delusions.

d) Bedwetting, hallucinations.

Q:14: In a community, evidence of continuity of quality health care includes:-

- a) Lower all-cause mortality, better access to care.
- b) Better access to care, increased uptake of disease-focused preventive care.
- c) Lower all-cause mortality, increased satisfaction with services.
- d) Better access to care, increased satisfaction with services.

Q:15: The purpose of a screening test is to:-

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

Q:16: One of the targets for improved maternal health under the Millennium Development Goals (MDG) is to reduce by:-

- a) Half maternal ratio.
- b) Two thirds maternal mortality ratio.
- c) A quarter maternal mortality ratio.
- d) Three quarter maternal ratio.

Q:17: An assessment of family health will be most accurate if it incorporates the following guidelines:-

- a) Focusing on the family as a total unit, collection of data once.
- b) Collecting of data once, exercising professional judgment.
- c) Focusing on the family as a total unit, combining quantitative and qualitative data.
- d) Using quantitative data, exercising professional judgment.

Q:18: A major case of “missed opportunity” in the immunization programme is:-

- a) Failure of the cord chain.

- b) Vaccine stock outs.
- c) Use of vaccines that have lost potency.
- d) High rates of drop outs among target group.

Q: 19: The methods commonly used in Africa to measure population include:-

- a) Census and civil registration.
- b) Census and special surveys.
- c) Civil registration and special surveys.
- d) Census and ethnographic surveys.

Q: 20: Non-organic growth failure in a child may be attributed to:-

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

Part II: Short Answer Questions:

Q:1: State five factors that influence acceptance and continuation of family planning.

Q:2: Explain three sources of information for epidemiological studies.

Q:3: Write the scientific names of organisms that cause:-

- a) Visceral elephantiasis
- b) Elephantiasis.
- c) Cholera.
- d) Plague.

Q:4: Outline the six steps of problem solving process in sequential order.

Q:5: Explain the following elements of a disaster management policy.

- a) Prevention.
- b) Mitigation.

c) Preparedness.

d) Response and recovery.

Q:6: Discuss the clinical benefits of anti-retroviral treatment (ART) to the HIV-infected person

Q:7: State four functions of the occupational health nurse.

Q:8: Outline four activities that are carried out during a school health service.

Part III: Long Answer Questions:

Q1. Describe the principles of communicable disease control under the following headings:

a) Attacking the source (8mrks)

b) Interrupting transmission (6mrks)

c) Protecting the host (6mrks)

Q2. At more than 3% annual population growth rate, Kenya is experiencing the negative effects of population explosion.

a) Discuss the negative effects of rapid population growth (15mrks)

b) State five factors that may hinder the practice of family planning (5mrks).

JULY, 2009: PAPER ONE

Part I: Multiple Choice Questions

Q1. The Aorta divides at the level of the 4th Lumbar vertebra into:-

a) External and internal iliac arteries

b) Superior and inferior mesenteric arteries.

c) Common iliac arteries.

d) Lumbar arteries.

Q2. The organic causes of a child's failure to thrive include:-

- a) Lack of active feeding, cleft palate, HIV infection.
- b) Chronic illness, hypothyroidism, congenital malformation
- c) Emotional deprivation, diabetes, rickets.
- d) Metabolic disorders, poor nutrition, tuberculosis.

Q3. Indirect bilirubin of 2.0 mg/dl (34 mol) indicate

- a) Multiple myeloma
- b) Inflammatory condition
- c) Iron deficiency anaemia
- d) Haemolysis red blood cells.

Q4. The adults' dose of Nitrofurantoin is:-

- a) 50 -100 mg four times a day
- b) 25 -50 mg 6 hourly
- c) 15-50 mg 8 hourly
- d) 100-200 mg twice daily.

Q5. When inserting a naso-gastric tube, the nurse encourages patient to swallow as she /he pushes the tube down .This ensures that:

- a) Patient evacuates secretion from oesophagus to facilitate passage of the tube to the stomach.
- b) Minimal mucosal injury and irritation occurs as the tube passes through the oesophagus.
- c) Epiglottis closes the trachea and directs tube to oesophagus.
- d) The tube does not get entangled in the naso-pharynx.

Q6. Appropriate nursing intervention for a patient with a nursing diagnosis of “ineffective airway clearance related to weak cough” is to:-

- a) Help the patient to sit up-right
- b) Teach the patient how to cough.
- c) Administer pain medication to promote comfortable coughing

d) Suction the patient's airway.

Q7. The features that suggest facial palsy include:-

- a) Loss of taste, insidious onset of paralysis on the affected side.
- b) Sudden onset of paralysis on one side of the face, pain behind the ear of the affected side.
- c) Papilloedema, difficulty with facial expression.
- d) Headache, sounds that seem louder on the un-affected side.

Q8. Before any attempt to palpate the abdomen, the nurse should start by:-

- a) Gentle percussing the whole abdomen.
- b) Checking for re-bound tenderness.
- c) Asking the patient to point any area he/she feels pain.
- d) Depressing the abdomen away using the palmar surface of the fingers.

Q9. Surgical sutures that are digested and absorbed during the process of wound healing include:-

- a) catgut, vicryl, dextron
- b) silk, catgut, linen
- c) vicryl, polypropylene, silk
- d) Polyamide, dextron, Terylene.

Q10. In the management of a patient with breast cancer, systemic chemotherapy is indicated:-

- a) Only for post-menopausal women with nodal involvement.
- b) In pre- menopausal women even when no nodal involvement is detected.
- c) In all patients with evidence of nodal involvement
- d) Only with estrogen receptor-negative tumors.

Q11. The humoral immune response involves

- a) Production of antigen –specific immunoglobulin.
- b) Release of cytokines responsible for destruction of antigens.

- c) Direct attack of immunoglobulins.
- d) Surveillance for malignant cell changes.

Q12. The health messages the nurse should share with a client suffering from urticaria include:-

- a) Use of over-the-counter antihistamines.
- b) Application of topical benzene hexachloride weekly.
- c) Avoidance of contact with the causative agent.
- d) Exposing the affected area to sunshine.

Q13. After subtotal thyroidectomy, the nurse should observe for manifestations of acute thyroid storm which include:-

- a) Hypothermia, arrhythmias, hypertension
- b) Arrhythmias, laryngeal stridor, lethargy
- c) Bradycardia, hoarse voice, bulging eyeballs.
- d) Hyperthermia, tachycardia, hypotension.

Q14. The intrinsic causes of airway obstruction which are indications for tracheostomy include:-

- a) Cancer of thyroid gland, Ludwig's angina, barbiturate poisoning.
- b) Multiple laryngeal papilloma, tracheal trauma, cancer of pharynx.
- c) Severe head injury, poliomyelitis, fracture base of the skull.
- d) Tetanus, coma, myasthenia gravis.

Q15. An infant aged 2 months who has been categorized as having very severe pneumonia is likely to manifest with:-

- a) Difficulty in breathing, inability to breast feed.
- b) Nasal flaring, cough.
- c) Fast breathing of 50 breaths/minute, cough.
- d) Nasal discharge, mouth breathing.

Q16. Intravenous Ringers solution prescribed to a one (1) year old infant with severe dehydration will be administered at:-

- a) 50 mls/ kg body weight in the 1st hour, then 50 mls /kg body weight in 5 hours.
- b) 20mls/kg body weight bolus, then 80 mls/kg body weight in 6 hours.
- c) 30 mls/kg body weight bolus then 70 mls /kg body weight in 6 hours
- d) 30 mls /kg body weight in the 1st hour, then 70 mls /kg body weight in 5 hours.

Q17. Complications of posterior dislocation of the hip include:-

- a) Shearing of the sciatic nerve, shortening of the limb.
- b) Post –traumatic ossification, osteoarthritis.
- c) Narrowing of the acetabulum , osteomyelitis.
- d) Permanent semiflexin of the limb, atrophy of iliofemoral ligament

Q18. Laboratory results of a patient suffering from massive thermal burns will reveal:-

- a) hypocalcaemia
- b) increased liver enzymes
- c) decreased my globins in urine
- d) Lymphocytosis.

For question 19 indicate whether the statements are TRUE or FALSE

Q19. a) Bacterial acid in dental plague facilitates deposition of minerals on the tooth thereby causing dental caries.

b) One of the causative factors for dental caries is highly refined carbohydrates.

For question 20 match the symptoms in column A with eye conditions in column B by indicating the correct answer on the answer sheet provided

COLUMN A

Q20 a) Occasional headaches, frequent change of glasses

b) Severe unilateral headaches, diminution of vision

COLUMN B

1. Congenital glaucoma
2. Primary open –angle glaucoma
3. Secondary angle –closure glaucoma
4. Acute primary angle –closure glaucoma

JULY 2009: PAPER FOUR

Part I: Multiple Choice Questions

Q1. The most appropriate sequence in problem solving would be:

- a) Identify the problem, identify possible solutions, select the best solution, take action to solve the problem, evaluate the implementation.
- b) Identify the possible solution, select the best solution, identify the problem , take action to solve the problem , evaluate the implementation.
- c) Identify the problem, take action to solve the problem , identify the possible solution , select the best solution, evaluate the implementation.
- d) Take action to solve the problem, evaluate the implementation, select the best solution, identify the problem, identify possible solution.

Q2. A manager who is involved in structuring activities into operational groups engages in a role of:-

- a) Job designing
- b) Staffing
- c) Scheduling
- d) Organizing

Q3. Lateral thinking in a problem solving process involves:-

- a) Creativity on the use of a series of dimensions examined in relation to each other including the possible elements in each dimension.
- b) A logical deduction in which an indisputable solution is arrived at by analyzing the existing factual information.

- c) The use of various techniques associated with challenging the preconceptions and rejecting “yes/No” thinking.
- d) Suspension or judgement on other peoples “ ideas to allow everyone to talk freely leading to generation of more and new ideas regardless of whether they make sense or not.

Q4. A budgetary process where information is gathered for re- justification of all expenditure is-

- a) Performance budget
- b) Zero –based budget
- c) Operating budget
- d) Supplementary budget.

Q5. When a nurse manager’s power comes into conflict with other powers the conflict is referred to as:-

- a) power conflict
- b) power crisis
- c) power engagement
- d) confrontational power

Q6. According to Carl Roger’s theory of student centered learning:-

- a) Learning occurs when the learner perceives relevance related to his/her purposes.
- b) Students must be supervised to learn.
- c) People learn for self – enhancement rather than simply for utility
- d) There are categorized domains of learning.

Q7. A core factor which would influence the curriculum developent process is:-

- a) natural calamities
- b) political events
- c) student unrests
- d) teacher characteristics

Q8. In group dynamics , frank communication with genuine and empathetic listening develops in the:-

- a) Forming stage
- b) Norming stage
- c) Teaming stage
- d) Storming stage

Q9. An educational objective that requires learners to internalize complex values is classified under:-

- a) cognitive domain
- b) value system domain
- c) affective domain
- d) psychomotor domain

JULY 2010-PAPER ONE

Part I- Multiple Choice Questions

Q1. The celiac artery has three primary branches, namely;

- a) Left inferior phrenic, right gastric and left gastro-epiploic arteries.
- b) Left gastric, splenic and common hepatic arteries.*
- c) Common hepatic, right gastric and left gastro-epiploic arteries.
- d) Gastroduodenal, cystic and right gastro-epiploic arteries

Q2. While planning a meal for a patient suffering from atherosclerosis, the nurse should include:

- a) 30% of daily calorie intake with 10% saturated fats
- b) 20% of daily calorie intake and 400mg Of daily cholesterol intake.
- c) 50% of daily calorie intake with 5% polysaturated fats
- d) 10% of daily calorie intake with 10% monounsaturated fats

Risk factors for atherosclerosis can be divided into two categories: those that can be modified and those that cannot.

Nonmodifiable risk factors include:

- *Age*
- *Gender*
- *Ethnicity*
- *Genetics: predisposition for hyperlipidemia*

Modifiable risk factors include:

- *Diabetes mellitus*
- *Hypertension*
- *Smoking*
- *Obesity*

Q3. On assessing a 15month old infant, the nurse would expect him to:

- Follow one-step command with gesture, use two words to communicate.
- Use two word combination, point to five body parts when named.
- Follow one-step command without gesture, use four words to communicate
- Use seven words to communicate, point to one body part when named

Q4. Aspartate aminotransferase:-

- Decreases below 35u/ml with hepatocellular injury
- Decreases to 2u/ml with increase of alkaline phosphates
- Rises above 13u/ml with billiary obstruction
- Rises above 40 u/ml with hepatocellular injury

Aspartate Aminotransferase is an enzyme normally present in body serum and in certain body tissues especially the heart and liver. The enzyme affects the intermolecular transfer of an amino-group from aspartic acid to Alpha-ketoglutaric acid, forming glutamic acid and Oxaloacetic acid.

The enzyme is released into the serum because of tissue injury and may increase as a result of Myocardial Infarction and Liver damage. Normal findings for adults are 8-20U/L or 5-40IU/L

Q5. Clinical features of hydatidiform mole include;

- Positive pregnancy test of urine diluted to 1:100 after 4weeks of amenorrhea, ultra sound shows the fetus
- Amenorrhea followed by vomiting, breast changes.

c) *Uterus larger than dates, chorionic gonadotrophin hormone in urine increased*

d) Amenorrhea followed by intermittent bleeding, fetus demonstrated in X-ray

Hydatidiform mole is a type of gestational trophoblastic neoplasm that occurs in 1 in 1,000 pregnancies. Delayed menses with spotting is the most common sign. Hyperemesis and uterine enlargement beyond that expected for gestational dates are also indicative.

Treatment consists of suction curettage followed by monitoring serial beta-human chorionic gonadotrophin (HCG) levels, which usually take about 2.5 months to return to normal.

Q6. Symptoms of dermatomyositis include:-

- a) Erythroderma, symmetric proximal muscle weakness
- b) Dermatitis, extreme joint pains
- c) Photosensitivity, intermittent fever
- d) Widespread calcium nodules, muscular atrophy

Q7. During neurological assessment of a patient, the nurse notes that the patient:-

-Opens one eye only when his body is shaken

-Can name only 2 organs of his body

-Moves one leg only when stimulus is applied

His rating on the Glasgow coma scale is?

- a) 9
- b) 11
- c) 10
- d) 13

JANUARY 2011 PAPER TWO

Part I: Multiple Choices Questions:

Q1. Fetal causes of early pregnancy loss include:-

- a) Structural abnormalities of the genital tract
- b) Bicornulate uterus and fibroids

- c) *Chromosomal abnormalities of the conceptus*
- d) Infections such as rubella, listeria and Chlamydia

Q2. The outcome of labor is not dependent on:-

- a) Effectiveness of uterine contractions
- b) *Maternal size*
- c) The “give” of the pelvic joints
- d) The degree of moulding of the fetal head

Q3. In monitoring fetal well being using the fetal kick chart, you will tell the client to notify you if she counts:-

- a) More than 10 movements in 3hours
- b) *Less than 10 movements in 3hours*
- c) More than 10 movements per hour
- d) Less than 10 movements per hour

Q4. During discharge, an important advice for the breastfeeding mother is to:-

- a) Routinely avoid onions, cabbage and chocolate
- b) Keep her calcium intake the same as during pregnancy
- c) *Increase her calories over her pregnancy requirements*
- d) Return to her pre-pregnancy intake for proteins but not calories

Q5. The part of the uterus in which a contraction begins is:-

- a) Cornua
- b) *Fundus*
- c) Isthmus
- d) The body or corpus

Q6. The follicle stimulating hormone and luteinizing hormone are secreted by the:-

- a) Ovaries and testes
- b) Posterior pituitary gland

c) Anterior pituitary gland

d) Hypothalamus

Q7. Uterine contractions are controlled by the:-

- a) Central nervous system
- b) Sympathetic nervous system
- c) Peripheral nervous system
- d) Autonomic nervous system

Q8. The volume of amniotic fluid after 20 weeks gestation is:-

- a) 500 to 1000 ml
- b) 350 to 500 ml
- c) 200 to 500 ml
- d) 1000 to 1500 ml

Q9. The ectoderm differentiates to form the:-

- a) Cardiovascular system
- b) Peripheral nervous system
- c) Respiratory tract
- d) Connective tissues

Q10. The hormone that maintains endometrium and stimulates maternal metabolism and development of breast alveoli during pregnancy is:-

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

Q11. The anteroposterior diameter of the pelvic outlet measures:-

- a) 12 cm*
- b) 13 cm

- c) 11 cm
- d) 10 cm

Q12. During pregnancy, the glomerular filtration rate:-

- a) Only changes when pathological conditions are present
- b) Is directly influenced by the woman's posture
- c) Increases significantly above pre-pregnant levels
- d) Makes the most dramatic changes near birth

Q13. Signs of cardiac decompensation in a pregnant woman with cardiac disease are likely to appear at:-

- a) 28-32 weeks gestation
- b) 36-40 weeks gestation
- c) 12-16 weeks gestation
- d) 20-24 weeks gestation

Q14. The mechanism of labor that allows the fetal head to present itself to fit the widest anteroposterior diameter of the pelvic cavity is:-

- a) Flexion
- b) *Internal rotation*
- c) Descent
- d) Extension

Q15. Closure of the newborns foramen ovale occurs when:-

- a) Blood flows from the pulmonary artery to the aorta
- b) PO₂ is increased causing constriction to occur
- c) The umbilical cord is severed
- d) *Left atrial pressure exceeds right atrial pressure*

Q16. The newborn with post maturity syndrome is at high risk for cold stress due to:-

- a) Absence of vernix

- b) *Decreased subcutaneous fat*
- c) Parchment like skin
- d) Extended posture

Q17. Presence of Meconium in the newborn's lungs:-

- a) Leads to respiratory alkalosis
- b) Prevents air leaks
- c) *Traps inspired air in the alveoli*
- d) Prevents air from entering the airway

Q18. Symptoms of superficial thrombophlebitis include:-

- a) *Local redness and tenderness in a portion of the vein*
- b) Edema of the ankle and lower leg
- c) Pain in the affected leg and foot
- d) Positive Homan's sign

For question 19 indicate whether the statements are TRUE or FALSE on the answer sheet provided.

Q19. a) In the management of shoulder dystocia, Wood's Maneuver is executed by exerting pressure on the anterior fetal shoulder to achieve rotation-**FALSE**

b) Zavanelli Maneuver is an obstetric maneuver that involves pushing back the delivered fetal head into the birth canal in anticipation of performing a cesarean section in case of shoulder-**TRUE**

Q20. Direct causes of placenta abruption include:-

- a) *Abnormally short umbilical cord, sudden loss of uterine volume*
- b) Defective vascularization of the deciduas, previous uterine surgery
- c) Injury to the abdomen from fall or accident, multiple pregnancy
- d) Advanced maternal age, injury to the abdomen from fall or accident

Part II: short Answer Questions

Q1. State the five leading causes of maternal mortality according to WHO indicating their percentages (5mrks)

-Postpartum hemorrhage

-Infection after delivery

-Unsafe abortion

-High blood pressure/Hypertension in pregnancy (pre-eclampsia, eclampsia)

-Obstructed labour

-Ectopic pregnancy

-Indirect causes: anaemia, pelvic inflammatory disease

Q2. Describe the process of fertilization (4mrks)

Fertilization, or conception, normally occurs in the uterine tube within a day after ovulation.

- i. **Capacitation**- Binding of the spermatozoon to sperm receptors in the zona pellucida, thick envelope surrounding the oocyte. This binding triggers the rupture of the acrosome (releasing hyaluronidase and acrosin, enzymes required to penetrate the corona radiata and zona pellucida of the oocyte)*
- ii. **Activation** - Contact and fusion of the plasma membranes of the sperm and oocyte triggers oocyte activation. During activation, the oocyte completes meiosis II (becomes a functionally mature ovum).*
- iii. **Cortical reaction**-This releases enzymes that both inactivate the sperm receptors and harden the zona pellucida; preventing polyspermy (fertilization by more than one sperm).*
- iv. Spermatozoon swells, and as it forms the male pronucleus the rest of the sperm cell breaks down*
- v. **Amphimixis**-After activation, the female pronucleus and the male pronucleus fuse (amphimixis) to form a zygote.*

Q3. Outline five factors that reduce accuracy of fundal height measurement in estimating duration of pregnancy (5mrks).

Q4. State two conditions that must be met in order to establish a diagnosis of active phase labor (2mrks)

-At least 4cm cervical dilatation

-Progressive uterine contractions (>1 in 10min lasting 20 or more seconds)

Q5. Identify five factors that can cause deviations in labor (5mrks)

Q6. a) List four causes of post-partum haemorrhage (2mrks)

- *Uterine atony*
- *Retained placenta.*
- *Disseminated intravascular coagulation (DIC)*
- *Ruptured uterus,*
- *Cervical, vaginal, vulval or perineal tears/ lacerations.*

b) Explain the management of post-partum haemorrhage focusing on the above four causes (6mrks)

The main principles of treatment involve arresting the bleeding, restoration of the blood volume and treatment of circulatory failure (shock).

Uterine atony

- *You should ascertain whether the uterus is contracted, if it is not, you should massage it to cause a contraction.*
- *Encourage breastfeeding if possible*
- *Empty bladder*
- *Take blood for grouping and crossmatch*
- *Repeat syntometrine IM then , put up an IV infusion of normal saline.*
- *Start syntocinon drip 20-40 units in 500ml normal saline at 40 drops per minute*
- *Quickly check for the separation or completeness of the placenta. If the placenta is complete and bleeding persists, perform a bimanual compression whereby the right hand is inserted into the vagina in the anterior fornix above the cervix, and the left hand is placed on the abdomen and pressed downwards onto the posterior wall of the uterus so that it is compressed between the two hands.*

Retained placenta

- *With incomplete or retained placenta: apply uterine massage with controlled cord traction; continue with iv infusion.*
- *Manual removal if CCT is unsuccessful*
- *If the placenta is not complete, do a bimanual compression and maintain syntocinon infusion. Inform theatre staff and prepare the patient for theatre*
- *Prepare the patient for theatre where manual removal of the placenta, tying of the internal iliac arteries or even hysterectomy under general anesthesia may be considered.*

Lacerations

- *If the placenta is delivered and is complete and the uterus is well contracted but the mother is still bleeding, check the birth canal for any tear, which may be the cause of bleeding.*
- *In a lithotomy position examine the patient's birth canal to determine the location and extent of the tear. Apply pressure to the tears till they are sutured. Use aseptic technique to suture the tears.*
- *Profuse haemorrhage from a cervical tear involving a branch of the uterine artery can be temporarily controlled by clamping the artery with an artery forceps till the patient is taken to theatre.*
- *Determine the level of bleeding to determine the need for transfusion or haematinics.*

Coagulation disorders

- *If the placenta is delivered, the uterus is well contracted and there is no tear of the perineum, which is bleeding, then you should suspect coagulation disorders. The doctor will commence the mother on fibrogen while preparation is made to transfuse fresh blood.*

Q7. Explain five risks for a baby born through caesarean section (5mrks)

Q8. Draw a well labeled diagram showing the deep muscle layer of the pelvic floor (6mrks)

JULY 2011-PAPER ONE

Part I

Q1. Nursing management of contusion of the eye includes:

- a) Encouraging the client to lie supine quietly
- b) Applying a warm compressor immediately after injury
- c) Patching the eye closed until it can be examined
- d) Flushing the eye with copious amounts of water

Q2. The preferred position for a client following craniotomy is:

- a) High Fowlers position
- b) Turned to the operative side
- c) Turned to the non-operative side
- d) Low Fowlers position

Q3. Laboratory findings that are consistent with hyperthyroidism include

- a) Decreased serum triiodothyronine (T3) and thyroxine (T4) levels
- b) Elevated serum thyrotropin releasing hormone (TRH) levels
- c) Decreased radioactive iodine uptake
- d) Increased free triiodothyronine (T3) and thyroxine (T4) levels

Q4. Blood supply to gastrointestinal tract:

- a) Originates from the aorta and branches to many arteries
- b) Accounts for 10% of the cardiac output
- c) Carries absorbed nutrients away from the lumen via the hepatic vein
- d) Circulates through the liver by means of the portal vein

Q5. Breast tumours that respond best to adjuvant therapy are those that are:

- a) Estrogen-receptor positive
- b) Estrogen-receptor negative
- c) Poorly differentiated
- d) Locally infiltrating

Q6. A patient newly diagnosed with HIV/AIDS who laments, "I can't believe I got this virus. I am going to die and everyone will know it was de to my behaviour. How could i be so stupid?" is in the stage of:

- a) Depression
- b) Denial
- c) Acceptance
- d) Bargaining

Q7. Substances that create colloid osmotic pressure in the capillaries include;

- a) Albumin, globulin
- b) Plasma, potassium
- c) Globulin, sodium
- d) Albumin, potassium

Q8. Discharge instructions for a client with chronic respiratory acidosis should include:

- a) Discussing how to plan for periods of increased activity
- b) Teaching about a low protein, low carbohydrate diet
- c) Demonstrating exercises to increase vital capacity
- d) Encouraging participation in activities such as jogging

Q9. Inhalation anaesthetics are:

- a) Muscle-relaxants used to facilitate surgery by paralyzing skeletal muscles
- b) Non-opioid agent that produce anaesthesia or sedation
- c) Opioid agents that produce unconsciousness during surgery
- d) Organic liquids used for induction and or maintenance of general anaesthesia

Q10. The predilection of HIV for certain cells in thee immune system results in:

- a) More T4 lymphocytes and general lymphocytopenia

- b) Fewer activated B-cells and hypogammaglobulinemia
- c) Increased response in cutaneous hypersensitivity
- d) Susceptibility to opportunistic infection and neoplasm

Q11. A client with leukemia who develops tumor lysis syndrome would most likely have:

- a) An elevated serum acid phosphate level
- b) A decreased serum alkaline phosphate level
- c) AN increased serum uric acid level
- d) A decreased serum calcium level

Q12. Correct endotracheal (ET) placement is conclusively verified when:

- a) Chest excursion is asymmetrical
- b) Air emerges from the endotracheal tube
- c) Breath sounds are bilaterally equal
- d) Breath sounds are auscultated over the epigastrium

Q13. The most common preventable cause of valvular heart disease is:

- a) Congenital disease acquired intrauterine
- b) Calcium deposits and thrombus formation
- c) Marfans syndrome
- d) Beta-hemolytic streptococcal infection

Q14. Initial treatment for a client with warm autoimmune hemolytic anaemia includes:

- a) Intensive immunosuppressive therapy, radiotherapy
- b) High dose corticosteroid therapy, administration of immunoglobulins
- c) Transfusion with cryoprecipitate, chemotherapy
- d) Radiation, transfusion with whole blood

Q15. Tympanometry is a:

- a) Test to help determine inner ear problems such as otosclerosis
- b) Subjective procedure to assess eardrum mobility
- c) Procedure to diagnose serous otitis
- d) Method used to assess Eustachian tube malfunction

Q16. The respiratory problems that accompany peritonitis are as a result of:

- a) Associated pain interfering with ventilation
- b) Decreased pressure against the diaphragm
- c) Increased oxygen demands from skeletal tissue
- d) Fluid shifts to the thoracic cavity

Q17. An anorexic client states that her stomach is "fat" and that all the food she is being forced to eat is making her obese. The nurse's best reply is:

- a) "Your body is starting to work normally again and is getting stronger and healthier"
- b) "You have a bloated stomach because there is too much salt in your food"
- c) "No, it's not, you look much better now than when you were first admitted"
- d) "May be we have been feeding you too much and you're gaining weight too fast"

Q18. Skin changes in the elderly people leave them more susceptible to:

- a) Heat stroke and heat exhaustion
- b) Melasma and comedone formation
- c) Hirsutism and heat retention
- d) Seborrhea and scalp scaliness

Q19. Match the objective client data in column A with the musculo-skeletal disorder they are primarily associated with in column B

COLUMN A

- a) Unsteady gait
- b) Flushed warm skin

COLUMN B

- 1. Osteoporosis
- 2. Osteomalacia
- 3. Pagets disease
- 4. Osteomyelitis
- 5. Osteosarcoma

Q20. When teaching about proper use of antacids, the nurse should instruct the client to:

- a) Stagger the administration of the antacids with other medications
- b) Take the antacids with all other medications
- c) Take other medications in the daytime and antacids at night
- d) Drink a glass of water immediately after taking the antacids

Part II

Q1. "Compartment syndrome is a medical emergency. Explain (4mrks)

Q2. State four nursing diagnoses for a client with "urolithiasis" (4mrks)

Q3. Describe the pathophysiology of osteomyelitis (5mrks)

Q4. Explain three factors that determine the frequency and duration of hemodialysis sessions (6mrks)

Q5. Explain three categories of non-surgical interventions other than dressing that promote wound healing (6mrks)

Q6. The physician has ordered dopamine to be infused at 20ml/hr. The solution from pharmacy is 400mg of dopamine diluted in 500ml 5% D/W. Calculate the amount of drug to be delivered per hour in milligrams and in micrograms per minute (3mrks)

Q7. A 70 years old man sustained 60% TBSA Burns injury when his house caught fire. He suffered inhalation burns as well while his beloved wife died in the inferno. Explain three factors that will affect the recovery of this client following hospitalization (8mrks)

Q8. Draw and label a diagram illustrating parts of the ear (6mrks)

Part III

Q1. Master X, 8years old boy, has been admitted in the hospital with a diagnosis of nephritic syndrome.

a) Outline five key features of this disorder (5mrks)

b) Identify three priority nursing diagnoses for master X (3mrks)

c) Formulate a nursing care plan for his management using the nursing diagnoses identified above (12mrks)

Q2. Mrs. Kesho aged 60 years has been diagnosed with breast cancer stage II.

a) Describe the TNM classification of tumours (6mrks)

b) Explain the potential management of Mrs. Kesho (6mrks)

c) Describe the complications associated with tumour therapy (8mrks)

JULY 2011-PAPER TWO

Part I

Q1. Persistence of moro reflex beyond the age of 6months is usually suggestive of:

a) Immaturity

b) Brain damage

c) Mental retardation

d) Brachial plexus palsy

Q2. Babies born with intrauterine growth retardation are usually prone to;

- a) Congenital abnormalities, hyperglycemia
- b) Neonatal hyperglycemia, asphyxia
- c) Neonatal asphyxia, birth defects
- d) Neonatal tetanus, asphyxia

Q3. Mrs. Ug, presents in maternity ward with pulsating prolapsed umbilical cord. The recommended nursing position would be;

- a) Knee-chest position, exaggerated Sim's position
- b) Fowler's position, McRoberts manoeuvre position
- c) Sim's position, trendelenburg position
- d) Prone position, knee-chest position

Q4. Lochia serosa is composed of:

- a) Decidua, vernix, leucocytes
- b) Leucocytes, cervical mucus, decidua
- c) Cervical mucus, cholesterol crystals, lanugo
- d) Leucocytes, cervical mucus, erythrocytes

Q5. During second stage of labour, the diameter that distends the vaginal orifice in face presentation is:

- a) Occipito frontal
- b) Submentovertical
- c) Submento-bregmatic
- d) Mentoverical

Q6. The right time for diagnosing HIV infection using antibody tests among children born to HIV positive mother is at or after;

- a) 12 months of age
- b) 16 months of age
- c) 18 months of age
- d) 6 months of age

Q7. During management of severe eclampsia;

- a) Anticonvulsant therapy should be given once daily
- b) Ketamine is the drug of choice in performing a caesarean delivery
- c) Nifedipine can be used to lower the blood pressure

c) Blood pressure should be monitored 6hourly

Q8. Benefits of breastfeeding to the infant include:

- a) Increased cognitive development, less chances of developing diabetes type 2, less risk of extreme obesity
- b) Lowered risk of infection, less likely to become overweight, protection against malignancies
- d) Strengthens bonding, protection against malignancies, decreased risk of cardiovascular diseases
- e) Reduced risk of metabolic syndrome, lowered risk of developing necrotizing enterocolitis, protection against diabetes type 1

Q9. The common age of onset for gonococcal ophthalmia neonatorum is:

- a) Between 21-28 days after birth
- b) Between 0-7 days after birth
- c) Between 7-14 days after birth
- d) At 28 days of age

Q10. Perinatal mortality refers to foetal and infants deaths including still births occurring from 28 weeks of gestation to within the first:

- a) One week of life per 1000 live births
- b) Two weeks of life per 1000 live births
- c) Four weeks of life per 1000 live births
- d) Six weeks of life per 1000 live births

Q11. The normal acidity found in the vaginal fluid usually results from;

- a) Acidic cervical secretions
- b) Emission of acid from vaginal walls
- c) Action of lactobacilli on vaginal glycogen
- d) Consumption of acidic fruits and vegetables

Q12. The hormone responsible for relaxing the pelvic girdle, softening the cervix and suppressing uterine contractions towards the end of pregnancy is:

- a) Oxytocin
- b) Progesterone
- c) Oestrogen
- d) Relaxin

Q13. The most common indication of a retained succenturate placenta lobe is:

- a) A knot on the insertion site of the umbilical cord
- b) Centrally inserted umbilical cord into the placental membranes
- c) A hole in the placental membranes with blood vessels running into it
- d) Umbilical vessels running through the membranes throughout the placenta

Q14. The anterior posterior fontanelles normally close by the age of:

- a) 6 weeks and 18 weeks respectively
- b) 18 weeks and 6 weeks respectively
- c) 18 months and 6 weeks respectively
- d) 6 months and 18 months respectively

Q15. The two layers that constitute the chorion during pregnancy are:

- a) Flexion, external rotation, internal rotation and extension
- b) External rotation, internal rotation, extension and flexion
- c) Flexion, internal rotation, extension and external rotation
- d) External rotation, extension, flexion and internal rotation

Q17. When performing Leopold's maneuver, the purpose of the first maneuver is to determine:

- a) Fetal part lying in the fundus and presentation
- b) Location of fetal back and position
- c) Engagement of the presenting part
- d) The degree of flexion of fetal head

Q18. The most important benefit of vestibular stimulation in the normal newborn is improvement of:

- a) Sucking capability
- b) Tactile sensitivity
- c) Motor co-ordination
- d) Attention span

*For question 19 & 20 indicate the answer whether the statements are **TRUE** or **FALSE** concerning tetralogy of fallot.*

Q19. a) There is obstruction of pulmonary outflow

- b) The patient manifests with right ventricular hypertrophy and ventricular septal defect

Q20. a) It is associated with a higher incidence of major non-heart congenital defects

- b) Infants with this condition show obvious signs of cyanosis at birth

Part II

Q1. Draw a well labeled diagram of the fetal circulation (6mrks)

Q2. State three possible complications of early pregnancy (3mrks)

Q3. Outline six nursing interventions for neonatal sepsis (6mrks)

Q4. Explain the reason behind immunodeficiency among newborns under the following;

a) Innate immunity (1 1/2mrks)

b) Acquired immunity (1 1/2 mrks)

Q5. Outline five indicators of bishop's score (5mrks)

Q6. Explain four events that precipitate disseminated intravascular coagulation (6mrks)

Q7. Explain how Apgar Score is used to assess the condition of a newborn (6mrks)

Q8. Describe the pathophysiology of pre-eclampsia (5mrks)

Part III

Q1. Baby Soo was born at home 3days ago. He has just been admitted to the newborn unit with history of neonatal seizures

a) Define neonatal seizures (1mrk)

b) State five causes of neonatal seizures (5mrks)

c) Describe the specific immediate and subsequent management of baby Soo until discharge (14mrks)

Q2. Mrs. Dy has been brought to casualty department as referral from a lower level health facility with a diagnosis of ruptured uterus

a) Define ruptured uterus (1mrk)

b) State five causes of uterine rupture (5mrks)

c) Describe the specific management of Mrs Dy until discharge (14mrks)

JULY 2011 PAPER III

Part I

Q1. Activities categorized as secondary disease prevention include:-

- a) Blood pressure screening, guarding against accidents, actual treatment of disease
- b) Chemoprophylaxis, annual pap smear test, supply of safe drinking water
- c) Routine mammography, blood pressure screening, annual pap smear test
- d) Periodic determination of blood cholesterol, supply of safe drinking water

Q2. The occupational disease that would occur in workers employed in a sugar cane factory is:-

- a) Agranulocytosis
- b) Bagassosis
- c) Byssinosis
- d) Siderosis

Q3. An abiotic environment that can affect health of the community is:-

- a) Infective organisms
- b) Insects
- c) Vegetation
- d) *Chemicals*

Q4. The measurement rate that is used to determine the number of new cases of a disease over an interval of time is:-

- a) *Incidence rate*
- b) Prevalence rate
- c) Case fatality rate
- d) Endemicities

Q5. The term used to describe malaria endemicity patterns where transmission occurs all the year round is:-

- a) Holoendemic
- b) Hypoendemic
- c) Hyperendemic
- d) Mesoendemic

Q6. The fungal skin infection characterized by thickening and discoloration of the nails is called:-

- a) Tinea versicolor
- b) Tinea pedis
- c) Intertrigo
- d) *Tinea unguium*

Q7. The infection of the genital tract where the discharge has a fishy or ammonia odour is:-

- a) Syphilis
- b) Gonorrhoea
- c) Trichomoniasis
- d) *Candidiasis*

Q8. A zoonotic disease that is caused by a spore forming bacillus is:-

- a) Brucellosis
- b) Rabies
- c) Anthrax
- d) Plague

Q9. A research instrument that is able to give same measurements when recreated several times is said to be:-

- a) Predictable
- b) Precise
- c) Valid
- d) *Reliable*

Q10. The statistical measurement that takes into account all scores obtained and responded to the exact position of every score relative to the mean of that distribution is the:-

- a) *Standard deviation*
- b) Interquartile range
- c) Mode
- d) Median

Q11. The hypothesis that rivals the null hypothesis is referred to as:-

- a) Directional hypothesis
- b) Subjective hypothesis
- c) Statistical Inference
- d) *Alternative hypothesis*

Q12. Family descent where the membership is acquired through the male line is:-

- a) Matrilineal
- b) Patrilineal
- c) Matrilocal
- d) Patrilocal

Q13. The home visiting phase where the nurse designs a plan of action for the family is:-

- a) Pre-visit phase
- b) Initiation phase
- c) Working phase
- d) Termination phase

Q14. Biphasic pills include:-

- a) Logynon, Trinordial
- b) Microgynon, Lo-femenal
- c) Ovanon, Normovlar
- d) Nordette, Marvelon

Q15. Following vasectomy procedure, the client should be advised to use condoms or another family planning method for a duration of:-

- a) 1 month
- b) 2 months
- c) 3 months
- d) 4 months

Q16. The age at which a child is likely to conceptualize abstract ideas is:-

- a) 6 years
- b) 8 years
- c) 10 years
- d) 12 years

Q17. Water-washed diseases include:-

- a) Typhoid, poliomyelitis
- b) Scabies, Trachoma
- c) Amoebiasis, cholera
- d) Malaria, schistosomiasis

Q18. In health education, the principle that best addressed the felt needs of the people is:-

- a) Interest
- b) Motivation
- c) Re-enforcement
- d) Active learning

Q19. Some of the health issues classified under the high priority health package in Kenya are:-

- a) Reproductive cancers, skin diseases
- b) Accidents, drug and substance abuse
- c) Reproductive health, malaria prevention
- d) Mental health, control of vector-borne diseases

Q20. Increasing the ability of the population to cope with a disaster is known as:-

- a) Preparedness
- b) Triaging
- c) Mobilization
- d) Mitigation

Part II

Q1. Explain the normal reaction at the injection site following administration of BCG vaccine (5mrks)

In Kenya the BCG vaccine is given on the anterior – lateral aspect of the upper one third of the left forearm. During the intradermal injection one should raise a weal of about 6mm – 10mm in diameter. This usually disappears within 30 minutes.

After about two weeks a red sore forms. The sore remains for another two weeks and then heals. A small scar, about 5 mm across, remains. This is a sign that the child has been effectively immunized

Q2. Explain three anthropometric measurements used to monitor growth of children under five years of age (6mrks)

Q3. Outline eight factors to be considered in the planning and dissemination of group health education messages (8mrks)

Q4. State four goals focused antenatal care (4mrks)

Q5. State eight principles of community health nursing practice (8mrks)

Q6. Explain five sources of demographic information (5mrks)

Q7. State the criteria used to determine that a child is fully immunized (4mrks)

Part III

Q1. Mr. Kuzi, aged 37yrs, has been diagnosed with multi-drug resistant tuberculosis.

- a) DEFINE Multi-drug Resistant tuberculosis (1mrk)
- b) Outline five important risk factors of MDR-TB (5mrks)
- c) Describe the management of Mr. kuzi (14mrks)

Q2. Describe the Kenya National Immunization schedule and its implementation (20mrks)

JULY 2011-PAPER FOUR

Part I

Q1. The primary goal of hypnotizing a patient is to:

- a) Increase the patients' suggestibility without understanding their nature
- b) Induce muscular relaxation in a prefixed and systematic order
- c) Provide immediate feedback to the individual regarding his/her physiological activities
- d) Correct maladaptive methods of thinking by teaching new coping skills

Q2. Indicate whether the following statements are TRUE or FALSE on the answers sheet provided

- a) Electroconvulsive therapy (ECT) is a treatment that uses an electrical current to cause a brief seizure of the central nervous system while the patient is not under anaesthesia
- b) People with bipolar disorder are more likely to have manic episodes if they are put on antidepressants

Q3. The age of onset of attention deficit disorder is between :

- a) 4-7 years
- b) 10- 18 years
- c) 2-4 years
- d) Above 8 years

Q4. Drugs used in management of depression include:

- a) Haloperidol, mirtazapine, trazodone
- b) Risperidone, venflaxine, citalopram
- c) Thioridazine, doxepine, venflaxine
- d) Doxepine, imipramine, amitriptyline

Q5. Cognitive domain of learning is concerned with:

- a) Decision making, application of principles, concepts
- b) Manipulative skills, operation of equipments, concepts

c) Maintenance of discipline, readiness to work, principles of work

d) Values, understanding and principles

Q6. The mode of evaluation in which objectives of the course are set and the learner's performance compared with the target is;

a) Norm referenced evaluation

b) Criterion referenced evaluation

c) Qualitative referenced evaluation

d) Cumulative referenced evaluation

Q7. The functionalist theory of stratification by Marx Weber rests on the assumption that:

a) All positions in the society are equal

b) Social phenomena exist because they have a positive function to perform in the society

c) Society members will take up the position to serve irrespective of the material reward

d) Profit is distributed equally in the society

Q8. A mission statement:

a) Reflects the purpose and direction of the health care agency

b) Develops, negotiates and formalizes the targets of a health care agency

c) Identifies goals that are specific and adhere to a deadline of the health care agency

d) Is used to develop educational programs for health care professionals

Q9. An organizational structure designed to focus on both product and function is:

a) Flat

b) Matrix

c) Bureaucracy

d) Hybrid

Q10. A client with schizophrenia had just been admitted to the mental health unit. When working with this client the nurse's initial most therapeutic action would be to:

a) Use diversional activity and involve the client in occupational therapy

- b) Build trust and demonstrate acceptance by spending some time with the client
- c) Involve the client in multiple small group discussion to distract attention from the fantasy world
- d) Delay one to one interaction until medication reduces the psychotic symptoms

Q11. Separation anxiety in Freud's psychosexual stages of development initially occurs during the:

- a) Oral stage
- b) Anal stage
- c) Phallic stage
- d) Latency stage

Q12. When caring for the extremely depressed clients, specific goals towards helping the client include:

- a) Set realistic goals
- b) Express hostile feelings
- c) Get involved in activities
- d) Develop trust in others

Q13. Individuals with antisocial personality disorder:

- a) Suffer from a great deal of anxiety
- b) Are generally unable to postpone gratification
- c) Rapidly learn by experience and punishment
- d) Have a great sense of responsibility towards others

Q14. In decentralized scheduling:

- a) The nurse manager develops the schedule in isolation from all other units
- b) Each staff does self scheduling then the unit manager balances the schedule depending on the need
- c) The organization's general manager does the scheduling
- d) The organization sets up a staff scheduling committee

Q15. The basic elements of supervision include:

- a) Regulating workload, providing opportunity to discuss stressful work issues, providing feedback to staff on their performance
- b) Building and maintaining an organization structure, creating and maintaining an effective working force, controlling the work
- c) Maximizing the economy, creating and maintaining effective work force, developing and maintaining motivation
- d) Examining the list of duties given, maintaining social responsibility, negotiating pay hikes

Q16. Performance appraisal is essential as it:

- a) Assesses the performance of the industry toward achieving its goals
- b) Gives the employees a clear indication of progress and performance
- c) Obtains useful feedback for the consumer
- d) Assesses the results of training among the colleagues

Q17. Random selection of subjects for a study is used to:

- a) Maximize the generalizability of results
- b) Reduce random measurement error
- c) Control assignment error
- d) Minimize Hawthorne effect

Q18. Literature review in research is useful for;

- a) Familiarization with practical or theoretical issues relating to a problem
- b) Ensuring that the research superior is well informed
- c) Controlling extraneous variables during experimentation
- d) Testing for appropriate causal relationship

Q19. The application of operant conditioning in nursing education may be achieved by:

- a) Stating the objective of a teaching session
- b) Using punishment to extinct negative behaviour

- c) Rewarding positive behaviour
- d) Stimulus variation in classroom teaching

Q20. The gender of subjects in a research is an example of:

- a) A ratio scale
- b) A nominal scale
- c) An ordinal scale
- d) An interval scale

Part II

Q1

- a) Outline the four (4) Eugen Bleuler fundamental symptoms of schizophrenia
- b) State four (4) factors that may increase the risk of developing catatonic schizophrenia.

Q2 Outline five (5) types of non-probability sampling in research.

Q3 Differentiate between formative and summative evaluative

Q4 Explain the first three stages of psychosocial development according to Erikson's theory in correct sequence.

Q5 a) Explain rating scale used in questionnaires.

- b) Differentiate between contingency questions and matrix questions

Q6 Explain the following ethical terms used in research

- a) Plagiarism
- b) Fraud
- c) Misuse of privileges

Q7 State four (4) manifestations of somatization disorder

Part III

Q1. You have been appointed the regional director in a non-governmental organization to manage malaria control project

- a) Outline five (5) key principles of quality management.
- b) Describe the phases of strategic planning process

Q2. You have been assigned to teach certain course to undergraduate nursing students

- a) Outline five (5) principles of teaching
- b) Describe five (5) factors that influence learning in a classroom setting.

JANUARY 2012 PAPER THREE

Part I: Multiple Choice Questions

1. In epidemiology a risk factor is defined as one that:-
 - a. If present increases susceptibility to a disease.
 - b. Causes the disease.
 - c. Determines that one actually gets a disease.
 - d. If changed will increase the severity of the disease.
2. The coordinator of primary health care in a district is:-
 - a. District health management team.
 - b. District medical officer of health.
 - c. District public health officer.
 - d. District public health nurse.
3. The responsibilities of a client during home based care include:-
 - a. Passive participation in care process, giving consent to care providers, collaborating with other care providers.
 - b. Giving consent to the care giver, collaborating with other clients, advocating in behavior change.
 - c. Identifying care givers, actively participating in care process, giving consent to the care givers.
 - d. Mobilizing maternal support, giving consent to the care giver, participating in care process.
4. Herd immunity:-

- a. Plays a major role in control of communicable disease.
 - b. Confers protection when a large population is immunized.
 - c. Protects only the population that is immunized.
 - d. Is only acquired when a large population suffers from the disease.
5. Community health action is defined as the process of:-
- a. Gathering information on the health problems affecting the community.
 - b. Analyzing the community's health problem in order to plan for intervention.
 - c. Providing health services to the community based on the identified problems.
 - d. Identifying the health facilities available within the community.
6. Comprehensive health and safety risk assessment in work place involves:-
- a. Assessing risks, identifying hazards, applying controls and reviewing effects.
 - b. Identifying hazards, documenting the risks, post exposure prophylaxis.
 - c. Avoiding hazards, removing pollutants, ensuring proper lighting.
 - d. Identifying hazards in environment, work place policy implementation.
7. To calculate the case fatality, one needs to divide the:-
- a. Number of deaths midyear by number of persons with disease.
 - b. Number of deaths from a specified disease by number of persons with the disease.
 - c. Number of deaths from a specified population by number of persons with the disease.
 - d. Number of deaths from any cause in the population by number of persons who died from the disease.
8. Social change occurs through:-
- a. Revolution, ethnocentrism, assimilation.
 - b. Discovery, assimilation, devolution.
 - c. Socialization, evolution, devolution.
 - d. Revolution, reforms, enculturation.

9. The sequence of growth monitoring in an MCH/FP clinic is:-
- Counseling, weighing, plotting, interpretation.
 - Interpretation, counseling, weighing, plotting.
 - Weighing, plotting, interpretation, counseling.
 - Counseling, weighing, plotting, interpretation.
10. The bottom up approach in design and management of community health projects ensures:-
- Donor agents make development decisions for the community.
 - Government and donors support community projects.
 - Sustainability of projects initiated in the community.
 - Government supervision of the community projects.
11. The characteristics of a rural community include:-
- A limited kinship tie, main occupation is agriculture.
 - Limited social exchange, emphasis is on ascribed status.
 - Strong kinship ties, emphasis on ascribed status.
 - Strong relationship among family members, social change is important.
12. Indicate whether the statements are true or false:-
- Monophasic combined oral contraceptives have equal amounts of estrogen and progesterone.
 - Progesterone hormone causes the basal body temperature to rise.
13. A population pyramid with a broad base and a narrow apex indicates:-
- High birth rate.
 - High mortality rate.
 - Low mortality rate.
 - Low dependence ratio.
14. The component of healthful school living involves:-

- a. Health assessment, accident prevention, health education.
- b. Identification of children at risk, accident prevention, health education.
- c. Classroom assessment, encourage teacher's support, counseling of students.
- d. Identification of children at risk, health education, classroom assessment.

15. According to Erikson's theory of psychosocial development, the state of identity versus role of confusion occurs between ages:-

- a. 6-11 years
- b. 12-18 years
- c. 18-22 years
- d. 22-24 years

16. The evaluation done to assess programme outcome is referred to as:-

- a. Strategic.
- b. Process.
- c. Formative.
- d. Impact.

17. The phase of home visiting where the health worker credits achievement and leaves a written identification of self is:-

- a. Implementation.
- b. Termination.
- c. Initiation.
- d. Post visit.

18. The purpose of a research hypothesis is to:-

- a. Postulate an outcome of research based upon inductive reasoning.
- b. Assign numerical values to variable.
- c. Accurately state expected relationship between the variables.
- d. Design the overall plan with which the research will be conducted.

19. Water washed disease include:-

- a. Malaria, schistosomiasis, trachoma.
- b. Scabies, trachoma, diarrhea.
- c. Malaria, onchocerciasis, typhoid.
- d. Cholera, schistosomiasis, scabies.

20. Match the terms in column A with the correct definition in column B regarding the health belief model.

COLUMN A:

- a. Quest to action
- b. Self efficacy.

COLUMN B:

1. A person believes their life is in jeopardy.
2. The belief in being able to execute the desired action.
3. The person's belief in the benefit of recommended behavior.
4. Precipitating force that makes a person feel need to change.

Part II Short Answer Questions

1. State five factors that are associated with spread of sexually transmitted infections. (5mks)
2. Outline three ways by which each of the following demographic factors influence health status of a person.
 - i) Age (3mks)
 - ii) Gender (3mks)
3. Describe the process of establishing a diagnosis of yellow fever. (5mks)
4. Outline five roles of a family in disease prevention. (5mks)
5. State four factors that make school going children be considered a vulnerable group (4mks)
6. Outline five health messages you would share with a mother after administration of BCG vaccine. (5mks)

7. Explain the natural history of disease(6mks)
8. State four factors that are considered while installing a KEPI refrigerator in MCH/FP clinic (4mks)

Part III Essay Questions

1. While compiling the immunization report for your district, you notice that the coverage has dropped in two divisions.
 - a. State five factors that have led to low immunization coverage in these divisions.5
 - b. Describe how you would address this problem of low immunization coverage in the two divisions (15mks).
2. An outbreak of meningococcal meningitis has been reported in a district where you are working as a district community health nurse.
 - a. List two characteristics of this microorganism.1
 - b. Describe the pathophysiology of bacterial meningitis infection.5
 - c. Describe how you will manage and control this outbreak.14

PAPER ONE JANUARY 2013

Part I

Q1. When the nurse commits her/himself to actively promote patients well being , she/he is practicing the principle of:

- e) Fidelity
- f) Justice
- g) Beneficence
- h) Non-maleficence

Q2. The features that suggest fracture base of the skull include:

- e) Rhinorrhea, loss of gag reflex
- f) Otorrhea,sub-conjunctival bleeding
- g) Cervical spine 1, fracture, dilated pupils
- h) Glasgow coma scale of 5, constricted pupils

Q3. The risk factors for GullainBarre Syndrome are:

- e) HIV/AIDS, typhoid immunization
- f) Hodgkins disease, syphilis
- g) Surgery, infection with campylobacter
- h) Influenza immunization, infection with Neisseria meningitides

Q4. The causes of acute interstitial nephritis include:

- e) Allergy to penicillin, acute bacterial pyelonephritis
- f) Hydro-nephrosis, vesico-uteric reflex
- g) Leptosporosis, sickle-cell nephropathy
- h) Myeloma, renal dysplasia

Q5. Structures in the middle ear include:

- e) Auditory canal, ossicles
- f) Round window, Eustachian tube
- g) Ossicles, cochlear
- h) Oval window, semi-circular canals

Q6. The clinical manifestations of exfoliative dermatitis include:

- e) Erythematous plaques and acne
- f) Widespread purpura and wheals
- g) Erythema and palpable nodules
- h) Generalized redness and scalling

Q7. The limitations of ultrasound in gastro-enterology include:

- e) Has low sensitivity for small lesions, obesity obscures the images
- f) Exposes one to high radiation dose, cannot be used on a patient who has metallic prosthesis
- g) Is expensive, has little functional information
- h) It may under stage some tumors. Its role in gastro-intestinal diseases has not been fully investigated

Q8. High risk category of patients should be considered for specific antithrombotic prophylaxis ,which include those undergoing:

- e) Hip surgery, pelvic surgery for removal of malignancy
- f) Treatment for major medical conditions such as pneumonia and HIV/AIDS
- g) Knee surgery, treatment for heart failure
- h) Antiretroviral therapy, inflammatory bowel syndrome management

Q9.The most appropriate drugs for the management of nausea and vomiting in palliative care are:

- e) Sodium ducosate, scopolamine
- f) Metoclopramide,chlorpheniramine
- g) Chlorpheniramine, sodium ducosate
- h) Scopolamine, metoclopramide

Q10. The clinical features of open angle glaucoma include:

- e) Slow loss of sight, loss of visual field, cupping of the optic disc
- f) Blurred vision, corneal oedema, red eye
- g) Rapid loss of vision, dilated pupil, severe eye pain
- h) Constricted pupil, very painful eye, blurred vision

Q11. To identify the bowel sounds the nurse will place a warmed diaphragm of the stethoscope on:

- e) The supra-pubic region
- f) Right hypochondrium
- g) All the quadrants of the abdomen towards the umbilicus
- h) All the nine regions of the abdomen

Q12. The technique used to determine the mobility of abdominal organs is:

- d) Auscultation
- e) Palpation
- f) Percussion

g) Inspection

Q13. The dosage of rectal diazepam for a 4years old child weighing 15kgs is:

e) 1.5 mgs in 0.3 millilitres

f) 10 mgs in 5 mililitres

g) 5mgs in 2.5 mililitres

h) 7.5 mgs in 1.5 mililitres

Q14. Manifestations of hypothyroidism in reproductive system include:

e) Increased libido, oligospermia

f) Impotence, metrorrhagia

g) Anovulation, high incidence of spontaneous abortion

h) Irregular menstrual cycles, increased libido

Q15. The causes of exertional dyspnea include:

e. Pneumothorax, lobar collapse

f. Bronchial carcinoma, pneumoconiosis

g. Pulmonary embolism, pneumonia

h. Atelectasis, pulmonary oedema

Q16. Sinus bradycardia contributes to :

vi. Decreased filling times, increased mean pressure

vii. Increased oxygen demand, decreased preload

viii. Decreased mean arterial pressure, increased preload

ix. Increased filling times, increased mean arterial pressure

Q17. The function of niacin in the body is:

– Inhibition of production of cholesterol, is necessary for cell respiration

– Formation of collagen is necessary for red blood cell maturation

– Is necessary for DNA synthesis, is antioxidant

– Is necessary for carbohydrate metabolism

Q18. As regards the process of inflammation, release of histamine is triggered when:

- e) Cells degranulate and antibody titre is low
- f) Platelets are activated and mast cells degranulate
- g) Mast cells degranulate and basophils depressed
- h) Binding of antibody to mast cells and basophils occur

Q19. The child has foreign body inspiration and probably not laryngo-tracheal bronchitis if there is:

- e) Hoarse voice, stridor of gradual onset
- f) Prolonged inspirational crepitations on auscultation
- g) Sudden onset of stridor, upper respiratory tract infection
- h) Focal reduced air entry, sudden onset of respiratory distress

Q20. The risks associated with knee-chest position when the patient is on the operation table for a long period of time includes:

- a. Venous pooling as blood shifts to the lower extremities
- b. Damage to arterial plexus derived from internal iliac arteries
- c. Deep venous thrombosis in the lower extremities
- d. Back strain

Part II

Q1. Explain four body surface defenses against infection (8mrks)

Q2. Outline the management of atopic dermatitis (3mrks)

Q3. Describe the pathophysiology of rheumatoid arthritis (7mrks)

Q4. A three year old child has been under home management of asthma for the last 2 weeks. State seven factors that may necessitate the child's admission to hospital for further management (7mrks)

Q5. Explain the pathophysiology for helicobacter pylori infection (5mrks)

Q6. State five human developmental (from conception to old age) factors that may affect drug action in the body (5mrks)

Q7. Draw and label a diagram to illustrate the flow of blood through the heart (5mrks)

Part III

Q1. Mrs. T. arrives from operating theatre following right lung lobectomy

- e. Explain the role of the chemoreceptor's in the control of respiration (7mrks)
- f. Describe the management of Mrs. T. post operatively for the first 72 hours (13mrks)

Q2. Mr. X has been admitted to the ward with a diagnosis of bacterial meningitis:

- e) Describe the pathophysiology of bacterial meningitis (6mrks)
- f) Explain the investigations that will be carried out to confirm the diagnosis (4mrks)
- g) On health assessment of Mr. X you identify a priority nursing diagnosis as pain related to meningeal irritation as manifested by headache, stiff neck and photophobia. Develop a care plan related to this nursing diagnosis. (10mrks)

PAPER II JANUARY 2013

Part I

Q1. The pelvic joints include:

- f) One symphysis pubis, two sacroiliac, one sacrococcygeal
- g) Two symphysis pubis, one sacroiliac, one sacrococcygeal
- h) Two symphysis pubis, one sacroiliac, two sacrococcygeal
- i) One symphysis pubis, two sacroiliac, two sacrococcygeal

Q2. The outcome of labour depends on:

- a) Effectiveness of uterine contractions, descend of the fetal head
- b) 'Give' of the pelvic joints, maternal effort
- c) Moulding of the fetal head , 'Give' of the pelvic joints
- d) Descend of the head ,maternal effort

Q3. Possible signs of pregnancy include:

- e) Human gonadotrophin hormones in urine, amenorrhea

- f) Braxton hicks contractions, amenorrhea
- g) Braxton hicks contractions, Ballottement of the fetus
- h) Palpable fetal parts, Braxton hicks contractions

Q4. Softening of the Isthmus during pregnancy is referred to as :

- e) Jacquemies's sign
- f) Osiander's signs
- g) Positive sign
- h) Hegars sign

Q5. The main function of the fetal sac is to:

- e) Keep the fetus warm
- f) Protect the fetus from ascending infection
- g) Enclose the fetus
- h) Enclose the placenta

Q6. The viscous fluid which keeps the sperm alive and motile is produced in the :

- e. Prostate gland
- f. Bulbourethral gland
- g. Seminal vesicles
- h. Spermatic cord

Q7. In physiology of 1st stage of labour polarity is the term used to describe:

- a. Uterine contractions that start at the fundus and spread across downwards
- b. Neuro-muscular harmony that prevails between the two poles of segment of the uterus throughout labour
- c. The shortening of the contraction retained by the muscle fibre which do not relax completely
- d. The force of the fundal contractions transmitted to the upper pole of the fetus down the long axis

Q8. One definite indication of caesarean section is:

- a) Severe pregnancy induced hypertension
- b) Previous caesarean section scar
- c) Antepartum hemorrhage
- d) Cephalopelvic disproportion

Q9. The main cause of secondary postpartum hemorrhage is:

- a) Retention of products of hemorrhage
- b) Infection
- c) Retained placenta
- d) Fibroids

Q10. In management of primary postpartum haemorrhage the uterine contractions are maintained by giving:

- a) 40 units of syntocinon in ½ litre intravenous fluid
- b) 40 units of syntocinon in 1 litre intravenous fluid
- c) 20 units of syntocinon in 1 litre intravenous fluid
- d) 20 units of syntocinon start

Q11. A woman visits the antenatal clinic for the first time at 36 weeks gestation. The most appropriate health message to be shared with her is:

- a) Adequate nutrition and hydration
- b) Avoidance of alcohol and tobacco
- c) Danger signs in pregnancy
- d) True signs of labour

Q12. The investigations carried out only during the 1st visit to the antenatal clinic are:

- a) Blood pressure, haemoglobin
- b) Height, haemoglobin
- c) Rhesus factor, HIV testing
- d) Rhesus factor, urinalysis

Q13. Physiological jaundice:

- a) Appears within the first 24 hours of age
- b) Appears after 24 hours of age
- c) Persists for 7-10 days in full term babies
- d) Bilirubin level exceeds 200-215 mmol/litre

Q14. To prevent hypothermia babies should be nursed in rooms where temperature is maintained at:

- e) 18-21 degrees celcius
- f) 16-19 degrees celcius
- g) 21-24 degrees celcius
- h) 22-26 degrees celcius

Q15. Bishops score is

- a) A method used to measure successfulness of induction
- b) An objective method of assessing whether the cervix is favorable for induction
- c) An objective method assessing whether the uterus is favorable for induction
- d) Used to predict whether spontaneous vaginal delivery is possible

Q16. Puerperal infection occurs 24 hours after delivery mostly due to:

- a) Invasion of organisms due to poor personal hygiene
- b) Invasion, incubation and multiplication of organisms
- c) Endogenous organism present in the patients body
- d) Localized infection in the patient

Q17. For question 17 and 18, match the manouvre in A with the part used to deliver in B

COLUMN A

- a) MauriceausSmellie
- b) Burns Marshall

Q18. a) Lovsetmanouevre

- b) McRoberts manouevre

COLUMN B

1. Extended head
2. Normal head in breech
3. Extended legs
4. Shoulder dystocia
5. Extended knee

Q19 In response to stroking of the cheek on one side of the mouth, the baby will turn towards the source of the stimulus and open his mouth. This is called:

- a. Moro reflex
- b. Rooting reflex
- c. Sucking and swallowing reflex
- d. Gag reflex

Q20. Conditions that predispose a mother to puerperal psychosis are:

- a) Anaemia, severe puerperal sepsis
- b) Anaemia, diabetes
- c) Epilepsy, diabetes
- d) Severe puerperal sepsis, polyhydramnios

Part II

Q1. Draw a well labeled diagram showing the anteroposterior diameters of the fetal skull and their measurements. (6mrks)

Q2. Explain three anatomical variations of the:

- a) Placenta (3mrks)
- b) Umbilical cord (3mrks)

Q3. Outline four checks ensured before performing controlled cord traction to deliver the placenta. (4mrks)

Q4. Explain five services offered during the 2nd visit in focused antenatal care. (5mrks)

Q5. Outline four causes of obstructed labour. (4mrks)

Q6. Explain the three components of a partograph. (8mrks)

Q7. State two effects of diabetes on pregnancy. (2mrks)

Q8. Describe the role of the midwife during 1st stage of labour of a potential with cardiac disease grade II in pregnancy. (5mrks)

Part III

Q1. Mrs. Z Para 2+0 who was in second stage of labour develops sudden onset of maternal respiratory distress.

- a) Explain four predisposing factors to amniotic fluid embolism. (4mrks)
- b) Describe the active management of this mother. (16mrks)

Q2 Mrs. T Para 3+0 is admitted in labour ward for delivery. On examination twin pregnancy is diagnosed.

- a) Explain the diagnosis of twin pregnancy through palpation (6mrks)
- b) Describe the management of this mother during 2nd stage of labour. (14mrks)

JANUARY 2013 PAPER THREE

Part I

1. The term that best describes of a group to invasion and spread of an infectious agent is:-
 - a. Individual immunity
 - b. Natural active immunity
 - c. Herd immunity
 - d. Artificial active immunity
2. The frequency of a phenomenon during a given time and which deals with both new and old cases is:-
 - a. Cause specific rate
 - b. Prevalence rate
 - c. Crude case rate

- d. incidence rate
3. Demographic data describes:-
- a) Characteristics and distribution of people in a given area and the changes in the population over time.
 - b) Any data that delineate health or health related events.
 - c) Adoption, annulment patterns of the population.
 - d) The extent and distribution of illness in a community.
4. Emergency contraceptives are effective if taken within:-
- a. 48 hours
 - b. 72 hours
 - c. 5 days
 - d. 7 days
5. According to Erickson's psychosocial development tasks, industry v/s inferiority occurs at:-
- a. 3-6 years
 - b. 19-25 years
 - c. 5-12 years
 - d. 13-19 years
6. Cross sectional surveys give:-
- a. Prevalence information
 - b. Incidence information
 - c. Longitudinal data.
 - d. Case study.
7. Principles of primary health care include:-
- a. Intersectorial action, decentralization, community participation.
 - b. Intersectorial action, integration of health programmes, education concerning prevailing health problems.

- c. Maternal child health care and family planning, immunization, proper nutrition.
 - d. Community participation, safe water supply.
8. The correct sequence of community diagnosis process is:-
- a. Planning the survey, community inventory, developing and pre testing survey tools, execution of the survey, data analysis, report writing, dissemination and community action.
 - b. Community inventory, planning the survey, developing and pre testing survey tools, execution of the survey, data analysis, report writing, dissemination and community action.
 - c. Developing and pre testing survey tools, planning the survey, execution of the survey, data analysis, report writing, dissemination and community action.
 - d. Community inventory, developing and pre testing survey tools, planning the survey, execution of the survey, data analysis, report writing, dissemination and community action.
9. The non-probability sampling methods include:-
- a. Cluster sampling, quota sampling and systematic sampling.
 - b. Convenience sampling technique, cluster sampling and quota sampling.
 - c. Simple random sampling, systematic sampling and cluster sampling.
 - d. Convenience sampling, quota sampling, purposive sampling.
10. The child understands a few words and tries to use them at:-
- a. 9-12 months
 - b. 6-9 months
 - c. 12-18 months
 - d. 3-6 months
11. Tooth eruption in children is likely to occur at:-
- a. 6 weeks of age
 - b. 24 weeks of age
 - c. 48 weeks of age

d. 36 weeks of age

12. Specific pharmacological management of ophthalmia neonatorum according to NASCOP flow chart of ophthalmia neonatorum includes:-

- a. Procaine penicillin 300,000 IU IM and 1% tetracycline eye ointment TDS X 10 days.
- b. Streptomycin 1% eye ointment, procaine penicillin 300,000 IU IM
- c. Septrin 5 mg stat, 1% eye ointment tetracycline.
- d. Procaine penicillin 300,000 IU IM and streptomycin 1% eye ointment.

13. 'Pulse' saturation vaccination implies:-

- a. A method used when static MCH services are too far away for mothers to bring their infants for immunization.
- b. A routine immunization schedule.
- c. Coverage of susceptible population with immunization.
- d. Few susceptible due to increased immunization.

14. Gross reproductive rate is:-

- a) Number of live births per 1000 workers in specific age group.
- b) Total number of children born to a woman.
- c) Average number of girls born to a woman with current fertility pattern.
- d) Number of daughters a new born girl will bear during her life time.

15. Stable litter contains mainly:-

- a. Animal droppings and left over animal feeds.
- b. Large proportions of putrescible vegetables and broken glasses.
- c. Rubbish and garbage from households.
- d. Iron pieces, dead animals, animal droppings.

16. The permanent hardness of water can be removed by:-

- a. Boiling
- b. Addition of lime

c. Addition of sodium bicarbonate

d. Chlorination

17. In epidemiology chi-square (χ^2) is :-

a. An attempt to establish relationship between two categorical variables.

b. A type of analysis to find out whether an independent variable predicts a given dependent variables,

c. A technique that deals with one independent and one dependent variable.

d. An attempt to determine whether a group of variables together predicts a given dependent variable.

18. The situation where subjects' awareness of being in an experimental group motivates them to perform better is known as:-

a. The John Henry effect.

b. Placebo effect.

c. The Hawthorne effect.

d. The halo effect.

19. Match the diseases in column A with causative organism in column B.

COLUMN A

a) Onchocerciasis

b) Louse-borne relapsing fever.

COLUMN B

1. Simulium damnasum

2. Wuchereria bancrofti

3. Pediculus corporis

4. Orinithodoros moubata

5. Borrelia duttoni

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

a. Refrigeration preserves food by killing all bacteria.

- b. The yellow fever immunization certificate for international travelers remains valid for ten years.

Part II Short Answer Questions

- Q1. State five barriers to disease control programs in the community.(5mrks)
- Q2. Outline four factors to consider when assessing ways a family obtains and gives emotional support.(4mrks)
- Q3. State four administration and management functions of the occupational health nurse.(4mrks)
- Q4. Outline six specific functions of the school health services.(6mrks)
- Q5. Explain two typical roles of adults in the family.(4mrks)
- Q6. Outline seven principles of community health nursing.(7mrks)
- Q7. State five principles of home based care.(5mrks)
- Q8. State five advantages of nursing process in community health.(5mrks)

Part III Essay Questions

1. Family planning, an element of primary health care, is key in improving the health of women, men and children.
- a) State four factors contributing to the gap between access to and use of family planning services (4mks).
 - b) Giving appropriate examples, explain the three types of low dose pills (6mks)
 - c) Describe factors that can influence acceptance and continuation of family planning.
2. You are the community health nurses in charge of a district where yellow fever has been identified.
- a) Explain the pathophysiology of yellow fever. (4mks)
 - b) State three clinical manifestations of yellow fever (3mks).
 - c) Describe the management, prevention and control measures of this disease.(13mks)

PAPER FOUR-JANUARY 2013

Part I

- Q1. Paranoid personality disorder is usually characterized by:

- e) Social anxiety, inability to make close friendship
- f) Suspiciousness, social anxiety
- g) Suspiciousness, sensitivity
- h) Self dramatization, inability to make close friendship

Q2. When developing educational objectives the cognitive domain should focus on:

- e) Attitudes, knowledge, skills
- f) Values, feelings, knowledge
- g) Skill, performance, attitude
- h) Knowledge, concepts, facts

Q3. Transformational leadership aims at:

- e) Maintaining equilibrium or the status quo
- f) Performing work according to policy
- g) Inspiring others to achieve the organizational vision
- h) Performing tasks at ones best to improve efficiency

Q4. A null hypothesis:

- e) Always states that a real relationship exists between two variables
- f) Always states that no real relationship exists between two variables
- g) Is suitable where previous findings conflict
- h) Specifies the nature of the relationship between unknown variables

Q5. The stages of grieving process according to Elizabeth Kubler Ross are:

- f) Shock, disbelief, awareness, restitution, recovery
- g) Denial, anger, bargaining, depression, acceptance
- h) Shock, denial, anger, depression, acceptance
- i) Denial, anger, bargaining, restitution, recovery

Q6. The purpose of organizing in management

- iii) Assign duties and co-ordinate the efforts of individuals

- iv) Spread responsibilities for final results to the top management
- v) Distribute the human resource equally in the organization
- vi) Ensure that work is organized at all levels to ensure control

Q.7: In teaching, the skill of stimulus variation is achieved by:-

- e) Clarity, fluency
- f) Paragraphing, repetition of major points
- g) Use of gestures, variation of speech pattern
- h) Use of gestures, avoiding negative expression

Q.8: The automatic nervous system side effects of tricyclic anti-depressant drugs are:

- e) Muscle twitching, fine tremor, peripheral neuropathy
- f) Agranulocytosis, jaundice, epileptic seizures
- g) Constipation, increased sweating, difficulty in micturition
- h) Tachycardia, epileptic fits, muscle twitching

Q.9: Capital budgets in an organization:-

- e) Consist of salary and personnel expenditure
- f) Represents income expected for the budget period
- g) Is the statement of expected revenue for a period of one year
- h) Aims at meeting the term goals of an organization

Q.10: In total quality management, benchmarking refers to:-

- e) Measurement of the organization performance against the best in the industry
- f) Quest for excellence in creating the best services that meet customer needs
- g) Maintaining excellence in order to maintain a competitive advantage
- h) Measurement of performance against set standard

Q.11: The disadvantage of simulation as an instructional method include:-

- e) Allows the student to make their first serious mistake in a simulated situation rather than real one

- f) Simulation techniques cannot model all dimensions of a real situation
- g) Simulations provide a responsive environment since feedback is given
- h) There is a link between training situation and real situation

Q.12: The accuracy and consistency of measurement, giving essentially the same results under similar conditions are:-

- e) Reliability
- f) Predictability
- g) Generalizability
- h) Validity

Q.13: Anti-anxiety medication produce a calming effect by:-

- e. Inhibiting the production of monoamine oxidase enzyme
- f. Depressing the sub-cortical levels of the central nervous system
- g. Decreasing levels of norepinephrine and serotonin in the brain
- h. Decreasing the levels of dopamine in the brain

Q.14: A sample error can be defined as:-

- 5. Any statistic data computed on a sample and has a sampling distribution
- 6. The discrepancy between the characteristics of the population and characteristics of the sample
- 7. A mathematical abstraction based on the chance of probability
- 8. A sample technique that allows the researcher to differentiate information

Q.15: One of Mc Gregor theory X assumption states that:-

- d) An average person can learn responsibility
- e) Human beings wants to avoid responsibility and need to be directed
- f) Human beings like to exercise control of their work
- g) The ability to make innovation is widely spread throughout population

Q.16: In conflict resolution accommodation refers to:-

- e) A strategy where both parties work to achieve satisfaction for all
- f) A strategy where I individuals neglect their own concerns in favor of the other persons concern
- g) A strategy where either party fail to confront the issue
- h) A strategy where both parties takes a middle position

Q.17: The measure of variability as used in descriptive statistics are:-

- e) Mean, mode, variance
- f) Standard deviation, range, variance
- g) Mean, mode, median
- h) Median, range, variance

Q.18: The symptoms of catatonic schizophrenia include:-

- e) Flat affect, auditory hallucinations, suspicion
- f) Incongruous giggling, facial grimaces, delusions of persecution
- g) Mutism, negativism, waxy flexibility
- h) Delusions of grandeur, argumentative, suspicious

Q.19: In research problem statement

- e) Clearly indicates the researcher anticipated explanation or opinion regarding the study
- f) Focuses on the phenomenon that the researcher desires to describe, predict, control or explain
- g) Provides the basis for establishing hypothesis and observation for the study
- h) Involves locating, regarding and evaluating reports and observations to identify the study purpose

Q.20: In an organization, policies are:-

- e) The decisions that govern action
- f) The processes that influence allocation of scarce resources
- g) The rules that procedures that govern an action

h) Step by step ways of carrying out the processes in an organization

PART II: SHORT ANSWER QUESTIONS:

Q.1: State six (6) disadvantages of using lecture as a method of teaching (6 MARKS)

Q.2: Explain the first three (3) psychosexual development stages in children according to Sigmund Freud (6MKS)

Q.3: Explain three (3) factors/ threats that can affect the internal validity of an experimental study.(6 MKS)

Q.4: State five (5) factors that influence curriculum development for health workers (5MKS)

Q.5: a). state four (4) purposes for presenting a research instrument/ tool (4MKS)

b). Differentiate between structured and unstructured interview (2MKS)

Q.6: State five behavioral indicators of sexual abuse in children (5MKS)

Q.7: a) Explain the term “evaluation” as used in teaching and learning (2MKS)

b). State four (4) purposes for evaluating learners (4MKS)

PART III. ESSAY/LONG ANSWER QUESTIONS

Q.1: You have been deployed as the Nursing Director of hospital X and you are expected to implement various changes for effective management.

e) a). Explain four (4) factors that can cause resistance to change (8MKS)

f) b). describe as a nurse director how you can overcome resistance to change (12MKS)

Q.2: Patient X, a fifty five (55) year old male has been admitted I n your ward and is scheduled for Electro- Convulsive therapy (ECT).

a) State five (5) contra-indications for ECT. (5MKS)

- b). Describe the nursing care before, during and within the first 8 hours after ECT.
(15MKS)

>>ADDED ADVANTAGE.....READ ON..!!

JULY/AUG 2007-PAPER ONE

Part I

Q1. The main function of the thymus gland is the:

- a) Maturation and differentiation of T-cells
- b) Production and proliferation of B-cells
- c) Stimulation and dissemination of red blood cells
- d) Stimulation and production of thyroid hormone

Q2. Corneal infections are difficult to treat due to the fact that:

- a) The surface area of the cornea is small
- b) Causative organisms cannot be recovered
- c) Corneal infections are not easily diagnosed
- d) The cornea is an avascular organ

Q3. When monitoring for infection in an elderly client, a nurse would expect;

- a. More severe signs of infection
- b. Shaking, chills but no fever
- c. changes in mental status
- d. Fever shivering and restlessness

Q4. Toxoplasmosis in a newborn is mostly acquired through;

- a. Contact with maternal genito urinary secretions
- b. Nosocomial transfer from the environment at birth
- c. The placenta before birth

Q5. When caring for a client in pain, it is important for the nurse to keep in mind that;

- a) Many patients experience exaggerated pain
- b) Pain is a subjective, personal experience
- d) Pain can be eliminated with the use of drugs only
- a) Pain always indicates current or impending tissue damage

Q6. The first appropriate nursing intervention to a newly admitted client with urine specific gravity of 1.040 is to:

- a) Restrict oral fluids
- b) Encourage liquid diet
- c) Administer IV fluids
- d) Continue with normal prescribed care

Q7. The appropriate nursing intervention for a client with a diagnosis of ineffective airway clearance is:

- a) Withholding pain medication
- b) Administering cough suppressants every 4-6 hours
- c) Administering antibiotics as prescribed
- d) Maintaining adequate hydration and providing increased humidity

Q8. Narcotic analgesics are administered continuously to individuals following brain surgery because;

- a) Brain surgery does not result in much pain and discomfort
- b) Sedation may result in paradoxical increase in intra-cranial pressure
- c) Papillary responses may be impaired and respirations depressed
- d) Psychological dependence may occur more quickly following surgery

Q9. A client's symptom indicative of a complication associated with acute otitis media is:

- a) Mild fever
- b) Abrupt relief of pain
- c) Tinnitus
- d) Feeling of fullness in the ear

Q10. In screening for HIV, positive Elisa test result is followed by:

- a) CD4 cell count
- b) Blood culture of HIV
- c) Western blot
- d) A polymerase chain reaction (CPR)

Q11. In herpes Zoster;

- a) There is a high risk of secondary bacterial infection
- b) Vaccination is the most appropriate preventive approach
- c) The clients are contagious to individuals with chicken pox
- d) Contact isolation is appropriate for immuno-compromised clients

Q12. Pre-operative care of a client with ruptured appendix includes:

- a) A diet of clear fluids
- b) An enema to prepare bowel for surgery
- c) Administering intravenous antibiotics
- d) Applying a warm bath on the abdomen

Q13. The immunological reaction to chemicals in cosmetic or poison Ivy is categorized as:

- a) Allergic/anaphylactic reaction
- b) Cytotoxic reaction
- c) Immuno complex mediated reaction
- d) Delayed type hypersensitivity

Q14. Witnessing an informed consent form attests to the fact that the nurse:

- a) Saw the correct person sign the form and agrees that the patient was alert and aware of what was being signed
- b) Verifies that all the patient's questions were answered
- c) Believes that the patient's participation in decision making was voluntary

d) Verifies that the person who administered the consent information to the patient is the person who will perform the surgery

Q15. The finding that is characteristic of a client with Guillain-Barre syndrome is:

- a) Symmetric paralysis
- b) Tachycardia
- c) Increased peristalsis
- d) Amnesia

Q16. The increased advocacy for non-antibiotic management of infantile diarrhea is a result of scientific evidence that:

- a) Most infections are related to gestational irritation
- b) Viral agents are a leading cause of those infections
- c) Teething problems are associated the diarrhea
- d) Contamination of food in preparation and handling results in the infection

Q17. The emergence of Multidrug Resistance Tuberculosis (MDR-TB) cases is a result of:

- a) Unscrupulous use and high cost of acquiring anti TB drugs
- b) Limited knowledge on proper nutrition by the patients
- c) Non adherence to stipulated treatment by the clients
- d) Mutation of the tubercle bacilli

Q18. The most common and treatable type of tissue rejection occurs:

- a) Between 2-3 days after transplant
- b) Between 4 days and 3 months after transplant
- c) Between 4 months and 1 year
- d) 5 years after transplant operation

Q19. Deficiency of folic acid in the first trimester of pregnancy is associated with the development of:

- a) Phocomelia
- b) Spina bifida
- c) Cleft lip and palate

d) Hydrocephalus

Q20. The care of a patient with a pressure ulcer includes:

- a) Providing a cardiac bed
- b) Massaging reddened areas of patient's skin
- c) Use of a pull sheet when moving client up in bed
- d) Having the patient sit on a donnut type of device

Part II

Q1. Explain two predisposing factors to nosocomial infection (4mrks)

Q2. Explain three factors that influence an individual's health status (6MRKS)

Q3 Differentiate between osteoporosis and osteomalacia (6mrks)

Q4. Explain three factors that influence glomerular filtration (6mrks)

Q5. Outline the importance of nutrition in HIV/AIDS management (4mrks)

Q6. Explain three respiratory complications of mechanical ventilation (6mrks)

Q7. Outline the management of inhalation burns (8mrks)

Part III

Q1. A six year old boy X, is admitted to the hospital with a diagnosis of severe malaria

- a) State five features of severe malaria (5mrks)
- b) Describe the management of Master X within the first 72 hours (15mrks)

Q2. Mrs. Y has been diagnosed with bleeding peptic ulcers that require surgical intervention

- a) Explain the immediate pre-operative care necessary for Mrs., Y (6mrks)
- b) Outline the information contained in intra-operative nurses' notes (6mrks)
- c) Describe the post-operative management of Mrs. Y within the first 24 hours (8mrks)

JULY/AUG 2007-PAPER THREE

Part I

Q1. In Primary Health Care, fair and responsible distribution of available resource to all individuals and families to enable them meet their fundamental and basic needs are the principle of:

- a) Affordability
- b) Equity
- c) Accessibility
- d) Acceptability

Q2. One of the fundamentals of Primary Health Care is:

- a) Address the main health problem in the community, providing curative, preventive and rehabilitative services accordingly
- b) The health services and structures are easily available to the community members
- c) The services are geographically and culturally within easy reach to the whole community
- d) provide services at a cost that the community can afford and maintain at every stage of their development

Q3. The single most important infection-prevention procedure in family planning service is:

- a) Decontaminating reusable instruments by soaking in 0.5% chlorine solution
- b) Wearing a new pair of gloves for each vaginal examination
- c) Washing hands with soap and clean running water before and after contact with each client
- d) Cleaning the skin of the client appropriately with antiseptic before an injection

Q4. The instruction a nurse would provide to a breastfeeding mother wishing to use progestin only contraception includes:

- a) Take a pill every day for 21 days, rest and restart on the 5th day of menstrual flow
- b) If 3 hours in taking the pill, take the missed pill as soon as possible, take the next pill at the usual time and use condoms for protection
- c) If 3 hours late in taking the pill, take the missed pill as soon as possible and avoid sex for 2 days
- d) Take the pill at the same time every day, when a packet is empty take the first pill from another packet on the next day

For question 5 & 6 indicate whether the following statements are TRUE or FALSE.

Q5 a) Tetanus Toxoid (TT3) is given at least 1 year after tetanus toxoid (TT2), or during a subsequent pregnancy

b) A breastfeeding infant of TB positive mother should be weaned at 6 months and a 2nd dose of BCG given if the first dose failed to take

Q6. a) Hepatitis B vaccine (HBV) should be stored between +0 c and 8 c

b) During national immunization days, children or other eligible people may be given any or all the KEPI vaccines

Q7. A child growing within the normal development milestones will attain a weight of 10kg at the age of:

- a) 6 months
- b) 9 months
- c) 12 months
- d) 18 months

Q8. A grossly handicapped child who is mentally challenged is best cared for in the:

- a) Special school

- b) Institution
- c) Home
- d) Community

Q9. One of the responsibilities of a community health nurse in facilitating networking in the community for the care of HIV/AIDS patients is:

- a) Lobbying and advocating for the rights of the HIV/AIDS patients in the community
- b) Ensuring continuity of care from family level to the individual patient
- c) Co-ordinating the exchange of information amongst groups and establishing referral channels
- d) Planning and organizing activity into the allocated time schedules for the volunteers

Q10. The most effective method of finding sub-clinical cases of a disease in the community is:

- a) Contact tracing
- b) Isolation of cases
- c) Surveillance of contacts
- d) Notification and reports

Q11. One of the factors that increase the susceptibility to HIV infection among uncircumcised men in Kenya is:

- a) Hereditary
- b) Socio-cultural
- c) Anatomical-physiologic
- d) Geographical location

Q12. Some of the factors that affect the prevalence of a disease are:

- a) Change in incidence of a disease, out migration, severity of the disease
- b) Loss of track of some cases, death of patients, population
- c) Severity of the disease, migration into health centers, population, when some patients are cured

- d) Incidence of disease, loss of track of some cases, when some patients get cured

Q13. One of the main purposes of assessing the nutritional status of a community is to:

- a) Enable health workers to understand nutrition theory to promote good nutrition in the community
- b) Detect the development of clinical malnutrition and prevent morbidity and mortality in the community
- c) Mount community wide nutrition education with emphasis on good traditional foods and diets to eliminate the problems of western diets
- d) Assess the influence of socio-economic, agricultural and climatic factors on the nutritional status of the people in the area

Q14. The drugs commonly used in the management of Brucellosis include:

- a) Tetracycline, streptomycin, albendazole
- b) Tetracycline, streptomycin, Clotrimazole
- c) Amoxicillin, streptomycin, tetracycline
- d) Ampicillin, tetracycline, albendazole

Q15. Diseases transmitted through faeco-oral route include:

- a) Viral hepatitis, amoebiasis, hydatidosis
- b) Poliomyelitis, mumps, typhoid
- c) Poliomyelitis, bacillary dysentery, viral hepatitis
- d) Cholera, schistosomiasis, poliomyelitis

For question 16 and 17 match the approaches used in studying family, in column A and the best description in column B by putting the correct number in the answer sheet provided

COLUMN A

Q16. a) Developmental approach

b) Interactional approach

Q17. a) Institutional approach

b) Structural-functional approach

COLUMN B

1. Deals with internal family dynamics

2. Family viewed as a social system with family objectives and its internal organizations

3. Family viewed as an open system

4. Studies family function in society as they change over time

5. Describes family as having practicable natural history with changing ages and composition

6. Studies family relating to present situation

Q18. In syndromic management of sexually transmitted infections, a pregnant woman presenting with vaginal discharge without abdominal pains or tenderness should be treated with 4C's and::

a) Nystatin 1 pessary BID x 5days, metronidazole 2gm stat

b) Clotrimazole 1 tab intravaginally x 6 days

a) Amoxicillin 3gm stat, probenicid 1gm

b) Clotrimazole 1 tab vaginally x 6days, metronidazole 2gm stat

Q19. The community health nurse works with the family because, family:

a) Mediates between the expedition of the society and the need of the individual

b) Serves as a buffer between the society and the individual

c) I s entirely affected by the health of the individual family member

d) Facilitates personality and socio-cultural development of the individual family member

Q2. One of the secondary prevention objectives in occupational health services is

a) Preventing and dealing with toxic effects of substances contacted or inhaled

b) Reducing exposure to harmful substances by sucking or blowing away fumes from places where they are produced

- c) Screening of the working environment to ascertain that recommended preventive measures are complied with by employers and employees
- d) Wearing protective and safety equipment's against hazards

Part III

Q1. You are a newly posted District Public Health Nurse to KY District and you have identified home visiting as a critical component of community health services in the District

- a) State any 6 principles of home visit (6mrks)
- b) Describe the challenges of home visit and their possible solutions (14mrks)

Q2. Child abuse has become rampant and there is increasing concern among health workers and the public at large

- a) Explain the following four rights of the child as summarized by the United Nations
 - i. The right to live
 - ii. The right to enjoy parental care
 - iii. The right to education
 - iv. The right to a culture (8mrks)
- b) Describe the role of the community health nurse in the management of child abuse in the community (12mrks)