

1. A patient with common bile duct obstruction related to cancer pancreas is likely to present with;

- a. Brown faeces, dark coloured urine
- b. Scleral icterus, malena stool
- c. Dark coloured urine, scleral icterus
- d. Jaundice, brown faeces

2. Monochorionic twinning is always characterized by the following;

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

3. Following hemorrhoidectomy the nurse should:-

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

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

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

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

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

6. The diagonal conjugate is measured anteroposteriorly from:-

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

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8. A late manifestation of compartment syndrome is:-

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

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

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

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

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

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

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

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

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

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

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

14. When estimating the size of burns, the palm of the patient's hand represents total body surface area of:-

- a) 3%.
- b) 1%.
- c) 4.5%.
- d) 9%.

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

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

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

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

17. Specific defence mechanisms are achieved by:-

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

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

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

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

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

20. Gram negative bacilli include:-

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

21. Management of impetigo involves:-

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

22. Lochia Rubra:-

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

37. When a blood pressure (BP) reading is abnormal upon initial assessment, it is best to check the BP,
- a) On the other arm
 - b) On both arms sitting and standing
 - c) With the patient standing
 - d) After a 5 min wait
38. The following technique should be avoided when changing a hemiparalysis clients' position in bed;
- a) Sliding the client to move her up in bed
 - b) Rolling the client onto her side
 - c) Lifting the client when moving her up in bed
 - d) Having the client lift herself off the bed using a trapeze
39. Neurovascular assessment of the lower limb post-cast application involves observation of,
- a) Color, sensation and pulses
 - b) Level of consciousness, limb symmetry and muscular strength
 - c) Capillary refill, sensation and muscle power
 - d) Color, warmth and muscle power
40. The risk for macrovascular complications in diabetes mellitus may be reduced by,
- a) Lowering BP, avoiding nephrotoxic substances & reducing strenuous exercises.
 - b) Weight reduction, reducing fat/triglyceride levels, quitting smoking.
 - c) Foot care, early diagnosis of retinal detachment & daily U/Es checkups.
 - d) High fibre diet, low fat diet & prompt treatment of systemic infections
41. Foods that may predispose a client to megaloblastic anemia if taken exclusively include,
- a) Meat, eggs and beans
 - b) Beans, Peas and rice
 - c) Capsicum , Sorghum and Millet
 - d) Meat, Maize, Sorghum
42. Nursing interventions for a patient with multiple myeloma include;
- a) Providing low calorie diet in small frequent amounts
 - b) Providing plenty of oral fluids
 - c) Catheterization to monitor urine output
 - d) Encouraging weight bearing exercises

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

d) Caused by beta hemolytic streptococcus

50. Buck's traction is,

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

51. The common causative organism for pharyngitis is,

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

52. The antidote for heparin is,

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

53. The frontal lobe of the brain is,

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

54. Dumping syndrome is as a result of,

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

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

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

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

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

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

d. 50% dextrose

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

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

76. In sickle cell anaemia patients

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

77. The primary causes of acute otitis media are;-

- a. Escherichia coli and proteus spp.
- b. Streptococcus pneumonia and Haemophilus influenza.
- c. Staphylococcus aureus and haemophilus influenza.
- d. Proteus spp. and Streptococcus pneumonea.

78. Limb traction helps to,

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

79. Hyperkalemia commonly occurs in the following,

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

80. Complications of measles include:-

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

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

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

82. Hormones involved in lactation are:-

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

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

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

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

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

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

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

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

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

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

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

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

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

89. The immediate management of gestational trophoblastic disease is»

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

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

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

91. After mastectomy, the patient is advised to:

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

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

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

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

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

94. The causes of face presentation include

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

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

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

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

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

97. Physiological anemia is best defined as;

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

98. The major causes of prolonged labour are:

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

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

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

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

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

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

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

102. Management of Bartholin's abscess includes.-

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

103. Neonatal period is defined as the;

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

104. Spermatogenesis takes place in the.-

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

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

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

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

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

107. Foetal testes descend into the scrotum between

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

108. Maternal causes of unstable lie include;

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

117. The light for date baby is defined as:

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

130. Community diagnosis is carried out.-

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

131. Incidence rate-

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

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

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

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

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

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

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

135. Controlling function in management involves:-

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

136. Simulation is best defined as;

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

137. Primary prevention of occupational health care hazards includes»

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

138. Post ECT;

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

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

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

140. The initial symptoms of lithium toxicity include,

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

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

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

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

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

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

- a) Clonidine and imipramine
- b) Valium and carbamazepine
- c) Risperidone and Lisdexamfetamine
- d) Atomoxetine and Chlorpromazine

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

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

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

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

146. Alcohol intake can be confirmed through assessment of,

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

147. Hypokalemia is a condition characterized by low»

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

148. Recommended second line treatment of urethritis in an adult is:-
- Norfloxacin 800mg stat plus doxycycline 100 mg BD for 7 days.
 - Norfloxacin 800mg twice a day for 7 days and spectinomycin 2mg I.M. stat.
 - Erythromycin 100mg BD for 14 days and ceftriaxone 6~2.5mg J.M. stat.
 - Spectinomycin 2mg I.M. stat and doxycycline 100 mg B_D for 7 days.

149. Methods of food preservation which inhibit multiplication of bacteria include:-
- Smoking, pasteurization, salting.
 - Pasteurization, canning, salting.
 - Canning, blanching, drying.
 - drying, freezing, smoking.

150. Primary Health Care activities at the district level are co-ordinated by the.-
- Medical officer of health.
 - District development committee.
 - Public health officer.
 - District health management team.

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

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

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

- 24hrs
- 48hrs
- 36hrs
- 30hrs

153. The correct order of community mobilization steps

- Planning, community entry, conducting, monitoring
- Community entry, planning, conducting, monitoring
- Making reinforcement, community entry, planning, conducting
- Community entry, planning, monitoring, conducting

154. Absorption of iron is enhanced by:

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

155. Green tags in disaster management means;

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

156. Elements of culture include;

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

157. Principles of community health nursing include;

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

158. Examples of cestodes include:-

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

159. A disease pandemic is one that:-

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

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

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

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

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

162. Malaria chemoprophylaxis with Mefloquine:-

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

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

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

164. In functional nursing:-

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

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

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

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

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

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

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

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

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

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

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

170. Micro-teaching skills include:-

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

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

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

172. Plagiarism occurs if a researcher.-

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

173. Complications associated with Tracheo-oesophageal atresia include»

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

174. Self concept comprises of the following;

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

175. Dysthymia mood disorder;

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

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

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

177. The main elements of an educational objectives are;

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

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

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

179. The examination scores for students are as follows:

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

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

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

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

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

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

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

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

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

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

184. Reinforcement is employed when the teacher wants to;

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

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

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

d) Frederick Taylor

186. Major tranquillizers

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

187. Flat affect refers to:-

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

188. Ethnography is a branch of ;

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

189. The following is true about culture;

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

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

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

191. In somatoform disorders,

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

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

- a. Job description
- b. Task analysis

- c. Situation analysis
- d. Objectives formulation

193. Unipolar mood disorders include:-

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

194. DSMIV categories of anxiety disorders include,

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

195. Uncontrolled vomiting in an infant can result to;

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

196. In pediatric emergencies priority signs include;

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

197. Hyperopia in children;

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

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

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

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200. Nursing intervention for a 9yrs old child with immunosuppression include;

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