

ESCH EXAMINATION: PAPER ONE JANUARY 2011
PART I: MULTIPLE CHOICE QUESTIONS:

- Q:1: Gregory presents with hematemesis and Melena. He could be suffering from:-
- Colitis.
 - Pancreatic cancer.
 - Esophageal varices.
 - Internal hemorrhoids.
- Q:2: Aqueous humor in the eye:-
- Circulates only through the anterior chamber.
 - Exerts an intraocular pressure measurable by a tonometer.
 - When excessive, may damage the optic nerve causing hyperopia.
 - Is secreted through the lacrimal ducts.
- Q:3: She has breast cancer and anorexia. Her poor nutrition compounds the cancer damage to her immune system in which way:-
- Decrease in nutrients increases cytokine production.
 - Competition between normal and cancerous cells for nutrients produces excessive number of B-lymphocytes.
 - Malabsorption of nutrients weakens immune system efficiency.
 - Stomatitis, an inflammatory response, triggers increased tumor cell antigens.
- Q:4: Jit, age 64 is recovering from myocardial infarction due to a thrombus. The anticoagulant and corresponding lab test the doctor may prescribe would be:-
- Aspirin, homocysteine.
 - Diltiazem or Nifedipine, electrolytes.
 - Metoprolol, prothrombin time.
 - Heparin IV, partial prothrombin time.
- Q:5: You reinserted a nasogastric tube twice after Kin, your client, removed it. He firmly tells you, "Leave that thing out". Your best response would be:-
- "Okay Kin, I'll leave it out"
 - "Kin, the doctor ordered it, so I have to insert it again".
 - "Kin, lets review the reason for the tube again. If you still insist, I will talk to the doctor".
 - "You know this is best for you. If you don't co-operate we will have to tie your hands".
- Q:6: 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:-
- Bone marrow infection.
 - Splenomegally.
 - Buergers' disease.
 - Cerebral vascular accident
- Q:7: In planning nursing care for a patient with end-stage renal disease, the NANDA statements in your nursing diagnoses would include:-
- Fluid volume excess, Acute confusion, Situational low self-esteem.
 - Powerlessness, Hyperthermia, Dyspnea related to pulmonary edema.
 - Deficient knowledge, Balanced nutrition, Electrolyte imbalance.
 - x Fluid volume deficit, Activity intolerance, Hypokalemia.

Q:8: In cleansing the labia during catheterization, your non-dominant hand loses hold of the labia and they close. You will next:-

- a) Re-open the labia, dip the catheter tip in povidone and insert the catheter.
- b) Re-wash your hands, obtain a new catheter and re-start the procedure.
- c) Disinfect the labia again, then insert the original catheter.
- d) Re-open the labia and insert the sterile lubricated catheter.

Q:9: Cigarette smoking, a major global cause of morbidity and mortality:-

- a) Causes cancers, dental staining, COPD and spinal cord injury.
- b) Is one of the top preventable causes of death.
- c) Is much less harmful when inhaled passively.
- d) Is best stopped when advised to by a family member rather than a doctor or a nurse.

Q:10: Ryn, a beloved client of the nurses, dies suddenly. The best way you will handle the family's grief along with that of your own is by:-

- a) Asking another nurse to step in for you while you go and cry.
- b) Requesting your supervisor to be reassigned to another group of clients.
- c) Telling the family you will miss Ryn so much but he received the best care possible.
- d) Thanking the family for their support to Ryn, express how you will also miss him, offer privacy if they desire to be with Ryn for a while.

Q:11: Dental Malocclusion:-

- a) Is a normal contact between the upper and lower teeth.
- b) Is caused by thumb-sucking, trauma, frequent epistaxis.
- c) Can be treated by diet therapy.
- d) Occurs when the teeth are not lined up properly.

Q:12: The doctor ordered capsules 250 mg Ampicillin every four hours for cachetic 50 year old Jey. Henry administered the 500 mg capsule he had in stock twice during his shift. He noted no adverse effects. He should:-

- a) Report to the doctor and supervisor and expect correction.
- b) Expect to undergo a malpractice suit.
- c) Report and document his error in the nurses' notes.
- d) Fill out an incident report to be used by Jey's lawyer.

Q:13: A circulating nurse may contaminate the sterile environment by:-

- a) Using sterile forceps rather than sterile gloves for the pre-operative skin preparation.
- b) Passing within 6 inches (15 cms) while facing the sterile gowned surgeon.
- c) Rinsing an instrument taken from cidex with sterile normal saline before handing to the doctor with transfer forceps.
- d) Redirecting the surgical lights overhead without using a sterile handle.

Q:14: Before a woman begins anti-retroviral medication, the nurse must:-

- a) Assess her beliefs about drugs and treatment.
- b) Reinforce understanding that she will attend clinic every three months.
- c) Identify a professional as her "Treatment Assistant".
- d) Disclose her contact details to a community health worker for follow-up treatment.

Q:15: Clostridium Difficile manifests itself in various forms having characteristics of:-

- a) Spore-forming anaerobic bacteria associated with prolonged antibiotic use.
- b) Producing mostly lethal infections.
- c) Growth only due to food handling or storage.
- d) A fast growing fungus producing damaging endotoxins.

Q:16: Teaching " survival skills" to Steve, aged 45, with newly diagnosed diabetes mellitus primarily focuses on:-

- a) Simple pathophysiology and meal management.
- b) Demonstration of insulin injections, teaching where to buy and how to store the drug.
- c) Recognition, management and prevention of signs and symptoms of hypoglycaemia/hyperglycemia.
- d) When and how to test, record and report one's own blood glucose.

Q:17: In Mr. Stanley's heart condition at age 76, the heart sound you would not be surprised to auscultate is:-

- a) S1 and S2
- b) S3
- c) Tachycardia.
- d) Bruit.

Q:18: Tom, aged 18 with an open reduction internal fixation of a complex tibial fracture, is depressed due to missing school and football. How can a values clarification exercise enhance his recovery?

- a) He would then comply with the doctor's and nurses' instructions.
- b) It would assist him in setting realistic short and long term goals.
- c) He would better realize his parents want only the best for him.
- d) It respects his autonomy, helps him accept limitations and promotes teamwork.

Q:19: The Nurses Act empowers:-

- a) The Nursing Council of Kenya to make provision for nursing training and practice.
- b) The National Nurses Association of Kenya to regulate nursing practice.
- c) Kenya Parliament to make provision for nursing training and practice.
- d) Ministry of Health to regulate nursing training and practice.

Q:20: The scope of nursing practice:-

- a) Is a guide for action based on social value and needs.
- b) Provides a basis for prosecuting nurses charged with malpractice.
- c) Provides guidelines for nursing standards to ensure quality education and service.
- d) Defines the limits of care a nurse is supposed to provide during their practice.

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PART II: SHORT ANSWER QUESTIONS:

MARKS

- Q:1: Sy aged 28, is received in the ward from theatre after hysterectomy. On turning her, you note a large amount of bright red blood on the bed sheet.
- a) Outline thee (3) signs and symptoms of shock you will assess in the compensatory stage. 3
 - b) State three (3) nursing interventions you will implement in this stage. 3
- Q:2: Explain three (3) ways to assess the placement of an existing nasogastric tube before feeding. 3
- Q:3: Draw and label the parts of respiratory system and related structures. 5
- Q:4: While orientating a new student group to your theatre, explain six (6) principles of sterile technique you will teach. Give an example of each. 9
- Q:5: Describe the pathophysiology of a breast malignancy. 4
- Q:6: Outline the timing and procedure for a self testicular examination. 3
- Q:7: A patient has been brought to casualty with epistaxis. Outline the step you will take to stop an anterior bleed. 3
- Q:8: Stephen has a stage IV pressure ulcer on his left hip.
- a) State three (3) assessments you will make during his dressing change. 3
 - b) List solutions that would be most effective for a:-
 - i) Clean wound.
 - ii) Wound with sero sanguinous drainage.
 - iii) Wound with purulent drainage. 1½
 - c) Indicate the information that should be documented on wound care. 2½

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PART III: ESSAY/ LONG ANSWER QUESTIONS:

MARKS

Q:1: Ri aged 60 comes alone to your casualty unit with bi-lobar pneumonia. The doctor's orders include oxygen (O₂) at 2 litres per minute. Vital signs: BP 108/50 mmHg. P- 100 beats/minute, R- 36 breaths/minute, T-39°C. Each time you offer the oxygen mask, she pulls away having a fearful look. You don't speak her language.

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| a) | State the actions you will take to administer oxygen to Ri. | 4 |
| b) | Indicating the rationale, describe other interventions that will ease her distress. | 13 |
| c) | List three (3) complications you would assess for. | 3 |

Q:2: Geoffrey aged 55, has been diagnosed with class IV systolic congestive cardiac failure due to coronary artery disease (CAD)

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| a) | Describe the pathophysiology of two (2) modifiable risk factors for CAD. | 4 |
| b) | Explain strategies with rationale of how Geoffrey may have prevented CAD. | 4 |
| c) | Using three (3) priority nursing diagnosis (3 part style), develop a nursing care plan for Geoffrey. | 12 |

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