

KENYA MEDICAL TRAINING COLLEGE - MACHAKOS CAMPUS

DEPARTMENT OF NURSING

END OF YEAR ONE THEORY TWO EXAMINATIONS

SEPTEMBER 2018 KRCHN (B) CLASS

DATE: 1ST JULY 2019

TIME: 2.00 – 4.30 PM

TIME ALLOWED: 2 ½ HOURS

PAPER 2: FIRST AID: TRAUMA, EMERGENCY AND BASIC LIFE SUPPORT

INSTRUCTIONS TO THE CANDIDATES

1. Read the questions carefully and answer only what is asked ✓
2. Enter your examination number and question number in the space provided on each sheet of paper. ✓
3. All questions are compulsory ✓
4. For part I Multiple Choice Questions (MCQS), Write answers in the first page of the answer booklet in capital letters. ✓
5. Each Multiple Choice Question is one (1) mark.
6. For part II, Short Answer Questions (SAQS), answer these questions following each other.
7. For part III, Long/Essay Answer Question (LAQS), answer to each question must be on a separate sheet of paper.
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9. **No mobile phone OR SMART WATCH** is allowed in Examination room.

EXAMINATION NO.....

PART ONE: MULTIPLE CHOICE QUESTIONS (20 MARKS)

1. **A dislocation means:**
 - a) Overstretching of muscles
 - b) Involuntary shortening of muscles
 - c) Displacement of a bone at joint
 - d) Wrenching ligaments and muscles at a joint

2. **The first aid to a nose bleeding patient includes instructing a casualty to:**
 - a) Sit down, bend the head and pinch the septum for five minutes
 - b) Sit down, head up, should not blow nose
 - c) Lie down flat, head on one side, pinch the septum for five minutes
 - d) Lie down flat, head on one side, should not blow nose

3. **The priority of a first aider when he/she finds an unconscious casualty lying down is to check whether the casualty is**
 - a) Responding
 - b) In danger
 - c) Bleeding
 - d) Breathing

4. **An allergy-related condition that results in difficulty in breathing is**
 - a) Asphyxia
 - b) Asthma
 - c) Choking
 - d) Cough

5. **The Heimlich's maneuver is used in**
 - a) Drowning
 - b) Choking
 - c) Trauma
 - d) Asthma

6. **A blunt blow to the tissue may cause**
 - a) Laceration
 - b) Graze
 - c) Abrasion
 - d) Contusion

7. **Shaking of the brain within the skull leading to widespread but temporary disturbance of normal brain activity is:**
- a) Epilepsy
 - b) Headache
 - c) Concussion
 - d) Amnesia
8. **Clear fluid draining from the ear following an accident can be an indicator of**
- a) Head injury
 - b) Ear injury
 - c) Cerebral compression
 - d) Concussion
9. **Staring blankly ahead can be a sign of**
- a) Major epilepsy
 - b) Confusion
 - c) Dizziness
 - d) Minor confusion
10. **In snake bite management, you should:**
- a) Not suck the venom
 - b) Tie the wound with tourniquet
 - c) Cut the wound to release the venom
 - d) Lay the victim with heart lower than the bite
11. **Trauma is defined as:**
- a) Injury to the eye
 - b) Severe bleeding
 - c) Injury to the body tissue
 - d) Blockage of blood vessels
12. **Which of the following is part of sequence checks made during assessment of a casualty**
- a) Response
 - b) Immobilization
 - c) Elevation
 - d) Pain management
13. **Management of victims with life threatening injuries first is:**
- a) Incident management
 - b) Isolation
 - c) Triaging
 - d) Evacuation

14. Which of the following shows the correct sequence of giving CPR:

- a) Shout for help, 2 Rescue breaths, Open Airway, 30 Chest Compressions, 2 Rescue breaths
- b) 2 Rescue breaths, 30 Chest Compressions, Shout for help, 30 Chest Compressions
- c) Shout for help, Open Airway, 30 Chest Compressions, 2 Rescue breaths, 30 Chest compressions
- d) Open Airway, Shout for help, 30 Chest compressions, 2 Rescue breaths, 30 Chest compressions

15. A person who is injured, or has a sudden acute illness in an emergency situation is known as:

- a) Paramedic
- b) Casualty
- c) Life Saver
- d) First responder

16. Medical emergencies include the following:

- a) Precipitate labor and Cut wounds
- b) Unconsciousness and Asthmatic attacks
- c) Suicide attempts and Unconsciousness
- d) Poisoning and Obstructed labor

17. Which of the following are the outcomes and effects of emergencies

- a) Fractures and Hemorrhage
- b) Bleeding and ventilation
- c) Shock and Unconsciousness
- d) Pain and Convulsions

18. Early recognition and calling for help, Early CPR, Early Defibrillation and Post Resuscitation care is known as:

- a) Chain of survival
- b) Cardiopulmonary Support
- c) Basic life Support
- d) Primary Survey

19. When the heart stops beating suddenly is termed as:

- a) Cardiac tamponade
- b) Heart attack
- c) Cardiac arrest
- d) Cardiac arrhythmia

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Answer with True or False for the following question

20. Patient with internal bleeding has low priority for evacuation than a patient with a fractured spine. ✓

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PART TWO: SHORT ANSWER QUESTIONS (40 MARKS)

- * 1. List four (4) causes of trauma *- Accident
- bite* (2 Marks)
- Ⓢ 2. State three (3) causes of emergency *- Notal
- Trauma
- Accidents* (6 Marks)
- * 3. State any three (3) principles of trauma and emergency (6 Marks)
4. List four (4) factors that predispose people to accidents *- Disease
- Age
- occupation* (2 Marks)
- * 5. State the AMEGA action plan principle in incident management (4 Marks)
6. Explain three (3) qualities of a first aider *- respectful
- quiet
- skilled* (6 Marks)

7. State three (3) aims of first aid (3 Marks)

- * 8. State four (4) types of fractures (4 Marks)

9. State the four (4) steps in management of sprains *RICE* (4 Marks)

10. State three (3) methods of poisoning *- Ingestion
- Inhalation
- Absorption* (3 Marks)

PART THREE: LONG ANSWER QUESTIONS (40 MARKS)

1. You are walking home from school when you happen to witness a bus carrying passengers overturn severely

- a) Describe by giving examples, five (5) types of emergencies (10 Marks)
- b) Using the DRSABCD system in sequence assessment of a casualty, explain how you would manage the situation (10 Marks)

2. Mr. X received a burn injury while he was at work

- * a) State six (6) types of burns (6 Marks)
- b) State the different degrees of burns (8 Marks)
- c) With a well labeled diagram, indicate the rule of 9's when classifying a burn injury (6 Marks)

Handwritten notes and calculations for the Rule of 9's:

Upper limbs - 18
 Lower limb - 18
 Upper trunk - 18
 Perineum - 1
 Anterior - 18
 Total = 54

Calculations:
 $36 + 18 = 54$
 $\frac{54}{90}$
 $\frac{18}{62}$
 $\frac{18}{80}$
 $\frac{18}{22}$
 $\frac{36}{63}$
 $\frac{18}{81}$
 $\frac{18}{99}$
 $\frac{3}{72}$
 $\frac{36}{108}$

KENYA MEDICAL TRAINING COLLEGE - MACHAKOS CAMPUS

DEPARTMENT OF NURSING

END OF YEAR ONE THEORY TWO EXAMINATIONS

SEPTEMBER 2018 KRCHN (B) CLASS

DATE: WEDNESDAY 3rd JULY 2019

TIME: 2.00 – 4.30 PM

TIME ALLOWED: 2 ½ HOURS

PAPER 6: COMMUNITY HEALTH NURSING II : NUTRITION

INSTRUCTIONS TO THE CANDIDATES

1. Read the questions carefully and answer only what is asked
2. Enter your examination number and question number in the space provided on each sheet of paper.
3. All questions are compulsory
4. For part 1 Multiple Choice Questions (MCQS), Write answers in the first page of the answer booklet in capital letters.
5. Each Multiple Choice Question is one (1) mark.
6. For part II, Short Answer Questions (SAQS), answer these questions following each other.
7. For part III, Long/Essay Answer Question (LAQS), answer to each question must be on a separate sheet of paper.
8. Omission of or wrong numbering of examination paper(s), question(s) will result in 10% deduction of the marks scored from the relevant part.
9. No **mobile phone/Smart watch** is allowed in Examination room.

PART 1: MULTIPLE CHOICE QUESTIONS (20 MARKS)

1. The following are food sources for iron
 - a) Fish with bones, sea foods
 - b) Milk, milk products
 - c) Nuts, lean meat
 - d) Liver, dark green vegetables
2. One of the following clinical features of malnutrition is present in kwashiorkor but absent in marasmus
 - a) Edema ✓
 - b) Growth failure ^{Edh}
 - c) Muscle wasting ^{Bdt}
 - d) Anemia ^{Bdt}
3. The appropriate therapeutic diet for patients on tube feeds is
 - a) High calorie, high protein ✓
 - b) High protein, high fat, low carbohydrate
 - c) High protein, high carbohydrate, fat controlled
 - d) Protein, sodium and potassium controlled
4. In managing severe protein-energy malnutrition, the following interventions should be done during the stabilization phase only
 - a) Treating/preventing infection, sensory stimulation
 - b) Correcting micronutrient deficiencies, preparing for follow-up ✗
 - c) Treating/preventing hypoglycemia, treating/preventing dehydration ✗
 - d) Achieving catch-up growth, treating/preventing hypothermia
5. Pasteurization is a method of food preservation that works by
 - a) ✓ Destroying harmful microbes by heating at high temperatures
 - b) Air removal to discourage microbial growth
 - c) Removal of moisture to destroy microbes
 - d) Reduction of temperature to prevent natural decay

6. The principle of diet planning that involves ensuring that the diet provides enough of all nutrients to meet the needs of a healthy person is referred to as
- Balance
 - Adequacy
 - Moderation
 - Variety

INDICATE WHETHER TRUE OR FALSE IN QUESTIONS 7 AND 8 BELOW

7. a) Toddlers should not be breastfed to avoid interfering with their appetite.....F....
b) Adolescent boys require more iron than girls.....F.....
8. a) Nutritional demands are increased more in lactation than during pregnancy
.....T.....
b) Elderly people should avoid taking water due to incontinenceF.....

FOR QUESTIONS 9 AND 10 BELOW, MATCH THE MICRONUTRIENTS IN COLUMN A WITH THE RESPECTIVE DEFICIENCY DISEASES IN COLUMN B

COLUMN A

9. a) Niacin
b) Vitamin B12

10. a) Thiamin
b) Ascorbic acid

COLUMN B

- Macrocytic anemia
- Megaloblastic anemia
- Pellagra
- Bitot spots
- Scurvy

11. The following is correct about vision 2030 objectives in Kenya

- a) It ensures equity, efficiency, and social accountability in the delivery of health care services
- b) Expressed the need for urgent action by all governments, all health and development workers, and the world community to protect and promote the health of all the people of the world.
- c) Strongly reaffirms that health is a fundamental human right and that the attainment of the highest possible level of health is a most important world-wide social goal whose realization requires the action of many other social and economic sectors in addition to the health sector.
- d) Addresses the existing gross inequality in the health status of the people particularly between developed and developing countries.

12. Economic and social development, based on a New International Economic Order was a regional declaration made in

- a) Alma-Ata conference ✕
- b) Ougadougou conference ✕
- c) Abuja conference
- d) Cairo conference

13. Declaration on Population & Development was made in the following conferences

- a) Alma-Ata conference ✕
- b) Ouagadougou conference ✕
- c) Abuja conference
- d) Cairo conference

14. The declaration on HIV/AIDS, tuberculosis and other related infectious diseases policy was born through

- a) Heads of State and Government of the Organisation of African Unity (OAU) met in Abuja, Nigeria from 26 - 27 April 2001.
- b) Parliamentarians meeting in Cairo, Egypt, on 3-4 September 1994.
- c) The International Conference of WHO, meeting in Alma-Ata on the twelfth day of September 1978. ✕
- d) In Geneva in the year 1992, WHO adoption of a regional policy for health for all.

15. The Paris Declaration Done in Paris on 30 May 2018 objectives were geared towards the following

- a) Fields of juvenile and family justice systems: International Association of Youth and Family Judges and Magistrates, Terre des hommes Foundation, Penal Reform International, Child Rights International.
- b) Reducing the need for abortion by providing universal access to family planning information and services.
- c) Welcoming the approach that places family planning in the broader framework of reproductive health care.
- d) economic activity that increases the quality of life for all people through curbing excessive consumption and generating productive growth; alleviating poverty; achieving sustainable agricultural and industrial production.

For Question 16 and 17, indicate the correct ordering of the number of the sustainable development goals as made and numbered universally to guide the world into the future

Question Sixteen

- i. Ensure inclusive and quality education for all and promote lifelong learning.....
- ii. End hunger, achieve food security and improved nutrition and promote sustainable agriculture.....

EXAMINATION NO.....

Question Seventeen

- i. Ensure healthy lives and promote well-being for all at all ages.....
- ii. End poverty in all its forms everywhere.....

For question 18 indicate whether the statements are true or false

Question 18

- i. 1994, the Kenya Health Policy Framework was launched articulating the government commitment to improve the health of the population.....
- ii. National Health Sector Strategic Plan II (2005-2010). Its main goal was reducing inequalities in health care & reversing the downward trends in health.

19. Setting of guidelines and policies in health management is a responsibility of health care delivery team in the following levels.

- a) County Level
- b) National Level
- c) Sub County Level
- d) Community Level

20. About mobile outreach service delivery

- a) The delivery of mobile outreach services is a way to provide a full range of FP methods to underserved communities.
- b) The community health nurse gets to learn the community administration in a most appropriate way.
- c) It is a well-articulated way of carrying out a community diagnosis.
- d) Outreach services are well achieved by carrying out door to door home visiting activities to enhance health care service delivery.

PART TWO: SHORT ANSWER QUESTIONS (40 MARKS)

1. State five (5) goals/needs of the Ottawa Charter of public health. (5 Marks)
2. State the seven (7) orientations of the VISION 2030 (7 Marks)
3. Outline any six (6) children's RIGHTS in community health. (6 Marks)
4. Outline the six (6) live cohorts as described in community health nursing. (6 marks)
5. State any five (5) declarations made in the Cairo conference regarding community Health (6 Marks) 15
6. State for (4) physiological changes of old age that interfere with nutrition. (4 marks)
7. Explain three (3) nutritional recommendations for pregnant women (6 marks)
 - Anorexia
 - Started growth
 - Down breakdown of food

PART THREE: LONG ANSWER QUESTIONS (40 MARKS)

1. You have been deployed to Kilo Sub County as the county public health nurse in charge.

- a) Describe the five (5) procedural steps of organizing and carrying out a successful mobile outreach clinic in your area. (20 marks).

2. You are the nurse on duty in the child welfare clinic welfare clinic in Machakos level 5 hospitals.

- a) Outline six(6) health messages you would give mothers with infants concerning appropriate nutrition for their children (6 marks)
- b) Explain three (3) ^{Methods} you would use to assess nutrition status of children in the clinic (6 marks)
- c) Explain four (4) interventions for children diagnosed with Mild to moderate Protein Energy Malnutrition (8 marks)

EXAMINATION NO.....

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KENYA MEDICAL TRAINING COLLEGE - MACHAKOS CAMPUS

DEPARTMENT OF NURSING

END OF YEAR ONE THEORY TWO EXAMINATIONS

SEPTEMBER 2018 KRCHN (B) CLASS

DATE: 2ND JULY 2019

TIME: 8.30-11.00 AM

TIME ALLOWED: 2 ½ HOURS

PAPER 3: MEDICAL SURGICAL NURSING: PULMONARY CONDITIONS

INSTRUCTIONS TO THE CANDIDATES

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PART ONE: MULTIPLE CHOICE QUESTIONS (20 MARKS)

1. **Respiratory acidosis is as a result of** Acidosis - retain γ CO_2
Alkalosis - loss γ CO_2
- a) Carbon dioxide increase in the blood ✓
b) Carbon dioxide decrease in the blood -Alkalosis
c) Increase in plasma bicarbonate
d) Decrease in plasma bicarbonate
2. **Excessive accumulation of sodium in the body is referred to as**
- a) Hyperkalemia
b) Hypokalemia
c) ~~Hypernatremia~~ ✓
d) Hyponatremia
3. **Fluid volume decrease in the body is referred to as**
- a) Hypovolemia ✓
b) ~~Hypervolemia~~
c) Hypomagnesemia
d) ~~Hypermagnesemia~~
4. **The early (almost immediate) reaction of local tissues and their blood vessels to injury is**
- a) Bleeding
b) Acute inflammation ✓
c) Chronic inflammation
d) Proliferation
5. **Which of the following slows down wound healing**
- a) Hypothermia
b) Diabetes mellitus ✓
c) Hyperthermia
d) Hemorrhage
6. **The immune system making the body destroy its own cells during protection is termed to be**
- a) Hypoactive
b) Hyperactive ✓
c) Immunosuppressive
d) Immunogenic

7. A bacterial infection affecting the deep layer of the skin is known as
- Cellulitis ✓
 - Abscess
 - Boils
 - Lymphangitis
8. The main intracellular cation is
- calcium
 - Sodium
 - Magnesium
 - Potassium ✓
9. Burns that extend into the subcutaneous tissue and may involve muscle and bone are
- Second degree partial thickness burns
 - Second degree full thickness burns
 - First degree burns
 - Third degree burns ✓
10. The increased oxygen consumption, increased glucose use, protein and fat wasting as response to burn trauma and infection is known as
- Catabolism
 - Hypermetabolism ✓
 - Anabolism
 - Hypometabolism
11. The causative organism for Pneumocystis Carinii Pneumonia (PCP) is
- ✓ a) Mycoplasma Pneumoniae
 - b) Cryptococcus neoformans
 - c) Staphylococcus aureus x
 - d) Haemophilus influenza x
12. A patient with pleurisy classically presents with
- a) Wheeze on inspiration, dry cough
 - b) Dry cough, acute severe unilateral chest pain
 - c) Acute severe unilateral chest pain, restricted respiratory effort
 - d) ✓ Restricted respiratory effort, wheeze on expiration

13. The risk factors for lung cancer include

- a) Smoking, genetic predisposition
- b) Pneumonia, smoking ✓
- c) Air pollution, asthma
- d) Asthma, pneumonia

14. The pathophysiology of asthma occur due to

- a) ✓ Inflammation and constriction of bronchial airways, increased mucous production
- b) Increased mucous production, inflammation of lung parenchyma - Lung abscess
- c) Atrophy and constriction of bronchial airways, inflammation of the alveoli
- d) Inflammation of alveoli, constriction of bronchial airways

15. The type of pneumothorax in which there is free passage of air between atmosphere and pleural space is referred to as

- a) Tension pneumothorax
- b) ~~Simple pneumothorax~~
- c) Open pneumothorax ✓
- d) Haemopneumothorax

16. Collection of blood in the pleural cavity is referred to as

- a) Pulmonary contusion
- b) Hemothorax ✓
- c) Pyothorax
- d) Pleural effusion - Accumulation of fluid in the pleural space

17. Cardiac tamponade occur due to

- a) Tear of pulmonary artery
- b) Tear of the subclavian veins
- c) Rupture of the aorta
- d) Tear of the coronary arteries

18. Complications of bronchiolitis include

- a) Cyanosis, fever
- b) Dehydration, pleural effusion
- c) Fatigue, emphyema
- d) Respiratory failure, Pneumonia

EXAMINATION NO.....

KMTC/QP-08/EPS

19. Appropriate health message for client on inhaled bronchodilator is:

- a) Breathe out immediately after the puff
- b) Breathe in deeply during the puff and hold the breath ✓
- c) Open the mouth wide while taking a puff
- d) Breathe in shallowly with each puff

20. The rationale for doing pulse oximetry in patient with pulmonary disorders is

- a) Detect levels of arterial blood gases
- b) Check oxygen saturation ✓
- c) Prevent respiratory acidosis
- d) Correct hypoxia

SHORT ANSWER QUESTIONS (20 MARKS)

1. State six (6) clinical presentation for patient with penetrating chest injury (6 Marks)
2. Explain three (3) treatment modalities for patient with lung cancer (6 Marks)
3. State four (4) types of pneumonia (4 Marks)
4. Explain the Pathophysiology of bronchoiectasis (4 Marks)
5. State the different lines of defense the immune system has (3 Marks)
 - mucus
 - cilia
 - WBC
 - mnt
- ~~6. State three (3) mechanisms of wound healing (3 Marks)~~
- ~~7. Explain the wound healing process (6 Marks)~~
 - Inflammation
 - debridement
 - proliferation
8. State the factors to be considered for a burn to be classified as severe (4 Marks)
9. State the factors that may affect wound healing (4 Marks)
 - Age
 - Malnutrition

EXAMINATION NO.....

KMTC/QP-08/EPS

PART THREE: LONG ANSWER QUESTIONS (40 MARKS)

1. Mrs Yai, 35 years old is admitted in medical ward with diagnosis of asthmatic attack

- a) List six (6) predisposing factors to asthmatic attack ^{allergic} _{stimulus} (3 Marks)
- b) State five (5) clinical features Mrs yai may present with (5 marks)
- c) Describe the specific management of Mrs Yai from admission till discharge (12Marks)

2. Mr. M is admitted in the ward you are working suffering from shock

- a) Define shock (1 Mark)
- b) Explain five (5) types of shock (5 Marks)
- c) State six (6) signs and symptoms Mr. M would present with (6 Marks)
- d) Describe the management for Mr. M from admission to discharge (8 Marks)

EXAMINATION NO.....

KMTC/QP-08/EPS

KENYA MEDICAL TRAINING COLLEGE - MACHAKOS CAMPUS

DEPARTMENT OF NURSING

END OF YEAR ONE THEORY TWO EXAMINATIONS

SEPTEMBER 2018 KRCHN (B) CLASS

DATE: 1ST JULY 2019

TIME: 8.30-11.00 AM

TIME ALLOWED: 2 ½ HOURS

PAPER 1: SPECIALIZED PROCEDURES: NURSING PROCESS: CRITICALLY ILL

INSTRUCTIONS TO THE CANDIDATES

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- a) Primary objective data
- b) Primary subjective data
- c) Secondary objective data
- d) Secondary subjective data

5. Objective data might include:

- a) Chest pain
- b) Complaint of dizziness *early and subtle*
- c) An evaluation of blood pressure
- d) None of the above

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EXAMINATION NO.....

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6. **Basic nursing procedures are important to a critically ill patient**
- Nasogastric tube feeding, Glasgow coma scale, surgery
 - Bed bath, Glasgow coma scale, nasogastric tube feeding
 - Nasogastric tube feeding, surgery, bed bath
 - Glasgow coma scale, endoscopy, pressure area care
7. **Critically ill patient is a patient who is:**
- Very sick and needs urgent intervention to save his/her life.
 - Some who has been hospitalized for long
 - Suffering from chronic illness
 - Unable to take oral diet.
8. **A patient in a semi-coma state will respond to :**
- Familiar face
 - Pain
 - voice
 - No stimuli at all
9. **Answer True or False in th33 statements below**
- Unconscious patients do not need verbal communication as they can't hear f
 - Airway management must precedes breathing management r
10. **An unconscious patient is likely to develop:**
- Pressure sores, good circulation
 - Hypostatic pneumonia and Deep Venous Thrombosis.
 - Good breathing Hypostatic pneumonia
 - Hypostatic pneumonia, good circulation
11. **Before barium meal is performed, the nurse should**
- Position the patient in supine position
 - Perform a head to toe examination
 - Take history and ask for history of allergic reactions
 - Alert the doctor if the patient has severe vomiting

12. The long term complications after tracheostomy include

- a) Trachea-esophageal fistula, tracheal stenosis
- b) Immediate hemorrhage, pneumothorax - shut lerr
- c) Hemorrhage, tracheal stenosis - lerr lerr
- d) Aspiration^{ly}, hemorrhage^{si}

13. A diagnostic test of the GI system that uses fiber optic light & a lens system for the inspection/visualization of internal surfaces of organs is known as

- a) Tracheostomy
- b) Colostomy
- c) Gastric washout
- d) Endoscopy

14. The visualization of upper gastrointestinal mucosal structures is called

- a) Endoscopic-retrograde-cholangio-pancreatography
- b) Oesophago-gastro-duodenoscopy
- c) Proctoscopy
- d) Sigmoidoscopy

15. Before magnetic resonance imaging is conducted, the nurse should

- a) Take thorough history of allergies
- b) Starve the patient for more than 6 hours
- c) Enquire about presence of any metallic objects in the body
- d) Teach the patient deep breathing exercises

16. A type of enema whereby the mode of action is to lubricate and soften stool is called

- a) Retention
- b) Hypertonic
- c) Cleansing
- d) Hypotonic

EXAMINATION NO.....

KMTC/QP-08/EPS

17. Match the items in column A with those in column B

COLUMN A

- i. Bronchoscopy
- ii. Sigmoidoscopy

COLUMN B

- a) Observe contents of media sternum
- b) Visual examination of the larynx
- c) Visualization of the large intestines
- d) Observing contents of the gastrum

18. Contraindications of enema include

- a) Severe constipation, preoperative measure
- b) Radiologic examination, diverticulitis
- c) Inflammatory bowel disease, severe constipation
- d) Diverticulitis, ulcerative colitis

19. A spinal tap (lumbar puncture) is performed at

- a) L4 and L5
- b) T12 and L1
- c) L1 and L2
- d) L1 and L3

20. When a nurse is managing a patient on one bottle under-water seal drainage system

- a) The collecting bottle must be at the same level with the patient's chest
- b) The nurse knows that the drainage is only used in pneumothorax
- c) The collecting bottle must be attached to a second bottle for suctioning
- d) The tube going into the collecting and water seal bottle must not be submerged in the water

- Equitable
- Accessible
- Acceptable
- Appropriate
- Effective

14
youth friendly services

KMTC/QP-08/EPS

EXAMINATION NO.....

PART TWO: SHORT ANSWER QUESTIONS (40 MARKS)

1. State five (5) characteristics of the nursing process ² (5 marks)
2. State five (5) factors that a nurse must consider when setting patient priorities. (5 marks)
3. Outline five (5) types of nursing interventions (nursing actions) (5 marks)
4. State five (5) criticisms of the nursing process ⁴ (5 marks)
5. Outline five components of the implementation phase of the nursing process (5 marks)
6. State five (5) areas assessed in neurological examinations ^{3 5 2} - Pupils 5 - limbs (5 marks)
7. State five (5) indications for dialysis ^{renal, disturb} - Fluid balance and waste product ^{removal 7} (5 marks)
8. State five (5) complications of lung biopsy (5 marks)

PART THREE: LONG ANSWER QUESTIONS (40 MARKS)

EXAMINATION NO. KMT/C/QP-08/EPS

1. Mr. X is admitted in the ward in a critical state

a) State six (6) causes of critically ill.

b) Describe the management of Mr. X while in the critical state

(6 marks)
(14 marks)

2. Mrs. LQ has been brought to casualty after organophosphate poisoning and is due for gastric lavage.

a) State four contraindications of gastric lavage

b) Describe the care that would be given to Mrs. LQ before, during and after gastric lavage

c) Explain four complications of gastric lavage

(4 marks)

(12 marks)

- Aspiration pneumonia
 - Esophagus
 - Esophageal perforations (mechanical injury to the stomach)
 - * Hypokalemia
 - Free hydrochloric
- Complications

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KENYA MEDICAL TRAINING COLLEGE - MACHAKOS CAMPUS**DEPARTMENT OF NURSING****END OF YEAR ONE THEORY TWO EXAMINATIONS****SEPTEMBER 2018 KRCHN (B) CLASS****DATE: 4th JULY 2019****TIME: 8.30-11.00 AM****TIME ALLOWED: 2 ½ HOURS****PAPER 7: PHARMACOLOGY****INSTRUCTIONS TO THE CANDIDATES**

1. Read the questions carefully and answer only what is asked
2. Enter your examination number and question number in the space provided on each sheet of paper.
3. All questions are compulsory
4. For part I Multiple Choice Questions (MCQS), Write answers in the first page of the answer booklet in capital letters.
5. Each Multiple Choice Question is one (1) mark.
6. For part II, Short Answer Questions (SAQS), answer these questions following each other.
7. For part III, Long/Essay Answer Question (LAQS), answer to each question must be on a separate sheet of paper.
8. Omission of or wrong numbering of examination paper(s), question(s) will result in 10% deduction of the marks scored from the relevant part.
9. No **mobile phone OR SMART WATCH** is allowed in Examination room.

EXAMINATION NO.....

KMTC/QP-08/15

PART ONE: MULTIPLE CHOICE QUESTIONS (20 MARKS)

1. Broad spectrum antihelminthics include
 - a) Mebendazole , albendazole
 - b) Praziquantel , suramin
 - c) Praziquantel, mebendazole
 - d) Sulphonamides, albendazole
2. The anti dote for paracetamol poisoning is
 - a) N-acetyl cysteine
 - b) Sodium bicarbonate
 - c) Naloxone
 - d) Activated charcoal
3. Prophylactic laxatives are prescribed to patients on opioids analgesics to
 - a) Reduce peristalsis
 - b) Prevent constipation
 - c) Prevent diarrhea
 - d) Enhance opioids absorption
4. When taking care of a patient on warfarin the nurse must pay careful attention to patients complaints of
 - a) Bleeding tendencies
 - b) Loss of appetite
 - c) Mild nausea
 - d) Fever
5. A patient who has penicillin allergy can be substituted for with class of antibiotic
 - a) Cephalosporin
 - b) Aminoglycoside
 - c) Macrolide
 - d) Chloramphenicol
6. The drug of choice for management of cryptococcal meningitis is
 - a) Nystatin
 - b) Clindamycin
 - c) Amphotericin B
 - d) Polymixin
7. The enteral route of drug administration which by passes first pass metabolism is
 - a) Oral
 - b) Rectal
 - c) Sublingual
 - d) Topical

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EXAMINATION NO.....

KMTc/QP-08/EPs

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8. The drug of choice in the treatment of amoebiasis is

- a) Paraziquantel
- b) Secnidazole
- c) Pentamidine
- d) Suramin

9. Drug for first-line treatment for uncomplicated malaria include

- a) Doxycycline-proguanil
- b) Artemether-lumefantrine
- c) Dihydroartemisinin-piperaquine
- d) Parenteral artesunate

10. Parenteral preparations of iron include

- a) Iron dextran
- b) Ferrous sulphate
- c) Ferrous fumarate
- d) Ferrous gluconate

11. Drug dosages are normally calculated based on

- a) Body weight, body surface area
- b) Body surface area, patient illness
- c) Body weight, patient preference
- d) Patient illness, side-effects

12. Drug side effects occur

- a) Within therapeutic dose
- b) Once therapeutic dose is exceeded
- c) Only during second and subsequent exposure
- d) In allergic patients only

13. Most drugs are avoided during the first trimester in order to prevent

- a) Carcinogenicity - carcinogens
- b) Teratogenicity -
- c) Mutagenicity - mutation
- d) Virulence

14. The organ primarily concerned with drug metabolism is

- a) Kidney
- b) Heart
- c) Lungs
- d) Liver

15. Dairy products interfere with oral tetracyclines by

- a) Inhibiting absorption
- b) Displacing them from protein binding
- c) Displacing them from receptor sites
- d) Increasing their metabolism

16. Formation of kidney stones is likely to occur following prolonged intake of

- a) Amoxicillin
- b) Paracetamol
- c) Cotrimoxazole (Septrin)
- d) Tramadol

For question 17 and 18 Match the anti-retroviral drugs with the most common side effect

17.

- a) Efavirez
- b) Zidovudine

18.

- a) Stavudine
- b) Abacavir

Side-effects

- i. Hypersensitivity reaction
- ii. Anaemia
- iii. Abnormal fat distribution
- iv. Hallucinations
- v. Lactic acidosis
- vi. Seizures

19. The most appropriate penicillin for treatment of severe hospital acquired bacterial sepsis is

- a) Cloxacillin
- b) Clindamycin
- c) Meropenem
- d) Benzathine

20. An advantage of second generation anti-histamines over first generation is

- a) Fast action
- b) Less sedating
- c) No contraindication
- d) More cheap



- All indices of asthma control

KMTC/QP-08/EPS

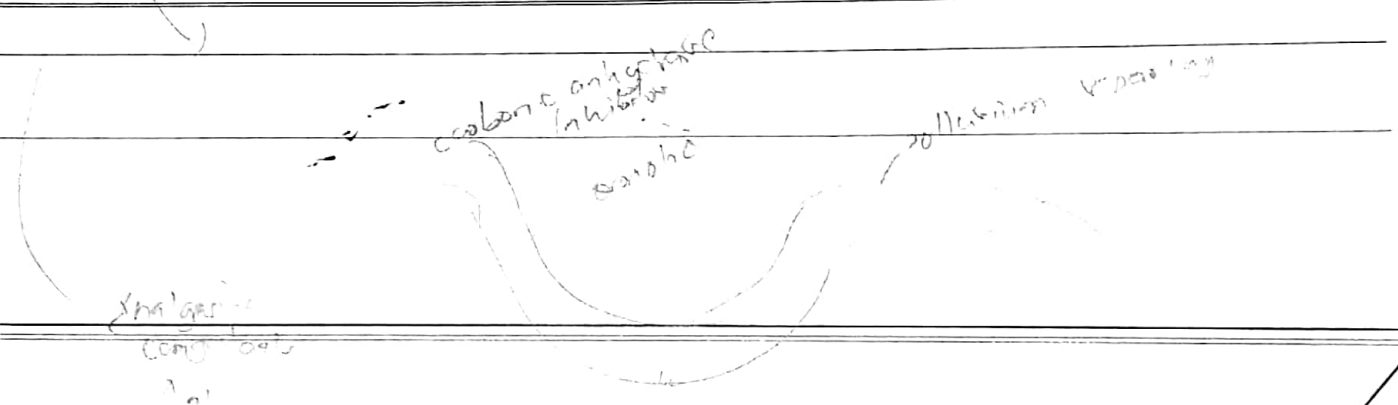
EXAMINATION NO.....

PART TWO: SHORT ANSWER QUESTIONS (20 MARKS)

(5 Marks)

1. State five (5) clinical uses of corticosteroids (5 Marks)
2. With the aid of a well labeled diagram, illustrate the sites of action of the various classes of diuretics (5 Marks)
3. State five (5) ways of classifying drugs (5 Marks)
4. Explain the dosing considerations for paediatrics and the elderly (6 Marks)
5. Outline six (6) roles of the nursing in care of a patient on Cytotoxic therapy (6 Marks)
6. Outline five (5) specific health messages to be shared with a patient on inhaled bronchodilator therapy (5 Marks)
7. State six (6) drug formulations available for use by patients (6 Marks)
8. List four (4) indications for tranexamic acid (4 Marks)

trauma
haemorrhage
post operative



CO₂ apt

distal
proximal
loop of Henle
collecting duct

PART THREE: LONG ANSWER QUESTION (40 MARKS)

1. Mr Reo, 35 years old is newly diagnosed with hypertension and has been started anti-hypertensive therapy

- a) Outline eight (8) classes of anti-hypertensives and give an example in each case (8 Marks)
- b) State any four (4) mechanisms of action of anti-hypertensive drugs (4 Marks)
- c) Describe the health messages to be shared with Mr Reo on anti-hypertensive therapy (8 Marks).

- lifestyle changes
- watch for danger signs

2. Analgesics are widely used class of drugs world wide

- a) State four (4) mechanisms of action of analgesics (4 Marks)
- b) Describe morphine under headings (3 Marks)
- i. Outline three (3) Indications *burns* (5 marks)
- ii. State five (5) Side-effects (8 Marks)
- iii. Signs of Morphine toxicity and management

Adrenergic
 ✓ ACE Inhibitors
 ✓ Angiotensin II receptor blockers
 ✓ Calcium channel blockers
 ✓ Diuretics

EXAMINATION NO.....

KMTC/QP-08/EPS

KENYA MEDICAL TRAINING COLLEGE - MACHAKOS CAMPUS

DEPARTMENT OF NURSING

END OF YEAR ONE THEORY TWO EXAMINATIONS

SEPTEMBER 2018 KRCHN (B) CLASS

DATE: 4TH JULY 2019

TIME: 2.00 – 4.30 PM

TIME ALLOWED: 2 ½ HOURS

PAPER 8: HEALTH PROMOTION: IMMUNIZATIONS

INSTRUCTIONS TO THE CANDIDATES

1. Read the questions carefully and answer only what is asked
2. Enter your examination number and question number in the space provided on each sheet of paper.
3. All questions are compulsory
4. For part I Multiple Choice Questions (MCQS), Write answers in the first page of the answer booklet in capital letters.
5. Each Multiple Choice Question is one (1) mark.
6. For part II, Short Answer Questions (SAQS), answer these questions following each other.
7. For part III, Long/Essay Answer Question (LAQS), answer to each question must be on a separate sheet of paper.
8. Omission of or wrong numbering of examination paper(s), question(s) will result in 10% deduction of the marks scored from the relevant part.
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PART ONE: MULTIPLE CHOICE QUESTIONS (20 MARKS)

1. According to the WHO definition of health, (WHO, 1946), the absence of signs and symptoms of illness is referred to as
 - a) Mental health
 - b) Physical health ✓
 - c) Social health - sense of having of support available from family and friends
 - d) Emotional health - Ability to feel, recognize, and give a voice of feeling and to develop and sustain
2. One disadvantage of the lecture method of health education is that
 - a) Learning is passive
 - b) It cannot be used to teach illiterate audience
 - c) It requires expensive teaching aids to enhance learning
 - d) It can only be used to teach groups of less than 10 participants
3. The requirements for an effective panel discussion include
 - a) Not less than 10 speakers
 - b) Availability of teaching aids
 - c) A chairman/moderator
 - d) Scripts for the key speaker in the group
4. The first step when carrying out any health education programme in the community is
 - a) Selecting and preparing audio-visual materials
 - b) Orientation of community leaders
 - c) Sensitizing the community on identified health needs
 - d) Meeting the primary health center staff
5. Motivation is a key principle in health education which involves awakening the desire to learn. Which one of the following is a primary drive/motive to this desire
 - a) Hunger ✓ - primary (burn desire that drive into action)
 - b) Praise
 - c) Love } secondary (based on desire created outside the person)
 - d) Punishment
6. According to the Trans theoretical theory, the stage at which one plans to take an advised health action in the immediate future (within a month) is referred to as

- a) Pre contemplation - *Unaware*
- b) Contemplation - *aware*
- c) Preparation
- d) Maintenance

7. In the medical approach of health promotion, an example of intervention at the level of secondary prevention of disease is

- a) Early treatment *primary*
- b) Immunization - *secondary primary*
- c) Proper nutrition - *primary*
- d) Protected sex

8. The Social learning theory may be applied in health education by

- a) Raising awareness on disease threats
- b) Emphasizing on the benefits of health behaviours
- c) Providing incentives and rewards to encourage behaviour change
- d) Placing information in convenient places

9. Empowerment is a key principle in health promotion which means

- a) Allowing people to actively participate in health decision making - *participatory participation*
- b) Enabling people to gain greater control over decisions and actions affecting their health - *U.P.*
- c) Providing incentives and other forms of motivation for people to adopt desired behaviors
- d) Ensuring that the outcomes of health promotion are fairly distributed *Equitability*

10. Advocacy is a method of health promotion under which approach

- a) Educational
- b) Medical*
- c) Behaviour change *x*
- d) Empowerment *x*

11. The performance of an immunization programme can be evaluated through:-

- a) Supervisory visits, special surveys, BCG scars.

- b) Routine reporting, mass campaigns, special surveys.
- c) Routine supervisory visits, special surveys, routine reporting.
- d) Cold chain maintenance, special surveys, supervisory visits.

12. The policy of open vaccine states that:-

- a) Discard all open vaccines at the end of session.
- b) Discard polio, BCG and PCV10 at the end of the session.
- c) Discard all open vaccines with evidence of contamination.
- d) Discard measles, yellow fever and BCG after 4 hours. X

13. Baby K comes to the clinic at 10 months for the first time. What vaccines will you Administer to baby K.

- a) BCG, pneumococcal vaccine, birth polio, pentavalent 1, measles.
- b) BCG, polio 1, pneumococcal vaccine 1, pentavalent 1, measles,
- c) BCG, polio, pentavalent, pneumococcal vaccine, measles, vitamin A.
- d) BCG, pneumococcal vaccine 3, polio 3, pentavalent 3, measles,

14. The following are key activities carried out by Division of vaccines and immunization

- a) Routine Immunization; Financial support
- b) Making policies; supplemental immunization
- c) Financial support; integrated social mobilization
- d) Supplemental immunization; Routine immunizations ✓

15. A missed opportunity for immunization occurs when:

- a) Any eligible child comes to a health facility and does not get any or all the vaccines due. ✓
- b) other's and children fail to come back for the required doses of vaccines - dropout ^{or} ~~missed~~ dropout
- c) Any eligible child or mother comes to health facility and receives under doses of the vaccines X
- d) Any eligible child or mother comes to health facility and refuses to be immunized. X

16. Before administer an immunization one should

- a) Confirm the person still gives their consent
- b) Ensure the person bringing a child for immunization has parental responsibility for the child
- c) Obtain the consent in writing
- d) Ensure consent is documented in the patient's record.

17. The ideal recommended schedule for Rota vaccine is

- a) One dose at the month vaccination visit
- b) 2 doses at the 3 and 4 month vaccination visits
- c) 2 doses at the 2 and 3 month vaccination visits
- d) 2 doses at 15 weeks and 24 weeks.

18. The following are external factors on immunization systems

- a) External debts; Health sector reform
- b) Macroeconomic changes; New partners
- c) National structure changes; Increasing complexity
- d) Health sector reform; macroeconomic changes.

19. Which of the following is correct about injectable polio vaccine:

- a) Inactivated poliovirus; Administered subcutaneously
- b) Administered intramuscularly; live attenuated vaccines
- c) Inactivated poliovirus; administered intramuscularly
- d) Administered subcutaneously; live attenuated vaccine

20. Causes of vaccine wastage include:

- a) Failed cold chain; breakages ✓
- b) Poor handling; strict immunization days^x
- c) Breakages; failure to document^x
- d) Expiries; untimely ordering

PART TWO: SHORT ANSWER QUESTIONS (40 MARKS)

1. State five (5) reasons why a child immunized against measles may suffer from the disease (5 marks)
2. Explain any five (5) measures you would initiate on realizing that the cold chain refrigerator in the maternal and child health clinic is faulty (5 marks)
3. State the five (5) key operations in immunization systems (5 marks)
4. Explain the three (3) millennium development goals (MDGs) targeting immunization (6marks)
5. State four (4) components of the Reach Every District (RED) strategy (4 marks)
6. State five (5) polio eradication strategies (5 marks)
7. Explain three (3) innovative approaches in immunization (6 marks)
8. Outline six(6) aims of health promotion (6marks)
9. State six (6) benefits of community mobilization in health promotion (6 marks)
10. Explain three(3) principles of behavior change communication (6 marks)
11. List four(4) types of mass media that may be used to spread health messages (2 marks)

- service delivery
- vaccine supply & quality
- cold chain
- surveillance
- communication

GIVE X
REC
NEDD
immunize
vaccine

- TV
- Telephone
- Radio
- ~~Internet~~

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Mode of transmission
of HepB cases

- (1) horizontal - sharing of instruments
- (2) vertical - Transmission of mother - child during delivery
- (3) parenteral - use of unsterile equipment contaminated needles

PART III: LONG ANSWER QUESTION (40 MARKS).

1. It is important to know your catchment area as a community health nurse.

- a) Define the catchment area (2mark)
- b) State any five (5) reasons why you should know your catchment area. (5 marks)
- c) Describe how you will calculate vaccine requirements for your catchment area (13 marks)

2. Health communication is a method of health promotion that involves use of strategies, methods, programs and interventions as a means to inform and influence individual decisions that enhance health

- a) State five (5) aims of health communication (5 marks)
- b) Explain five(5) principles of health communication (10 marks)
- c) State five(5) steps of a health communication campaign to promote disease prevention (5 marks)

Aims:

- Demonstrate practices
- influence - behavior and attitudes towards health issues.
- increase demand & support health services.
- Dispel myths and misconceptions related to health.

18/10 = 28
22

75
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EXAMINATION NO.....

KMTC/QP-08/EPS

KENYA MEDICAL TRAINING COLLEGE - MACHAKOS CAMPUS

DEPARTMENT OF NURSING

END OF YEAR ONE THEORY TWO EXAMINATIONS

SEPTEMBER 2018 KRCHN (B) CLASS

DATE: 9TH JULY 2019

TIME: 8.30-11.00 AM

TIME ALLOWED: 2 ½ HOURS

PAPER 9: CARDIOVASCULAR DISORDERS: BLOOD DISORDERS

INSTRUCTIONS TO THE CANDIDATES

1. Read the questions carefully and answer only what is asked
2. Enter your examination number and question number in the space provided on each sheet of paper.
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MULTIPLE CHOICE QUESTIONS (20 MARKS)

1. Hypertrophic cardiomyopathy is characterized by;
 - a) left ventricle hypertrophy and misalignment of cardiac muscle fibres ^
 - b) Dilation of cardiac chambers and reduction in ventricular contractile function x
 - c) Impaired ventricular filling and ventricular stiffness ^
 - d) Reduction in ventricular contractile function and left ventricle hypertrophy x
2. Pain, pallor, pulselessness, paresthesia, poikilothermia (coldness) and paralysis are clinical manifestations in;
 - a) Rheumatic heart disease
 - b) Restricted cardiomyopathy
 - c) Aneurysms
 - d) Acute Arterial embolism
3. To relieve chest pain in a patient with stable angina, the nurse would advise the patient on;
 - a) Exercises
 - b) Rest
 - c) Low salt diet
 - d) "DASH" diet
4. Gas gangrene is a type of;
 - a) Dry gangrene
 - b) Wet gangrene
 - c) Fournier's gangrene x
 - d) Internal gangrene
5. The causative organism of infective endocarditis is;
 - a) Clostridium perfringens
 - b) Beta Haemolytic streptococci
 - c) Staphylococci species
 - d) Rickettsiae

6. In rheumatic heart disease, the valves that are commonly damaged are;
- a) Mitral and aortic
 - b) Aortic and tricuspid
 - c) Pulmonary and tricuspid
 - d) Mitral and pulmonary
7. The cardiovascular condition that a patient is treated with Benzathine Penicillin for life is;
- a) Coronary artery disease
 - b) Rheumatic heart disease
 - c) Aneurysms
 - d) cardiomyopathy
8. Pathophysiology in mitral regurgitation include the following changes;
- a) Poor left ventricular filling causing decreased cardiac output.
 - b) Marked arterial pulsations visible or palpable at carotid or temporal arteries X
 - c) Obstruction to left ventricular outflow increases pressure on the left ventricle X
 - d) Reduction in ventricular contractile function
9. The following are endothelial risk factors for venous thromboembolism;
- a) Trauma and surgery
 - b) Bedrest and obesity
 - c) Trauma and obesity
 - d) Bedrest and surgery
10. Use of graduated compression stockings, monitoring coagulation, administration of thrombo-embolic drugs are nursing interventions appropriate in;
- a) cardiomyopathy
 - b) Aneurysms
 - c) venous thromboembolism
 - d) hypertension

11. Which of the following statements best describes anemia?

- a) A condition brought on by low blood sugar levels resulting in fatigue
- b) A deficiency of red blood cells or decreased amount of hemoglobin ✓
- c) A significant increase in oxygen-carrying capacity of red blood cell
- d) A deficiency of protein in the red blood cell

12. A nurse is assessing an adult patient diagnosed with chronic lymphocytic leukemia.

Which signs/symptoms should a nurse expect to find

- a) Angular cheilosis, muscular enlargement
- b) Muscular enlargement, lethargy, fever
- c) Lymph node enlargement throughout the body, lethargy, fever
- d) Hyperglycemia

13. The main cause of thalassemia is

- a) Vitamin B12 deficiency
- b) Folic acid deficiency
- c) Insulin deficiency
- d) Genetic cause

14. Aplastic anemia

- a) Is characterized by pancytopenia
- b) Occurs due to lack of vitamin B-9
- c) Is a malignant disorder of white blood cells
- d) Is managed mainly by administration of intramuscular dextran

15. One of the main clinical manifestations in a patient with thrombocytopenia is

- a) Craving for ice and starch
- b) Iron malabsorption
- c) Nails appear concave and brittle
- d) Petechiae, Purpura, mucosal bleeding

16. The normal hemoglobin level in a healthy male adult is

- a) 9.5-11.0 g/dL
- b) 13.5-17.5 g/dL
- c) 11.5-15.5 g/dL
- d) 17.5-20.5 g/dL

17. A patient diagnosed with anemia suddenly develops dypnea while in the ward. The nurse should

- a) Assist the patient to ambulate more often
- b) Call for help
- c) Position the patient in semi-fowlers position and administer oxygen
- d) Administer bronchodilators to facilitate oxygen entry

18. One of the following statements best describes sickle cell anemia

- a) It is an inherited disorder that kills patient before the age of 21
- b) It is a congenital disease of the blood in which blood does not clot
- c) The patient develops extreme joint pain due to reduced synovial fluid
- d) The blood of the patient becomes thick in presence of low oxygen levels

19. Which of the following health messages would be appropriate for a newly diagnosed patient with sickle cell disease

- a) Patient should take regular bed rest to avoid exacerbation of symptoms
- b) Patient should take very strong analgesics regularly for pain
- c) Patient should practice family planning methods to reduce chances of passing the condition to children
- d) Patient should take part in active sports to sensitize red blood cells

20. Neutropenia is

- a) Low red blood cell count
- b) Low white blood cell count
- c) Low platelet count
- d) High white blood cell count

PART TWO: SHORT ANSWER QUESTIONS (40 MARKS)

1. Describe phlebitis using the following titles
 - a) Causes (2mks)
 - b) Signs and symptoms (3mks)
2. Differentiate between arteriosclerosis and atherosclerosis 1 (3mks)
3. State five (5) clinical features of thoracic aortic aneurysms (5mks)
4. State five (5) predisposing causes of coronary artery disease (5mks)
5. Describe briefly the management of hypertension (7mks)
6. State five (5) nursing diagnoses appropriate in coronary artery disease (5mks)
7. Explain the pathophysiology of sickle cell anemia (5 marks)
8. Explain health messages shared with a patient diagnosed with aplastic anemia (5 marks)

PART THREE: LONG ANSWER QUESTION (40 MARKS)

1. **Master Q, 15 years old is newly diagnosed with sickle cell anemia and has been admitted in the medical ward**
- a) State four (4) actual nursing diagnoses for Master Q (4 marks)
 - b) Explain three types of crisis Master Q can develop (6 marks)
 - c) Describe the management of Master Q from admission to discharge (10 marks)
2. **Mr H 60 years is admitted in the male medical ward with Right -sided Heart failure.**
- a) State four (4) clinical manifestations he is likely to present with (4mks)
 - b) Describe the management until discharge (12mks)
 - c) State four (4) complications (4mks)

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KENYA MEDICAL TRAINING COLLEGE - MACHAKOS CAMPUS

DEPARTMENT OF NURSING

END OF YEAR ONE THEORY TWO EXAMINATIONS

SEPTEMBER 2018 KRCHN (B) CLASS

DATE: 3RD JULY 2019

TIME: 2.00 – 4.30 PM

TIME ALLOWED: 2 ½ HOURS

PAPER 4: GENDER & SEXUAL HEALTH: FAMILY PLANNING & REPRODUCTIVE
HEALTH

INSTRUCTIONS TO THE CANDIDATES

1. Read the questions carefully and answer only what is asked
2. Enter your examination number and question number in the space provided on each sheet of paper.
3. All questions are compulsory
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PART ONE: MULTIPLE CHOICE QUESTIONS (20 MARKS)

1. Culture and societies perpetuate gender roles and stereotypes through: -

- a) Crafts
- b) Folklore
- c) Ceremonies
- d) Festivals

2. Denial of or obstruction of access to enjoyment of civil and socio-economic right is a form of: -

- a) Sexual violence
- b) Socio-economic violence
- c) Emotional violence
- d) Civil violence

3. The following are harmful marriage rites in most African communities: -

- a) Scarification, whipping match
- b) Tattooing, ear piercing, lip piercing
- c) Seclusion, tattooing, marriage teachings
- d) Marriage teachings, whipping match, scarification.

4. An act which causes penetration of a child's genital organ is: -

- a) Sexual assault
- b) Defilement
- c) Indecent act
- d) Incest

5. One of the following is a rape myth

- a) Most perpetrators are men
- b) "No" means "Yes"
- c) Rape is common in culture
- d) A woman who "leads a man on" deserves it

6. Gender analysis is: -

- a) Unequal or unfair treatment of men and women
- b) Ability to recognize a gender issue
- c) A process of examining roles and responsibilities
- d) A close examination of a problem

7. John started crying immediately after he hurt himself while digging in the farm. His mother told him "men are not supposed to cry". This is an example of :-

- a) A gender myth
- b) A gender stereotype
- c) A gender discrimination
- d) A gender sensitivity.

8. The persons understanding of whom he or she is sexually is :

- a) Gender identity
- b) Gender role
- c) Sexual identity
- d) Sexual preferences

9. The definition of adolescence as per WHO is anyone aged :

- a) 10-19 years
- b) 30-40 years
- c) 20-24 years
- d) 7-10 years

10. Skills for dealing and coping with oneself include;

- a) Self awareness
- b) Interpersonal skills
- c) Friendship formation
- d) Critical thinking

11. Before advising a 24-year-old client desiring Combined oral contraceptives for family planning, the nurse would assess the client for signs and symptoms of:

- a) Anemia.
- b) Hypertension.
- c) Dysmenorrhea.
- d) Acne vulgaris.

14. One common complication of IUD is:

- a) Pelvic inflammatory disease
- b) Tubal infections
- c) Uterine infections
- d) All of the above

15. The cervical cap has approximately the same effectiveness as the:

- a) Mini-pill
- b) Combination pill
- c) Diaphragm
- d) Condom

16. A common complication of vasectomy is :

- a) Depression
- b) Decreased sexual desire
- c) Decreased sexual satisfaction
- d) Infection

17. Female sterilization inhibits _____ production.

- a) Egg
- b) Estrogen
- c) Progesterone
- d) None of the above

18. Answer True or False

- a) The withdrawal method is highly effect method of FP F
- b) Basal Body Temperature is a type of rhythm method that tracks the body temperature of the female. /

19. The mode of action of combined oral pills (COCs) is:

- a) Prevents sperm from meeting the egg by changing the uterine environment
- b) Impairing the viability of the sperm
- c) Suppresses hormones responsible for menstruation
- d) Thickens cervical mucus to block sperm

20. One major criterion for using cycles- bead method is:

- a) Women whose menstrual period are regular
- b) Women with irregular menses
- c) Women who dislike touching their genitals
- d) Women whose partners will not cooperate

PART TWO: SHORT ANSWER QUESTIONS (40 MARKS)

1. List five (5) contraindications of implants method of family planning (5 marks)
2. Give five (5) side effect associated with progesterone only pills. (5 marks)
3. Outline the advantages of infection prevention during offering of family planning services in Kenya. (6 marks)
4. Name any four (4) human rights principles guide during family planning services to the client that a nurse should consider in Kenya. (4 marks)
5. State five (5) benefits of progesterone only pills as a contraceptive method. (5 marks)
6. State five (5) limitations of lactational amenorrhea (LAM) as family planning method. (5 marks)
7. State five (5) health problems faced by adolescents in Kenya (5 marks)
8. Outline five (5) characteristics of youth friendly services in Kenya (5 marks)

Prevents infection to the client
 Helps protect the health worker

2) Blood tenderness
 Headache
 Little menses
 Spotting
 Irregular bleeding

3) Malnutrition
 Early pregnancy
 Early menarche
 Poverty

4) HTN
 Menopause
 DVT

5) Not judgemental
 Accepts all clients
 Welcoming
 Easily accessible
 Have integrated services
 Friendly and accommodating

6) Requires the client to breastfeed exclusively
 Can't be used by a woman who is working
 It is time consuming
 Does not protect against STIs
 Its effectiveness is compromised

7) Right to decide on making
 Right to delay services
 Right to full info
 Right to refer services
 Right to ask

8) Used with all women of reproductive age
 Does not need any thing school
 Is effective (taken as required)
 Can be used by 80% women
 Easily accessible
 Cheap

9) Segregation of sharp objects helps
 It helps work in a clean & safe environment
 Provides safety to all
 Saves time

10) Right to decide on making
 Right to delay services
 Right to full info
 Right to refer services
 Right to ask

PART THREE: LONG ANSWER QUESTIONS (40 MARKS)

1. Mrs. K comes to your MCH/FP clinic for Family planning services.

- a) Explain the counseling steps you will use to help her make an informed choice. (6 marks)
- b) If she chooses fertility awareness as the method of choice, discuss three (3) methods of fertility awareness (natural FP) use of calendar *Basal Body Temp* *Secretion of the cervix* (12 marks)
- c) List four (4) advantages of fertility awareness method (2 marks)

2. Sexual violence is on the rising trend in Kenya affecting many families.

- a) Define sexual violence (2 marks)
- b) Explain four (4) types of sexual violence (8 marks)
- c) Explain five (5) reproductive effects of gender based violence (10 marks)