



**KENYA MEDICAL TRAINING COLLEGE  
FACULTY OF NURSING  
DEPARTMENT OF NURSING**

**FINAL QUALIFYING EXAMINATION  
FOR  
DIPLOMA IN REGISTERED NURSING/MENTAL HEALTH & PSYCHIATRY**

**PAPER: GENERAL PAPER ONE**

**DATE: 2<sup>ND</sup> MARCH 2021**

**TIME: 3 HOURS (8:30AM – 11:30AM)**

**INSTRUCTIONS**

1. This paper consists of:
  - Section 1 (40 Multiple Choice Questions)
  - Section 2 (8 Short Answer Questions)
  - Section 3 (1 Long Answer Question)
2. Attempt **ALL** Questions
3. Write the **EXAMINATION NUMBER** given on all the answer sheets provided and on the question paper.
4. Ensure that all examination answer scripts are handed in at the end of the examination
5. Ensure you sign the examination register provided

**EXAMINATION NUMBER .....**

## SECTION 1

### MULTIPLE CHOICE QUESTIONS (40 MARKS)

1. Gingivitis is a periodontal disease characterized by;
  - a) Reddened gums, loosening of teeth, pockets of pus formation
  - b) Tooth decay, loose teeth, bleeding gums
  - c) Reddened gums, purulent discharge pockets formation
  - d) Bleeding gums, swollen gums, reddened gums
2. The type of fracture in which the bone splinters into several fragments is;
  - a) Comminuted
  - b) Avulsion
  - c) Impacted
  - d) Depressed
3. A well functioning chest tube drainage system should have;
  - a) No fluctuation of water in the water seal chamber
  - b) Drainage system maintained above the patient's chest
  - c) Continuous bubbling in water chamber
  - d) Fluctuation of water in water seal chamber during inhalation and exhalation
4. Chvostek's sign indicates;
  - a) Hypocalcemic
  - b) Hypercalcemia
  - c) Hypomagnesemia
  - d) Hypermagnesemia
5. The inauguration of the safe motherhood initiative in Kenya was in;
  - a) 1982
  - b) 1987
  - c) 1975
  - d) 2000
6. All HIV exposed infants should be tested first at;
  - a) 4 months of age
  - b) 6 months of age
  - c) 6 weeks of age
  - d) 1 week of age
7. The ethical principle in nursing that states that the action one takes should promote good is;
  - a) Justice
  - b) Veracity
  - c) Beneficence
  - d) Autonomy

8. The fundamental responsibility of the nurse is;
- Sustain a cooperative relationship
  - Safeguard individuals
  - Ensuring quality health care
  - Alleviate suffering
9. The term bioavailability means the amount of drug;
- That must be given to reach therapeutic level
  - That reaches the general circulation unaltered from the site of administration
  - Excreted unchanged from the body tissues
  - Given as maximum dose
10. The antibiotic with a bacteriostatic action is
- Ampicillin
  - Gentamycin
  - Erythromycin
  - Cefalexin
11. Active transport involves transport of substances;
- Down the concentration gradient
  - That are negatively charged
  - Up the concentration gradient
  - That are positively charged
12. Macrophages found in the spaces between liver cells are called;
- Neutrophils
  - Lymphocytes
  - Most cells
  - Kupffer cells
13. A typical neuropathway is;
- Effector – sensory nerve-PNS-motor nerve-receptor
  - Receptor-sensory nerve-CNS-motor nerve-effector
  - Effector-motor nerve-PNS-sensory nerve-receptor
  - Receptor-motor nerve-CNS-sensory nerve-effector
14. Indicate whether the following statements are true or false;
- The sterilization process ensures that all micro-organisms including bacterial endospores are destroyed
  - Glutaraldehyde (Cidex) is a high level disinfectant
15. When examining a patient with abdominal pain the nurse should assess;
- Any quadrant first
  - The symptomatic quadrant first
  - The symptomatic quadrant last
  - The symptomatic quadrant first and then last

16. A female patient with a terminal illness is in denial if the following is present
- Shock and dismay
  - Numbness
  - Stoicism
  - Preparatory grief
17. Passive immunization is obtained from
- Tuberculosis
  - Enteric fever
  - Diphtheria
  - Cholera
18. The toxins produced by bacteria;
- Encourage bacterial reproduction
  - Interfere with physiological process in the body
  - Kill viruses
  - Determine survival of the bacteria
19. The nurse writes an external outcome statement in measurable terms. An example is;
- Patient will report pain acuity less than 4 on a scale of 0-10
  - Patient will be pain free
  - Patient will have less pain
  - Patient will take pain medication every 4 hours around the clock
20. The drugs classified as narcotic analgesics include;
- Tramadol, diclomol
  - Acetaminophen, Tramadol
  - Morphine, Codeine
  - Morphine, Diclomol
21. The management of a patient with congestive cardiac failure include;
- Monitoring vital signs four hourly, give diet low in sodium
  - Weigh patient daily, give diet rich in sodium
  - Administer broad spectrum antibiotics, weigh the patient monthly
  - Monitor vital signs 12 hourly, give diet rich in sodium
22. A risk factor of arteriosclerosis and atherosclerosis that can be modified is;
- Race, age
  - Age, gender
  - Race, obesity
  - Obesity, smoking



23. Match the following terminologies in column A with their correct description in column B

Column A

- a) Arrhythmias
- b) Fibrillation

Column B

- i) Release of electrical stimulus at a regular interval
  - ii) Increase in the size of the heart valves
  - iii) Contraction of the heart muscle in a disordered sequence
  - iv) Compression of the heart which slows the contractions
24. The following is a priority nursing diagnosis for a patient presenting with asthmatic attack.
- a) High risk for respiratory distress related to inflammatory process
  - b) Ineffective airway clearance related to mucus production as evidenced by cyanosis
  - c) Ineffective breathing related to broncho spasms as evidenced by dyspnea.
  - d) Anxiety related to difficulty in breathing as evidenced by restlessness
25. The extent to which the drug is absorbed and transported to the target site is known as;
- a) Therapeutic dose
  - b) Steady state accumulation
  - c) Bioavailability
  - d) Distribution
26. The action of hypnotics is to induce;
- a) Vomiting
  - b) Calmness
  - c) Appetite
  - d) Sleep
27. Addison's disease is caused by;
- a) Pituitary gland tumour
  - b) Inadequate production of adrenocortical hormones
  - c) Low levels of thyroid hormone
  - d) Excess aldosterone production
28. The following hormone is associated with diabetes insipidus;
- a) Antidiuretic hormone
  - b) Somatostatin
  - c) Insulin
  - d) Glucagon
29. One of characteristics of hyperthyroidism is;
- a) Hyperthermic
  - b) Calmness
  - c) Sleepiness
  - d) Hypothermic

30. After insertion of implants, the client should be instructed to;
- Keep insertion area dry for four to five days
  - Take a regular dose of paracetamol if soreness persists for more than a week
  - Remove adhesive tape after 10 days
  - Clean insertion site daily with warm normal saline
31. Reduction in bone density is a particular concern with the use of;
- Depo vera
  - Implant
  - Progestin only pill
  - Intrauterine device
32. Symptoms of peritonitis include;
- Right upper quadrant pain
  - Hyperactive bowel sounds
  - Abdominal distension
  - Abdominal mass
33. Peptic ulcers characterized by haematemesis and pain that worsens with ingestion of food is;
- Duodenal ulcer
  - Gastric ulcers
  - Esophageal ulcer
  - Both gastric and duodenal ulcer
34. Orthostatic hypotension is;
- Slight drop in blood pressure from supine position to standing position
  - Significant drop in blood pressure from supine position to standing position
  - Significant drop in blood pressure from standing up position to supine position
  - Slight drop in blood pressure from standing position to supine position
35. Clinical progression of acute renal failure includes;
- Recovery diuretic oliguric, initiation phase
  - Oliguric, initiation, diuretic, recovery phase
  - Diuretic, recovery, initiation, oliguric phase
  - Initiation, oliguric, diuretic, recover phase
36. Hypoalbuminemia in nephrotic syndrome causes;
- Deactivation of Renin – angiotensin system
  - Hypotension
  - Increased oncotic pressure
  - Generalized edema
37. An example of electrolyte change that occur in patients with acute renal failure is;
- Hyperkalemia
  - Hypophosphatemia
  - Hypercalcemia
  - Hyponatremic

38. Reverse barrier nursing aims at;
- Protecting a susceptible patient from acquiring nosocomial infection
  - Protecting infected patients from acquiring any other infection
  - Protecting uninfected patient from acquiring nosocomial infection
  - Protecting both the susceptible and uninfected patient from acquiring any other infection
39. The most common micro-organism that causes urinary tract infection in females is;
- Chlamydia trachomatis
  - Entamoeba histolyticum
  - Staphylococcus Aureus
  - Escherichia Coli
40. The immune system that recognizes antigens or pathogens circulating in blood or lymph is;
- Cell mediated
  - Normal flora
  - Pathogenesis
  - Humoral mediated

## SECTION 2

### SHORT ANSWER QUESTIONS (40 MARKS)

- State FIVE diagnostic tests carried out on a patient with a gastro-intestinal disorder (5 marks)
- Outline FIVE principles of counseling in family planning (5 marks)
- State FIVE complications of diabetes mellitus (5 marks)
- Outline SIX rights of drug administration observed to avoid medication errors (6 marks)
- State FIVE stages of grief as described by Elizabeth Kubler Ross (5 marks)
- Explain THREE characteristics of clostridium tetani (6 marks)
- Outline FOUR clinical features of sickle- cell anaemia (4marks)
- State FOUR functions of the kidney (4marks)

## SECTION 3

### LONG ANSWER QUESTIONS (40 MARKS)

- Nursing professionalism is a complex, varied and dynamic process that encompasses a set of values that are critical to elevating quality of patient care.
  - Outline THREE codes of ethics that guide the members of nursing profession in their practice (3 marks)
  - State FIVE characteristics of a professional nurse (5 marks)
  - Outline SEVEN ethical principles in nursing (7 marks)
  - State five (5) patients' bill of rights (5 marks)