

BSCN- NURSING COUNCIL EXAM

PAST PAPERS 2016 - 2013

PLUS MOCK MODELS FOR SCHOOL OF NURSING

AGHAKAN UNIVERSITY NAIROBI

NURSING COUNCIL OF KENYA

EXAMINATION FOR ADMISSION TO THE REGISTER OF BACHELOR OF SCIENCE IN NURSING:

PAPER ONE

DATE: WEDNESDAY 13TH APRIL 2016

TIME ALLOWED: 3 HOURS

9.00 PM TO 12.00 PM

INSTRUCTIONS TO CANDIDATES:

1. Read the questions carefully and answer only what is asked.
2. ENTER YOUR EXAMINATION NUMBER AND QUESTION NUMBER ON THE space provided in the answer booklet.
3. All the questions are compulsory.
4. For Part I (M.C.Q's)
Write your answers in capital letters on the space provided in the answer booklet.
5. Each M.C.Q. is 1 mark.
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Q:1: Malignant hyperthermia is an adverse effect of:-

- a) Altracurium.
- b) Cisatracurium.
- c) Suxamethonium.
- d) Sodium thiopentone.

Q:2: The non-functioning kidney is not removed during a transplant because it:-

- a) Minimizes surgical site injections.
- b) Prevents haemorrhage.
- c) Reduces the rate of donor kidney rejection.
- d) Provides structural support for the transplanted kidney.

Q:3: Classic hemophilia (type A) results from severe deficiency of clotting factor:-

- a) VIII.
- b) IX.
- c) XI.
- d) VII.

Q:4: Deprivation dwarfism is also known as:-

- a) Intrauterine growth retardation.
- b) Constitutional growth delay.
- c) Psychological short stature.
- d) Inborn errors of metabolism.

Q:5: An example of a malignant neoplasm is:-

- a) Angioma.
- b) Leiomyoma.
- c) Melanoma.
- d) Sebaceous cyst.

Q:6: The preferred site for 2-Track technique of intramuscular injection is:-

- a) Deltoid muscles.
- b) Ventrogluteal muscles.
- c) Dorsogluteal muscles.
- d) Vastus late.

Q:7: The person responsible and accountable for all activities during a surgical procedure is the:-

- a) Surgeon.
- b) Circulating nurse.
- c) Anaesthetist.
- d) Scrub nurse.

Q:8: Zidovudine (an antiretroviral drug) is normally started:-

- a) As soon as the patient is diagnosed as HIV positive.
- b) After the first opportunistic infection.
- c) When the patient becomes symptomatic.
- d) When CD₄ levels reaches 500/mm³.

Q:9: The importance of patients' value clarification to a nurse is to:-

- a) Make ethically sound decisions.
- b) Stay informed.
- c) Avoid conflicts.
- d) Establish policies about proper and improper care.

Q:10: Sterility of surgical items is BEST ascertained by:-

- a) Sterilizing process monitoring.
- b) Standard colour change of the autoclaving tape.
- c) Assessing the integrity of the wrapper.
- d) Strict adherence to the sterilizing procedure.

Q:11: Ectopic pregnancies commonly occur at the:-

- a) Isthmus.
- b) Infundibular.
- c) Fimbria.
- d) Ampulla.

Q:12: Young men should be taught self-examination of:-

- a) Scrotum.
- b) Prostate.
- c) Rectum.
- d) Testicles.

Q:13: A considerable varied refractive state is likely to be observed in:-

- a) Hypermetropia.
- b) Myopia.
- c) Anisometropia.
- d) Presbyopia.

Q:14: The key function of Nursing Council of Kenya is to:-

- a) Train and license nurses.
- b) Train and set standards of practice.
- c) License and provide global linkage for Kenyan nurses.
- d) License and regulate nursing training.

Q:15: Prolonged body protein depletion observed in chronic illnesses is BEST measured using:-

- a) Serum albumin blood test.
- b) Hemoglobin levels.
- c) Total lymphocyte counts.
- d) Serum transferrin.

Q:16: The nursing role that supports and protects patients autonomy is:-

- a) Ambassador.
- b) Advocate.
- c) Surrogate.
- d) Chaperone.

Q:17: In peritoneal dialysis, if the outflow does not at least equal the inflow:-

- a) Haemodialysis is recommended.
- b) Dialysate tension time is reduced.
- c) The patient is asked to turn from side to side.
- d) Osmotic diuretic is administered.

Q:18: Dunlop traction is used mainly to treat:-

- a) Femur shaft fractures.
- b) Complicated femur fractures
- c) Cervical spine fractures.
- d) Supracondylar fracture.

Q:19: A condition caused by a malrotation of the bowel refers to:-

- a) Hirschsprung's disease.
- b) Menkel's diverticulum.
- c) Volvulus.
- d) Intussusception.

Q:20: Bacillus steorthermophilus is used to test functionality of:-

- a) Steam autoclaves.
- b) Ethylene oxide sterilizers.
- c) Hot air ovens.
- d) Cold (hydrogen peroxide) sterilizers.

PART II: SHORT ANSWER QUESTIONS:

MARKS

- Q:1: Describe the pathophysiology of hypothyroidism. 5
- Q:2: State six (6) complications of traction during the management of fractures. 6
- Q:3: Outline four (4) specific nursing diagnoses for an adolescent with acne vulgaris. 4
- Q:4: State six (6) specific infection prevention and control measures observed during wound dressing in a surgical ward. 6
- Q:5: Outline therapeutic management of anaphylactic shock emanating from hypersensitivity reaction to penicillin injection. 8
- Q:6: State the components of an informed surgical consent. 8
- Q:7: Explain two (2) major complications of tracheostomy procedure. 3

PART III: ESSAY / LONG ANSWER QUESTIONS:

MARKS

- Q:1: Baby G has been diagnosed to have gastro esophageal reflux disease . (GERD).
- a) Outline the three (3) types of gastro-esophageal reflux (GER). 3
 - b) State three (3) expected outcomes of Baby G from the nursing diagnosis “Risk of aspiration related to gastro-oesophageal reflux. 3
 - c) Describe the nursing intervention and rationale for baby G regarding the risk of aspiration related to the disease. 14
- Q:2: Mr. P 40, year old has been diagnosed with massive pleural effusion requiring underwater seal drainage.
- a) Explain four (4) specific findings you are likely to elicit from physical chest examination of Mr. P. 6
 - b) Describe the specific nursing assessment of Mr. P in relation to the chest tube. 8
 - c) State three (3) specific nursing diagnosis of Mr. P in order of priority. 6

NURSING COUNCIL OF KENYA

**EXAMINATION FOR ADMISSION TO THE REGISTER OF BACHELOR OF SCIENCE
IN NURSING:**

PAPER TWO

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PART I: MULTIPLE CHOICE QUESTIONS:

Q:1: The oblique diameter of the pelvic brim is a line:-

- a) From one sacro-iliac joint to the iliopectineal eminence.
- b) From the sacro-promontory to the upper boarder of the symphysis pubis.
- c) Between the points furthest apart on the iliopectineal lines.
- d) Between the two ischial spines.



Q:2: The anteverted position of the uterus is maintained by:-

- a) Broad ligaments.
- b) Uterosacro ligaments.
- c) Round ligaments.
- d) Pubocervical ligaments.

Q:3: The hormones produced by ovary include:-

- a) Estrogen and follicle stimulating hormones.
- b) Progesterone and luteinizing hormones.
- c) Estrogen and prolactin.
- d) Progesterone and relaxin.

Q:4: In the uterus the fetus is protected against ascending infection by:-

- a) Fetal sac.
- b) Show.
- c) Chorion.
- d) Amnion.

Q:5: During early development, the fetus kidney begins to function and can pass urine between:-

- a) 4 – 8 weeks.
- b) 8 – 12 weeks.
- c) 12 – 16 weeks.
- d) 16 – 20 weeks.

Q:6: During pregnancy there is increased plasma volume which leads to:-

- a) Palpations.
- b) High blood pressure.
- c) Physiological anaemia.
- d) High haemoglobin level.

Q:7: Positive signs of pregnancy include:-

- a) Ultrasound, palpation of fetal parts.
- b) Ultrasound, uterine growth.
- c) Fetal heart sounds, softened isthmus.
- d) Ultrasound, presence of hydro-corticotrophic hormone (HCG).

Q:8: The expected date of delivery of a mother whose last menstrual period was 24.9.2013 is:-

- a) 31.7. 2014
- b) 1. 6. 2014
- c) 31.6. 2014
- d) 1. 7. 2014

~~27.8~~
31.6.2014

Q:9: In a Singleton pregnancy the fundal height reaches the umbilicus at:-

- a) 20 - 22 ~~minutes~~ ^{weeks}
- b) 22 - 24 ~~minutes~~ ^{weeks}
- c) 24 - 26 weeks.
- d) 26 - 28 weeks.

Q:10: Engagement occurs when:-

- a) The widest presenting transverse diameter passes through the brim of the pelvis.
- b) Oblique diameter passes through the brim of the pelvis.
- c) Widest occipital-posterior diameter passes through the pelvic outlet.
- d) Transverse diameter passes through the pelvic cavity.

Q:11: During the physiological changes in 1st stage of labour formation of retraction ring is followed by:-

- a) Formation of upper and lower uterine segment.
- b) Cervical effacement.
- c) Cervical dilatation.
- d) Contraction and retraction of the uterus.

BSC
UIC
B/R
EII

Q:12: When making an individual birth plan the mother should consider:-

- a) Birth companion, transport, delivery facility.
- b) Birth companion, previous delivery, transport.
- c) Type of delivery, drugs, ambulation.
- d) Birth companion, feeding programme, parity.

Q:13: During labour the mother should be given emotional support by having:-

- a) Privacy, analgesics.
- b) Companion, explanation of procedure.
- c) Single quiet room, procedure explanation.
- d) Quiet room, familiar staff.

Q:14: Fetal distress occurs when the fetus:-

- a) Does not get enough oxygen.
- b) Does not breathe immediately after birth.
- c) Inhale amniotic fluid in uterus.
- d) Suffer oxygen deprivation and becomes hypoxic.

Q:15
Flexion
External rotation
Extension
Lateral flexion

Q:15: During second stage of labour internal rotation of the head is followed by:-

- a) Restitution.
- b) Internal rotation of the shoulders.
- c) Flexion of the head.
- d) Lateral flexion of the body.

Q:16: In second stage of labour the midwife should:-

- a) Take fetal heart rate after every contraction.
- b) Do a vaginal examination to rule out cord prolapse.
- c) Take fetal heart rate after every 15 minutes.
- d) Take maternal pulse after every 15 minutes.

Q:17: Immediately the head has crowned during delivery the midwife should:-

- a) Clear the face.
- b) Clear the airway.
- c) Check for cord round the neck.
- d) Encourage the mother to push.

Q:18: The stage of an eclamptic fit where the muscles of the mothers body go into spasms and the body becomes rigid, teeth tightly clenched and eyes staring is:-

- a) Premonitory.
- b) Tonic.
- c) Clonic.
- d) Coma.

Q:19: Direct causes of maternal mortality are:-

- a) Antepartum haemorrhage, malaria.
- b) Postpartum haemorrhage, puerperal sepsis.
- c) Puerperal sepsis, anaemia.
- d) Ruptured uterus, malaria.

Q:20: The neonate loses heat instantly at birth because of:-

- a) Cold delivery room.
- b) Exposure to environment.
- c) Large surface area.
- d) Lack of drying immediately after birth.

PART II: SHORT ANSWER QUESTIONS:

MARKS

Q:1: Draw a well labeled diagram of the growth of the uterus showing the fundal heights at various weeks of gestation.

*Amniotic fluid - baby - hand show
Cervix - not palp*

Q:2: Differentiate between fetal and maternal side of placenta.

4

Q:3: State four (4) examinations you would carry out during daily examination of a postnatal mother.

4

*36
21
12
2*

Q:4: State all the information you would record on a partograph during delivery.

6

*Vital signs
1 VE
2 Palpa Involuta
2 Abdomen
8 Breast
3*

Q:6: Explain the role of male partner during pregnancy.

4

Q:7: State seven (7) signs of impending eclampsia.

7

Q:8: Explain the importance of fetal skull in midwifery.

4

PART III: ESSAY/LONG ANSWER QUESTIONS:

MARKS

Q:1: Mrs. X is admitted in labour ward at 34 weeks of gestation and delivered a baby who weighs 1.8 kg.

- a) State four (4) causes that predispose to premature delivery. 4
- b) Formulate four (4) nursing diagnosis for Mrs X. 4
- c) Explain the specific management of this baby following principle of care. 12

Mrs X admitted in labour ward after 34 weeks gestation. Baby delivered with good Apgar score.

- Q:2:
- a) What are the characteristics of a normal newborn baby. 3
 - b) Explain the immediate management of a newborn baby up to four (4) hours of birth. 5
 - c) Describe the specific management of ^{a newborn} ~~Mrs. X~~, in the next 24 hours. 12

NURSING COUNCIL OF KENYA

**EXAMINATION FOR ADMISSION TO THE REGISTER OF BACHELOR OF SCIENCE
IN NURSING:**

PAPER THREE

DATE: THURSDAY 14TH APRIL 2016

TIME ALLOWED: 3 HOURS

9.00 AM TO 12.00 PM

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BSCN EXAMINATION: PAPER THREE: APRIL 2016
PART I: MULTIPLE CHOICE QUESTIONS:

Q:1: Internationally notifiable communicable diseases in Kenya include:-

- a) Yellow fever, cholera, plague.
- b) Yellow fever, tuberculosis, cholera.
- c) Malaria, tuberculosis, epidemic meningitis.
- d) Typhoid, cholera, rabies.

Q:2: Tertiary prevention of diseases can best be described as:-

- a) Preventing disability and maximum use of remaining capacity.
- b) Treatment and isolation of the sick.
- c) Health education and immunization.
- d) Recovery from physical limitation and psychological regression.

Q:3: In the treatment of tuberculosis, optic nerve can be damaged by:-

- a) Isoniazid.
- b) Streptomycin.
- c) Ethambutol.
- d) Rifampicin.

Q:4: Community Health Survey can be conducted to:-

- a) Plan the health programs of the community.
- b) Get a picture of the health and social status of the community.
- c) Assemble the community members to brief them of a program.
- d) Evaluate the community health programs.

Q:5: Epidemiology is concerned with:-

- a) Factors influencing occurrence and distribution of disease in human populations.
- b) Vital statistics of a population affected by a disease at a given time.
- c) Number of cases of a specific disease existing in a given population at a certain time.
- d) Number of new and old cases affected by a particular disease.

Q:6: Sequential steps in family health care plan is:-

- a) Evaluation, statement of problems, objectives and interventions.
- b) Objectives, intervention, evaluation and statement of the problems.
- c) Objectives, statement of the problem, intervention and evaluation.
- d) Statement of problems, objectives, intervention and evaluation.

Q:7: A research design which provides the strongest evidence about the existence of cause and effect relationship is:-

- a) Non experimental research.
- b) Experimental research.
- c) Observational research.
- d) Quasi-experimental research.

Q:8: Lactational amenorrhoea method of family planning is suitable for a woman who:-

- a) Breastfeeds exclusively, has history of delayed menstruation, has a baby of more than six months.
- b) Breastfeeds exclusively, has not resumed menstruation, wants a highly effective method in the first six months.
- c) Breastfeeds exclusively, has not resumed menstruation, has a baby less than six months old.
- d) Wants protection, resumes menstruation after six months, breastfeeds on demand.

Q:9: Virulence can best be defined as:-

- a) Degree of pathogenicity of an infective agent.
- b) Disease caused by a viral agent.
- c) Capability of an agent to cause disease in a susceptible host.
- d) Disease due to toxic products from an infective agent.

Q:10: Anthropometry is a science of measuring the:-

- a) Nutritional factors needed for growth and development.
- b) Patients habitual intake of food and liquids.
- c) Physical signs and symptoms of inadequate nutrition.
- d) The human body in height and weight.

Q:11: Code numbers for identification of subjects so as not to link the subjects with data is used in order to ensure:-

- a) Anonymity.
- b) Confidentiality.
- c) Full disclosure.
- d) Informed consent.

Q:12: The most common error in introducing research in a proposal is failing to:-

- a) Introduce the central concepts.
- b) Get to the point.
- c) Provide rationale for the study.
- d) Formally state hypothesis or research questions.

Q:13: A comprehensive school health care service include:-

- a) Rehabilitation.
- b) Clinical service.
- c) Organized planning.
- d) Surveillance.

Q:14: The principal reason for providing occupational health services is for:-

- a) Psycho-social reasons.
- b) Curative reasons.
- c) Efficiency reasons.
- d) Economical reasons.

Q:15: Handicaps classified as mental handicap include:-

- a) Mongolism, poliomyelitis, cerebral palsy.
- b) Meningitis, blindness, missing limbs.
- c) Birth injuries, mongolism,, meningitis.
- d) Deafness, cerebral palsy, missing hands.

Q:16: Some primary health care elements added by Kenya Government to the initial ones set at the Alma Ata Conference include:-

- a) Mental health, dental health, community based rehabilitation, STI's and HIV/AIDS control.
- b) Mental Health, dental health, HIV/AIDS control, community based rehabilitation and safe water supply.
- c) Mental health, dental health, STS's health education and community based rehabilitation.
- d) Nutrition and food supply, safe water supply, endemic disease control, health education and essential drug supply.

Q:17: A deficiency of nicotinic acid causes:-

- a) Mucocutaneous lesions.
- b) Pellagra.
- c) Beriberi.
- d) Pernicious anaemia.

Q:18: Indicate whether the statements are True or False.

- a) Asbestos is associated with occupational cancer.
- b) Cholera vaccination must be repeated every six months for adequate protection.

Q:19: Examples of quantitative variables are:-

- a) Age, temperature, income, height.
- b) Grade point average, anxiety level, reading performance.
- c) Gender, religion, ethnic group.
- d) Sex, level of poverty, weight.

Q:20: Match the disease in column A with the corresponding causative organism in column B.

COLUMN A:

- i) Hydatidosis.
- ii) Malta fever.

COLUMN B:

- 1. Bacillus anthracis.
- 2. Clostridium tetani.
- 3. Echinococcus granulosus.
- 4. Strongyloides stercoralis.
- 5. Brucella abortus.

PART II: SHORT ANSWER QUESTIONS:

MARKS

Q:1: Outline the strategies used to ensure self-reliance in primary health care programs in the community.

5

Q:2: State six (6) benefits of community participation in starting a community health program.

6

Q:3: State seven (7) components of family planning programs.

7

Q:4: State five (5) principles of division of vaccines and immunization.

5

→ Assured
→ Easily
→ monitor
→ Availability
→ for all needed

Q:5: Explain three (3) disadvantages of interviews as a tool for data collection.

5

dated

Q:6: Explain four (4) indirect methods of disease transmission.

6

Q:7: Differentiate between quantitative and qualitative research designs.

6

PART III: ESSAY/LONG ANSWER QUESTIONS:

MARKS

Q:1: You are posted to a new county as the Deputy Nursing Officer and your role is to find out the health issues in the county. Explain the process of community diagnosis. 20

Q:2: Research remains the most efficient and reliable source of knowledge and is also the most accurate system of securing useful knowledge.

- a) Define nursing research. 2
- b) State six (6) characteristics of quantitative research. 6
- c) Discuss the role of research in nursing profession. 8
- d) Enumerate four (4) qualitative study designs. 4

NURSING COUNCIL OF KENYA

EXAMINATION FOR ADMISSION TO THE REGISTER OF BACHELOR OF SCIENCE IN NURSING:

PAPER FOUR

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BSCN EXAMINATION: PAPER FOUR: APRIL 2016
PART I: MULTIPLE CHOICE QUESTIONS:

- Q:1: A client in an in-patient psychiatric unit has been admitted involuntarily. The nurse is about to administer the client's anti-anxiety medication when the client strikes the nurse and threatens to kill her. The most appropriate nursing action is for the nurse to:-
- a) Decide not to administer the medication.
 - b) Initiate the ordered, forced medication protocol.
 - c) Initiate legal action to get the client declared incompetent.
 - d) Teach the client the pros and cons of medication compliance.
- Q:2: Benzodiazepines are used in:-
- a) Long-term treatment of post-traumatic stress disorders, convulsive disorder and alcohol withdrawal.
 - b) Short-term treatment of generalized anxiety disorder, alcohol withdrawal, pre-operative sedation.
 - c) Short-term treatment of obsessive compulsive disorder, skeletal spasms, essential hypertension.
 - d) Long-term treatment of panic disorder, alcohol dependency and bipolar affective disorder manic episode.
- Q:3: Post-traumatic stress disorder (PTSD) is influenced by:-
- a) Unsatisfactory parent/child relationship.
 - b) Excess of the neurotransmitter serotonin.
 - c) Distorted, negative cognitions.
 - d) Severity of stressor and lack of support systems.
- Q:4: The ultimate goal of therapy for a client suffering from multiple personality disorder and presenting with suicidal ideations after taking an overdose of diazepam tablets is:-
- a) Integration of the personalities into one.
 - b) For the client to have the ability to switch from one personality to another voluntarily.
 - c) For the client to select which personality he wants to be his dominant self.
 - d) For the client to recognize that the various personalities exist.
- Q:5: With an overdose of barbiturates, death would most likely occur from:-
- a) Kidney failure.
 - b) Cardiac arrest.
 - c) Respiratory depression.
 - d) Cerebral haemorrhage.

Q:6: One of the strategies used for creating an appropriate environment when admitting a psychiatric emergency client is:-

- a) Afford privacy, but not at the risk of compromising personal safety.
- b) Interview the client at close range.
- c) Make sure that there is minimal lighting in the admission room to avoid extreme stimulus.
- d) Be relaxed and depend on help from colleagues.

Q:7: For offenders with a history of alcohol misuse and violent offending, therapeutic approaches in prison can include:-

- a) An assessment by clinical officer in-charge and detoxification.
- b) An assessment by a specialist substance abuse service and detoxification.
- c) Detoxification and severe restrictions in alcohol consumption.
- d) Detoxification and stiffer jail term to serve as a warning for future offenders.

Q:8: Teachers who choose to assess the effects of their teaching in order to improve on their practice are referred to as-----practitioners:-

- a) Deductive.
- b) Inductive.
- c) Intuitive.
- d) Reflective.

Q:9: A bias that may affect the validity of the standardized test scores for a test that presents multiple choice questions and uses a gridded answer sheet is likely to occur if:-

- a) Three students use a geometric pattern to fill out their sheet.
- b) A teacher gives the entire class an extra ten minutes to complete their work because three students with learning disabilities need more time.
- c) A teacher selects a test that has questions that match the skills and concepts taught in that class.
- d) Students taking the test took a different form of the same test the previous year.

Q:10: Freud's model of personality is described by:-

- a) Formal operations.
- b) Id, ego, super ego.
- c) Consciousness, pre-consciousness, reality.
- d) Id, ego, identity.

Q:11: T and S have been dating for two years. S breaks up with T because he cheated on her with B. S tells her friend K about T, but she tells her without showing any emotion. S is using-----as defense mechanism:-

- a) Repression.
- b) Denial.
- c) Projection.
- d) Isolation.

Q:12: The ability to communicate effectively:-

- a) Can be learned.
- b) Is a natural talent that cannot be learned.
- c) Depends on the education level of those around you.
- d) Depends on using technology to send clear message.

Q:13: Standardized tests were originally developed:-

- a) To help counselors in vocational counselling.
- b) To diagnose learning problems of children.
- c) For selection and screening of army personnel.
- d) For vocational and educational placement.

Q:14: When appraising the statistical results of a study you need to:-

- a) Not worry about understanding the results as the researcher has analyzed them for the reader.
- b) Assume that the right statistical tests have been done.
- c) Try to understand what the P-value is.
- d) Search for the researcher's rationale for the statistical tests and results.

Q:15: Strategic planning as a broad concept consists of:-

- a) Corporate strategy and business strategy.
- b) Strategy formation and strategy implementation.
- c) Inputs and outputs.
- d) Environmental analysis and internal analysis.

Q:16: In general, if a policy is not thought out and established:-

- a) A situation requiring action will arise.
- b) Social issues will cause change in the organization.
- c) Managers will be hired from outside.
- d) There will be significant staff turn-over.

Q:17: A nurse is assigned to a care for a post-operative male client who has diabetic mellitus. During the assessment interview, the client reports that he is impotent and says he is concerned about the effect on his marriage. In planning this client's care, the most appropriate intervention would be to:-

- a) Encourage the client to ask questions about personal sexuality.
- b) Provide time for privacy.
- c) Suggest referral to a sex counselor or other appropriate professionals.
- d) Provide support for the spouse.

Q:18: The style of managing change associated with coercion or edict is best described as:-

- a) Change agent retains co-ordination and control but delegates elements of change.
- b) Use of authority to set direction and means of change.
- c) Explicit use of power.
- d) Involvement in setting the strategic agenda.

Q:19: The primary role of the supervisor is:-

- a) Setting a good example.
- b) Help the subordinate develop effective ways of working.
- c) Determine how the assigned task is to be implemented by workers.
- d) Providing workers with information on how to implement the assigned task.

Q:20: Reducing the health care costs and improving quality of care in Kenya can be achieved by:-

- a) Employing more doctors.
- b) Employing more nurses.
- c) Reducing overuse of health care services.
- d) Reducing overuse and misuse of health care services.

PART II: SHORT ANSWER QUESTIONS:

MARKS

Q:1: Identify at least five (5) requirements for community psychiatric service for long term care. 5

Q:2: Substance abuse/dependency is a problem that has the potential for impairment ~~in an~~ individual's social occupation, psychologic or physiologic functioning. With reference to nurses, identify five (5) clues that can help identify substance impairment in nurses. 5

Q:3: Outline six (6) factors influencing curriculum development. 6

Q:4: i) State the two broad categories or types of pain. 2

ii) Under each of the above identify two sub-types. 4

iii) What is the relevance of distinguishing between the types of the pain? 2

Q:5: State six (6) human factors contributing to communication failures in health care. 6

Q:6: Draw a diagram to illustrate Maslow's hierarchy of human needs. 6

Q:7: i) List four (4) characteristics behaviours of authorization. 2

ii) State two (2) positive effects of authoritarian leadership. 2

*please to in
pain to in.
please to in.*

PART III: ESSAY/LONG ANSWER QUESTIONS:

MARKS

Q:1: A female patient aged thirty is being admitted in medical ward with a chief complaint of nausea. She lies down on examination couch. When the nurse removes the patients blouse, she notices that the patient has bruises on her arms and pelvis. Some are bluish in color and others are various shades of green and yellow. The nurse also notices small scars on the body. The nurse strongly suspects that the patient is being abused. The nurse tries to talk to the patient about her bruises and scars but she refuses to say how she received them.

As per
- 2am
Indication of
physical
abuse:

- a) Identify five (5) indications of physical abuse. 5
- b) i) State three (3) nursing diagnosis relevant to the presented case. 3
- ii) State two (2) objectives to guide the management of the patient. 2
- iii) Describe the nursing intervention of a patient being physically abused. 5
- c) Describe the evaluation of the nursing actions to assist the victim of violence on a short term basis. 5

- Q:2: i) Explain McGregor's theory X and theory Y. 10
- ii) Examine its relevant to participative management focusing on nursing profession in Kenya. 10

NURSING COUNCIL OF KENYA

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

PAPER ONE

DATE: WEDNESDAY 16TH JULY 2014

TIME ALLOWED: 3 HOURS

9.00 AM TO 12.00 PM

INSTRUCTIONS TO CANDIDATES:

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

KRCHN (BSCN) EXAMINATION: PAPER ONE: JULY 2014

PART I: MULTIPLE CHOICE QUESTIONS:

- Q:1: The average daily protein requirement for an adult patient is:-
- a) 0.8g/ kg body weight.
 - b) 0.3g/ kg body weight.
 - c) 0.9g /kg body weight.
 - d) 0.5g /kg body weight.
- Q:2: The body mass index (BMI) of a person 1.6m tall and weighing 65kg is:-
- a) 22.4
 - b) 24.6.
 - c) 25.4.
 - d) 40.6.
- Q:3: The preferred incision for appendicectomy is:-
- a) Subumbilical.
 - b) Pfannenstiel.
 - c) Right paramedian.
 - d) Mc Burney.
- Q:4: Weakness, diaphoresis and elevated pulse in a diabetic patient indicates:-
- a) Hyperglycaemia.
 - b) Hypoglycaemia.
 - c) Ketoacidosis.
 - d) Hyperkalaemia.
- Q:5: A potentially life threatening transfusion reaction would be:-
- a) Allergic urticarial.
 - b) Acute haemolytic.
 - c) Delayed haemolytic.
 - d) Febrile non-haemolytic.
- Q:6: Overseeing the welfare of Kenyan nurses is the mandate of:-
- a) Kenya Medical Board.
 - b) Nursing Council of Kenya.
 - c) National Nurses Association.
 - d) National League of Nurses.
- Q:7: Nursing care given to an individual after recovering from illness is termed:-
- a) Primary care.
 - b) Secondary care.
 - c) Tertiary care.
 - d) Collaborative care.

Q:8: Propofol should be used cautiously on patients allergic to:-

- a) Eggs.
- b) Meat.
- c) Cheese.
- d) Milk.

Q:9: A drug whose prolonged use causes body image disturbance related to coarsening of facial features is:-

- a) Diazepam.
- b) Carbamezapine.
- c) Calcium supplements.
- d) Phenytoin.

Q:10: Sponge count in a surgical procedure is the sole responsibility of:-

- a) Scrub nurse and surgeon.
- b) Scrub nurse and surgeon assistant.
- c) Scrub nurse and circulating nurse.
- d) Scrub nurse and anaesthetic nurse.

Q:11: Pain assessment in a paediatric patient is best assessed using:-

- a) Visual analogue scale.
- b) Facial description scale.
- c) Numerical description scale.
- d) Simple description scale.

Q:12: Severe form of neurotube defects are usually present in:-

- a) Diastematomyelia.
- b) Lipomeningomyelocele.
- c) Meningomyelocele.
- d) Meningocele.

Q:13: Sterilization process kills microorganisms by:-

- a) Altering cell metabolism.
- b) Altering cell reproductive ability.
- c) Denaturing cell protein.
- d) Disrupting cell respiration.

Q:14: The denominator in Snellen's visual acuity grading measures the:-

- a) Normal person's visual acuity.
- b) Size of letters read.
- c) Distance at which the patient is from the chart.
- d) Visual angle subtended by the letters read.

Q:15: Continuous bladder irrigation post transurethral resection of prostate (TURP) is mainly to:-

- a) Decrease bleeding.
- b) Reduce clot formation.
- c) Enhance healing.
- d) Increase urine output.

Q:16: A patient has diabetes insipidus, the most appropriate nursing diagnosis is:-

- a) Body image disturbance related to fluid retention.
- b) Alteration in thought process related to decreased endocrine function.
- c) Activity intolerance related to frequent micturation.
- d) Fluid imbalance less than the body requirement related to polyuria.

Q:17: The statement that shows that a client understands a diagnosis of HIV positive is:-

- a) "I became infected by donating blood".
- b) "Being HIV positive means that I have AIDS".
- c) "Since I am only positive, I cannot infect others".
- d) "Because I am HIV positive, I have the virus that causes AIDS".

Q:18: A characteristic butterfly rash on the face is a symptom of:-

- a) Systemic lupus erythematosus.
- b) Multiple sclerosis.
- c) Myasthenia gravis.
- d) Seborrheic dermatitis.

Q:19: Subacute infective endocarditis is a:-

- a) Pneumococcal infection.
- b) Staphylococcal infection.
- c) Streptococcal infection.
- d) Gonococcal infection.

Q:20: The use of toothpaste in very young children is not recommended because:-

- a) The fluid nature of their diet minimizes the risk of dental carries.
- b) They do not like the taste.
- c) Swallowing the paste predisposes to fluorosis.
- d) The teeth are still developing.

PART II: SHORT ANSWER QUESTIONS:

MARKS

- Q:1: Explain four (4) methods of physical sterilization. 6
- Q:2: Outline the specific nurses' role during the diagnostic procedures of lumbar puncture. 6
- Q:3: A patient at the emergency unit presents with a bleeding 2cm lacerated finger from accidental cut with a kitchen knife.
- i) State two (2) specific actual nursing diagnosis from the patient's assessment data. 2
 - ii) State three (3) expected outcome of nursing management of the patient. 3
- Q:4: Describe the bone healing process. 5
- Q:5: Explain four (4) factors that delay healing of fractures. 6
- Q:6: Outline four (4) basic principles of nursing practice in patient isolation technique. 4
- Q:7: Explain Steven Johnson syndrome. 3
- Q:8: State five (5) basic principles of palliative care on a patient with cancer. 5

PART III: ESSAY /LONG ANSWER QUESTIONS:

MARKS

- Q:1: Baby T 1 year old has been diagnosed with tetralogy of Fallot (TOF) and is due for surgery.
- a) List the structural pathology in TOF. 2
 - b) Explain the haemodynamic alterations observed in TOF. 3
 - c) Outline five (5) specific nursing assessment of a child with cyanosis. 5
 - d) State five (5) nursing diagnoses and the expected outcomes for each diagnosis for baby T. 10
- Q:2: Madam Q has been diagnosed with acute closed angle glaucoma and is due for peripheral iridectomy.
- a) Outline six (6) specific clinical manifestation of closed angle glaucoma. 6
 - b) Explain the therapeutic medical and surgical treatment of Madam Q. 6
 - c) State four (4) specific nursing diagnosis and interventions for Madam Q. 8

NURSING COUNCIL OF KENYA

**EXAMINATION FOR ADMISSION TO THE REGISTER OF COMMUNITY HEALTH NURSE
(BSCN)**

PAPER TWO

DATE: WEDNESDAY 16TH JULY 2014

TIME ALLOWED: 3 HOURS

2.00 PM TO 5.00 PM

INSTRUCTIONS TO CANDIDATES:

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

PART I: MULTIPLE CHOICE QUESTIONS:

Q:1: At 28 - 32 weeks of fetal development:-

- a) Ear cartilage becomes soft.
- b) Testes descend in to the scrotum.
- c) Head hair lengthens.
- d) Vernix caseosa appears.

Q:2: The diameter from the occipital protuberance to the glabella measures:-

- a) 11.5cm.
- b) 9.5cm.
- c) 13.5cm
- d) 10.cm.

Q:3: At term the uterus size increases to:-

- a) 30 x 22.5 x 20 cm.
- b) 15 x 22.5 x 20 cm.
- c) 30 x 22.5 x 15 cm.
- d) 30 x 17.5 x 20 cm.

Q:4: The correct blood values and their changes during pregnancy is:-

- a) Total amount of protein in plasma increases by 10g/l by 20 weeks of gestation and stabilizes
- b) Amount of fibrinogen increases by 2g/dl progressively from 3rd month of pregnancy.
- c) There is no changes that occur in clotting time.
- d) WBCS count is $3.8 \times 10^{12}/L$ which always decline progressively.

Q:5: The effects of pregnancy on the immune system is:-

- a) HCG and Prolactin decrease the immune system.
- b) Lymphocyte function is increased.
- c) Serum levels of immunoglobulins 1hA, 1gG and 1 gM increase steadily from 19th weeks of pregnancy.
- d) From two months the total WBC'c rises in pregnancy and reaches a peak at 30 weeks mainly because of neutrophil polymorphonuclear leucocytes.

Q:6: The sign representing pulsation of fornices is:-

- a) Hegar's sign.
- b) Chadwicks's sign.
- c) Oslander's sign.
- d) Braxton's sign.

Q:7: Side effects of oxytocin includes:-

- a) Water intoxication.
- b) Dehydration.
- c) Hypertension.
- d) Hypostimulation.

- Q:8: If controlled cord traction is to be used, the checks to be made before proceeding is:-
- Uterus should not be well contracted.
 - Counter traction is not applied.
 - Absence of signs of placental separation.
 - Uterotonic drug has been administered.
- Q:9: A position where the occiput points to the right sacroiliac joint, the sagittal suture is in the right oblique diameter of the pelvis is:-
- Right Occipitoposterior position.
 - Left Occipitoposterior position.
 - Right occipitolateral position.
 - Left occipitolateral position.
- Q:10: The abortion where the embryo dies in utero and the cervix remains closed is:-
- Complete miscarriage.
 - Incomplete miscarriage.
 - Inevitable abortion.
 - Delayed or silent miscarriage.
- Q:11: A typical sign of ectopic pregnancy is:-
- Diarrhoea.
 - Backache.
 - Vomiting.
 - Sharp pain on one side of the lower abdomen.
- Q:12: Type three placenta praevia is characterized by:-
- Majority of placenta is located in the upper uterine segment.
 - Placenta located in the lower segment near the internal cervical os.
 - Placenta is located over the internal cervical os but not centrally.
 - Placenta is located centrally over the internal cervical os.
- Q:13: The first nursing intervention given to a client with placenta abruptio is:-
- Referral to level 1, 2 or 3 hospital.
 - Insert an intravenous cannula prior to transfer and infuse fluid.
 - Pain management using morphine 15 mg.
 - Blood transfusion.
- Q:14: Preterm prelabour rupture of membranes (PPROM) is characterized by:-
- Occurrence at 35 weeks of gestation.
 - Rupture of fetal membranes with spontaneous uterine activity.
 - Absence of cervical dilatation.
 - Absence of chorioamnionitis as a complication.

Q:15: A pre or co-existing hepatic disorder of pregnancy is:-

- a) Acute fatty liver in pregnancy.
- b) Severe hyperemesis gravidarum.
- c) Pre-eclampsia and eclampsia.
- d) Hepatitis.

Q:16: The estimated amount of amniotic fluid in polyhydramnios is:-

- a) Greater than 1,700 mls per amniotic sac.
- b) Greater than 1,500 mls per amniotic sac.
- c) Greater than 1,200 mls per amniotic sac.
- d) Greater than 2,000 mls per amniotic sac.

Q:17: A cyanotic heart defect example is:-

- a) Fallot's tetralogy.
- b) Coarctation of aorta.
- c) Hypoplastic left heart syndrome.
- d) Patent ductus arteriosus.

Q:18: A congenital deformity of the foot where the plantar is flexed and front part of the foot is inverted :-

- a) Polydactyl.
- b) Syndactyl.
- c) Talipes equinovarus.
- d) Talipes calcaneovalgus.

Q:19: Anti-D Ig (immunoglobulin) is administered to:-

- a) Rh negative women who are pregnant with, or have given birth to a Rh positive baby.
- b) Rh positive women who are pregnant with or have given birth to, a Rh negative baby.
- c) Rh negative women who are pregnant with or have given birth to, a Rh negative baby.
- d) Rh positive women who are pregnant with or have given birth to, a Rh positive baby.

Q:20: Rooting reflex disappears at about:-

- a) 2 – 3 months of age.
- b) 1 – 2 months of age.
- c) 3 – 4 months of age.
- d) 4 – 5 months of age.

PART II: SHORT ANSWER QUESTIONS:

MARKS

- | | |
|--|---|
| Q:1: Draw and label a diagram of a breast. | 5 |
| Q:2: Classify four (4) causes of pathological jaundice and give an example on each. | 4 |
| Q:3: State five (5) sutures and fontanelles in the fetal skull with the most obstetrical significance. | 5 |
| Q:4: Outline three (3) causes of male infertility. | 3 |
| Q:5: Outline six (6) effects of diabetes mellitus on pregnancy. | 5 |
| Q:6: Outline five (5) presumptive signs of pregnancy. | 5 |
| Q:7: Explain three (3) danger signs of pregnancy. | 6 |
| Q:8: State two (2) indicators of fetal well-being. | 2 |
| Q:9: State four (4) services offered in focused antenatal care. | 4 |

PART III: ESSAY/ LONG ANSWER QUESTIONS:

MARKS

- Q:1: Mrs. K. para 1+2 arrives in labour ward in 2nd stage of labour.
- a) Explain the mechanism of normal labour in 2nd stage of labour. 7
 - b) Describe the care to be given to the baby and the mother using nursing process. 13
- Q:2: Baby J, is born at term and weighs 2.7 kgs. He is admitted to special baby care unit with a diagnosis of congenital abnormality of the central nervous system affecting the spinal cord which is very severe, leaking cerebrospinal fluid and it is infected.
- a) Explain the baby's cardiovascular adaptation to extra-uterine life. 6
 - b) State any three (3) congenital abnormalities of the spinal cord. 3
 - c) Describe the specific management of baby J. 11

PART I: MULTIPLE CHOICE QUESTIONS:

Q:1: An activity carried out in the tertiary stage of disease prevention is:-

- a) Community mental health rehabilitation.
- b) Environmental engineering.
- c) Screening.
- d) Chemoprophylaxis.

Q:2: Prevalence rates measure:-

- a) The number of people who develop a disease during a specified period of time.
- b) The number of people in a population who have a disease at any one time.
- c) The number of people who develop a disease in excess of normal expectancy.
- d) The number of people who become ill compared to those who do not, following exposure to a disease causing agent.

Q:3: Data that aids in the identification characteristics of a population are referred to as:-

- a) Biostatistics.
- b) Vital statistics.
- c) Health statistics.
- d) Demographic statistics.

Q:4: Consanguineal relationships in a family is associated with:-

- a) Blood.
- b) Marriage.
- c) Adoption.
- d) Geographical proximity.

Q:5: The microbial pollution bacteria of interest that usually determines level of contamination in water is:-

- a) Typhoid bacilli.
- b) Escherichia coli.
- c) Entamoeba Histolytica.
- d) Shigella.

Q:6: Biological oxygen demand (BOD) measures the concentration of one of the following component in sewage:-

- a) Organic matter.
- b) Inorganic matter.
- c) Heavy metals.
- d) Chemical compounds.

Q:7: A condition caused by repetitive trauma in the work place is:-

- a) Dermatoses.
- b) Noise induced hearing loss.
- c) Carpal Tunner syndrome.
- d) Bysinosis.

Q:8: In a patient with tetanus trismus is caused by rigidity of muscles of the:-

- a) Jaw.
- b) Abdomen.
- c) Back.
- d) Neck.

Q:9: The most likely diagnosis in a patient who presents with constipation followed by diarrhoea which looks like "pea-soup" is:-

- a) Cholera.
- b) Amoebic dysentery.
- c) Bacillary dysentery
- d) Typhoid.

Q:10: Vaccines administration where the skin should not be cleaned with an antiseptic because they are live attenuated include:-

- a) Pentavalent, Tetanus Toxoid.
- b) BCG, Measles.
- c) Polio, Yellow fever.
- d) Tetanus Toxoid, PCV-10.

Q:11: The recommended temperatures for vaccine storage are:-

- a) 0°C to 8°C.
- b) 2°C to 8°C.
- c) 4°C to 8°C.
- d) 4°C to 10°C.

Q:12: A Primary health care element that was not stipulated in the original AlmaAta conference is:-

- a) Health education.
- b) Immunization.
- c) Community based rehabilitation.
- d) Maternal/Child Health and Family planning.

Q:13: The Millennium Development Goals that are directly related to health of mother and child are:-

- a) 1 and 2.
- b) 2 and 3.
- c) 4 and 5.
- d) 6 and 7.

Q:14: In research, the level of measurement that obtains discrete categories of data is called:-

- a) Ratio.
- b) Interval.
- c) Ordinal.
- d) Nominal.

Q:15: In statistical analysis, the degree to which a researcher is sure about a finding is referred to as:-

- a) Probability.
- b) Objectivity.
- c) Reliability.
- d) Validity.

Q:16: The approach used to examine the tasks and role expectations for children, parents and the family as a unit and traces how they change family life is:-

- a) Structural – functional approach.
- b) Developmental approach.
- c) Interactional approach.
- d) General systems theory.

Q:17: Following delivery lactational amenorrhoea should not be used for more than:-

- a) 2 months.
- b) 3 months.
- c) 4 months.
- d) 6 months.

Q:18: According to the normal developmental milestones, a child is able to sit unsupported at the age of:-

- a) 1 – 3 months.
- b) 3 – 6 months.
- c) 6 – 9 months.
- d) 9 – 12 months.

Q:19: The number of life cycle cohorts according to the Kenya Essential package for Health (KEPHS) are:-

- a) 2.
- b) 3.
- c) 4.
- d) 5.

Q:20: According to Kenya's Vision 2030, the pillar on which the health of citizens is anchored is:-

- a) Social.
- b) Political.
- c) Economic.
- d) Welfare.

PART II: SHORT ANSWER QUESTIONS:**MARKS**

- Q:1: Outline any seven (7) roles of a community health nurse in ensuring safety and potency of vaccines. 7
- Q:2: State the five (5) clinical syndromes used in identification and management of sexually transmitted infectious. 5
- Q:3: Outline the uses of epidemiological information in health care. 6
- Q:4: Explain any four (4) factors that influence health seeking behaviour in the community. 6
- Q:5: State the factors that influence the infectious agents' ability to cause disease. 5
- Q:6: Outline five (5) factors that determine toxicity levels and response to a chemical hazard. 5
- Q:7: State six (6) assumptions of holistic model of care. 6

PART III: ESSAY/LONG ANSWER QUESTIONS:

MARKS

Q:1: Describe the clinical staging of HIV/AIDS. 20

Q:2: You are a newly posted District Public Health Nurse in a District where School Health services are non-existent. Describe the three (3) components of a comprehensive school health programme. 20

- Health Educ
- Immunization
- Community intergration

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NURSING COUNCIL OF KENYA

EXAMINATION FOR ADMISSION TO THE REGISTER OF COMMUNITY HEALTH NURSES (BSCN)

PAPER FOUR

DATE: THURSDAY 17TH JULY 2014

TIME ALLOWED: 3 HOURS

2.00 PM TO 5.00 PM

INSTRUCTIONS TO CANDIDATES:

1. Read the questions carefully and answer only what is asked.
2. ENTER YOUR EXAMINATION NUMBER AND QUESTION NUMBER ON THE space provided in the answer booklet.
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10. No candidate shall leave the examination room until all the examination scripts have been submitted and sealed in an envelope by the invigilators.

KRCHN (BSCN) EXAMINATION: PAPER FOUR: JULY 2014

PART I: MULTIPLE CHOICE QUESTIONS:

- Q:1: The most appropriate pictorial presentation to demonstrate the relationship between age and weight is:-
- Histogram.
 - Bar chart.
 - Scatter diagrams.
 - Pie chart.
- Q:2: The most appropriate statistical technique used to test for significant differences between two (2) group means from data is:-
- Paired t-test.
 - Student's t- test.
 - ANOVA.
 - Pearson correlation.
- Q:3: The selection of a sample such that every n^{th} (e.g. every 5^{th}) person or element in a sampling frame is selected is known as:-
- Quota sampling.
 - Simple random sampling.
 - Systematic sampling.
 - Snowball sampling.
- Q:4: Triangulation in research can be defined as:-
- The collection of descriptive data through direct observation and interviews.
 - Statistical tests in which both ends of the sampling distribution are used to determine improbable values.
 - Collection of data and use of different statistical tests at different points to enhance accuracy.
 - Collection and interpretation of data using multiple methods to converge on an accurate representation reality.
- Q:5: Negatively skewed distribution is:-
- Asymmetric distribution of data values with a disproportionately high number of cases at the upper end.
 - Asymmetric distribution of values with a disproportionately high number of cases at the lower end.
 - Symmetric distribution consisting of values which are superimposed on one another.
 - Symmetric distribution with values where high frequency forms one peak.
- Q:6: During interview with a patient, the nurse becomes uncomfortable and realizes that the behaviour of the client reminds him/her of an abusive mother. This feeling by the nurse is:-
- Counter transference.
 - Transference.
 - Projection.
 - Reaction formation.

- Q:7: The nurse's primary role in the care of a client with chemical dependence requiring acute care is:-
- Provide psycho-education on dangers of drug and alcohol use.
 - Monitor and provide withdrawal care based on the unit protocol.
 - Review the problems in the client's relapse prevention plan.
 - Facilitate administration of anti-craving medications.
- Q:8: In planning the care of a young child with oppositional defiant disorder, it is important to include:-
- Reminiscence therapy.
 - Cognitive retraining.
 - Emotive therapy.
 - Behaviour modification.
- Q:9: The most important intervention when working with a client in crisis is:-
- Obtaining a complete assessment of the client's past history.
 - Determining the client's contribution to the problem.
 - Remaining focused on the immediate problem.
 - Assisting client identify similarities in his/her crisis.
- Q:10: A priority nursing diagnostic label for a newly admitted patient in manic phase of bipolar disorder is:-
- Ineffective individual coping.
 - Imbalanced nutrition, less than body requirements.
 - Risk for violence, self directed.
 - Sleep pattern, disturbed.
- Q:11: Advantages of computer-aided instruction include:-
- It is well adapted for instruction requiring extensive reading.
 - It can be programmed to represent or simulate real set of events.
 - It has the ability to provide human support and encouragement.
 - It has flexibility required even if the student does not have some software.
- Q:12: Limitation of the case study method include:-
- Students may lack sufficient experience to assess the case study adequately.
 - It does not allow risk taking with clients as they can be injured.
 - It does not increase the retention and transfer of learning among students.
 - Students don't realize that there are no magical solutions to problem solving.
- Q:13: An advantage of film strips is:-
- It can be used for all categories of learners.
 - The pictures to be shown don't have to be shot sequentially.
 - They are economical means of presenting information.
 - The lecturer does not require preparation for their use.

Q:14: Objective-type tests are preferred for student evaluation because:-

- a) A large quantity of material can be covered in a short time.
- b) Guess work is not possible when carefully constructed.
- c) Does not require so many papers or space and therefore are cheaper.
- d) Requires less time and expertise to construct.

Q:15: Matching questions are discouraged because:-

- a) They do not allow for testing a wide variety of subject matter.
- b) Collecting sufficient related material to make up homogeneous list is difficult.
- c) Marking them requires expertise and subjectivity may occur.
- d) It requires a lot of time for reading and construction.

Q:16: A ward manager who orders a ripple mattress for a patient at risk for developing bed sores is practicing:-

- a) Risk management.
- b) Quality assurance.
- c) Standards of care.
- d) Risk reduction.

Q:17: The nurse manager communicates changes in policy to the ward nurses. The direction of this communication is an example of:-

- a) Upward flow.
- b) Downward flow.
- c) Lateral flow.
- d) Horizontal flow.

Q:18: In resolving conflict between two nurses in the ward, the nurse manager should first use:-

- a) Clarification.
- b) Acknowledgement.
- c) Intensive questioning.
- d) Active listening.

Q:19: As a nurse manager, the most appropriate strategy to use for building a culture for staff development is:-

- a) All staff attend each continuing professional development course.
- b) Aggressively ensure that all continuing education courses are funded.
- c) Schedule staff development activities at a variety of times.
- d) Schedule development activities based on the supervisors preferences.

Q:20: The most appropriate strategy that a nurse manager uses to facilitate performance appraisal conference is:-

- a) Beginning the evaluation interview with an open-ended question.
- b) Refraining from adding comments to the evaluation form.
- c) Including the personal feelings in the comments section for the tool.
- d) Interview other staff about the employees performance before meeting other employees.

PART III: ESSAY/LONG ANSWER QUESTIONS:

MARKS

- Q:1: Mr J. aged 55 years is admitted to the mental health unit where you work. He is under involuntary admission and is diagnosed with temporal lobe epilepsy. You notice that he is also very paranoid.
- a) Explain the legal requirements for admission under involuntary order. 4
 - b) Draw and label a diagram of the human brain to illustrate functional areas. 6
 - c) Describe three (3) priority nursing interventions for Mr. J in the first 24 hours of admission. 10
- Q:2: The quality of a research study is dependent on extent to which a researcher ensures validity and reliability.
- a) Describe methods/ways of controlling confounding variables to enhance validity. 12
 - b) Explain the differences between experimental and experimental research design. 4
 - c) Explain the difference between type I error and type II error. 4

PART II: SHORT ANSWER QUESTIONS:

MARKS

- Q:1: Explain four (4) types of power that the nurse leaders use. 8
- Q:2: An incident report is used as an organizations internal risk management tool. List ten (10) items/components that should be included in an incident report. 5
- Q:3: Explain the concept of Quality Management systems in health care organizations. 7
- Q:4: Explain four (4) components/elements of an instructional objective. 8
- Q:5: Explain the following principles of curriculum design:-
- a) Scope. 2
 - b) Sequence. 2
 - c) Continuing. 2
 - d) Integration. 2
- Q:6: List eight (8) individual learner differences that a lecturer needs to consider when preparing for teaching. 4

NURSING COUNCIL OF KENYA

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

PAPER ONE

DATE: WEDNESDAY 14TH JANUARY 2015

TIME ALLOWED: 3 HOURS

9.00 AM to 12.00 PM

INSTRUCTIONS TO CANDIDATES:

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

PART I: MULTIPLE CHOICE QUESTIONS:

Q:1: Excessive secretion of adrenocorticotrophic hormone (ACTH) causes:-

- a) Myxedema.
- b) Thyrotoxicosis.
- c) Cushing disease.
- d) Addison disease.

shrinking of the skin & underlying tissues. - advanced hypoadrenalism

insufficiency mineralocorticoid & glucocorticoids

Q:2: An example of essential amino acids is:

- a) Aspartate. - non
- b) Tyrosine. - non
- c) Methionine.
- d) Serine. non

Essential	Non essential	non essential
Histidine	Alanine	Asparagine
Isoleucine	Asparatate	Aspartic acid
Leucine	Cysteine	Glutamine
Methionine	Glutamate	Glycine
Phenylalanine		Proline
Threonine		Serine
Valine		Tyrosine
Lysine		

Q:3: In the cardiac cycle, closure of the semilunar valve occurs at the onset of:-

- a) Isovolumetric contraction.
- b) Isovolumetric relaxation.
- c) Atrial systole.
- d) Passive ventricular filling.

of Sexual reproduction

Q:4: Oxytocin is synthesized by:-

- a) Hypothalamus.
- b) Adenohypophysis.
- c) Neurohypophysis.
- d) Thyroid gland.

made - special bonding
released
stored

Posterior Respiratory group network of neurons

Q:5: The primary function of the pneumotaxic centre located in the pons is to:-

- a) Set the rhythm of respirations.
- b) Limit the duration of inspiration.
- c) Activate the apneustic centre of respiration.
- d) Limit the duration of expiration.

apneustic centre - produces abnormal breathing during inhalation

Q:6: In the distal tubules, the maximal concentration gradient against which sodium can be reabsorbed is increased by:-

- a) Antidiuretic hormone secretion.
- b) Increased aldosterone concentration in body fluids.
- c) Increased sodium chloride intake.
- d) Water intake.

Aldosterone

*Q:7: In malaria, the form of plasmodia that is transmitted from the mosquito to humans is the:-

- a) Hypnozoite.
- b) Merozoite.
- c) Sporozoite.
- d) Gamatocyte.

Q:8: When assessing a patient's surgical incision for signs of infection, a normal finding would be:-

- a) Serous drainage. ✓
- b) Red hard skin.
- c) Warm, tender skin.
- d) Purulent drainage.

Q:9: A child with acute glomerulonephritis will likely present with:-

edema to knee (red or brown pee)
imp use
slip and fall
R/L ankle leg
phbp

- a) Low blood urea nitrogen (BUN) and hypotension.
- b) Red-brown urine and hypertension. ✓
- c) Low urinary specific gravity and hematuria.
- d) Polyuria and high urinary specific gravity.

Causes
- Group A Streptococci
- Immune system #10
- Hepatitis

Q:10: The medication of choice of treatment of status epilepticus in infants and children is:-

- a) Phenobarbital sodium.
- b) Clonazepam.
- c) Phenytoin. ✓
- d) Ethosuximide.

Q:11: Cystic fibrosis is:-

- a) An autosomal dominant disorder.
- b) An autosomal recessive disorder. ✓
- c) A Y chromosome linked disorder.
- d) A spontaneous mutation disorder.

Huntington's dsec, Neurofibromatosis

Q:12: Loperamide is indicated for treatment of:-

- a) Abdominal pain.
- b) Vomiting.
- c) Diarrhoea. ✓
- d) Constipation.

Thromb 500 mg
25 3
500 x 75
5 x 60 250 mg

Q:13: A patient is to receive a 500 mls infusion of 0.9% sodium chloride to run over 5 hours. The drop factor of the IV giving set is 15. The infusion will be set to flow at:

- a) 20 drops /minute.
- b) 25 drops /minute. ✓
- c) 30 drops /minute.
- d) 35 drops /minute.

$500 \times \frac{15}{60} = 25 \text{ drops/min.}$

Q:14: A patient's arterial blood gas analysis results are as follows: pH-7.31, PCO₂ - 49mmHg, HCO₃-26mEq/L. These values indicate:-

- a) Uncompensated respiratory acidosis. ✓
- b) Compensated respiratory acidosis.
- c) Uncompensated metabolic acidosis.
- d) Compensated metabolic acidosis.

Acidosis Respiratory
35

Q:15: The most appropriate nutritional plan for a patient who has acute diverticulitis is:-

- a) Nothing per oral.
- b) Clear liquids.
- c) Blended liquids.
- d) Semi-solid diet.

Q:16: Urethritis in males present with:-

- a) Dysuria and proteinuria.
- b) Haematuria and penile discharge.
- c) Haematuria and pyuria.
- d) Dysuria and penile discharge.

Q:17: Electrocardiographic (ECG) changes that may occur with myocardial ischemia include:-

- a) Prolonged PR interval and wide QRS complex.
- b) Wide QRS complex and tall peaked T waves.
- c) ST segment elevation and prolonged PR interval.
- d) ST segment depression and T wave inversion.

Q:18: Proper care of feet for a patient who has diabetes mellitus includes:-

- a) Not soaking feet.
- b) Applying moisturizing lotion to feet and between toes.
- c) Always seeking a podiatrist to cut toe nails.
- d) Avoiding washing feet with soap.

Q:19: When teaching a patient who has asthma on how to use a metered-dose inhaler, the nurse will instruct the patient to:-

- a) Hold the breath briefly after inhaling the medication.
- b) Inhale the medication quickly.
- c) Inhale the medication through the nose.
- d) Deliver two sprays per breath.

Q:20: A patient with Parkinson's disease usually has a gait that is:-

- a) Shuffling and propulsive.
- b) Unsteady and staggering.
- c) Broad-based and waddling.
- d) Staggering and walking on toes.

PART II: SHORT ANSWER QUESTIONS:

MARKS

Q:1: A patient is admitted to hospital with hypertension.

- a) List four (4) types of anti-hypertensives.
- b) State the mechanisms of action for each of the above listed types.

Handwritten notes for Q1:
 1) Calcium blockers - Ca²⁺
 2) ACE inhibitors
 3) Beta Blockers
 4) Angiotensin II inhibitors - losartan
 5) Vasodilators - hydralazine
 6) Adrenergic antagonist - timolol

4

Q:2: A patient is admitted in the emergency department with injuries sustained in a road traffic accident. On assessment he is diagnosed to have tension pneumothorax.

- a) Explain the pathophysiology of tension pneumothorax.
- b) State four (4) nursing diagnosis that would apply to the patient.

4

4

Q:3: Explain four (4) nursing interventions for a patient with spinal cord injury.

8

Q:4: State six (6) functions of the liver.

Handwritten notes for Q4:
 1) Airway way
 2) Vital signs
 3) Haemorrhage
 4) Nutrition
 5) Elimination

6

Q:5: Draw and label a diagram to illustrate the flow of blood through the heart.

Handwritten notes for Q5:
 1) Circle of Willis
 Biliary System, Kidney

5

Q:6: State six (6) functions of the Nursing Council of Kenya.

7

- 1) Regulate Nursing
- 2) Enforcing
- 3) Registration
- 4) Set exams. Nurs
- 5) Set Standards of Nurs
- 6) Private practitioners require
- 7) Discipline
- 8) Code of ethics
- 9) Educator
- 10) Monitor performance
- 11) Nurses welfare
- Advisory boards
- 12.

Handwritten notes for Q6:
 Adrenergic blockers
 Types) Alpha blockers
 1) Alpha 1
 2) Beta blockers
 3) mixed Cardiovascular
 1/5

(T) NNAR

- 1) Nurses welfare
- 2) Advocate nsg development
- 3. Scientific conferences
staying
- 4) Link of Regional and
International
- 5) Voice of nurses
- 6) Research
nursing research

PART III: ESSAY/LONG ANSWER QUESTIONS:

MARKS

Q:1: Master P, 14 months old, is admitted to the paediatric unit with history of severe diarrhoea for the last 2 days related to food ingestion. His skin turgor is poor and he has some excoriation around the perineal area.

- a) Outline the differences in body fluid distribution in adult males and in preschool children. 5
- b) State three (3) degrees of dehydration in children. 3
- c) Using three (3) nursing diagnosis, describe the management of Master P for the first 48 hours of admission. 12

Assessment - distress, mucous, ability to drink, avoid, genital

Q:2: Ms T, a 50 year old lady is admitted to the hospital with a diagnosis of pulmonary tuberculosis. She reports to have lost weight, is weak looking and coughing up blood-stained sputum.

- a) State any two characteristics of the microorganism that causes tuberculosis. 2
- b) Explain the pathophysiology of pulmonary tuberculosis. 6
- c) Describe the specific management of Ms T in the first hour of admission. 12

Using three nursing diagnosis, apply the nursing process in managing the patient in the first hour of admission

Disorientation
Altered sensation
 - Fluid volume deficit related to loss of stool
 - Electrolyte imbalance due to loss of electrolytes
 - Risk for infection
 Altered nutrition
 by assessment and intervention

Assessment

TTD -
LO -

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

PAPER TWO

DATE: WEDNESDAY 14TH JANUARY 2015

TIME ALLOWED: 3 HOURS

2.00 PM to 5.00 PM

INSTRUCTIONS TO CANDIDATES:

1. Read the questions carefully and answer only what is asked.
2. ENTER YOUR EXAMINATION NUMBER AND QUESTION NUMBER ON THE space provided in the answer booklet.
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Q:1: During delivery, the pelvic floor:-

- a) Influences relaxation of pelvic joints.
- b) Influences the passive movement of the fetus through the birth canal.
- c) Contracts to increase the movement of the baby through the birth canal.
- d) Retracts to increase the movement of the baby through the birth canal.

Q:2: Fertilization occurs at the:-

- a) Ampulla.
- b) Isthmus.
- c) Infundibulum.
- d) Interstitial portion.

Q:3: During fetal development the layer of cells that form bones, muscles, heart and blood vessels is:-

- a) Endoderm.
- b) Ectoderm.
- c) Mesoderm.
- d) Cytotrophoblast.

Q:4: In anatomical variation of placenta and cord, the cord is likely to detach upon application of traction in:-

- a) Circumvallata placenta.
- b) Battledore insertion of the cord.
- c) Velamentous insertion of the cord.
- d) Vasa praevia.

Q:5: The temporary structure of the fetal circulation that connects the umbilical vein to the inferior vena cava is:-

- a) Foramen ovale.
- b) Ductus arteriosus.
- c) Hypogastric artery.
- d) Ductus venosus.

Q:6: During pregnancy gastric emptying and peristalsis are slowed down to maximize the absorption of nutrients, this is influenced by relaxation of smooth muscles by:-

- a) Progesterone.
- b) Estrogen.
- c) Relaxin.
- d) Prolactin.

*Q:7: The highest amount of weight during pregnancy is usually from:-

- a) Placenta, fetus.
- b) Placenta, fat.
- c) Fetus, blood volume increase.
- d) Uterus increase, fetus.

- a) Weight, blood pressure, haemoglobin level.
- b) Urinalysis, palpation, haemoglobin level.
- c) Weight, urinalysis, blood pressure,
- d) Urinalysis, weight, khan test.

Q:9: Presentation refers to:-

- a) Relationship between the long axis of the fetus and the long axis of the uterus.
- b) Relationship of the fetal head and the limb to the trunk.
- c) The part of the fetus which lie at the pelvic brim or in the lower pole of the uterus.
- d) Relationship between the denominator of the presentation and six points on the pelvic brim.

Q:10: During 1st stage of labour polarity is the term used to describe:-

- a) Uterine contractions that start at the fundus and spread across downwards.
- b) The neuromuscular harmony that prevails between the two poles or segments of the uterus throughout labour.
- c) Contraction and retraction of the uterus.
- d) Neuromuscular contractions that shorten the uterus during labour.

Q:11: In true labour uterine contractions are:-

- a) Always present, rhythmic, rarely exceeds 60 seconds.
- b) Recur with rhythmic regularity, lasts 3 – 4 minutes.
- c) Accompanied by backache, are erratic.
- d) Accompanied by abdominal tightening, lasts 2 – 3 minutes.

Q:12: Vaginal examination is performed during labour to:-

- a) Diagnose labour, confirm show.
- b) Confirm vertex presentation, diagnose labour.
- c) Confirm pelvic adequacy, rule out cord prolapse.
- d) Diagnose true labour, rule out cord prolapse.

Q:13: Polyhydramnios is likely to occur in:-

- a) Hypertensive mother, cardiac disease.
- b) Pyelonephritis, cardiac disease.
- c) Twin pregnancy, diabetic mother.
- d) Twin pregnancy, hypertensive mother.

Q:14: The most common type of anaemia in pregnancy is:-

- a) Folic acid deficiency anaemia.
- b) Iron deficiency anaemia.
- c) Haemolytic anaemia.
- d) Vitamin D deficiency anaemia.

Q:15: During 2nd stage of labour the mother should be advised to:-

- a) Hold her breath and push the baby out.
- b) To breath in and out during contractions.
- c) Push during a contraction and relax when the contraction is over.
- d) Push continuously for the baby to come out.

Q:16: Transmission of HIV (Human Immunodeficiency virus) infection to the fetus occurs:-

- a) Through transplacental route.
- b) Ascending through the vagina after rupture of membranes.
- c) As the baby passes through the birth canal.
- d) Through breastfeeding.

Q:17: The risk of mother to child transmission of HIV increase when:-

- a) Breastfeeding is continued over a time with supplements.
- b) Non-invasive delivery procedures are used.
- c) Maternal viral load is low.
- d) Sexually transmitted infections are treated early.

Q:18: In placenta praevia mothers can be allowed to undergo vaginal delivery in:-

- a) Type I and II.
- b) Type I and II posterior.
- c) Type I and II anterior.
- d) Type I and III.

Q:19: Sulfadoxine pyrimethamine (SP) is given during pregnancy because it:-

- a) Treats malaria in pregnancy.
- b) Keeps the placenta parasite free.
- c) Prevents the baby from getting malaria.
- d) Has no side effects during pregnancy.

Q:20: Indicate whether the statements are true or false.

- a) Subdural haemorrhage can occur in both term and preterm babies.
- b) Subarachnoid haemorrhage occurs when there is bleeding into the cerebral tissue and can be a complication of intravascular coagulopathy.

PART II: SHORT ANSWER QUESTIONS:

MARKS

Q:1: Draw a well labeled diagram showing a lactating breast. 5

Q:2: State the four (4) sutures present on the fetal head. 4

Q:3: Differentiate between cephalohaematoma and caput succedaneum using characteristics. 6

- Does not cross suture	Crosses suture
- occurs - 12-36 hrs.	Present during birth
- Hard	Pitting
- Slowly dissolves	dissolves within 36 hrs

Q:4: Explain the three (3) cardinal signs of pre-eclampsia. 6

Head swelling	Head swelling
Painful	No pain

Q:5: Differentiate between monozygotic and dizygotic twins. 4

same - 1 ovum	2 ovum
1 placenta	Different placenta
1 cord	2 cords
identical	Not identical
not fraternal	- fraternal

Q:6: Explain three (3) causes of prolonged second stage of labour and indicate the prevention measures taken by the midwife. 6

- Breast feed
- Hygiene - perineal care
- Diet
- Exercises
- Care of the baby - cord care
- Immunization of the baby

Q:8: State three (3) examinations you would carry out on a baby during daily examination. 3

- * Test reflexes
- General condition
- Feeding patterns
- Wake up patterns
- Skin
- Skin jaundice
- Hypothermia
- Rash
- Edema
- Tachycardia
- Cyanosis

One Monozygotic

One Dizygotic

Identical

Non-identical

2 chorions

2 amnions

2 placentas

2 cords

2 ovum

2 sperm

15

PART III: ESSAY/LONG ANSWER QUESTIONS:

MARKS

Q:1: Mrs. B is admitted in postnatal ward four (4) days post delivery and is diagnosed to have puerperal sepsis.

- a) State four (4) actual nursing diagnosis you can make for Mrs. B. 4
- b) Describe the specific management of Mrs. B for the first six hours. 12
- c) State four (4) preventive measures of puerperal sepsis antenatally. 4

Admit
Plan
Obs.
Invx
Tx
Hygiene
Diet
Exerc
Psych
Education
Admca

Q:2: Mrs. X who has been admitted in labour ward delivers a normal baby at a gestation of 40 weeks.

- a) Explain how APGAR score is assessed using a table. 5
- b) Describe normal characteristics and physical features of a newborn. 15

Invx
Blood c/s
Vaginal c/s
HBM
EXM
UTE

25/4

Puerperal sepsis
- fever
- Irritated uterus → pain
- Anaemia ↓ blood
- tachycardia
- pain
- lochia and mucus
- low haemoglobin

Baby's skin - engorged
Mucous membranes - bright red
DVT

- Altered comfort n/c
Pain also w/ pt compliance
of care lower abd pain

- Altered comfort related to fever
etc temp 38.9 c

- Altered tissue perfusion n/c
evidenced extreme pallor, dyspnoea
etc etc

- wakefulness
20 minutes sleep
Feeds

Head ← hair-cutures
Neck pinna scalp is firm reflexes
Chest more
Abd rostr
back blinref
legs cough
gag

all deve loped

NURSING COUNCIL OF KENYA

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

PAPER THREE

DATE: THURSDAY 15TH JANUARY 2015

TIME ALLOWED: 3 HOURS

9.00 AM to 12.00 PM

INSTRUCTIONS TO CANDIDATES:

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

PART I: MULTIPLE CHOICE QUESTIONS:

Q:1: Diseases notifiable to the medical officer of health in weekly basis include:-

- a) Cholera, plague, diphtheria and measles. ✓
- b) Dysentery, encephalitis, filariasis and schistosomiasis.
- c) Chicken pox, rabies, whooping cough and dysentery.
- d) Filariasis, brucellosis, amoebiasis and cholera.

Q:2: Prevalence rate of a specific disease is calculated by:-

- a) Dividing all deaths from a specific disease in a given period by all cases of specific disease in a given period times 1000.
- b) Dividing all chronic cases of a specific disease at a given time by population at a given time times 1000.
- c) Dividing all acute cases of a specific disease at a given time by population at a given time, times 10,000. ✓
- d) Dividing all cases of specific disease at a given time by population at a given time times 1000. ✓

Q:3: In the head circumference, the head grows:-

- a) 10 cm in the first 12 months.
- b) 10 cm in the first 3 months. ✓
- c) 12 cm in the first 12 months.
- d) 3 cm in the first 3 months.

Q:4: Responsibilities of the nurse during previsit preparation of home visits include:-

- a) Establishing a plan for the visit, introduce self and role. ✓
- b) Review theory related to identified family problems, schedule home visits at a time convenient for family.
- c) Clarify data with others if unclear, review available family data including referral information. ✓
- d) Introduce self and role, explain purpose of home visit. ✓

Q:5: Water washed diseases are transmitted by:-

- a) Lack of personal hygiene. - Contact
- b) Disease causing organisms in water.
- c) Disease vectors such as mosquitoes.
- d) Dirty water containing disease pathogens. - waterborne

water borne
water washed

Q:6: Compositing pit latrines work by:-

- a) Sinking a deep pit latrine that is left covered when full.
- b) Sinking two pit latrines, when one is full it is closed and left unused for 4 – 6 months.
- c) Sinking two deep pit latrines that are used alternately and abandoned when full for 4 – 6 months.
- d) Sinking two pit latrines, when one is full it is closed and left unused for 12 months.

Q:7: Noise and light pollution in Kenya is estimated to be at:-

- a) 75%.
- b) 62%.
- c) 56.25%.
- d) 43.75%.

Q:8: Food poisoning is associated with:-

- a) ~~Campylobacter.~~ ✓
- b) Streptococcus.
- c) Clostridium tetani.
- d) Diplococcus.

Q:9: The Kenya Vision 2030 goal on housing and urbanization is:-

- a) ~~To increase the annual production of housing units from the current 10,000 to over 35,000.~~
- b) To increase the annual production of housing units from the current 20,000 to over 35,000.
- c) To increase the annual production of housing units from the current 35,000 to over 200,000.
- d) To increase the annual production of housing units from the current 200,000 to over 500,000.

Q:10: A reliable data collection tool should:-

- a) Measure what they are supposed to measure.
- b) ~~Provide same answers if measured by different people in similar circumstances.~~
- c) Be sensitive to changes in the situation concerned.
- d) Have the ability to obtain data needed. ✓

Q:11: Descriptive studies can best be described as:-

- a) A study that interprets an individual case.
- b) Compares people with a particular condition with those who don't.
- c) Involves more samples which are followed retrogressively. - Observational
- d) ~~Information is collected without changing the environment.~~

Q:12: The main purpose of health promotion is:-

- a) Providing curative services to the community.
- b) Rehabilitation. ✓
- c) ~~To positively influence the health behaviour of individuals and communities.~~
- d) To improve employees morale, which leads to reduction in turnover.

Q:13: Environmental primary prevention of diseases include:-

- a) Personal hygiene, good food hygiene and immunization. ✓
- b) Good food hygiene, safe water supply and safe excreta and rubbish disposal.
- c) Immunization, chemoprophylaxis, and personal hygiene.
- d) Child spacing, good living and working conditions. /3

Q:14: The causative organism of whipworm is:-

- a) Trichuris trichiura. ✓
- b) Necator americanus.
- c) Ankylostoma duodenale.
- d) Strongyloides stercoralis.

Q:15: Anti-rabies vaccine (Human diploid cell substrate) should be given as follows:-

- a) Multiple injections for 21 days with boosters.
- b) Multiple injections for 7 days with boosters.
- c) 1 ml intramuscularly on days 0, 3, 7, 14 and 90. ✓
- d) 1 ml intramuscularly on days 0, 3, 7, 14, 30 and 90. ✓

Q:16: Uncomplicated urogenital infection can be treated by:-

- a) ✓ Azithromycin 1 g PO single dose and doxycycline 100 mg PO twice a day for 7 days.
- b) Kanamycin 2g intramuscularly or thiamphenical 2 – 5 g orally.
- c) Ceftriaxone 250 mg intramuscularly (1m) single dose plus azithromycin 1g PO single dose.
- d) Spectinomycin 2g intramuscularly or kanamycin 2g intramuscularly.

Q:17: The dose of BCG for a 2 year old child is:-

- a) 0.01 ML.
- b) 0.005 ML.
- c) 0.1 ML. ✓
- d) 0.5 ML.

Q:18: Monthly contraceptive injectables are contraindicated to women:-

- a) Breast feeding more than 6 months after giving birth.
- b) Having breast tenderness.
- c) Having dizziness.
- d) ✓ Having migraine headaches.

Q:19: An epidemiologist credited with the discovery of malaria parasite in the gastro intestinal tract of the anopheles mosquito was:-

- a) Sir Ronald Ross. ✓
- b) General Sir Campbell Clay Grant Ross.
- c) ✓ Lieutenant Colonel Hugh Ross.
- d) Kishori Mohan Bandyopadhyay.

0.05
0.05
0.10

Q:20: Infection with Human herpes virus 8 is associated with:-

- a) Urogenital warts.
- b) ✓ Cutaneous lesions. ✓ Kaposi's Sarcoma ✓
- c) Neurological damage.
- d) Blindness.

- 3 Death
 - 4 Autonomy
 - 5 Adaptability
- 4
- Special
Spiritual

PART II: SHORT ANSWER QUESTIONS:

MARKS

Q:1: State four (4) factors that influence family structure.

4

Single parent hood
Divorce
Adopt

- Size of the family
- Affluence
- Age of the members

2

Q:2: State six (6) assumptions of Holistic Model of care.

6

- All members should be included during care
- Selection of all health problems for the family
- Counselling & health education

3

Education
of disabled
children
rehabilitation
education
search

Q:3: Outline six (6) basic elements of nursing practice incorporated in community health programs and services.

6

- Education
- Promotive care & preventive
- Disease surveillance
- Rehabilitative services
- Curative
- Training - Train CHW/village elders

Q:4: State seven (7) theories and models commonly used in community health.

7

- Betty Neuman - model of vulnerability
- Adair's model
- Backpage

Q:5: Explain the roles and functions of community health nurses.

4

- Collaborator
- Counsellor
- Implementor
- Case finder
- Educator

Q:6: State five (5) vital health statistics in Kenya.

5

- Crude Death rate
- Infant mortality rate
- Maternal mortality rate
- Neonatal mortality rate

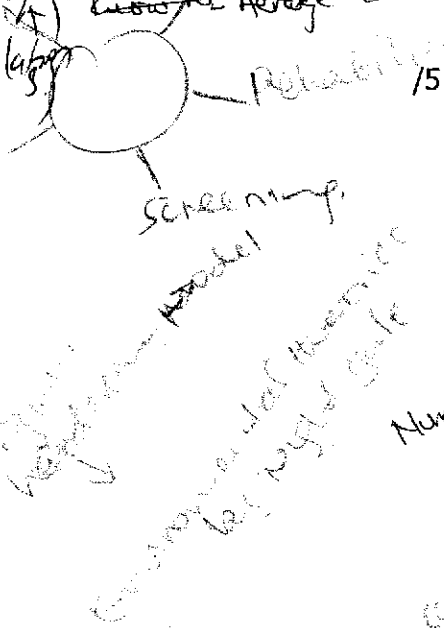
Q:7: Outline five (5) objectives of population and housing census.

5

- 1) To determine the size of the population
- 2) Budgetary
- 3) Age range
- 4) Knowledge of average household

Crude death rate
Infant mortality rate
Maternal mortality rate
Neonatal mortality rate

Investment of the population
Economy
Society
Education
Research
territory



- 1) Nightingale Theory
- 2) Orem's self care model
- 3) Neuman's health care system
- 4) Roy's adaptation model
- 5) Cantril's model

Vital Statistics
Used to assess

25
11
16
19
10

PART III: ESSAY/LONG ANSWER QUESTIONS:

MARKS

Q:1: You are the community health nurse in charge of a county where meningitis outbreak has been identified.

- a) List six (6) different types of pyogenic meningitis.
- b) Explain the differences in cerebrospinal fluid (CSF) between viral meningitis and bacterial meningitis.
- c) Describe the specific management prevention and control measures of meningitis.

Handwritten notes:
 Bacterial - Neisseria meningitidis, Streptococcus pneumoniae, Haemophilus influenzae, Listeria monocytogenes, Cryptococcus neoformans, Histoplasma capsulatum, Coccidioides immitis, Toxoplasma gondii, Congenital abnormality, Mycobacterium tuberculosis
 Viral - Herpes simplex virus, Mumps virus, Cytomegalovirus, Rubella virus, Adenovirus, Echovirus, Poliovirus, West Nile virus, Arboviruses
 Fungal - Cryptococcus neoformans, Coccidioides immitis, Histoplasma capsulatum, Blastomycosis, Paracoccidioidomycosis
 Parasitic - Toxoplasma gondii, Cryptosporidium parvum, Cyclospora cayentensis

Handwritten notes:
 Bacterial
 Cloudy / Blood / Pus
 High protein / High glucose / High lactate / High WBC
 Low protein / Low glucose / Low lactate / Low WBC

Handwritten notes:
 Antibiotics
 benzam
 vaccination

Q:2: You are a community health nurse in charge of a county where poliomyelitis has been identified.

- a) Define poliomyelitis.
- b) Explain the clinical manifestations of the "major illness" of poliomyelitis.
- c) Describe the prevention and control measures of poliomyelitis.

Handwritten notes:
 Poliomyelitis is infectious disease caused by poliovirus resulting to muscle weakness & paralysis
 frequent Lumbar puncture to ↓ ICP

Handwritten notes:
 Implement Plan - The Human resources, materials, funding, strategies

Handwritten notes:
 Specific goals - To treat the sick
 - To contact trace
 - To assess the living conditions of the people affected & see where can be improved
 - Case work on

Handwritten notes:
 Attention to the...
 - surveillance
 - chemotherapy
 - immunization
 - environmental control

Handwritten marks:
 3
 4 2
 13
 2
 6
 12

Cloudy =	Clear	clear or cloudy
Res. Turbidity	normal / normal	clear
Pressure ↑	normal or elevated	elevated
WBC 100 cells/dL	10 - 1000 cells/dL	10 - 500 cells/dL
Glucose low	↑ above 60%	↓
Protein level ↑	↑	↑
→ 750 mg/dL		

Essay - Polio

Polio is a highly infectious viral disease by poliovirus. Focal - oral route. Multiplies in the intestine - invades the nervous system can cause paralysis.

Types) 1) Bimodal of timing of onset. Polio affects under five years of age.

b) Clinical manifestations: fever, loose stool, SOB, headache vomiting part of limb.

c) Prevention / Control

- Immunization - Polio vaccine: - oral / or IPV (Inactivated Polio Vaccine)

- Surveillance

- Notification

- Mass immunization

- Isolation

- Investigation to

- Proper refuse disposal

- Rx of water & food sources

- HLF on immunizing through

- Strengthening of routine immunization.

Mix isolation, avoid live vaccines
defaunus racing.

IPV - 2, 4, 6, 12, 18 months + 10 years

- both BCG OPV

- 6 mos - 1 yr

- 14 mos

- 9 months

REV 10 P78 DPI 51

Measles
BCG

Polio

Arrangement of Vaccine DCW 42 E_g →

NURSING COUNCIL OF KENYA

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

PAPER FOUR

DATE: THURSDAY 15TH JANUARY 2015

TIME ALLOWED: 3 HOURS

2.00 PM TO 5.00 PM

INSTRUCTIONS TO CANDIDATES:

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

Q:1: Role play is an effective means of developing:-

- a) Acting skills which can be used after college.
- b) Decision-making and problem-solving skills.
- c) Interpersonal skills.
- d) Communication skills.

Q:2: A teaching strategy that is best used for linking of theory to practice is:-

- a) Clinical concept mapping.
- b) Clinical journaling.
- c) Clinical instruction.
- d) Clinical assessments.

Q:3: The upper most level in cognitive domain is:-

- a) Analysis.
- b) Synthesis.
- c) Evaluation.
- d) Application.

Handwritten notes: A vertical line with arrows pointing up and down, and a checkmark to the right.

Q:4: Examples of audio teaching aids include:-

- a) Record discs and slides.
- b) Film-strips and transparencies.
- c) Audio cassettes and tapes.
- d) Audio tapes and record discs.

Handwritten checkmark next to option b.

Q:5: The main purpose of clinical instruction is:-

- a) Task mastery and professional identity mentoring.
- b) Task mastery and patient interaction.
- c) Professional – identity mentoring and student fulfillment.
- d) Improvement of student theoretical knowledge and orientation into the clinical settings.

Q:6: A theory that is based on non-linear approaches of change is:-

- a) Planned change models.
- b) Chaos theory.
- c) Kurt Lewin's force field analysis.
- d) Innovation-Diffusion theory.

Q:7: In reference to organizational structures "chain of command" refers to:-

- a) The channels of communication.
- b) Lines of authority and responsibility.
- c) Lines of authority in supervision.
- d) Locations where decisions are made in an organization.

Q:8: When a nurse manager is doing a "SWOT" analysis of an organization, strengths and weaknesses represent assessment of:-

- a) The organizations external environment.
- b) The financial and technological capabilities of an organization.
- c) Internal environment of the organization.
- d) Objectives and strategies of the organization.

Q:9: The difference between delegation and assignment is that delegation entails:-

- a) Transferring responsibility but retaining accountability.
- b) Transferring both responsibility and accountability. ✓
- c) Transferring accountability and retaining responsibility.
- d) Transferring responsibility, authority and accountability.

Q:10: The pareto's principle, when applied to time management, enables nurse manager to:-

- a) Delegate tasks.
- b) Prioritize tasks. ✓
- c) Be more accountable.
- d) Reduce time wasters.

Q:11: Variables that exist in a study and can affect the measurement of study variables and the relationship between these variables are called:-

- a) Independent variables.
- b) Extraneous variables. ✓
- c) Manipulatable variables.
- d) Confounding variables.

Q:12: Limitations in a study are:-

- a) Restrictions in a study that may reduce the generalizability of findings.
- b) Restrictions in a study that specifically affect the sampling process.
- c) Difficulties in a study due to scarcity of money and time. ✓
- d) Restrictions in a study that delay the reporting of study findings.

* Q:13: A primary source of literature is better than a secondary source in that:-

- a) Secondary sources contain a lot of misinterpretations of the primary sources.
- b) Interpretation of the primary sources may be negatively influenced by the authors perception and bias.
- c) Secondary sources are always of lower quality compared to primary sources.
- d) Primary sources of literature are more readily available than secondary sources.

Q:14: An hypothesis that is used for statistical testing and interpreting statistical outcomes is called:-

- a) Directional hypothesis.
- b) Complex hypothesis.
- c) Causal hypothesis.
- d) Null hypothesis.

Q:15: Internal validity refers to:-

- a) The extent to which the effects detected in the study are a true reflection of reality rather than the result of the effects of extraneous variables.
- b) The extent to which study findings can be generalized beyond the sample used in the study. *External*
- c) The extent to which the extraneous variables have influenced the study variables.
- d) The extent to which the dependent variables influences the independent variable. *Construct validity content - theory.*

Q:16: Loosening of association often occurs in:-

Cause effect - Internal

- a) Mania.
- b) Drug induced psychosis.
- c) Schizophrenia.
- d) Temporal epilepsy.

Q:17: Body dysmorphic disorder is an example of a:-

Believe act makes the world

- a) Somatoform disorder. ✓
- b) Conversion disorder. x
- c) Dissociative disorder.
- d) Personality disorder.

*Q:18: The most appropriate therapy for a client who has been diagnosed with acrophobia is:-

- a) Flooding.
- b) Electroconvulsive therapy.
- c) Modeling.
- d) Systematic desensitization.

Q:19: Atypical neuroleptics produce less extra-pyramidal effects because of their reduced effect on:-

- a) D5 receptors.
- b) D4 receptors.
- c) D2 receptors. ✓
- d) D3 receptors.

Q:20: A nursing intervention for a client diagnosed with conversion disorder which has resulted to the paralysis of lower extremity is:-

- a) Be empathetic with them for suffering paralysis.
- b) Give positive reinforcement for any improvement. ✓
- c) Advice patient to rest for many hours.
- d) Advice the client to apply for sick leave from the employer.

PART II: SHORT ANSWER QUESTIONS:

MARKS

- Q:1: State six (6) gains achieved by the mentee during the mentorship process. 6
1. Skills and ~~experience~~ competencies.
 2. Knowledge & understand
 3. Conf. shared
 4. Experience sharing.
 5. Problem solving techniques.
 6. Interpersonal relation
 7. Professional growth & dev't.
- Q:2: Outline five (5) characteristics of problem-based learning. 5
1. Work in small collaborative groups
 2. Use stimulus material to initiate discussion
 3. Learning is driven by challenging open-ended problems.
 4. Teacher takes role of a facilitator.
 5. A problem is ~~presented~~ ^{able to be broken down} in terms of study cases.
- Q:3: Outline the four (4) elements of product model of a curriculum development according to Ralph Tyler (1949). 4
1. Education purpose
 2. Content to be covered to achieve the above.
 3. Organization and method of content presentation.
 4. Evaluation.
- Q:4: Explain four (4) strategies to enhance effectiveness of meetings. 6
- Agenda - understand the contents → effective participation
 - Minutes - consistently record
 - Effective communication skills, - evaluation and documentation.
- Q:5: a) Define role transition. 4
- ↳ To transfer of power, authority process of change in ones duties & responsibilities.
- b) Explain five (5) strategies that promote role transition. 7 1/2
- Willingness to adapt to the situation
 - ~~supportive~~ ^{supportive} detective and interview
 - ~~Handing over~~ ^{Handing over} - ~~Knowledge~~ ^{Knowledge} is to be given the role (ask for 7 1/2)
 - ~~Work with the person~~ ^{Work with the person} or give freedom to perform.
 - ~~Knowledge~~ ^{Knowledge} experience, focused plan of
 - building trust assets
- Q:6: Explain two (2) main characteristics of pure experimental studies. 5
1. Control
 2. Manipulation
 3. Randomizing
- Q:7: State the five stages of grief according to Elizabeth Kubler-Ross. 5
- Denial - Not me
- Anger - Why me, - can be made
- Bargaining - If you give me more time
- Depression - mood is flat not talking
- Acceptance - acceptance that death is inevitable.

24
26/5/2016

PART III: ESSAY/LONG ANSWER QUESTIONS:

MARKS

Q:1: Mr X, 30 year old teacher is admitted into a psychiatric unit suffering from severe undifferentiated schizophrenia.

- a) Explain the ^{chemical} biochemical theory of causation of schizophrenia. 2
- b) State six (6) main nursing diagnoses you will make for Mr X's condition. 6
- c) Describe four psychosocial treatment modalities of Mr X, giving a rationale for each. 12

- Group therapy -
- Occupational and rehabilitation
- Cognitive therapy -

Q:2: Quantitative research and qualitative research are two scientific approaches for establishing truth about a certain phenomenon.

- a) State five (5) aspects that a researcher has to disclose to the subjects to achieve informed consent. 5
- b) Describe the quantitative research process. 15

- The title of research & its purpose
- What it will benefit the subject
- The name of researcher
- Ensure anonymity

- Introductory - name
 - Researcher's title
 - Title of research
 - Aim of research - How to proceed
 - Positive
 - Population based
- Risk for self harm related to biochemical alteration as evidenced by suicidal ideations

2. Altered sensory perception related to visual hallucinations as evidenced by pt talking alone and pointing with finger.

3. Altered thought process related to biochemical alteration as evidenced by patient saying she is bewitched by her husband.

5. Social isolation related to patient's poor interaction as evidenced by pt sitting in a corner or hiding face.

4. Altered nutrition less than body requirements related to poor oral intake as evidenced by pt loss of wt. and dry mouth.

self
 Mary Fleming refused to feel, with loosening of -5-
 Post- Hallucinations delusional & disorganized -> organize think if

Paper ONE
AUG 2015

MCQ EXAMINATION: PAPER ONE: AUGUST 2015

PART I: MULTIPLE CHOICE QUESTIONS

ndupur

Q:1: In the carbonic acid-bicarbonate buffer system, strong acids are buffered by:-

- a) Water.
- b) The salt of the strong acid.
- c) Bicarbonate ions.
- d) Phosphate ions.

Chance = Syphilis
Tropical → Chancroid → Haemophilus
ducreyi

Q:2: The vitamin deficiency that impairs iron absorption is:-

- a) Vitamin D.
- b) Vitamin C.
- c) Vitamin A.
- d) Vitamin E.

Q:3: A 30 year old man complains of burning sensation on urination. Physical exam reveals a chancre on the penis. The most likely etiology of the chancre is:-

- a) Neisseria gonorrhoea.
- b) Treponema pallidum.
- c) Human papilloma virus (HPV).
- d) Herpes simplex virus (HSV).

Q:4: The dermatologic manifestations for a patient with disseminated intravascular coagulation include:-

- a) Spider angiomas.
- b) Maculopapular lesions.
- c) Pastules.
- d) Petechie and purpura.

Q:5: While administering nasal drops, the nurse should have the patient:-

- a) Sitting with the head in a neutral position.
- b) Supine position.
- c) Sitting with the head tilted to the left.
- d) Supine, pillows under the shoulders with the head tipped backwards.

Q:6: The ratio of the chest compressions to ventilations when 2 rescuers are resuscitating an infant is:-

- a) 30:2.
 - b) 15:2.
 - c) 15:1.
 - d) 5:2.
- 2 rescuer
Adult - 30:2
Infant - 15:2
Harborn - 3:1
- 1 rescuer
15:1

Q:7: Conditions of the eye that can only be managed by surgical interventions are:-

- a) Blepharitis, ^{it ds}ectropion.
- b) Entropion, blepharitis.
- c) ✓ Ectropion, entropion. *ectropion - lacrimal sacculitis caused by trachoma. Least etio. from entropion - lacrimal sacculitis*
- d) Blepharitis, dacrocystitis. *lacrimal duct*

Q:8: Factors that would shift the oxy-hemoglobin curve to the right include:- *to Lt*

- a) ✓ Fever, acidosis. *↓ PH*
 - b) High PH, high PaCO₂. *↑ body temp*
 - c) Decreased 2,3-DPG, low pH. *↑ PCO₂*
 - d) Low PaCO₂, fever. *↑ 2,3-diphosphoglycerate*
- Right shift = ↑ PCO₂, ↑ Temp, ↑ 2,3-DPG, ↓ pH, ↑ Acids*

Q:9: Laboratory values that are elevated in a patient with renal failure include:-

- a) ✓ Potassium, phosphate and magnesium.
- b) Calcium, potassium and phosphate.
- c) ✓ Calcium, sodium and chloride.
- d) Bicarbonate, sodium and calcium.

Q:10: Laboratory tests considered diagnostic for myocardial infarction include:-

- a) A latent rise in total creatine kinase (CK).
- b) ✓ CK-MB greater than 5%. ✓
- c) An LDH-1 greater than LDH-2.
- d) ✓ An elevated CK-MM. ✓

Q:11: Nursing interventions for a patient with increased intracranial pressure (ICP) include:-

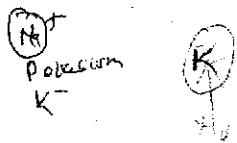
- a) Positioning with the head slightly elevated and hip flexed.
- b) Suctioning the patient 2 hourly. ✓
- c) Routine administration of intravenous (IV) fluids. ✓
- d) ✓ Assessment of neurological functioning and level of consciousness.

Q:12: Hormones that regulate gut motility are:-

- a) ✓ Cholecystikin, gastrin, secretin.
- b) Trypsin, amylase, lipase.
- c) Somatostatin, pancreatic polypeptide, gastrin.
- d) Gastrin, cholecystikin, trypsin.

Q:13: The electrolyte that shifts from the intracellular compartment to the extracellular compartment when the body's environment is acidotic is:-

- a) Sodium.
- b) ✓ Potassium. ✓
- c) Calcium.
- d) Hydrogen ion.



R
E
G
B
1
0/3
A

Q:14: Medication used during endotracheal intubation of an adult patient includes:-

- a) Steroids, benzodiazepines, non-steroidal anti-inflammatory drugs (NSAIDS).
- b) Barbiturates, antiemetics, neuromuscular blockers.
- c) Neuromuscular blockers, sedatives, anticholinergics.
- d) Benzodiazepines, neuromuscular blockers, steroids.

Q:15: The nurse understand that administration of immunosuppressive drugs to patients who have undergone organ transplant predisposes them to:-

Steroid

- a) Organ rejection.
- b) Autoimmune disorders.
- c) Type I hypersensitivity disorders.
- d) Opportunistic infections.

Q:16: Mrs. Z, acquired 60% burns on her arms and trunk. She weighs 75 kgs. Using Parklands formulae, calculate the amount of fluid she is to receive within the first 24 hours.

- a) 28,000 mls.
- b) 18,000 mls.
- c) 8,000 mls.
- d) 1,800 mls.

Fluids = 10 x 60

Q:17: The nursing interventions appropriate for a patient on traction is:-

- a) Inspection of the pin site daily for signs of inflammation and evidence of infection.
- b) Full range of motion exercises are contraindicated while on traction.
- c) Skeletal traction of 15 – 25 kg is maintained for therapeutic effect.
- d) Skin traction is maintained with 5 to 9 kgs on an extremity.

Q:18: Nursing management for a patient diagnosed with pelvic inflammatory disease includes:-

- a) Ensure the patient has a urinary catheter to monitor the urine output.
- b) Encourage the use of tampons when patient is on her menses.
- c) Soap and water enema is beneficial.
- d) Administration of broad spectrum antibiotic therapy.

Q:19: The diagnostic imaging techniques that are absolutely contraindicated in patients with pacemakers and those in advanced pregnancy are:-

- a) Computed tomography scan (CT-Scan).
- b) Ultrasound.
- c) Magnetic Resonance Imaging (MRI).
- d) Angiography.

Q:20: The signs and symptoms of acute otitis media include:-

*Danger
Fever*

- a) Fever, cough and otalgia.
- b) Otolgia, fever and hearing loss.
- c) Otorrhea, hearing loss and nausea.
- d) Vomiting, fever and discharge in the external canal.

- ① infection (endophthalmitis)
- ② swelling and fluid in eye
- ③ Bleeding
- ④ Corneal oedema

PART II: SHORT ANSWER QUESTIONS:

MARKS

Q:1: Explain four (4) potential complications of cataract surgery. 8

Q:2: Define the following terminologies as applied in the respiratory system:-

- a) Anatomic dead space 1
- b) Ventilation perfusion mismatch. 1
- c) Intrapulmonary shunting 1
- d) Positive end expiratory pressure (PEEP) 1

Q:3: Outline six (6) roles of the circulating nurse in theatre. 6

Q:4: State five (5) health messages a nurse would share with a patient who has undergone total hip replacement, upon discharge.

- ① - Pain mt as per vdr rest, NSAIDs, opioids
- ② - wound care - keep incision clean, dry & if dr
- ③ - mobility
- ④ - Catheter - will be removed 10 days post op
- ⑤ - weight bearing limits, crossing of legs
- ⑥ - Avoid lower seated chairs prevent
- ⑦ - use elevated toilet seats
- ⑧ - assist 2 daily activities
- ⑨ - Report % of postural problem

Q:5: Differentiate between benign and malignant neoplasm.

- a) Define Hodgkin's disease. 1
- b) Outline the four (4) stages of Hodgkin's disease. 4

Hodgkins dis lymphoma

- its malignancy affecting lymph organs & lymph nodes
- Burkitts lymphoma
- malignant Ca of B-lymphocytes

4 stages of Hodgkins dis

Stage 1 - its only 1 lymphoma in 1 body organ & 1 lymph organ.

Stage 2 - its in 2 or more grops of lymph or organ. 2 sites of lymphoma must be on same side of diaphragm

Stage 3 - its on both side of the diaphragm

Stage 4 - many grops of lymph nodes or organs in bones, liver, marrow, all lymph nodes, diaphragm

PART III: ESSAY/LONG ANSWER QUESTIONS:

MARKS

Q:1: Master T. 2 years old, is admitted in the ward with a diagnosis of Tetralogy of Fallot.

- a) Draw and label the position of the heart defects in Tetralogy of Fallot and the direction of blood flow. 5
 - ASD
 - Rt ventr hypertrophy
 - pulmonary stenosis
 - Right aortic arch
 - overriding of aorta
- b) List six (6) clinical manifestations Master T, may present with. 5
- c) State five (5) actual nursing diagnoses for Master T. 5
 - Cyanosis
 - Hypoxia
 - Fatigue
 - Dyspnea
 - Palpitation
- d) Identify any three (3) nursing diagnoses stated in (c) above and state two (2) specific nursing interventions for each. 6
 - Knee chest position
 - Give high conc O₂
 - Give analgesic

rather pattern 20 hypoxia
 tissue perfusion related to ↓ CO as evidence by cyanosis
 body comfort related to acute dyspnea of Rt. Side Evidence by pt complaining of pain

Q:2: Mr B. 34 years old, is admitted to the ward with a history of being unable to walk for two days. A diagnosis of Guillain Barre's syndrome (GBS) was arrived at.

- a) Describe the pathophysiology of GBS. 6
 - Acute autoimmune paralysis ascending up 2° to degeneration of myelins sheath
 - Causes
 - Immunization by
 - Surgery
 - Infections - viral HIV, Epstein virus
 - Trauma
- b) State the two (2) diagnostic tests for GBS. 2
- c) Describe the specific management of Mr. B for the next 48 hours. 12

↑ IV administration

- Continuous ECG monitor pt

and anticoagulant orthopedic stockings

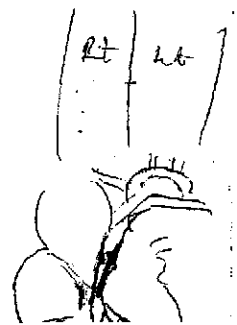
- Plasmapheresis and Immunoglobulin

Those that affect
 the motor Sensory Acute Immune
 Classification
 Sensory - Acute sensory autoimmune Neuropathy
 Motor - " motor " "
 Both - Acute sensory motor " "
 affects ANS (Autonomic Nervous System)

Specific mnx next 48 hrs

Tetralogy of fallot
 Atrial ventricle - Septal defect
 pulmonary stenosis
 overriding aorta
 Rt ventricle hypertrophy

patho



BSCN EXAMINATION: PAPER TWO: AUGUST 2015
PART I: MULTIPLE CHOICE QUESTIONS

Q:1: At 32 -36 weeks of fetal development:-

- a) Lanugo appears.
- b) Quickening begins.
- c) Eyelids reopens.
- d) Nails reach tips of fingers.

Q:2: The suture that separates the occipital bone from the two parietal bones is:-

- a) Lambdoidal.
- b) Sagittal.
- c) Coronal.
- d) Frontal.

Q:3: The Biparietal diameter measures at:-

- a) 9.5cm
- b) 8.2 cm.
- c) 10 cm.
- d) 11.5 cm.

Q:4: At term the uterus weight increases to:-

- a) 700 grams.
- b) 600 grams.
- c) 1000 grams.
- d) 1200 grams.

Q:5: During pregnancy, maternal arterial PH is:-

- a) 7.40 - 7.45.
- b) 6.00 - 6.45
- c) 10.00 -10.45
- d) 3.40 -3.45

Q:6: Softening of isthmus is also known as:-

- a) Hegar's sign.
- b) Chadwick's sign.
- c) Oslander's sign.
- d) Ballottement sign.

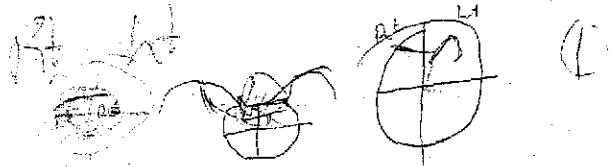
Q:7: The gestational age when Chadwick's sign occur is:-

- a) 8 weeks plus.
- b) 12 - 16 weeks.
- c) 16 - 28 weeks.
- d) 4 weeks plus.

3300
1200
4500

Q:8: A position where the occiput points to the left iliopectineal eminence, the sagittal suture in the right oblique diameter of the pelvis is:-

- a) Left occipito lateral position.
- b) Right occipito lateral position.
- c) Left occipito anterior position.
- d) Right occipito anterior position.



Q:9: The type of hydatiform mole that contains no evidence of embryo, cord or membrane is:-

- a) Partial mole.
- b) Inpartial mole.
- c) Complete hydatiform mole.
- d) Incomplete hydatidiform mole.

Q:10: The type of fibroid embedded in the uterus separated from the myometrium by a capsule of connective tissue is:-

- a) Subserosal fibroid.
- b) Intramural fibroid.
- c) Submucosal fibroid.
- d) Submural fibroid.

Q:11: Hyperemesis gravidarum starts at and resolves when:-

- a) Between 4 and 10 weeks gestation and resolves before 20 weeks.
- b) Between 5 and 14 weeks gestation and resolves before 24 weeks.
- c) At 8 weeks gestation and resolves before 15 weeks.
- d) At 10 weeks gestation and resolves before 20 weeks.

Q:12: A physiological pregnancy specific cause of abdominal pain is:-

- a) Placenta abruption.
- b) Miscarriage.
- c) Braxton Hicks contractions.
- d) Preterm labour.

Q:13: Key point to consider during induction of labour using oxytocin is:-

- a) Oxytocin is used intramuscularly, diluted in an isotonic solution.
- b) Dextrose solutions used over long periods in conjunction with oxytocin, can not alter electrolyte balance.
- c) Oxytocin has a moderate antidiuretic effect.
- d) Oxytocin should not be started within six hours of the administration of prostaglandins.

Q:14: Type II placenta praevia is characterized by:-

- a) Majority of placenta is located in the upper uterine segment.
- b) Placenta located in the lower segment near the internal cervical os.
- c) Placenta is located over the internal cervical os but not centrally.
- d) Placenta is located centrally over the internal cervical os.

Q:15: The statement that best describes the strength of the contractions is:-

- a) Mild contraction - the fundus tenses during contraction to the extent that it is difficult to indent on palpation.
- b) Moderate contraction - the fundus tenses but remains easy to indent on palpation.
- c) Moderate contraction - the fundus is hard and rigid to touch.
- d) Mild contraction - the fundus tenses but remains easy to indent on palpation.

Q:16: Oligohydramnios is associated with:-

- a) Potter's syndrome.
- b) Oesophageal atresia - polyhydramnios
- c) Open neural tube defects.
- d) Chorioangioma.

Q:17: The most severe form of congenital abnormality of the spinal cord is:-

- a) Spina bifida occulta.
- b) Meningocele.
- c) Meningomyelocele.
- d) Encephalocele.

Q:18: A congenital abnormality in which a baby is born with webbing of the toes is:-

- a) Syndactly.
- b) Polydactyl.
- c) Talipes equinovaglus.
- d) Talipes calcaneovaglus.

Q:19: A characteristic of pathological jaundice is:-

- a) Appears before 24 hours of life.
- b) Never appears before 24 hours of life.
- c) Bilirubin levels of 215 µmol/L.
- d) Bilirubin levels of 210 µmol/L.

Q:20: Persistence of moro reflex beyond ----- weeks is suggestive of mental retardation:-

- a) 8.
- b) 14.
- c) 3.
- d) 6.

MARKS

PART II: SHORT ANSWER QUESTIONS:

Q:1: Draw and label a diagram of female reproductive system. 5

Q:2: Explain two (2) manoeuvres used in examination of congenital hip dislocation for a baby. 4

Q:3: State five (5) anatomical variations of placenta and umbilical cord. 5

Q:4: Outline five (5) causes of female infertility. 5

- blocked tube
- hormonal
- Mucous & Ovulation
- Vaginal atrophy
- tubal atresia

Q:5: Explain any three (3) cardiovascular changes that occur during pregnancy. 6

- Blood pressure normally
- Easy exertion

Q:6: State three (3) signs of true labour. 3

- Cervical dilatation
- Effacement

Q:7: State two (2) main types of cervical cancers. 2

- ① Squamous cell ca
- ② Adenoma

Q:8: State four (4) types of spontaneous miscarriages. 4

- Incomplete

Q:9: Describe the uterine cycle. 6

Menstruation
 Proliferative phase
 Secretory phase
 Menstruation

PART III: ESSAY/LONG ANSWER QUESTIONS:

MARKS

Q:1: Mrs. XY who has delivered in labour ward develops acute inversion of the uterus after delivery.

- a) Classify inversion of the uterus in degrees. *1st degree - 90°* 3
- b) State four (4) causes of inversion of the uterus. *2nd degree - 180°* 4
- c) Describe the immediate management of this mother. *4th degree - 360°* 13

*IV fluids
FHR outside*

Q:2: Baby J, is born at term and weighs 2.5kgs. He is admitted to special baby care unit with diagnosis of congenital heart defects on the first day of birth.

- a) Explain the baby's pulmonary adaptation on extra-uterine life during birth. *- lungs expand on 1st breathing* 5
- b) State five (5) acyanotic cardiac defects. *- ASD* 5
- c) Describe the specific management of baby J. *PDS* 10

S/S
Dyspnoea
Tachypnoea
Finger clubbing
Cyanosis
Cynicops

*Squinting due to poor growth
Slow mental growth
Murmurs*

- ① Patent ductus arteriosus
- ② Atrium septal defect
- ③ Ventral " "
- ④ coarctation of aorta

BSCN EXAMINATION: PAPER THREE: AUGUST 2015
PART I: MULTIPLE CHOICE QUESTIONS

Q:1: Water related diseases include:-

- a) Trypanosomiasis, dranculosis, onchocerciasis and malaria.
- b) ~~Poliomyelitis, hepatitis A, malaria, dranculosis.~~
- c) Bacillary dysentery ~~trapanosomiasis, dranculosis and malaria.~~
- d) Diarrhoea, bacillary dysentery, scabies and malaria.

Q:2: Controlled tipping refers to:-

- a) A method of refuse disposal where wet and dry refuse is heaped in alternate layers.
- b) A process of gathering rubbish and burning it to control vermin.
- c) A process of depositing refuse into depressions or large holes in the ground.
- d) A fermentation of the refuse for 30 – 90 days.

Q:3: Demographic trap is best described as:-

- a) The period of time in a nation's demographic evolution when the population of the working group is particularly prominent.
- b) The combination of high fertility and declining mortality resulting in high population.
- c) A period between 20 – 30 years when fertility rates fall due to significant reductions in child and infant mortality rates.
- d) The initially favorable effect of falling fertility rates on age dependency ratio.

Q:4: The core principles of primary health care includes:-

- a) Intersectoral approach to health, efficiency and equity.
- b) ~~Universal accessibility, equity and community participation.~~
- c) MCH/FP, appropriate treatment of locally endemic diseases and sanitation.
- d) Universal accessibility, commitment to health equity, and intersectoral approach to health.

Q:5: Pneumococcal conjugate vaccine (PVC 10) protects the child against:-

- a) Streptococcus pneumoniae.
- b) Staphylococcus pneumoniae.
- c) Streptococcus aureus.
- d) Staphylococcus aureus.

Q:6: Cycle Bead method of family planning is contraindicated in:-

- a) Women with high blood pressure (Hypertension).
- b) Women whose menstrual cycle ranges between 26 – 32 days.
- c) Women whose menstrual cycle is over 32 days.
- d) Women who are obese.

Q:7: According to the occupations Health and Safety Act, an "Occupier" is defined as:-

- a) The person or persons in actual occupation of a workplace, whether as owner or not excluding the employer.
- b) The person or persons owning the workplace.
- c) The person or persons in the actual occupation of a workplace excluding employees
- d) The person or persons in actual occupation of a workplace, whether as the owner or not and includes an employer.

Q:8: The term used to describe the "repeatability" of the measurement tool is:-

- a) Validity.
- b) Reliability.
- c) The Halo effect.
- d) Research matrix.

Q:9: Probability sampling techniques include:-

- a) Cluster random sampling technique.
- b) Convenience sampling technique.
- c) Judgmental sampling technique.
- d) Case study.

Q:10: Descriptive epidemiology is best described as:-

- a) Epidemiology of a disease in relation to the entire ecosystem under study.
- b) Statistical analysis of epidemiological data in an attempt to establish relationship between causative factors and disease incidence.
- c) Use of mathematical models to explain and examine aspects of epidemiology.
- d) The information about occurrence of disease without establishing the relationship between cause and effects.

Q:11: Vital and demographic statistics that calculates the number of live births during a given year divided by population estimated at midyear times 1000 population is:-

- a) General fertility rate.
- b) Age specific birth rate.
- c) Crude birth rate.
- d) General infant mortality rate.

Q:12: Structural characteristics of a family include:-

- a) Division of labour.
- b) Recognizing what a family is going through at any particular time.
- c) Highlights critical periods of personal and family growth and development.
- d) Keeps the family in focus throughout its history.

Q:13: The child is able to sit unsupported at the age of:-

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

Q:14: Measles vaccine is administered at:-

- a) Birth.
- b) 6 months and repeated at 18 months.
- c) 9 months.
- d) 9 months and 18 months.

Q:15: Match the diseases in column A with causative organism in column B.

COLUMN A

- a) Chicken pox. - 4
- b) Whooping cough. - 3

COLUMN B:

- 1. Salmonellae. ✓
- 2. Haemophilis influenzae. ✓
- 3. Bordetella pertussis.
- 4. Varicella-zoster virus.
- 5. Bacillus anthracis. ✓

Q:16: Indicate whether the statements are true or false.

- a) A Registered Community Health Nurse (basic) conducts community assessments and intervene appropriately. ✓
- b) A Registered nurse at degree level (BScN) identifies and completely collects forensic evidence to meet legal requirements in a health care settings. ✓

Q:17: BCG vaccine can also protect a person against:-

- a) Pulmonary histoplasmosis.
- b) H₁ N₁ influenza.
- c) Leprosy.
- d) Mycoplasma pneumonia.

Q:18: Social stratification is:-

- a) Moving up and down the social strata.
- b) An individual's position in the society.
- c) Power structure in a society.
- d) Ranking members of a society.

Q:19: The best approach to introduce the use of pit latrines in the community where the practice is not common is by:-

- a) Ensuring that the local administrators help by enforcing digging and using them.
- b) Clearing bushes around homesteads where people defaecate.
- c) Working with and talking to people on how to use pit latrines.
- d) Asking non-governmental organizations to fund the digging of latrine for homesteads.

Q:20: In alcohol poisoning with methanol, the antidote of choice is:-

- a) Fomepizole or ethanol.
- b) Folic acid.
- c) Calcium sulphate.
- d) Calcium permanganate.

Q 5 Short answer

- 1 Knowledge
ready, memory
- 2 Structure
Establish and monitor standards, methodologies, tools
best practices
- 3 Learning - Certification, skill assessment, team building
and self-defusion
- 4 Measurement - demonstrate values
- 5 Coverage -

Great

A.B.K.

Tally..

Help. - show

... method

①

1) Time - Seasonality
- Incubation period
= Onset of symptoms
2) Person - Age, Sex
Community, Lifestyle

3) Place - Distribution, work place
Occupation, Home
Availability of health services

-5-

PART II: SHORT ANSWER QUESTIONS:

MARKS

Q:1: State six (6) characteristics of the common epidemiological variables.

Q:2: Outline the parameters the community health nurse should consider when scheduling community health nursing activities for the coming month or week.

Q:3: State health promotion priority action areas identified in the Ottawa Charter.

Q:4: Outline the seven (7) specific functions of displaced persons health services. safe water supply, Psychological care,

Q:5: State five (5) major change management functions.

① Knowledge ② Structure ③ Vision → Certification skills, team building
and role definition, measurements → demonstrate values, use of outcome measures.
④ Governance → Allocating resources of money across all their possible impact use, and assess

Q:6: Explain the counseling process for a family planning method.

→ Sleep promotion
- Feeding
- Play with child
- Encourage attachment through breastfeeding
- Levelly environment
- Appreciating and complementing
- Let child express themselves

Q:7: Explain four (4) emotional support factors promoting development of a child.

②

Infections also
- 6 Immunization coverage
- Healthcare seeking behavior
- Environmental issues or challenges
- Any knowledge deficit
6
- Resources needed
- Carry out activities
- Plan for Transport
- Adequate power
- Pharmaceuticals
- 7 Social mobilization
DO, clerk
HFAC

4

Jakarta declaration

- Concern about Health is a basic human right. Sets priorities of H/promotion
- Promote social responsibilities for all
- Increase investment for health dept
- Consolidated and expand partnership for health
- Increase community capacity and empowerment of the individual health care.
- 16 Security an infrastructure for health promotion.

Mexico City declaration

- Evaluation of each programme, use health research - involved, teachers, drama artists

③

Principle

- Ottawa charter health promotion
Population as whole and
in context of their daily activities
rather than at people for ask
for specific issues

→ Health promotion is limited or
Action, determinant or causes
of health.

→ Combines Diverse complementary
approaches:

- Aimed at ~~community~~ effective and
concrete public participation
Professionals in PHC have an
important in creating and
enabling health promotion.

PART I: MULTIPLE CHOICE QUESTIONS:

Q:1: Organizational structure primarily refers to:-

- a) How activities are coordinated and controlled.
- b) How resources are allocated.
- c) The location of departments and offices.
- d) The policy statement developed by the organization.

Q:2: Together, authority and responsibility are:-

- a) Supplementary.
- b) Complementary.
- c) Contradictory.
- d) The same.

Q:3: The first step in decision making process is:-

- a) Analyzing the problem.
- b) Analyzing alternatives.
- c) Identifying the problem.
- d) Allocating weights to the criteria.

Q:4: The following are characteristics of planned change:-

- a) It is sudden.
- b) It is deliberate.
- c) It is not collaborative.
- d) It always works towards the betterment of employees.

Q:5: Situational leadership theory:-

- a) Embodies the idea that the leader directs goal-oriented behaviour.
- b) Explains leadership through taking into account forces that occur in the situation, the leader and the followers.
- c) Presents supportive evidence collected in organizations.
- d) Suggests that a great leader will arise when controlled with appropriate situation.

Q:6: The following is an appropriate method that can be used to teach acquisition of psychomotor skills:-

- a) Case studies.
- b) Demonstration.
- c) Micro teaching.
- d) Brain storming.

Q:7: Negative reinforcement:-

- a) Is an attempt to decrease the likelihood of behaviour occurring again.
- b) Is the same as punishment.
- c) Involves giving a reward to strengthen a response.
- d) Involves the removal of unfavorable event in order to strengthen a response.

Q:8: Summative assessment:-

- a) Allows for fine tuning of instruction.
- b) Provides ongoing assessment.
- c) Seeks to monitor educational outcomes.
- d) Identifies and remediates individual deficiencies.

Q:9: Educational objectives have been divided into:-

- a) Two domains.
- b) Three domains.
- c) Four domains.
- d) Five domains.

Input
Impact
Output
Intuitive
Psychomotor
Affective

Q:10: The documents that stipulates the details of content to be taught is:-

- a) Curriculum.
- b) Scheme of work.
- c) Syllabus.
- d) Lesson plan.

Q:11: Which of the following is the primary source of data for the client's database:-

- a) Nurses recording of health history.
- b) Recent clinic or hospital records.
- c) Physician, history and physical client.
- d) Client.

Q:12: Which of the following reasons is the most important, as well as the most widely accepted, reason for nurses using nursing process:-

- a) Increase the unique body of knowledge known as nursing.
- b) Help clients meet their actual and potential health problems.
- c) Communicate with other members of the team.
- d) Standardise the care of clients with the same diagnoses.

Q:13: The singleness of purpose that makes possible the creation of one plan of action to guide managers in resource allocations is:-

- a) Unity of direction.
- b) Unity of command.
- c) Unity of authority.
- d) Unity of resources.

Q:14: A reporting relationship in which an employee receives orders from, and reports to, only one supervisor is known as:-

- a) Line of authority.
- b) Centralisation.
- c) Unity of direction.
- d) Unity of command.

Q:15: Fayol's theory of equity specifies that:-

- a) Employees should be paid equally regardless of their positions.
- b) Managers should be treated equally.
- c) Employees should be treated with respect and justice.
- d) People should get equal pay for equal work.

For question 16 and 17 indicate whether the statement is true or false.

Q:16: Crime is always related to psychopathology. — T

Q:17: Mentally ill patients can be used in research. — F

For question 18 match the personality disorders in column A with the correct description in column B.

Q:18: COLUMN A:

- i) Histrionic personality disorder. c
- ii) Dependant personality disorder. e
- i) Borderline personality disorder. b
- ii) Antisocial personality disorder. a

COLUMN B:

- a) Socially irresponsible exploitive and guiltless.
- b) Pervasive distrust and suspiciousness of others.
- c) Colourful, dramatic and extroverted behaviour, very emotional.
- d) Extremely sensitive to rejection.
- e) Pervasive and excessive need to be cared for.
- f) Intense and unstable relationship.

Q:19: Rattling of leaves interpreted as a reproaching voice is an example of:-

- a) Hallucination.
- b) Delusion.
- c) Illusion.
- d) Ideas of reference.

Q20: A common manageable side effect of neuroleptics is:-

- a) Ptosis.
- b) Jaundice.
- c) Melanocytosis.
- d) Unintentional tremors.

PART II: SHORT ANSWER QUESTIONS:

MARKS

Q:1: Differentiate between the following terms:-

- | | | |
|------|--|---|
| i) | Obsession and compulsion. | 2 |
| ii) | Dependent variable and independent variable. | 2 |
| iii) | Leadership and management. | 2 |
| iv) | Curriculum and syllabus. | 2 |

Q:2: State four (4) functions of the Kenya Board of Mental Health. 4

Q:3: Explain four (4) types of nursing care delivery systems. 8

Q:4: State six (6) roles of nurse managers. 6

Q:5: Outline four (4) barriers to communication in a classroom and state one way of eliminating each. 8

Q:6: State four (4) roles of community mental health. 4

Q:7: List four (4) indications for electro-convulsive therapy in the treatment of mental illness. 2

PART III: ESSAY/LONG ANSWER QUESTIONS:

MARKS

Q:1: Malaria is a common health problem in community X where you are working as a community health nurse.

- 1) lake endemic
 2) ~~Best~~ Endemic (endemic coast) lake side and areas
 3) Highland
 4) Arid (seasonal) coastal
 5) low risk Highland
- a) Explain classification of malaria endemicity. 4
- b) List eight (8) clinical pictures of severe, complicated malaria. 4
- c) Describe the prevention and control of malaria. 12
- Rx mosquito net

Lake Side endemic
 50% risk eye larva vector
 coastal Eorden
 seasonal prevalence
 exceeds 50%
 children & preg
 Highland
 occurs in
 rainfall season
 ambient temp
 is affect all
 parts of community
 parasite prevalence
 is in this country
 low malaria risk
 Nairobi, Kenya
 Haemoglobin
 low parasite
 prevalence

Q:2: School Health Services are health promotion activities in the school environment targeting school going children.

- a) State seven (7) objectives of School Health Program.
- b) Using the nursing process describe how you can organize for a School Health Service.

Hypoglycaemia < 2.2 mmol/L
 Anuria < 5g/dl
 Sgldt
 Hypotension
 coma
 - Acidosis
 - Respiratory distress
 - Hypoalbuminemia
 - Renal impairment
 - Hyperparasitaemia
 prostration
 13 altered level
 consciousness
 multiple pulmonary
 Haemoglobin
 Abnormal

Prize

Prevention of malaria	Complication of severe malaria
use Rx mosquito nets	- Hypoglycaemia < 2.2 mmol/L
long lasting insecticide Rx nets	- Jaundice
chemoprophylaxis	- prostration
in non-immune pop	- Hb < 5g/dl
Non-immune visitors	- Anaemia
metformin or Atovaquone	- Splenomegaly
doxycycline or proguanil	- Respiratory distress
- sick cell p+ (proguanil)	- Convulsions
- p+ tropical splenomegaly	- Abnormal bleeding
syndrome (proguanil)	- Haemobilineumia
vector control	- Renal dysfunction
- clear burn	- Hyperparacetamol
- Drain stagnant H ₂ O	- Hypoalbuminemia
- spray	
Repellent 3/4 feniteth	
7 spray net	

KRCHN (BSCN) EXAMINATION: PAPER ONE: JULY 2014
PART I: MULTIPLE CHOICE QUESTIONS:

1/duy

- Q:1: The average daily protein requirement for an adult patient is:-
- a) 0.8g/ kg body weight.
 - b) 0.3g/ kg body weight.
 - c) 0.9g /kg body weight.
 - d) 0.5g /kg body weight.
- Q:2: The body mass index (BMI) of a person 1.6m tall and weighing 65kg is:-
- a) 22.4
 - b) 24.6.
 - c) 25.4.
 - d) 40.6.
- Q:3: The preferred incision for appendicectomy is:-
- a) Subumbilical.
 - b) Pfannenstiel.
 - c) Right paramedian.
 - d) Mc Burney.
- Q:4: Weakness, diaphoresis and elevated pulse in a diabetic patient indicates:-
- a) Hyperglycaemia.
 - b) Hypoglycaemia.
 - c) Ketoacidosis.
 - d) Hyperkalaemia.
- Q:5: A potentially life threatening transfusion reaction would be:-
- a) Allergic urticarial.
 - b) Acute haemolytic.
 - c) Delayed haemolytic.
 - d) Febrile non-haemolytic.
- Q:6: Overseeing the welfare of Kenyan nurses is the mandate of:-
- a) Kenya Medical Board.
 - b) Nursing Council of Kenya.
 - c) National Nurses Association.
 - d) National League of Nurses.
- Q:7: Nursing care given to an individual after recovering from illness is termed:-
- a) Primary care.
 - b) Secondary care.
 - c) Tertiary care.
 - d) Collaborative care.

Q:8: Propofol should be used cautiously on patients allergic to:-

- a) Eggs.
- b) Meat.
- c) Cheese.
- d) Milk.

Q:9: A drug whose prolonged use causes body image disturbance related to coarsening of facial features is:-

- a) Diazepam.
- b) Carbamazepine.
- c) Calcium supplements.
- d) Phenytoin.

Q:10: Sponge count in a surgical procedure is the sole responsibility of:-

- a) Scrub nurse and surgeon.
- b) Scrub nurse and surgeon assistant.
- c) Scrub nurse and circulating nurse.
- d) Scrub nurse and anaesthetic nurse.

Q:11: Pain assessment in a paediatric patient is best assessed using:-

- a) Visual analogue scale.
- b) Facial description scale.
- c) Numerical description scale.
- d) Simple description scale.

Q:12: Severe form of neurotube defects are usually present in:-

- a) Diastematomyelia.
- b) Lipomeningomyelocele.
- c) Meningomyelocele.
- d) Meningocele.

Q:13: Sterilization process kills microorganisms by:-

- a) Altering cell metabolism.
- b) Altering cell reproductive ability.
- c) Denaturing cell protein.
- d) Disrupting cell respiration.

Q:14: The denominator in Snellen's visual acuity grading measures the:-

- a) Normal person's visual acuity.
- b) Size of letters read.
- c) Distance at which the patient is from the chart.
- d) Visual angle subtended by the letters read.

Q:15: Continuous bladder irrigation post transurethral resection of prostate (TURP) is mainly to:-

- a) Decrease bleeding.
- b) Reduce clot formation.
- c) Enhance healing.
- d) Increase urine output.

Q:16: A patient has diabetes insipidus, the most appropriate nursing diagnosis is:-

- a) Body image disturbance related to fluid retention.
- b) Alteration in thought process related to decreased endocrine function.
- c) Activity intolerance related to frequent micturation.
- d) Fluid imbalance less than the body requirement related to polyuria.

Q:17: The statement that shows that a client understands a diagnosis of HIV positive is:-

- a) "I became infected by donating blood".
- b) "Being HIV positive means that I have AIDS".
- c) "Since I am only positive, I cannot infect others".
- d) "Because I am HIV positive, I have the virus that causes AIDS".

Q:18: A characteristic butterfly rash on the face is a symptom of:-

- a) Systemic lupus erythematosus.
- b) Multiple sclerosis.
- c) Myasthenia gravis.
- d) Seborrheic dermatitis.

Q:19: Subacute infective endocarditis is a:-

- a) Pneumococcal infection.
- b) Staphylococcal infection.
- c) Streptococcal infection.
- d) Gonococcal infection.

Q:20: The use of toothpaste in very young children is not recommended because:-

- a) The fluid nature of their diet minimizes the risk of dental carries.
- b) They do not like the taste.
- c) Swallowing the paste predisposes to fluorosis.
- d) The teeth are still developing.

PART II: SHORT ANSWER QUESTIONS:

MARKS

- Q:1: Explain four (4) methods of physical sterilization. 6
- Q:2: Outline the specific nurses' role during the diagnostic procedures of
lumbar puncture. 6
- Q:3: A patient at the emergency unit presents with a bleeding 2cm lacerated
finger from accidental cut with a kitchen knife.
- i) State two (2) specific actual nursing diagnosis from the patient's
assessment data. 2
 - ii) State three (3) expected outcome of nursing management of
the patient. 3
- Q:4: Describe the bone healing process. 5
- Q:5: Explain four (4) factors that delay healing of fractures. 6
- Q:6: Outline four (4) basic principles of nursing practice in patient isolation
technique. 4
- Q:7: Explain Steven Johnson syndrome. 3
- Q:8: State five (5) basic principles of palliative care on a patient with cancer. 5

PART III: ESSAY /LONG ANSWER QUESTIONS:

MARKS

- Q:1: Baby T 1 year old has been diagnosed with tetralogy of Fallot (TOF) and is due for surgery.
- a) List the structural pathology in TOF. 2
 - b) Explain the haemodynamic alterations observed in TOF. 3
 - c) Outline five (5) specific nursing assessment of a child with cyanosis. 5
 - d) State five (5) nursing diagnoses and the expected outcomes for each diagnosis for baby T. 10

- ① Q:2: Madam Q has been diagnosed with acute closed angle glaucoma and is due for peripheral iridectomy.
- a) Outline six (6) specific clinical manifestation of closed angle glaucoma. 6
 - b) Explain the therapeutic medical and surgical treatment of Madam Q. 6
 - c) State four (4) specific nursing diagnosis and interventions for Madam Q. 8

Prepare a nursing care plan - using 4 nursing diagnoses 16

oxy
antibiotic
intra-ocular pressure
pain (acute pain) - Diamox
anxiety - be + theatre
sensory impairment altered visual perception
risk for injury as poor vision
knowledge deficit

PART I: MULTIPLE CHOICE QUESTIONS:

Q:1: At 28 - 32 weeks of fetal development:-

- A 1
- a) Ear cartilage becomes soft.
 - b) Testes descend in to the scrotum.
 - c) Head hair lengthens.
 - d) Vernix caseosa appears.

Q:2: The diameter from the occipital protuberance to the glabella measures:-

- 100
- a) 11.5cm.
 - b) 9.5cm.
 - c) 13.5cm
 - d) 10.cm.

Q:3: At term the uterus size increases to:-

- a) 30 x 22.5 x 20 cm.
- b) 15 x 22.5 x 20 cm.
- c) 30 x 22.5 x 15 cm.
- d) 30 x 17.5 x 20 cm.

Q:4: The correct blood values and their changes during pregnancy is:-

- a) Total amount of protein in plasma increases by 10g/l by 20 weeks of gestation and stabilizes
- b) Amount of fibrinogen increases by 2g/dl progressively from 3rd month of pregnancy.
- c) There is no changes that occur in clotting time.
- d) WBCS count is $3.8 \times 10^{12}/L$ which always decline progressively.

Q:5: The effects of pregnancy on the immune system is:-

- a) HCG and Prolactin decrease the immune system.
- b) Lymphocyte function is increased.
- c) Serum levels of immunoglobulins 1hA, 1gG and 1 gM increase steadily from 19th weeks of pregnancy.
- d) From two months the total WBC^c rises in pregnancy and reaches a peak at 30 weeks mainly because of neutrophil polymorphonuclear leucocytes.

Q:6: The sign representing pulsation of fornices is:-

- a) Hegar's sign.
- b) Chadwicks's sign.
- c) Oslander's sign.
- d) Braxton's sign

Q:7: Side effects of oxytocin includes:-

- a) Water intoxication.
- b) Dehydration.
- c) Hypertension,
- d) Hypostimulation.

Q:8: If controlled cord traction is to be used, the checks to be made before proceeding is:-

- a) Uterus should not be well contracted.
- b) Counter traction is not applied.
- c) Absence of signs of placental separation.
- d) Uterotonic drug has been administered.

Q:9: A position where the occiput points to the right sacroiliac joint, the sagittal suture is in the right oblique diameter of the pelvis is:-

- a) Right Occipitoposterior position.
- b) Left Occipitoposterior position.
- c) Right occipitolateral position.
- d) Left occipitolateral position.

Q:10: The abortion where the embryo dies in utero and the cervix remains closed is:-

- a) Complete miscarriage.
- b) Incomplete miscarriage.
- c) Inevitable abortion.
- d) Delayed or silent miscarriage.

Q:11: A typical sign of ectopic pregnancy is:-

- a) Diarrhoea.
- b) Backache.
- c) Vomiting.
- d) Sharp pain on one side of the lower abdomen.

Q:12: Type three placenta praevia is characterized by:-

- a) Majority of placenta is located in the upper uterine segment.
- b) Placenta located in the lower segment near the internal cervical os.
- c) Placenta is located over the internal cervical os but not centrally.
- d) Placenta is located centrally over the internal cervical os.

Q:13: The first nursing intervention given to a client with placenta abruptio is:-

- a) Referral to level 1, 2 or 3 hospital.
- b) Insert an intravenous cannula prior to transfer and infuse fluid.
- c) Pain management using morphine 15 mg.
- d) Blood transfusion.

Q:14: Preterm prelabour rupture of membranes (PPROM) is characterized by:-

- a) Occurrence at 35 weeks of gestation.
- b) Rupture of fetal membranes with spontaneous uterine activity.
- c) Absence of cervical dilatation.
- d) Absence of chorioamnionitis as a complication.

Q:15: A pre or co-existing hepatic disorder of pregnancy is:-

- a) Acute fatty liver in pregnancy.
- b) Severe hyperemesis gravidarum.
- c) Pre-eclampsia and eclampsia.
- d) Hepatitis.

Q:16: The estimated amount of amniotic fluid in polyhydramnios is:-

- a) Greater than 1,700 mls per amniotic sac.
- b) Greater than 1,500 mls per amniotic sac.
- c) Greater than 1,200 mls per amniotic sac.
- d) Greater than 2,000 mls per amniotic sac.

Q:17: A cyanotic heart defect example is:-

- a) Fallot's tetralogy.
- b) Coarctation of aorta.
- c) Hypoplastic left heart syndrome.
- d) Patent ductus arteriosus.

Q:18: A congenital deformity of the foot where the plantar is flexed and front part of the foot is inverted :-

- a) Polydactyl.
- b) Syndactyl.
- c) Talipes equinovarus.
- d) Talipes calcaneovalgus.

Q:19: Anti-D Ig (immunoglobulin) is administered to:-

- a) Rh negative women who are pregnant with, or have given birth to a Rh positive baby.
- b) Rh positive women who are pregnant with or have given birth to, a Rh negative baby.
- c) Rh negative women who are pregnant with or have given birth to, a Rh negative baby.
- d) Rh positive women who are pregnant with or have given birth to, a Rh positive baby.

Q:20: Rooting reflex disappears at about:-

- a) 2 – 3 months of age.
- b) 1 – 2 months of age.
- c) 3 – 4 months of age.
- d) 4 – 5 months of age.

PART II: SHORT ANSWER QUESTIONS:

MARKS

- Q1: Draw and label a diagram of a breast. 5
- Q2: Classify four (4) causes of pathological jaundice and give an example on each. *Excessive destruction of RBCs*
Excessive production 4
- Q3: State five (5) sutures and fontanelles in the fetal skull with the most obstetrical significance. *Coronal*
Sagittal
frontal 5
- Q4: Outline three (3) causes of male infertility. 3
- Q5: Outline six (6) effects of diabetes mellitus on pregnancy. 5
- Q6: Outline five (5) presumptive signs of pregnancy. 5
- Q7: Explain three (3) danger signs of pregnancy. 6
- Q8: State two (2) indicators of fetal well-being. 2
- Q9: State four (4) services offered in focused antenatal care. 4

PART III: ESSAY/ LONG ANSWER QUESTIONS:

normal reflexion
out of the

h of the
2nd stage
birth of the
baby

U
F L

Q:1: Mrs. K. para 1+2 arrives in labour ward in 2nd stage of labour.

a) Explain the mechanism of normal labour in 2nd stage of labour. 7

b) Describe the care to be given to the baby and the mother using nursing process. 13

Assess
N/DX
Plan
Implement
Evaluate

Q:2: Baby J, is born at term and weighs 2.7 kgs. He is admitted to special baby care unit with a diagnosis of congenital abnormality of the central nervous system affecting the spinal cord which is very severe, leaking cerebrospinal fluid and it is infected.

a) Explain the baby's cardiovascular adaptation to extra-uterine life. 6

b) State any three (3) congenital abnormalities of the spinal cord. 3

c) Describe the specific management of baby J. 11

Rehydration
Breast
Surgical intervention
Abx
Analgesics
Antipyretics

PART I: MULTIPLE CHOICE QUESTIONS:

Ndung'u

Q:1: An activity carried out in the tertiary stage of disease prevention is:-

- a) Community mental health rehabilitation.
- b) Environmental engineering.
- c) Screening.
- d) Chemoprophylaxis.

Q:2: Prevalence rates measure:-

- a) The number of people who develop a disease during a specified period of time.
- b) The number of people in a population who have a disease at any one time.
- c) The number of people who develop a disease in excess of normal expectancy.
- d) The number of people who become ill compared to those who do not, following exposure to a disease causing agent.

Q:3: Data that aids in the identification characteristics of a population are referred to as:-

- a) Biostatistics.
- b) Vital statistics.
- c) Health statistics.
- d) Demographic statistics.

Q:4: Consanguineal relationships in a family is associated with:-

- a) Blood.
- b) Marriage.
- c) Adoption.
- d) Geographical proximity.

Q:5: The microbial pollution bacteria of interest that usually determines level of contamination in water is:-

- a) Typhoid bacilli.
- b) Escherichia coli. ✓
- c) Entamoeba Histolytica.
- d) Shigella.

Salmonella & Escherichia coli

Q:6: Biological oxygen demand (BOD) measures the concentration of one of the following component in sewage:-

- a) Organic matter. ✓
- b) Inorganic matter.
- c) Heavy metals.
- d) Chemical compounds.

Q:7: A condition caused by repetitive trauma in the work place is:-

- a) Dermatoses.
- b) Noise induced hearing loss.
- c) Carpal Tunner syndrome.
- d) Bysinosis.

- Q:8: In a patient with tetanus trismus is caused by rigidity of muscles of the:-
- Jaw.
 - Abdomen.
 - Back.
 - Neck.
- Q:9: The most likely diagnosis in a patient who presents with constipation followed by diarrhoea which looks like "pea-soup" is:-
- Cholera.
 - Amoebic dysentery.
 - Bacillary dysentery
 - Typhoid.
- Q:10: Vaccines administration where the skin should not be cleaned with an antiseptic because they are live attenuated include:-
- Pentavalent, Tetanus Toxoid.
 - BCG, Measles.
 - Polio, Yellow fever.
 - Tetanus Toxoid, PCV-10.
- Q:11: The recommended temperatures for vaccine storage are:-
- 0°C to 8°C.
 - 2°C to 8°C.
 - 4°C to 8°C.
 - 4°C to 10°C.
- Q:12: A Primary health care element that was not stipulated in the original AlmaAta conference is:-
- Health education.
 - Immunization.
 - Community based rehabilitation.
 - Maternal/Child Health and Family planning.
- Q:13: The Millennium Development Goals that are directly related to health of mother and child are:-
- 1 and 2.
 - 2 and 3.
 - 4 and 5.
 - 6 and 7.
- Q:14: In research, the level of measurement that obtains discrete categories of data is called:-
- Ratio.
 - Interval.
 - Ordinal.
 - Nominal.

Q:15: In statistical analysis, the degree to which a researcher is sure about a finding is referred to as:-

- a) Probability.
- b) Objectivity.
- c) Reliability.
- d) Validity.

Q:16: The approach used to examine the tasks and role expectations for children, parents and the family as a unit and traces how they change family life is:-

- a) Structural – functional approach.
- b) Developmental approach.
- c) Interactional approach.
- d) General systems theory.

Q:17: Following delivery lactational amenorrhoea should not be used for more than:-

- a) 2 months.
- b) 3 months.
- c) 4 months.
- d) 6 months.

Q:18: According to the normal developmental milestones, a child is able to sit unsupported at the age of:-

- a) 1 – 3 months.
- b) 3 – 6 months.
- c) 6 – 9 months.
- d) 9 – 12 months.

Q:19: The number of life cycle cohorts according to the Kenya Essential package for Health (KEPHS) are:-

- a) 2.
- b) 3.
- c) 4
- d) 5

Q:20: According to Kenya's Vision 2030, the pillar on which the health of citizens is anchored is:-

- a) Social.
- b) Political.
- c) Economic.
- d) Welfare.

PART II: SHORT ANSWER QUESTIONS:

MARKS

- Q:1: Outline any seven (7) roles of a community healthy nurse in ensuring safety and potency of vaccines. 7
- Q:2: State the five (5) clinical syndromes used in identification and management of sexually transmitted infectious. 5
- Q:3: Outline the uses of epidemiological information in health care. 6
- Q:4: Explain any four (4) factors that influence health seeking behaviour in the community. 6
- Q:5: State the factors that influence the infectious agents' ability to cause disease. 5
- Q:6: Outline five (5) factors that determine toxicity levels and response to a chemical hazard. 5
- Q:7: State six (6) assumptions of holistic model of care. 6

PART II: ESSAY/LONG ANSWER QUESTIONS:

MARKS

Q:1: Describe the clinical staging of HIV/AIDS. 20

Q:2: You are a newly posted District Public Health Nurse in a District where School Health services are non-existent. Describe the three (3) components of a comprehensive school health programme. 20

Nduyu

Q:1: The primary goal of community health nursing is to:-

- a) Contribute to national development through promotion of family welfare.
- b) Increase productivity of people by providing them with services that will increase their level of well being.
- c) Enhance the capacity of individuals, families and communities to meet their health needs.
- d) Support and supplement the efforts of the medical profession in the promotion of health and prevention of disease.

Q:2: When the nurse determines whether resources were maximized in the implementation of a programme, he/she is evaluating:-

- a) Appropriateness.
- b) Adequacy.
- c) Efficiency.
- d) Effectiveness.

Q:3: The law that mandates the public health nurse to report cases of notifiable diseases in Kenya is Cap:-

- a) 242
- b) 253
- c) 257
- d) 258

Q:4: In community diagnosis, the steps at which plans formulated for solving community problems are implemented is:-

- a) Community organization.
- b) Community health action.
- c) Community follow up.
- d) Community mobilization.

*A
B
P
E*

Q:5: The stage of the natural history of disease at which secondary prevention is needed is:-

- a) Terminal. *- ter 4th*
- b) Prodromal. *- B 4 primary prevention*
- c) Pre-pathogenesis. *B 4*
- d) Pathogenesis. *- secondary prevention*

Q:6: The level of disease prevention where vaccination of a child with measles vaccine belongs is:-

- a) Intermediate.
- b) Tertiary.
- c) Secondary.
- d) Primary.

- a) Developing family initiative to provide home-based care.
- b) Allowing sharing of experiences among people with similar health problems.
- c) Providing an opportunity to do appraisal of the home situation.
- d) Allowing the nurse to provide care to a greater number of people.

Q:8: The primary purpose of conducting an epidemiologic investigation is to:-

- a) Identify geographical location of cases of disease in the community.
- b) Encourage co-operation and support of the community.
- c) Identify groups who are at risk of contracting the disease.
- d) Delineate the aetiology of the epidemic.

Q:9: In the conduct of a census, counting of all people in the place they are found during the census is termed as:-

- a) De jure.
- b) De facto.
- c) De locus.
- d) De novo.

Q:10: Freedom of choice is one of the policies of the family planning in Kenya. The statement which is in line with this principle is:-

- a) Encouraging couples to take family planning.
- b) Adequate information for couples regarding different methods.
- c) Support of research and development in family planning methods.
- d) Information dissemination about the need for family planning.

Q:11: Reconstituted BCG vaccine should be discarded after:-

- a) 2 hours.
- b) 4 hours.
- c) 6 hours.
- d) At the end of the day.

Q:12: A sign that indicates a young child is suffering from severe pneumonia is:-

- a) Chest indrawing.
- b) Fast breathing
- c) Wheezing.
- d) Dypnoea.

Q:13: "Rice water" diarrhoea is encountered by patients suffering from:-

- a) Dysentery.
- b) Amoebiasis.
- c) Giardiasis.
- d) Cholera.

- a) Schistosoma Mansoni.
- b) Schistosoma haematobium.
- c) Schistosoma Japonicum.
- d) Schistosoma Malayensis.

Q:15: In child development, cognition refers to:-

- a) Emotional development.
- b) Social development.
- c) Mental development.
- d) Physical development.

Q:16: Maternal mortality ratio is calculated per:-

- a) Crude death rate.
- b) 1,000 live births.
- c) 100,000 live births.
- d) 1,000 crude deaths.

Q:17: The commonest physical hazard in manufacturing industries is:-

- a) Heat.
- b) Noise.
- c) Humidity.
- d) Ionizing radiation.

Q:18: The most common side effect of intra-uterine contraceptive devices is:-

- a) Nausea.
- b) Abdominal cramps.
- c) Increased menstrual flow.
- d) Cystitis.

Q:19: When study objects behave in a certain way for the reason that they are being observed, this is termed as:-

- a) Hawthorne effect.
- b) Halo effect.
- c) Confounding.
- d) Biasness.

Q:20: The research design that aims at linking the present with the past is:-

- a) Cross-sectional.
- b) Prospective.
- c) Retrospective.
- d) Case-control.

Q:1: Define the following terms used in communicable diseases:-

- i) Host.
- ii) Contact.
- iii) Carrier.
- iv) Endemic.
- v) Surveillance.
- vi) Incidence.

6

Q:2: State any four (4) characteristics of Primary Health Care Services.

5

Q:3: Explain four (4) instructions given to a client following insertion of an Intra-uterine contraceptive device.

4

Q:4: Illustrate the epidemiological triad of a disease.

2

Q:5: State five (5) characteristics of an open family system.

5

Q:6: Outline six (6) factors that affect health seeking behaviour in the community.

6

Q:7: Explain any six (6) activities of a community health nurse in maintenance of cold chain system in KEPI.

6

Q:8: Explain six (6) forms of physical environment that are important determinants of health.

6

PART III: LONG ESSAY ANSWER QUESTIONS:

MARKS

- Q:1: Describe the package of integrated Maternal and Child Health Services in Kenya. 20
- Q:2: As the District Public Health Nurse, you are expected to carry out a community diagnosis in your district.
- a) Define community diagnosis. 1
 - b) Outline four (4) stages of community diagnosis process. 4
 - c) Describe the aspects that should come under scrutiny and investigation during the process of community diagnoses. 15

to present

AGA KHAN UNIVERSITY

ADVANCED NURSING STUDIES PROGRAMME

NCK MOCK EXAMINATION FOR BScN 2011 CLASS

PAPER ONE

DATE: 9TH DECEMBER 2013

9.00 AM -- 12.00 NOON

TIME ALLOWED: 3 HOURS

INSTRUCTIONS TO CANDIDATES:

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

1. When inserting a naso-gastric tube, the nurse encourages the patient to swallow as s/he pushes the tube down to ensure that:
 - A. The tube does not get entangled in the naso-pharynx
 - B. Epiglottis closes the trachea and directs tube to esophagus
 - C. Minimal mucosal injury and irritation as tube passes through the esophagus
 - D. Patient evacuates secretions from esophagus to facilitate passage of tube to stomach
2. Surgical sutures that are digested and absorbed during the process of wound healing are:
 - A. Silk, catgut, linen
 - B. Catgut, vicryl, dextron
 - C. Vicryl, polypropylene, silk
 - D. Polyamide, dextron, terylene
3. Ocular change in a HIV/AIDS patient associated with cytomegaloviretinitis is:
 - A. Optic nerve atrophy
 - B. Chronic blepharitis
 - C. Discoloration on eyelid
 - D. Recurrent conjunctival hemorrhages
4. A patient is recovering from myocardial infarction due to a thrombus. The anticoagulant and corresponding lab test the doctor may prescribe would be:
 - A. Aspirin, homocysteine
 - B. Diltiazem, electrolytes
 - C. Metoprolol, prothrombin time
 - D. Heparin IV, partial prothrombin time
5. Gram negative bacilli include:
 - A. Escherichia coli, salmonella, shigella
 - B. Salmonella, staphylococcus, streptococcus
 - C. Shigella, Neisseria gonorrhoea, streptococci
 - D. Clostridium, escherichia coli, staphylococcus
6. An infant aged 2 months has been categorized as having "very severe pneumonia". He manifests with:
 - A. Nasal flaring, cough
 - B. Nasal discharge, mouth breathing
 - C. Fast breathing of 50 breaths/minute, cough
 - D. Difficulty in breathing, inability to breastfeed
7. Laboratory results of a patient suffering from massive thermal burns will reveal:
 - A. Hypokalemia
 - B. Hyponatremia
 - C. Hypoglycemia
 - D. Decreased myoglobins in urine

8. A client in ICU has potassium level of 5.6mEq/L. The clinical findings you expect to see are:
- Vomiting, peaked T wave on ECG
 - Diarrhea, presence of U wave on ECG
 - Muscle weakness, peaked T wave ECG
 - Muscle twitching, ST_T segment depression on ECG
9. Actinic cheilitis may be best described as:
- A reddened circumscribed lesion that ulcerates and becomes crusted
 - A cold sore that erupts on the lips forming ulcers that are covered with a grey membrane
 - An inflammation of the oral tissues and slight swelling of the interdental papillae causing bleeding in response to light contact
 - An irritation of the lips resulting from the accumulative effect of exposure to sun radiation causing scaling, crust formation and fissuring
10. Self-care measures for a patient with infective endocarditis include:
- Taking an oral temperature reading daily for the rest of his/her life
 - Beginning a moderate exercise program to strengthen the myocardium
 - Recognizing the signs and symptoms of the infiltrated intravenous infusion
 - Weighing self daily to monitor for weight gain, which is reported to the physician
11. Rationales for reintroduction of milk and milk products gradually into the diet of an anorexic client include:
- Small quantities facilitate regeneration of the enzymes needed to digest the lactose
 - The client will retain a sense of control by taking oral fluids instead of intravenous fluids
 - The liquid volume provided by milk is needed to supplement fluids required for rehydration
 - The lactose in large quantities of milk products causes indigestion and abdominal discomfort
12. Reed-Sternberg cell is a pathologic hallmark essential in diagnosis of:
- Hodgkin's disease
 - Non-Hodgkin's disease
 - Acute myeloid leukemia
 - Chronic lymphocytic leukemia
13. After trans-esophageal echocardiogram the nurse should assess for:
- Bowel sounds, lung sounds
 - Herat sounds, carotid pulses
 - Femoral pulses, apical pulse
 - Gag reflex, level of consciousness

14. Breast tumors that respond best to adjuvant therapy are those that are:
- A. Locally infiltrating
 - B. Poorly differentiated
 - C. Estrogen receptor positive
 - D. Estrogen receptor negative
15. Substances that create colloid osmotic pressure in the capillaries include:
- A. Globulin, sodium
 - B. Albumin, globulin
 - C. Plasma, potassium
 - D. Albumin, potassium
16. Which technique of opening the airway in a newly admitted patient with spinal cord injury is the most appropriate?
- A. Chin lift
 - B. Head tilt
 - C. Jaw thrust
 - D. Neck flexion
17. A client with a cataract is about to undergo surgery. Which of the following nursing diagnoses is most appropriate to address the long term need of this type of patient?
- A. Anxiety related to the operation and its outcome
 - B. Body Image disturbance related to the eye packing after surgery
 - C. Sensory perceptual alteration related to lens extraction and replacement
 - D. Knowledge deficit related to the pre-operative and post-operative self-care
18. Untreated hypothyroidism in infants results in:
- A. Goiter
 - B. Cretinism
 - C. Gigantism
 - D. Myxedema
19. As a nurse you want to use egophony in the assessment of your patient's respiratory system. To accomplish this, you will instruct the client to:
- A. Whisper a phrase as auscultation is performed
 - B. Say 'E E E' each time the stethoscope is moved
 - C. Take several deep breaths, then hold for five seconds
 - D. Repeat the phrase ninety nine (99) each time the stethoscope is moved

20. Match the terms in **column A** with the correct statement in **column B** by indicating the correct response on the answer sheet provided

<u>Column A:</u>	<u>Column B:</u>
i. Otosclerosis	A) Inflammation of the middle ear involving the cochlear
ii. Meneire's disease	B) Hardening of the auditory ossicles
	C) Excessive growth of middle ear bones
	D) Recurrent attacks of disabling vertigo for more than six months
	E) Pocket of skin debris and hardened ossicles in the middle ear

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

1. Define systemic lupus erythematosus (SLE). (1 mark)
2. Outline five (5) clinical manifestations of liver cirrhosis. (5 marks)
3. Describe the process of digestion of carbohydrates. (5 marks)
4. Differentiate between hyperglycemic hyperosmolar non-ketonic syndrome (HHNK) and diabetic ketoacidosis (DKA). (4 marks)
5. Draw a well labeled diagram of the knee joint. (5 marks)
6. A 16-year-old female is diagnosed with psoriasis.
 - a) Define psoriasis. (2 marks)
 - b) State two (2) priority nursing diagnoses that you would make for this patient. (3 marks)
7. Outline the Renin-Angiotensin system response to regulating blood pressure following severe hemorrhage. (5 marks)
8. State six (6) nursing interventions for a patient with pelvic inflammatory disease (PID) (6 marks)
9. Describe why compartment syndrome is a medical emergency. (4 marks)

PART III: ESSAY/LONG ANSWER QUESTIONS

(40 MARKS)

1. Master J, 8 year old boy, has been admitted in the hospital with a diagnosis of nephrotic syndrome
 - a) List six (6) key features of nephrotic syndrome. (3 marks)
 - b) Formulate three (3) priority nursing diagnoses you would make for Master J. (5 marks)
 - c) Using the three (3) priority nursing diagnoses you have made in (b) above, formulate a nursing care plan for Master J. (12 marks)

2. Mrs. K, a 45 year old patient, is admitted in the surgical ward with a diagnosis of cancer of the colon and is scheduled for surgery and colostomy creation
 - a) State three (3) clinical manifestations that Mrs. K may present with. (3 marks)
 - b) Describe the specific nursing management of Mrs. K post-operatively till discharge. (14 marks)
 - c) Outline three (3) specific health messages you will share with Mrs. K on discharge. (3 marks)

1. Sally, aged 52, presents with a rapidly progressive weakness of her legs that is moving up the trunk. She also has absent reflexes and no sensory change. This condition is likely to be:
 - A. Peripheral neuropathy
 - B. Guillain-Barre syndrome
 - C. Myasthenia gravis
 - D. Radiculopathy
2. What technique would the nurse use to assess hydration status of a patient?
 - A. Auscultation of renal arteries
 - B. Palpation for skin turgor
 - C. Percussion for dullness over bladder
 - D. Palpation of both kidneys
3. The nurse is assessing a man who has severe leg pain. The leg is cool and cyanotic, and the femoral pulse cannot be palpated. What would be the priority intervention based on these assessments?
 - A. Document the findings.
 - B. Ask the family about this problem.
 - C. Teach the man relaxation techniques.
 - D. Notify the physician immediately.
4. On identifying sinus bradycardia at a rate of 45 beats per minutes, the nurse should do which of the following?
 - A. Assess mental status and blood pressure.
 - B. Assess peripheral pulses on all four extremities.
 - C. Determine if an apical-radial pulse deficit is present.
 - D. Prepare to administer intravenous atropine.
5. The nurse administering platelets to a patient with disseminated intravascular coagulation (DIC) understands that the intended effect of this treatment is to do which of the following?
 - A. Replace specific clotting factors.
 - B. Promote intravascular clotting.
 - C. Restore tissue oxygenation.
 - D. Replace depleted platelets.
6. A nurse is assessing breath sounds. Where would she/he place the diaphragm of the stethoscope to listen to the apex of the left lungs?
 - A. In the mediastinum
 - B. Resting on the diaphragm
 - C. Within the parietal pleura
 - D. Just below the clavicle

7. Mathews, aged 52, has a ruptured vertebral disk with the following symptoms: pain in the midgluteal region, as well as the posterior thigh and calf-to-heel area; paresthesias in the posterior calf and lateral heel, foot, and toes; and difficulty walking on her toes. Which intervertebral disks are involved?
- A. L4-L5
 - B. L5-S1
 - C. C5-C6
 - D. C7-T1
8. The most common causes of upper gastrointestinal hemorrhage are:
- A. Esophagitis and carcinomas.
 - B. Erosive gastritis and peptic ulcer disease.
 - C. Peptic ulcer disease and esophageal varices.
 - D. Carcinomas and arteriovenous malformations.
9. You are the nurse caring for a patient with a pelvic fracture. Before turning the patient you must first
- A. Medicate the patient
 - B. Ask the physician if the fracture is stable or unstable
 - C. Remove the fixation device
 - D. Assess color, motion, and sensitivity of the legs
10. According to the health belief model, motivation, or readiness to act, is determined by which of the following components?
- A. Perceived threat, efficacy, benefits of action, and perceived barriers to action
 - B. Education and positive reinforcement
 - C. Predisposing factors, reinforcing factors, and enabling factors
 - D. Self-efficacy theory and perceived ability to act
11. Effects of parasympathetic nervous stimulation on the cardiovascular system include:
- A. Vasodilatation of coronary arteries, increased blood pressure
 - B. Vasoconstriction of peripheral blood vessels, increased heart rate
 - C. Vasodilatation of skeletal blood vessels, increased blood coagulation
 - D. Decreased heart rate, vasoconstriction of coronary arteries
12. A seizure activity characterized by brief periods of blank staring with no motor movement is known as:
- A. Myoclonic
 - B. Tonic
 - C. Generalized
 - D. Absence
13. Risk factors for cataract formation include:
- A. Trauma, hypertension
 - B. Long-sightedness, headaches
 - C. Young age, tumor of the eye
 - D. Diabetes mellitus, old age

14. When administering vasopressin nasal spray, the nurse should closely observe the patient for:
- A. Hypotension
 - B. Complaints of angina
 - C. Abdominal distension
 - D. Hypervolemia
15. She has breast cancer and has anorexia. Her poor nutrition compounds the cancer damage to her immune system in which way?
- A. Decrease in nutrients increases cytokine production
 - B. Competition between normal and cancerous cells for nutrients produces excessive number of B-lymphocytes
 - C. Malabsorption of nutrients weakens immune system efficiency
 - D. Stomatitis, an inflammatory response, triggers increased tumor cell antigens
16. Atik, 7 years old is admitted with dehydration and is known to have sickle cell anemia. She is at risk for a vaso-active event such as:
- A. Bone marrow infection
 - B. Splenomegally
 - C. Buerger's disease
 - D. Cerebral vascular accident
17. Ocular change in a HIV/AIDS patient associated with cytomegaloretinitis is:
- A. Chronic blepharitis
 - B. Recurrent conjunctival hemorrhages
 - C. Discoloration on eyelid
 - D. Optic nerve atrophy
18. Untreated hypothyroidism in infants results in:
- A. Goiter
 - B. Myxoedema
 - C. Cretinism
 - D. Gigantism
19. Tension pneumothorax develops when:
- A. Blood is lost into the thoracic cavity as a result of blunt trauma
 - B. An air leak in the lung or chest wall causes the lung to collapse
 - C. Air accumulates in the pleural space causing a rise in intrathoracic pressure
 - D. An infectious process leads to the accumulation of pus in the pleural space
20. The most common and treatable type of tissue transplant rejection occurs:
- A. 2 to 3 days after transplant
 - B. Between 4 days and 3 months after transplant
 - C. Between 4 months and 1 year after transplant
 - D. During the first 100 days following the transplant

1. You are in-charge of surgical ward. You have noticed that there is an increase in number of patients who develop sepsis after surgery.
 - a) Define Sepsis. (2 marks)
 - b) Explain probable four (4) reasons for the increase number of sepsis. (4 marks)
 - c) State five (5) infection control measures that you would implement to reduce sepsis. (5 marks)

2. Differentiate between Non-Insulin Dependent Diabetes Mellitus (NIDDM) and Insulin Dependence Diabetes Mellitus (IDDM). (5 marks)

3. Differentiate between Acute Renal Failure and Chronic Renal Failure. (6 marks)

4. State four (4) specific nursing interventions for a patient in hyperglycemic hyperosmolar non-ketotic coma. (4 marks)

5. Salbutamol has been prescribed for patient J. Indicate:
 - a) Four (4) indications for this drug. (2 marks)
 - b) Two (2) contraindications (2 marks)
 - c) Four (4) side effects. (2 marks)
 - d) The routes of administration and dosages. (2 marks)

6. State three (3) ways of assessing the placement of an existing nasogastric tube before feeding. (3 marks)

7. Outline the timing and procedure for a self testicular examination. (3 marks)

1. Ms Stella, 74 years old, lives alone. She depends on a pension-check for her income. While walking to the market, Ms Stella falls and breaks her left hip. She is transported by ambulance to the nearest hospital. On admission, Ms Stella's left leg appears shorter than her right, and it is externally rotated. Distal pulses are present and strong bilaterally; both legs are warm. An open reduction and internal fixation (ORIF) is planned for the following day.
 - a) What specific preoperative teaching would you give to Ms Stella before the planned ORIF of her left hip? (4 marks)
 - b) Explain complications associated with ORIF. (4 marks)
 - c) Formulate four (4) priority nursing diagnosis on admission. (8 marks)
 - d) Using one (1) of the priority nursing diagnosis, make a nursing care plan for Ms. Stella. (4 marks)

2. Mr. Oti is a 83-year-old widower who lives with his two grown sons. During the past 15 years, he has increasingly become more short of breath and has developed a chronic cough. He is in the hospital with possible pneumonia and an acute exacerbation of COPD. Mr. Oti has been a smoker practically whole of his life. Chest x-ray shows patchy infiltrates.
 - a) Draw and label the diagrams of respiratory system and related structures. (5 marks)
 - b) The client with COPD is at high risk for developing respiratory failure. Describe the respiratory drive and how chronic hypercapnia affects this process. (5 marks)
 - c) Formulate three (3) priority nursing diagnosis for Mr. Oti. (3 marks)
 - d) Develop nursing care plan based on one priority nursing diagnosis. (7 marks)

PART I: MULTIPLE CHOICE QUESTIONS

(20 MARKS)

1. The following statement is applicable to the use of teaching media:
A. Media ensures the learners are actively involved during lesson presentation
B. Use of media causes a lesson to be teacher centered
C. Media can make a lesson more interesting, hold the learners' attention longer and thus improve the quality of learning
D. Media should be made durable to be used over and over again
2. A well stated learning objective must describe:
A. Criteria, evaluation, content
B. Condition, learner, result
C. Content, performance, evaluation
D. Performance, condition, criteria
3. Simulation can be defined as:
A. Stimulus variation
B. Demonstration of nursing procedure
C. Presentation of substitute elements to represent the real
D. A tool for clinical teaching
4. The main methods used to assess knowledge include:
A. Oral exams, essays, short-answer questions
B. Short-answer questions, multiple choice questions, rating scale
C. Project work, oral exams, role play
D. Role play, essays, rating scale
5. The main reason of conducting a needs analysis is to:
A. Make training more specific
B. Find out what needs to be learnt
C. Enable skills to be learnt at different speed
D. Be able to recognise hidden skills
6. One of the advantages of primary nursing is to:
A. Support comprehensive care
B. Improve continuity of care
C. Increase cost effectiveness
D. Allow dependent decision making
7. In order for managers to determine whom to delegate duties, they needs to **first**:
A. Analyse the individual skill level and abilities
B. Determine the availability of the delegates
C. Consider who is willing to assume responsibility
D. Consider who is unwilling to assume responsibility

8. A staff nurse develops an innovative documentation system for post-op patients. The nurse manager grants her paid leave to develop one for medical patients. The type of power the nurse manager using is called:
 - A. Expert power
 - B. Reward power
 - C. Legitimate power
 - D. Power by association

9. During an employment interview a nurse is provided a position description. The information that the nurse will find in this document is:
 - A. Expectations and criteria for performance
 - B. Length of the contract of employment
 - C. Name of immediate supervisor
 - D. Starting salary being offered

10. In the process of having a surgical dressing removed, the skin of a 65-year-old client was injured. The nurse manager requested that the nurse complete an incident report. The primary reason the nurse manager has made in this request is to:
 - A. Discourage the nurse from making the same mistake in the future
 - B. Record the name of the involved nurse in the event of a future lawsuit
 - C. Keep a record of the incident in the nurse's personnel file as a reference for the next performance evaluation
 - D. Identify problems of a high-risk nature and document the corrective action

11. In personality development, the humanistic theories emphasize:
 - A. Wish fulfillment
 - B. Self-actualization
 - C. Ego ideal
 - D. Classical conditioning

12. Crises occur when an individual:
 - A. Is exposed to the precipitating factor and perceives a stressor to be threatening
 - B. Perceives a stressor to be threatening
 - C. Has no support system
 - D. Experiences a stressor and perceives coping strategies to be ineffective

13. An appropriate nursing intervention for a patient with a nursing diagnosis of *risk for trauma related to impairment in cognitive and psychomotor functioning* is:
 - A. Permit appropriate expression of anger
 - B. Arrange furniture and other items in the room to accommodate client's disabilities
 - C. Discuss reality of the situation with the patient
 - D. Accept the symptoms are real to the patient to enable relief of anxiety

14. The extrapyramidal effects in a client taking antipsychotic medication include:
- A. Muscular weakness, rigidity, tremors, facial spasms
 - B. Dry mouth, blurred vision, urinary retention, orthostatic hypotension
 - C. Amenorrhea, gynecomastia, retrograde ejaculation
 - D. Elevated blood pressure, severe occipital headache, stiff neck
15. Mr T. is a 20 year old college student diagnosed with schizophrenia that presented with social withdrawal, suspiciousness and a belief that the CID are after him. The belief about the CID is likely a delusion of:
- A. Persecution
 - B. Reference
 - C. Control
 - D. Grandeur
16. In statistical testing, the probability that the obtained results are due to chance alone is:
- A. Odds ratio
 - B. Precision
 - C. *p*-value
 - D. Chi-square
17. The systematic organization, synthesizing and testing hypotheses using research data is:
- A. Cleaning
 - B. Analysis
 - C. Entry
 - D. Triangulation
18. A list of all elements in the population from which the sample is drawn is sampling:
- A. Distribution
 - B. Error
 - C. Frame
 - D. Plan
19. The qualitative research design that focuses on lived experience is:
- A. Historical research
 - B. Grounded theory
 - C. Ethnography
 - D. Phenomenology
20. A research problem can best be explained as:
- A. A statement of the specific query the researcher wants to answer to address a research problem
 - B. A perplexing condition that can be investigated through a disciplined inquiry
 - C. The techniques used to structure a study, gather and analyze data
 - D. A statement of prediction about the relationships between variables in a population

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

1. Explain three (3) advantages of clinical teaching. (6 marks)
2. State four (4) characteristics of a good teacher. (4 marks)
3. Differentiate between formal and informal organizational communication. (6 marks)
4. List four (4) internal time wasters. (2 marks)
5. Explain the following terms citing appropriate examples:
 - a) Stratified random sampling (2 marks)
 - b) Target Population (2 marks)
 - c) Veracity (2 marks)
 - d) Delusions and hallucinations (2 marks)
6. Differentiate between independent and dependent. (4 marks)
7. List five (5) advantages and five (5) disadvantages of a questionnaire as a tool for data collection. (5 marks)
8. Outline five (5) negative symptoms of schizophrenia (5 marks)

1. You are a senior clinical nurse and want to encourage reflective practice in your unit. Discuss, using a reflective practice model, how you would encourage your mentees to become reflective practitioners. (10 marks)

2. Hannah is the senior evening staff registered nurse (RN) and has worked on your floor for the last 10 years. Her patient care is certainly good. Her interpersonal behavior is becoming increasingly difficult for her coworkers to deal with. She throws charts around the unit, gives curt answers to questions, and appears generally unhappy. She tells the staff that they are lazy and require her close supervision because of their lack of accountability and responsibility. You are also undergoing a staffing shortage.
 - a) Describe Hannah's leadership style. (2 marks)
 - b) Describe the style that would be more desirable. (2 marks)
 - c) Discuss how you would develop Hannah's supervisory skills (6 marks)

3. Ms. FX, a 30 year old single lady, is readmitted to the psychiatric hospital with a diagnosis of bipolar mood disorder in a manic state. The relatives allege that she has been in the same state for the last two days.
 - a) List eight (8) signs and symptoms of a patient who has bipolar mood disorder-mania. (4 marks)
 - b) Formulate four (4) priority nursing diagnoses that you are likely to elicit on assessment of Ms. FX. (4 marks)
 - c) Describe the nursing care of Ms. FX based on one of the formulated priority nursing diagnoses. (10 marks)
 - d) Outline two (2) topics for family education upon discharge of Ms. FX (2 marks)

1. The primary goal of community health nursing is?
- To support and supplement the efforts of the medical profession in the promotion of health and prevention of illness
 - To enhance the capacity of individuals, families and communities to cope with their health needs
 - To increase the productivity of the people by providing them with services that will increase their level of health
 - To contribute to national development through promotion of family welfare, focusing particularly on mothers and children
2. The different clients of the community health nurse include the following:
- Individual
 - Family
 - Population group
 - Community
- 1 and 2 only
 - 1, 3, 4 only
 - 1, 2, 4 only
 - 1, 2, 3, 4
3. While completing a family assessment, the nurse is using information about stages of the family, what is normal for this stage, and how this particular family has adapted to the stage. The theoretical model being utilized by the nurse is:
- Duvall's
 - Erikson's
 - Peder's
 - McGoldrick's
4. Primary health care is a total approach to community development. An indicator of success in the use of the primary health care approach is:
- Health services are provided free of charge to individuals and families
 - Local officials are empowered as the major decision makers in matters of health
 - Health workers are able to provide care based on identified health needs of the people
 - Health programs are sustained according to the level of development of the community
5. The usual point of entry of a client into the health care delivery system in the current community strategy approach in Kenya is the:
- Community
 - Dispensary
 - Health Centre
 - Level 4 hospital

6. When the nurse determines whether resources were maximized in implementing rural health programmes, she is evaluating:
 - A. Effectiveness
 - B. Efficiency
 - C. Adequacy
 - D. Appropriateness

7. The District Public Health Nurse conducts a study to find out why there are more cases of heart diseases in one Division compared with others, in her District. The branch of epidemiology the nurse is practicing in this situation is:
 - A. Descriptive epidemiology
 - B. Analytical epidemiology
 - C. Therapeutic epidemiology
 - D. Evaluative epidemiology

8. The organism that harbors and provides nourishment for another organism is called a:
 - A. Host
 - B. Vector of transmission
 - C. Agent
 - D. Environment

9. A systematic approach of obtaining, organizing and analyzing numerical facts so that conclusion may be drawn from them is called:
 - A. Vital statistics
 - B. Statistics
 - C. Crude Birth Rate
 - D. All of the above

10. In the investigation of an epidemic you compare the present frequency of the disease with the usual frequency at this time of the year in this community. This is done during the investigation stage of:
 - A. Establishing the epidemic
 - B. Testing the hypothesis
 - C. Formulation of the hypothesis
 - D. Appraisal of facts

11. Sputum examination is the major screening tool for pulmonary tuberculosis. Clients would sometimes get false negative results in this exam. This type of a characteristic of a diagnostic test is called:
 - A. Effectiveness
 - B. Efficacy
 - C. Specificity
 - D. Sensitivity

12. A 3 year old child is brought to your MCH/FP clinic. The mother asks what developmental milestone is expected for this child to accomplish. The nurse will respond to the mother by pinpointing that the correct milestone of this child is:
- A. Achieving of bowel control
 - B. Riding a tricycle
 - C. Sitting without support
 - D. Tying shoelaces
13. A toddler is 16 months old and has been recently admitted into the hospital. According to Erickson the toddler is in the stage when she/he develops:
- A. Trust vs. mistrust
 - B. Initiative vs. guilt
 - C. Autonomy vs. shame
 - D. Intimacy vs. isolation
14. As an epidemiologist, the nurse is responsible for reporting cases of notifiable diseases. The law that mandates reporting the cases of notifiable diseases is:
- A. Cap. 242 - The Public Health Act
 - B. Cap. 247 -The Use of Poisonous Substances Act
 - C. Cap. 253 - The Medical Practitioners and Dentists Act
 - D. Cap. 257 - The Nurses Act
15. The community health nurse is working with a family consisting of two parents and no children living in the home. The nurse categorizes this family as a(n):
- A. Nuclear
 - B. Extended
 - C. Nuclear dyad
 - D. Conjugal
16. When the occupational health nurse employs ergonomic principles, she is performing which of her roles?
- A. Health care provider
 - B. Health educator
 - C. Health care coordinator
 - D. Environment manager
17. A high school nurse observes a 14 year-old female rubbing her scalp excessively in the gym. The most appropriate course of action for the nurse to do is:
- A. Request a private evaluation of the female's scalp from her parents
 - B. Contact the female's parents about your observations
 - C. Observe the hairline and scalp for possible signs of lice
 - D. Contact the student's doctor

18. An 18-month-old male child is brought to the clinic because of a cold. The patient's mother says, "I don't know if his ear hurts or not, but I can't stand it when he holds his head and screams." During the physical examination, the community nurse notices bruises in various stages of healing on the boy's back, arms, and legs. For more additional useful information from the mother the nurse should ask:
- A. "Do you have any idea how your son became so bruised?"
 - B. "Does your son always bruise easily?"
 - C. "How often does your son have temper tantrums?"
 - D. "When your son cries and you are unable to console him, what do you do?"
19. A child who has received an immunization for diphtheria, tetanus, and pertussis develops swelling at the injection site, tenderness, low-grade fever, and malaise. The pediatric nurse informs the child's parents that:
- A. They should delay future immunizations until seen by a doctor
 - B. This is a mild reaction and teaches them how to manage it
 - C. This is a severe reaction and that they should rush the child to hospital
 - D. This is an appropriate reaction and they need not do anything
20. Public health nurses have various functions in the field. Bringing activities or group systematically into proper relation and harmony with other is a:
- A. Management function
 - B. Nursing care function
 - C. Supervisory function
 - D. Collaborating and coordinating function

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

1. State the role of a nurse in dealing with locally endemic diseases. (5 marks)
2. Describe the treatment of diarrheal diseases at home and at community level. (5 marks)
3. State five (5) effects of poor housing on health. (5 marks)
4. State six (6) effects of rural –urban migration on the family. (6 marks)
5. Explain three (3) anthropometric measurements used to monitor growth of children under five years of age. (6 marks)
6. Outline eight (8) factors to be considered in the planning and dissemination of group health education messages. (8 marks)
7. State the criteria used to determine that a child is fully immunized. (5 marks)

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

1. Health has been variously defined.
 - a) Explain the meaning of relative concept of health. (2 marks)
 - b) Discuss the determinants of health with the help of examples. (6 marks)
 - c) Describe the role of community health nurse in promoting primary health care and support with examples from nursing. *manager, Implementor* (12 marks)
(H Educator, Assessor/Diagnostic, Planner, Evaluator, Implementor)
researcher, trainer, Advisor.
2. Providing family health nursing (or family nursing) services is an important aspect of community health nursing practice.
 - a) Describe the factors influencing family health. (8 marks)
 - b) State three (3) objectives of family nursing intervention. (3 marks)
manager, Implementor, Advisor, H Educator
 - c) Discuss how you will help the family during crisis when the grandfather suffers from CVA. (9 marks)

1
7
20

GOOD LUCK!

1. The temporary structure in the foetus that carries pure oxygenated blood is:
 - A. Ductus venosus
 - B. Umbilical vein
 - C. Foramen ovale
 - D. Hypogastric artery
2. The alveoli of mammary gland consists of:
 - A. Myoepithelial cells and milk producing acini cells
 - B. Acini cells and milk cisterns
 - C. Milk cisterns and lactiferous ducts
 - D. Lobules and lactiferous ducts
3. The dizygotic twins results from:
 - A. Early division of the zygote
 - B. Late fertilization of ova
 - C. Late division of the zygote
 - D. Fertilization of different ova
4. In focused antenatal clinic, activities that are done the fourth visit are:
 - A. Advice on individual birth plan, educate the women on danger signs during pregnancy, do physical examination
 - B. Take history, check on individual birth plan, give first dose of sulphadoxine pyrimethamine (SP)
 - C. Counsel and screen for VDRL and HIV, give second dose of sulphadoxine pyrimethamine (SP), iron and folate
 - D. Update individual birth plan, check fetal presentation, perform vaginal examination
5. The midwife is developing a teaching plan for a client who is at eight (8) weeks gestation. The nurse should tell the client to expect first fetal movements between:
 - A. 10 and 12 weeks
 - B. 16 and 20 weeks
 - C. 21 and 23 weeks
 - D. 21 and 26 weeks
6. The positive signs of pregnancy includes:
 - A. Fetal heart sounds, morning sickness, fetal movements
 - B. Fetal movements, fetal parts palpable, visualization of heart pulsation by ultrasound
 - C. Amenorrhoea, quickening, presence of human chorionic gonadotrophic hormone
 - D. Softening of isthmus, bladder irritability, amenorrhoea

7. The appropriate management of a pregnant woman suffering from nausea and vomiting include taking:
 - A. Milk with a pinch of sugar, avoiding spicy food
 - B. Antacids , taking fatty foods
 - C. Salads and carbohydrates, taking snacks before rising from bed
 - D. Fatty foods, lying flat

8. The following statement is true concerning changes in the endocrine activity during puerperium:
 - A. The circulation levels of human chorionic gonadotrophin rises
 - B. Prolactin is produced in the posterior pituitary gland to promote expulsion of milk
 - C. Oxytocin is produced in the anterior pituitary gland and stimulates production of milk
 - D. The fall in circulating levels of progesterone promotes recovery of normal muscle tone

9. The qualities of a community midwife include:
 - A. Accommodative, cheerful, commandeering
 - B. Authoritative, effective communicator, skilful
 - C. Adaptive, judgemental, capable
 - D. Creative, non-judgemental, persuasive

10. The outcome of long rotation of the head ($3/8$ of a circle) leads to:
 - A. Transverse arrest
 - B. Spontaneous vertex delivery
 - C. Face to pubes
 - D. Persistent posterior position

11. The method used to deliver the head in a complete breech presentations is:
 - A. Lovset manouvre
 - B. Mauriceau smellie veit manouvre
 - C. Burns Marshall method
 - D. Pressing of the popliteal space method

12. The complications of breech delivery to the baby include:
 - A. Hydrocephalus
 - B. Jaundice
 - C. Intra uterine growth retardation
 - D. Intracranial injury

13. Light for dates baby is define as one:
 - A. Whose birthweight is 1500 grammes or less
 - B. Whose birthweight is 2500 grammes or less
 - C. Born before 37 completed weeks of pregnancy
 - D. Whose birthweight is below the tenth centile for their gestational age

14. To stop bleeding in post-partum haemorrhage the midwife:
- Transfuses the client, commences intravenous fluid
 - Rubs up a contraction, empties the uterus
 - Fixes a cannula size 14, administers intravenous fluids
 - Transfuses the client, administers oxytocics
15. Endogenous organisms that cause puerperal sepsis include:
- Streptococcus faecalis, Staphylococcus aureus
 - Escherichia coli, Streptococcus faecalis
 - Clostridium welchii, Staphylococcus aureus
 - Haemolytic, streptococcus, Staphylococcus aureus
16. The main aim of maintaining normal blood sugar during labour in a mother with diabetes mellitus is:
- Maternal hyperglycaemia leads to decrease in fetal insulin production which causes fetal hyperglycaemia
 - Fetal ketoacidosis due to dehydration and glycosulated haemoglobin results in hypoglycaemia
 - Neonatal compromise is common due to reduced placental blood flow which may lead to hypocalcaemia
 - Maternal hyperglycemia leads to an increase in fetal insulin production which causes neonatal hypoglycemia
17. The process in which heat is lost from a newborns skin due to amniotic fluid is:
- Conduction
 - Evaporation
 - Radiation
 - Convection
18. The abnormalities that may be noted from lochia include:
- Excessive amount, offensive smell, persistent red colour
 - Colour changes, strong smell, frequency
 - Consistency, amount, foul smell
 - Colour changes, alkalinity, ceasation of flow
19. The signs and symptoms of a small pulmonary emboli include:-
- Dyspnoea, cyanosis, hypotension
 - Pain in the chest, marked distress, hypotension
 - Slight haemoptysis, cyanosis, sudden collapse
 - Pain in the chest, dyspnoea, slight haemoptysis
20. An infant's death is defined as:
- One occurring in the first year of life
 - A stillbirth or death occurring during the first week of life
 - One occurring in the first 28 days of life
 - Failure of the baby to show signs of life after expulsion from the uterus.

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

1. Draw and label a diagram of the female pelvis. (5 marks)
2. State four (4) indicators of progress of labour on the partograph. (4 marks)
3. State the specific mechanism of action of two (2) drugs used in the management of pregnancy induced hypertension (2 marks)
4. List four (4) hormones produced by the placenta. (4 marks)
5. State five (5) ways by which ruptured uterus can be prevented. (5 marks)
6. Outline three (3) ways by which a midwife can prevent ophthalmia neonatorum. (3 marks)
7. State three (3) causes of Asphyxia neonatorum. (3 marks)
8. Differentiate the term presentation from lie. (2 marks)
9. Describe the specific management of a patient post Vesicovaginal fistula (VVF) repair. (8 marks)
10. Explain two (2) aims of home visiting postnatally. (4 marks)

PART III: ESSAY/LONG ANSWER QUESTIONS

(40 MARKS)

1. Mrs. S a para 0 + 0 attends prenatal clinic at 28 weeks gestation for the first time.
 - a) Define Focused Antenatal Care (FANC). (1 mark)
 - b) State four (4) purposes of Focused Antenatal Care. (4 marks)
 - c) Describe the management of Mrs. S during this visit. (10 marks)
 - d) State five (5) complications that Mrs. S is likely to present with in the antenatal period. (5 marks)

2. Baby P. born at 34 weeks gestation with a birth weight of 1700 grams is admitted in the special care new born unit.
 - a) State four (4) predisposing factors of prematurity. (4 marks)
 - b) State six (6) specific objective data you would obtain from baby P. (6 marks)
 - c) Using the nursing process approach describes the management of Baby P (10 marks)

- Not a v*
1. Stating a hypothesis in research involves:
 - A. Asking a question about what the researcher wants to know on the outcome the investigation
 - B. Making a broad statement about the research and allowing participants to direct the investigation
 - C. Asking people and reading literature to decide on areas to be included in the investigation
 - D. Making a statement of what the researcher thinks is going to be the outcome of the investigation
 2. Refereed journal articles are considered more scholarly than non-refereed journals because:
 - A. They are opinions of people discussing areas of interest in well set up chat room
 - B. Only the journal's editor makes the decision on what is to be considered scholarly
 - C. They have been sent for peer review before being accepted for publication
 - D. They focus solely on quantitative research project with high scientific credibility
 3. Methodology in a qualitative research proposal refers to:
 - A. Choices about the setting, participants, instruments and procedures
 - B. Estimation of time to undertake the research activities
 - C. Theoretical assumptions underlying the choice of methods
 - D. Risks involved in undertaking research with human subjects
 4. The correct order of the four scales of levels of measurements are:
 - A. Ordinal, nominal, interval, ratio
 - B. Nominal, ordinal, interval, ratio
 - C. Ordinal, nominal, ratio, interval
 - D. Ratio, nominal, interval, ordinal
 5. Literature review in a research study is useful for:
 - A. Familiarizing with theoretical issues relating to the problem
 - B. Controlling extraneous variables during experimentation
 - C. Ensuring that research supervisor is well informed
 - D. Testing the appropriate causal relationship
 6. Therapeutic communication technique in psychiatric nursing include the following, except:
 - A. Clarifying, reassuring
 - B. Offering self, use of silence
 - C. Focusing, exploring
 - D. Restating, using self
 7. A client experiencing delusions and paranoia would exhibit:
 - A. Altered speech and extreme suspiciousness
 - B. Regressive and primitive behavior
 - C. Psychomotor retardation
 - D. Anger and aggressiveness

8. A dissociative fugue state can best be described as:
 - A. Inability to recall personal identity and anything occurring in the client's lifetime
 - B. Sudden, unexpected travel under a new identity, with inability to recall the past
 - C. The existence of two or more personalities in a single individual
 - D. A feeling of detachment or estrangement from self

9. The psychopathology of obsessive-compulsive disorder includes the use of the following defense mechanism:
 - A. Undoing
 - B. Compensation
 - C. Projection
 - D. Sublimation

10. Negative symptoms of Schizophrenia include:
 - A. Delusion, Hallucination
 - B. Agitation, Grandiosity
 - C. Avolition, Anhedonia
 - D. Alogia, Echolalia

11. One of the factors used to determine staffing mix is:
 - A. Average daily census
 - B. Educational preparation of staff
 - C. Holidays and vacation time
 - D. Unit productivity

12. Which of the following steps is critical for change to be initiated?
 - A. Data collection and analysis
 - B. Minimize anxiety about the change
 - C. Develop operational indicators of success
 - D. Make people uncomfortable with status quo

13. The goal of quality management in today's health care is the:
 - A. Identification of failed standards
 - B. Assessment of problems within the organization
 - C. Identification of inefficient employees
 - D. Prevention of potential problems

14. The nurse finds that a patient on the previous shift received 100 mg of Pethidine intravenously instead of the ordered 50 mg of Pethidine. Which of the following statements should be documented in the patient's chart?
 - A. Pethidine 100 mg given IV at 0800. Patient's vital signs unchanged
 - B. Pethidine 100 mg given IV instead of the ordered dose of Pethidine 50 mg
 - C. Pethidine 100 mg given accidentally instead of Pethidine 50 mg
 - D. Pethidine 100 mg given IV and patient notified

15. Improvement initiatives should be linked to an organization's:
- A. Mission
 - B. Vision
 - C. Values
 - D. All of the above
16. What are the methods which make the clinical learning process effective?
- A. Observation and clinical placement
 - B. Assessment, assignment and evaluation
 - C. Clinical assignment, evaluation and feedback
 - D. Clinical rotation, clinical assignment and feedback
17. What is curriculum?
- A. A set of courses or set of lessons in a related field of study
 - B. A set of students and classes or set of lessons in a related field of study
 - C. A set of learning outcomes or set of objectives in a related field of study
 - D. A set of courses and infrastructure or set of classes in a related field of study
18. The most effective teaching/learning activities for understanding and applying knowledge are:
- A. Practice, discussion, criteria
 - B. Discussion, assessment, practice
 - C. Tests, independent study, practice
 - D. Discussion, demonstration, practice
19. The two (2) types of evaluation in a learning programme are:
- A. Written and clinical evaluation
 - B. Formative and written evaluation
 - C. Clinical and summative evaluation
 - D. Formative and summative evaluation
20. Probing techniques are very useful if the student has:
- A. No idea about the subject
 - B. Answered the question correctly but the teacher wants elaboration
 - C. Answered the question very correctly and gave a long explanation
 - D. Has no idea of the topic and gave an explanation which is out of the topic

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

1. Explain three (3) probability sampling techniques. (6 marks)
2. Outline four (4) types of qualitative research designs. (4 marks)
3. Explain two (2) symptoms of depression. (4 marks)
4. Explain three (3) priority nursing diagnoses for a manic patient presenting with violence. (6 marks)
5. Compare and contrast leadership and management. (5 marks)
6. List two (2) examples of risks that can occur in clinical working environment. (2 marks)
7. In quality improvement, there is need to set health care quality standards. Outline the three (3) categories of these standards. (3 marks)
8. State five (5) characteristics of an effective assessment tool. (5 marks)
9. Describe two (2) characteristics of a good teacher (5 marks)

1. You have been assigned to care for Mrs. Hap who is admitted with a history of attempted suicide.
 - a) Formulate two (2) priority nursing diagnoses for Mrs. Hap (4 marks)
 - b) Describe the nursing interventions for Mrs. Hap during the first 14 days (10 marks)
 - c) The client is likely to be started on Monoamine Oxidase Inhibitor (MAOIs). Explain the client and family teaching you will give before commencement of the treatment. (6 marks)

2. You are a graduate of the BScN nursing program. Since you graduated Six months ago, you have worked at the outpatient unit, and have just begun to feel more confident in your new role. However one of the older certificate educated nurses working with you constantly belittles the degree nursing programme. Whenever you request assistance in problem solving or in learning a new skill, she says, "didn't they teach you anything in the nursing school?" you are becoming increasingly defensive regarding the comments.
 - a) Outline the strategies of conflict resolution. (4 marks)
 - b) Describe the most appropriate conflict resolution strategy. Support your decision with rationale, and explain why other models of conflict management will not be applicable in this scenario (8 marks)
 - c) Describe how you would apply one of the strategies in the above scenario. (8 marks)

- Nakuru*
1. With respect to the external genitalia in the female:
 - A. The vestibule is triangular in shape
 - B. The vestibule is bounded anteriorly by the perineal body
 - C. The opening of the urethra lies anterior to the clitoris
 - D. The vestibule is bounded laterally by the labia majora
 2. The anterior and 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
 3. Maternal mortality in Kenya is currently estimated at:
 - A. 2.5 per 100,000 live births
 - B. 7.2 per 100,000 live births
 - C. 314 per 100,000 live births
 - D. 414 per 100,000 live births
 4. Engagement can be described as the:
 - A. Part of the fetus which will be delivered first
 - B. What is worked out from where the fetal back is facing
 - C. Part of the foetus lying in the lower pole of the uterus
 - D. The relationship of the foetal head and limbs to its body
 5. In the management of eclampsia, magnesium sulphate is the drug of choice because it:
 - A. Aids in vasodilatation, reduces ischemia
 - B. Is an anticonvulsant, is readily available
 - C. Lowers blood pressure, reduces incidence of pneumonia
 - D. Is readily available reduces ischemia
 6. The right sequence of the steps in the active management of third stage of labour is:
 - A. Uterine massage, controlled cord traction, administration of syntocinon
 - B. Administration of syntocinon, uterine massage, controlled cord traction
 - C. Administration of syntocinon, waiting for signs of placental separation, controlled cord traction
 - D. Administration of syntocinon, controlled cord traction, uterine massage
 7. The focused ANC guidelines recommend that a pregnant woman should have:
 - A. Three comprehensive, personalized ANC visits that include a package of quality services specifically tailored to the timing of each visit
 - B. Eight comprehensive, personalized ANC visits that include a package of quality services specifically tailored to the timing of each visit
 - C. Six comprehensive, personalized ANC visits that include a package of quality services specifically tailored to the timing of each visit
 - D. Four comprehensive, personalized ANC visits that include a package of quality services specifically tailored to the timing of each visit

8. On partograph, progress of labour is monitored by noting:
 - A. Cervical dilatation, maternal pulse and uterine contractions
 - B. Uterine contractions, descent of fetal head and cervical dilatation
 - C. Fetal heart rate, descent of fetal head and maternal pulse
 - D. State of membranes, uterine contractions and fetal heart rate

9. A 20 years old obese primigravida client at 40 weeks gestation is admitted in the 1st stage of labour. The midwife should monitor the client's fetal heart rate pattern at intervals of:
 - A. Every 30 minutes during the latent phase
 - B. Every 30 minutes during the active phase
 - C. Every 60 minutes during the initial phase
 - D. Every 2 hours during the transitional phase

10. The most common indication of a retained succenturiate 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

11. A multigravida client who stands for long periods while working in a factory visits the prenatal clinic at 35 weeks gestation, stating, "The varicose veins in my legs have really been bothering me lately". The instructions that would be most helpful are:
 - A. Perform slow contraction and relaxation of the feet and ankles twice daily
 - B. Take frequent rest periods with the legs elevated above the hips
 - C. Avoid support stockings that reach above the leg varicosities
 - D. Take a leave of absence from your job to avoid prolonged standing

12. Assessment of a 15-year-old primigravida client at term in active labour reveals cervical dilatation at 7cm with complete effacement. Because the client is only 15 years old, the midwife would assess the client for:
 - A. Uterine inversion
 - B. Cephalopelvic disproportion (CPD)
 - C. Rapid third stage of labour
 - D. Decreased ability to push

13. The period of highest maternal, foetal and newborn mortality is:
 - A. During labour and delivery and the first 24 hours thereafter
 - B. During labour and the first 48 hours post delivery
 - C. After delivery and the first 48 hours thereafter
 - D. Before, during and immediately after delivery

14. Intrauterine asphyxia is a common complication of:
 - A. Caesarian section
 - B. Uterine atony
 - C. Obstructed labour
 - D. Hyperemesis gravidarum

15. Characteristics of post-natal depression include:
- A. Mother is not able to sleep and feels tired and exhausted throughout despite adequate periods of rest
 - B. Mother feels well in the morning, and becomes worse as the day goes on
 - C. Mother is not able to sleep but is active the rest of the day
 - D. Mother feels worse in the morning, and improves as the day goes on
16. The most common contributing factor to puerperal sepsis is:
- A. Maternal age older than 30 years
 - B. Frequent vaginal examinations during labor
 - C. Spontaneous delivery of the placenta
 - D. Maternal blood loss of 300 ml during delivery
17. A primipara client who had hydramnios and breech presentation while in early labor is diagnosed with early postpartum hemorrhage at 1 hour after a cesarean delivery. The most likely cause of uterine atony in this client is:
- A. Trauma during labor and delivery
 - B. Fundal massage after delivery
 - C. Lengthy and prolonged second stage of labor
 - D. Over distention of the uterus from hydramnios
18. The most common cause of primary post partum haemorrhage is:
- A. Anaemia
 - B. Disseminated intravascular coagulation
 - C. Tears of the genital tract
 - D. Atonic uterus
19. Indications for vaginal examination include:
- A. To confirm the onset of labour, to assess progress of labour, when membranes rupture to exclude cord prolapse
 - B. To confirm onset of labour, to induce labour, to sweep membranes
 - C. To sweep membranes, to confirm true labour, to confirm pregnancy
 - D. To assess progress of labour, to diagnose pregnancy, to induce labour
20. A female client has a history of amenorrhea for the last 3 months, eventually she starts to have vaginal bleeding, and backache. On vaginal examination the cervix is 3 cm dilated. The possible diagnosis will be:
- A. Missed abortion
 - B. Threatened abortion
 - C. Inevitable abortion
 - D. Complete abortion

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

1. Draw and label a diagram of the female pelvis. (5 marks)
2. Define normal pregnancy. (2 marks)
3. Outline six (6) endocrine functions of the placenta. (6 marks)
4. State five (5) causes of obstructed labour. (5 marks)
5. Explain how the Apgar score is used to assess the condition of a newborn. (6 marks)
6. State three (3) possible complications of the 3rd trimester of pregnancy. (3 marks)
7. Explain four (4) effects of HIV on pregnancy. (8 marks)
8. State five (5) types of contraceptive methods used in Kenya. (5 marks)

PART III: ESSAY/LONG ANSWER QUESTIONS**(40 MARKS)**

1. Mrs. M, para 2+0 comes in labour ward at 34 weeks gestation and gives a history of mild vaginal bleeding. On assessment a diagnosis of placenta praevia is made.
 - a) Explain the four (4) types of placenta praevia. (8 marks)
 - b) Describe the specific management of the mother till the baby is delivered. (12 marks)
2. Baby Katiba, born at term weighing 3.2kgs is admitted to the new born unit with jaundice.
 - a) Define neonatal jaundice. (1 mark)
 - b) Describe the process of bilirubin conjugation. (5 marks)
 - c) State four (4) possible causes of jaundice in the newborn infant. (4 marks)
 - d) Describe the specific management of baby Katiba until discharge. (10 marks)

1. The commonly used anthropometric measurements in assessing nutritional status in children are:
 - A. Weight, blood pressure, arm circumference
 - B. Arm circumference, height, weight
 - C. Head circumference, weight, height
 - D. Height, temperature, weight
2. The following include factors contributing to malnutrition in the community:
 - A. Seasonal changes, lack of food production, poor communication and transport, communal production of food
 - B. Deficient food intake, infections and diseases, lack of knowledge on food nutrients, price fluctuations
 - C. Poor communication and transport, lack of knowledge on food nutrients, seasonal changes, lack of fuel for food preparation
 - D. Ignorance about nutrition, food shortages, unequal distribution,, infections and diseases
3. A population pyramid can be constructed from the following variables:
 - A. Occupation, marital status
 - B. Sex, marital status
 - C. Age, occupation
 - D. Age, sex
4. Some of the methods used for data collection in community diagnosis survey include:
 - A. Observations, interview, questionnaire
 - B. Observation, record analysis, interview
 - C. Questionnaire, interview, record analysis
 - D. Questionnaire, record analysis, observation
5. The success and shortcomings of the immunization programme can be evaluated through:
 - A. Routine supervisory visits to districts, special surveys, cold chain maintenance
 - B. Routine reporting, mass campaigns, cold chain maintenance
 - C. Routine reporting, special surveys, routine supervisory visits to health facilities
 - D. Routine supervisory visits to districts, mass campaigns, special surveys
6. The factors that may lead to failure of measles vaccination include:
 - A. Use of vaccines kept too long at room temperature, using warm diluents, vaccinating the children when still having many maternal antibodies
 - B. Using expired vaccines, exposing vaccines to sunlight, vaccinating a child who has suffered from measles
 - C. Using inactive measles vaccine, exposing the vaccines to sunlight, vaccinating on a warm day
 - D. Using warm diluents, vaccinating with expired vaccines, using freeze dried measles vaccine powder

7. Some of the diseases transmitted through the faeco-oral route include:
- A. Viral hepatitis A, poliomyelitis, typhoid fever
 - B. Poliomyelitis, viral hepatitis B, cholera
 - C. Mumps, typhoid fever, poliomyelitis
 - D. Poliomyelitis, cholera, mumps
8. To prevent malnutrition the families should be able to do the following except:
- A. Immunize children, treat early common diseases
 - B. Produce enough food, prevent common diseases
 - C. Take adequate breakfast, do a lot of exercises
 - D. Eat well, produce enough foods
9. Some of the following worms belong to the classification of the Nematodes (roundworms):
- A. *Ascaris lumbricoides*, *Schistosoma haematobium*, *Enterobias vermicularis*
 - B. *Taenia solium*, *Strongyloides stercoralis* and *Enterobias vermicularis*
 - C. *Trichuris trichuria*, *Ankylostoma duodenale*, *Echinococcus granulosus*
 - D. *Strongyloides stercoralis*, *trichuris trichiura*, *Necator americanus*
10. Pellagra is a disease due to lack of:
- A. Folic acid
 - B. Riboflavin
 - C. Thiamine
 - D. Niacin
11. In syndromic management of STIs in Kenya the treatment for urethritis is:
- A. Norfloxacin 800 mg stat and doxycycline 100 mg BD X 7 days
 - B. Cotrimoxazole I tab daily X 6 days and metronidazole 2 g stat
 - C. Ceftriaxone 250 mg intramuscular stat
 - D. Erythromycin 500 mg QID X 14 days
12. Pelvic Inflammatory Diseases (PID) may be associated with:
- A. Irregular menstrual bleeding, enlarged lymph nodes, low grade fever
 - B. Frequent vomiting, frequent urination, lower abdominal pain
 - C. Offensive vaginal discharge, fever, pain during intercourse
 - D. Frequent urination, high grade fever, enlarged lymph nodes
13. The major determinants of social stratification in modern society are:
- A. Occupation, culture, residence and income
 - B. Income and wealth, education, occupation
 - C. Age set, religion, income and wealth
 - D. Education, race and age, occupation

14. Some of the staffing objectives for a health facility are:
- A. Ensuring adequate qualified workforce, training and orientation of newly employed nurses
 - B. Developing appropriate personnel policies, enlarging the span of supervision
 - C. Establishing suitable conditions of employments, setting standards of nursing care
 - D. Enlarging span of supervision, recruitment of qualified nursing staff
15. Some of the techniques used in counselling clients/patients with sexually transmitted infections, H.I.V and AIDS include:
- A. Advising, listening, sympathizing
 - B. Listening, empathizing, sympathizing
 - C. Active listening, paraphrasing, empathizing
 - D. Active listening, sympathizing, paraphrasing
16. In primary prevention the nurse focuses on the following activities:
- A. Treatment of minor illnesses, immunization, counseling
 - B. Immunization, health education, environmental sanitation
 - C. Health education, counseling, rehabilitation of pupils with health problems
 - D. Rehabilitation of pupils with health problems, immunization, environmental sanitation
17. The following are some of the methods of rodent control:
- A. Proper storage, collection and disposal of all types of rubbish, sealing of rodent holes, clearing of bush or long grass in the surroundings
 - B. Drainage and filling in of water holes and ditches in the village, store food in properly closed containers, keeping uncooked foods in rat proof stores
 - C. Use of pets such as cats, physical elimination of rodents, clearing water channels
 - D. Use of cage traps, rodenticides, proper collection and disposal of refuse
18. A grievance can be defined as:
- A. Any situation or act that is unfair in the eyes of the complainant
 - B. Presentation of information as witnessed by the complainant
 - C. An obvious complaint that does not require any attention
 - D. A Work related complaint by an employee to his employer or supervisor

For question 19 indicate on the answer sheet whether the statements are true or false.

19. a) Acquiring knowledge form the backbone of any institutional programme built on competency based learning approach
- b) In competency based approach, the curriculum is organized around the functions of the teacher.

For question 20, match the terms in column A with the corresponding items in column B in the answer booklet.

<u>COLUMN A:</u>	<u>COLUMN B:</u>
(i) Pediculus corporis	A. Plaque.
(ii) Dracunculus medinensis	B. Guinea worm.
	C. Schistosomiasis
	D. Relapsing fever

PART II: SHORT ANSWER QUESTIONS

(40 MARKS)

1. State three (3) ways of assessing the nutritional status in a community. (6 marks)
2. Explain the three (3) stages of disease prevention. (6 marks)
3. State four (4) methods of data presentation in community diagnosis. (4 marks)
4. Explain five (5) ways in which breast-feeding can be promoted in the community. (5 marks)
5. State five (5) ways in which an immunization programme can be evaluated. (5 marks)
6. List four (4) species of malarial parasites. (2 marks)
7. State two (2) clinical features of ophthalmia neonatorum. (2 marks)
8. With the aid of a diagram illustrate the life cycle of ankylostoma duodenale (hookworm) (5 marks)
9. Explain five (5) reasons for good record keeping in a health facility. (5 marks)

1. As a newly qualified Registered Community Health Nurse, you are posted to a health centre as the nurse in-charge. After carrying out community diagnosis you realize that there is a high prevalence of HIV/AIDS & STIs in the community.
 - a) Differentiate between HIV and AIDS. (2 marks)
 - b) Explain four (4) contributory factors to HIV/AIDS. (4 marks)

 - c) List four (4) clinical features of AIDS. (2 marks)
 - d) Describe the preventive and control measures of HIV/AIDS & STIs in the community. (12 marks)

2. You are the Registered Community Health Nurse in-charge of a health centre. Cholera has been reported in a neighboring district and you are worried it may spread to the area served by your health centre.
 - a) List six (6) signs and symptoms likely to be found in a patient with cholera. (3 marks)
 - b) Illustrate with an aid of a diagram the fecal-oral disease transmission cycle. (5 marks)
 - c) Describe the actions to be taken to ensure the prevention and control of cholera within your catchment area. (12 marks)