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DMI-ST. EUGENE UNIVERSITY

ZAMBIA

DIPLOMA IN REGISTERED NURSING
END SEMESTER EXAMINATION – DEC, 2022

FNS 011 FUNDAMENTALS OF NURSING

Semester: II

Time: 3:00 Hours

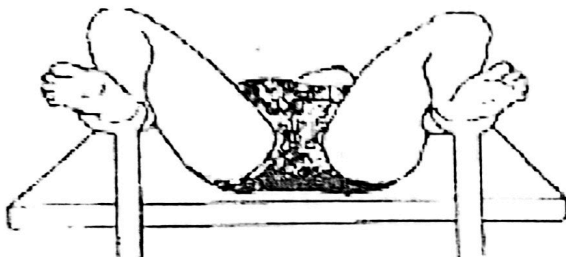
Max. Marks: 300

Part - A (50 x 1 = 50 Marks)

Answer All the Questions

- Effective hand washing requires the use of:
 - Soap or detergent to promote emulsification
 - Hot water to destroy bacteria
 - A disinfectant to increase surface tension
 - All of the above
- After routine patient contact, hand washing should last at least:
 - 30 seconds
 - 1 minute
 - 2 minute
 - 3 minutes
- Sterile technique is used whenever:
 - Strict isolation is required
 - Terminal disinfection is performed
 - Invasive procedures are performed
 - Protective isolation is necessary
- All of the following statements are true about donning sterile gloves except:
 - The first glove should be picked up by grasping the inside of the cuff.
 - The second glove should be picked up by inserting the gloved fingers under the cuff outside the glove.
 - The gloves should be adjusted by sliding the gloved fingers under the sterile cuff and pulling the glove over the wrist
 - The inside of the glove is considered sterile
- In which step of the nursing process would the nurse ask a patient if the medication she administered relieved his pain?
 - Assessment
 - Diagnosis
 - Planning
 - Evaluation

6. An instrument used for auscultation is:
 - a. Percussion-hammer
 - b. Audiometer
 - c. Stethoscope
 - d. Sphygmomanometer
7. Resonance is best describe as:
 - a. Sounds created by air filled lungs
 - b. Short, high pitch and thudding
 - c. Moderately loud with musical quality
 - d. Drum-like
8. The best position for examining the rectum is:
 - a. Prone
 - b. Sim's
 - c. Knee-chest
 - d. Lithotomy
9. Another name for knee-chest position is:
 - a. Genu-dorsal
 - b. Genu-pectoral
 - c. Lithotomy
 - d. Sim's



10.

Figure 1

The position shown in figure 1 above is known as.....

- a. Dorsal Lithotomy position
 - b. lateral position
 - c. prone position
 - d. fowler's position
11. Heat gain by the body occurs through the following means **except**
 - a. Drinking warm tea.
 - b. Adding extra linen to the bed.
 - c. Exercising.

- d. Metabolism
12. To prevent pressure sores formation from a patient who is unconscious, it is recommended to turn him/her.....
- a. 3 hourly.
 - b. 2 hourly.
 - c. 4 hourly.
 - d. Twice a day.
13. Which of the following does not contribute to cross infection in the ward?
- a. Nail polish on the hands of nurses.
 - b. Shaking linen when bed making.
 - c. Wearing Jewellery by nurses.
 - d. Washing hands before and after every procedure
14. Whilst cleaning the locker, Nalukwi hit herself against the locker and experienced mild pain on the knee joint. The type of pain Nalukwi experienced is
- a. Chemical pain
 - b. Noxious pain
 - c. Mechanical pain
 - d. Thermal pain
15. The best position for the patient with burns at the back is.....
- a. Dorsal position.
 - b. Recumbent position.
 - c. Knee chest position.
 - d. Prone position
16. Reasons for the use of proper body mechanics include the following **EXCEPT**.
- a. Avoid excessive fatigue
 - b. avoid injury both to a nurse and patient
 - c. Avoid injuries to the nurses only.
 - d. Avoid muscle strains or tears.
17. Respiratory rate slower than normal is referred to as.....
- a. hypoventilation
 - b. bradypnea
 - c. apnea

- d. cheyne strokes
18. Which of the following is **false** about passive exercises?
- Are done by a nurse with assistance of the patient
 - Help to prevent contractures.
 - Help to maintain the muscle.
 - Promote blood circulation
19. Which of the following personnel in the ward is responsible for carrying out nursing cares on a patient?
- Nurse.
 - Student nurse
 - Doctor
 - Both a and b correct
20. The other name for orthodox lifting is
- Conventional lift.
 - Australian lift.
 - Shoulder lift.
 - None of the above
21. The normal color for urine is.....
- Light amber
 - colorless
 - Dark red
 - Orange
22. Respiration characterised by period of dyspnoea and followed by apnoea and shallow slow breathing and occurring in rhythmic cycles is known as:-
- Bradypnoea
 - Kussmal
 - Tachypnoea
 - Cheyne – stokes
23. The most common complication of bed rest is
- Kidney stone formation
 - Weight gain
 - Muscle atrophy
 - Gall bladder stone formation
24. Normal respiration rate for an adult at rest is
- 28 – 32 breaths/minute
 - 24 – 28 breaths/minute
 - 20 – 24 breaths/minute

- d. 16 – 20 breaths/minute
25. Health promotion activities include:
- Exercise and good nutrition
 - Smoking and drinking excessive alcohol
 - Unsafe sex
 - Exposure to air pollutants
26. A type of admission in which the patient is critical and no plans were made is considered as: _
- Emergency admission
 - Unplanned admission
 - Non-emergency admission
 - Planned admission
27. A nurse obtained a client's pulse and found the rate to be above normal. The nurse document this findings as:
- Tachypnea
 - Hyper pyrexia
 - Arrhythmia
 - Tachycardia
28. A walk-in -client enters into the clinic with a chief complaint of abdominal pain and diarrhoea. The nurse takes the client's vital sign hereafter. What phrase of nursing process is being implemented here by the nurse?
- Assessment
 - Diagnosis
 - Planning
 - Implementation
29. It is best describe as a systematic, rational method of planning and providing nursing care for individual, families, group and community
- Assessment
 - Nursing Process
 - Diagnosis

d) Implementation

30. Which of the following is the most important purpose of hand washing

- a) To promote hand circulation
- b) To prevent the transfer of microorganism
- c) To avoid touching the client with a dirty hand
- d) To provide comfort

31. Which of the following is included in Orem's theory?

- a) Maintenance of a sufficient intake of air
- b) Self-perception
- c) Love and belonging
- d) Physiologic needs

32. What should be done in order to prevent contaminating of the environment in bed making?

- a) Avoid fanning soiled linens
- b) Strip all linens at the same time
- c) Finish both sides at the time
- d) Embrace soiled linen

33. Which of the following technique involves the sense of sight?

- a) Inspection
- b) Palpation
- c) Percussion
- d) Auscultation

34. A technique in physical examination that is used to assess the movement of air through the tracheobronchial tree:

- a) Palpation
- b) Auscultation
- c) Inspection
- d) Percussion

35. The nurse observes that Mr. Adams begins to have increased difficulty breathing. She elevates the head of the bed to the high Fowler position, which decreases his respiratory distress. The nurse documents this breathing as:

- a) Tachypnea
- b) Apnoea
- c) Orthopnoea
- d) Hyperventilation

36. If a patient's blood pressure is 150/96, his pulse pressure is:

- a) 54
- b) 96
- c) 150
- d) 246

37. A patient about to undergo abdominal inspection is best placed in which of the following positions?

- a) Prone
- b) Trendelenburg
- c) Supine
- d) Side-lying

38. For a rectal examination, the patient can be directed to assume which of the following positions?

- a) Genupecterol
- b) Sims
- c) Horizontal recumbent
- d) All of the above

39. Which of the following is the meaning of PRN?

- a) When advice
- b) Immediately
- c) When necessary
- d) Now

40. It refers to the preparation of the bed with a new set of linens

- a) Bed bath
- b) Bed making
- c) Bed shampoo
- d) Bed lining

41. A client is hospitalized for the first time, which of the following actions ensure the safety of the client?

- a) Keep unnecessary furniture out of the way
- b) Keep the lights on at all time
- c) Keep side rails up at all time
- d) Keep all equipment out of view

42. The most important purpose of cleansing bed bath is:

- a) To cleanse, refresh and give comfort to the client who must remain in bed
- b) To expose the necessary parts of the body
- c) To develop skills in bed bath
- d) To check the body temperature of the client in bed

43. Which of the following principles of primary nursing has proven the most satisfying to the patient and nurse?

- a) Continuity of patient care promotes efficient, cost-effective nursing care
- b) Autonomy and authority for planning are best delegated to a nurse who knows the patient well
- c) Accountability is clearest when one nurse is responsible for the overall plan and its implementation.
- d) The holistic approach provides for a therapeutic relationship, continuity, and efficient nursing care

44. The first techniques used examining the abdomen of a client is:

- a) Palpation
- b) Auscultation
- c) Percussion
- d) Inspection

45. A principle of good body mechanics includes: _

- a) Bending at the waist to maintain a centre of gravity
- b) Keeping the knees in locked position
- c) Maintaining a wide base of support and bending at the knees
- d) All the above

46. Improving sleep in an elderly person may include: _

- a) Decreasing fluids 2 to 4 hours before sleep

- b) Allowing the client to sleep as late as possible
 - c) A nap during the day to make up for lost sleep
 - d) Exercise in the evening to increase fatigue
47. Which one of the following is not a benefit of natural light?
- a) It is cheap
 - b) It is available at any time
 - c) It has less side effects
 - d) It kills germs.
48. As a nurse In-charge, you advice your subordinates to look up the medicine cupboard. What type of injury are you preventing?
- a. Thermal
 - b. Poisoning
 - c. Chemical
 - d. Electrical
49. Which of the following is known as the self-care model?
- a. Virginia Henderson's model
 - b. Dorothea Orem's model
 - c. Roper, Logan and Tierney's model
 - d. None of the above
50. A descriptive picture that represents the real thing is called _____
- a. Nursing model
 - b. Theory
 - c. Model
 - d. Phenomenon

Part - B (20 x 1 = 20 Marks)
Answer All the Questions

MATCH THE ITEMS IN COLUMN I WITH THEIR CORRECT MEANING IN COLUMN II

COLUMN I

COLUMN II

- | | |
|---------------------|-----------------------------------|
| 51. __ Haematuria | a. Reduced urine output |
| 52. __ Oliguria | b. Pressure sore |
| 53. __ Constipation | c. Passing urine mixed with blood |

54. __ Urinary incontinence

55. __ Decubitus ulcer

d. Prolonged retention of faeces

e. Difficulties in passing urine

f. Pus in urine

MATCH THE ITEMS IN COLUMN I WITH THEIR CORRESPONDING MEANING IN COLUMN II

COLUMN I

COLUMN II

56..... Orthopnoea

A. Difficulties in breathing

57..... Apnoea

B. Cessation of breathing

58.....Dyspnoea

C. Difficulties in breathing when waking up.

59.....Tachypnea

D. Rapid shallow breathing

60.....Bradycardia

E. Difficulty in breathing when lying flat

F. Difficulty in breathing at rest

G. Abnormally low rate of heart contractions and consequent slow pulse.

MATCH THE FOLLOWING ITEMS IN COLUMN I WITH THEIR CORRECT MEANING IN COLUMN II

COLUMN I

COLUMN II

61. __ Aerobic exercise

a. decreased state of activity

62. __ Anaerobic exercise

b. exercises requiring oxygen

63. __ Passive exercise

c. transitional stage between sleep and awake

64. __ Active exercise

d. exercises in which the patient is assisted

65. __ Exercise

e. exercises done by the patient

f. exercises in which the muscles are unable to extract oxygen

relaxation

g. active exhaustion of muscles involving contraction and

MATCH THE ITEMS IN COLUMN I WITH THEIR CORRESPONDING CAUSE IN COLUMN II

COLUMN I

- 66. ___ Chemical injury
- 67. ___ Mechanical injury
- 68. ___ Thermal injury
- 69. ___ Bacteriological
- 70. ___ Radiation

COLUMN II

- a. X-rays
- b. Paraffin
- c. Heat
- d. Falls
- e. Salmonella typhi.
- f. Electrical appliances

Part – C (30 x 1 = 30Marks)

Answer All the Questions

- 71. The term used to describe low oxygen levels in tissues _____
- 72. A shock resulting from allergic reactions is called _____
- 73. The other name of a toxic shock is _____
- 74. A sensation of feeling off balance or a feeling of a spinning sensation _____
- 75. An escape of blood from a ruptured blood vessel is called _____
- 76. An abnormal electrical activity in the brain _____
- 77. A term used to describe difficulties in swallowing _____
- 78. A state of low extracellular fluid volume is known as _____
- 79. A sudden loss of consciousness for a short time _____
- 80. A rare and serious illness caused by a toxin that attacks the body nerves and causes difficulty in breathing and muscle paralysis _____

81. A poisonous substance secreted by animals such as snakes, spiders and scorpions _____
82. A small bubble on the skin filled with serum and caused by friction, burning or other damage _____
83. _____ is the accumulation of excess fluid in the abdomen
84. _____ is the inflammation of the heart muscle.
85. _____ is an injury resulting from hot liquid or steam
86. _____ is a type of bed suitable for nursing patients with heart conditions.
87. In Hyperpyrexia, temperature is above _____
88. Your patient has just taken a cup of tea, how long should you wait before taking his/her temperature _____
89. The two figures of blood pressure recording are called _____ and _____
90. The pulse reading that is felt from behind the knee is called _____
91. _____ is the model that is named as the self-care Model.
92. _____ is a problem solving approach that involves interaction with the client.
93. The abbreviation REM stands for _____
94. The depth of sleep reached in stage four(4) in the physiology of sleep is called _____
95. _____ in the inability of the heart to pump blood to all organs of the body.
96. _____ is a type of haemorrhage which occurs from the capillary.
97. _____ is a type of haemorrhage that occurs within few hours of injury.

98. _____ is a type of bleeding that is as a result of elevated temperatures.

99. _____ is a burn that involves the epidermis and the dermis.

100. _____ are burns that damage nerve endings.

Part - D (100 x 2= 200Marks)
Answer only two Questions

THERE ARE THREE(3)QUESTIONS IN SECTION D.ANSWER TWO (2)QUESTIONS ONLY.QUESTON NUMBER(1) IS COMPULSORY.EACH QUESTION CARRIES 100 MARKS

101.

- a) Define the nursing process. (5 marks)
- b) Describe in detail the steps in the nursing process (50 marks)
- c) Outline in detail the eight (8) universal self-care needs according to Orem's theory. (15 marks)
- d) List five (5) advantages of the nursing process to the client (10 marks)
- e) List ten (10) advantages of the nursing process to the Nurse (20marks)

102.

- a) Define a safe environment (5 marks)
- b) Discuss in detail five (5) types of injuries. (30 marks)
- c) State five (5) measures you would employ to prevent noise in the hospital (15 marks)
- d) Outline the activities of daily living according to Virginia Henderson (50 marks)

103.

- a) Define grieving (5 marks)
- b) State five (5) factors influencing grief (15 marks)
- c) Explain in detail Kubler Ross' stages of grieving and the nursing implications you would undertake in each stage. (50 marks)
- d) Compare and contrast Engel's Theory of grief and Bowlby's phases of mourning. (30 marks)