



AMREF INTERNATIONAL UNIVERSITY

SCHOOL OF MEDICAL SCIENCES

DEPARTMENT OF REHABILITATIVE MEDICINE

BACHELOR OF SCIENCE IN PHYSIOTHERAPY

END OF TRIMESTER EXAMINATIONS SEPTEMBER TO DECEMBER 2022

UNIT NAME: PHT 131 BASIC LIFE SUPPORT AND BASIC NURSING

INSTRUCTIONS

- 1. All students will have two (2) hours to complete the examination**
- 2. Attempt all questions as per the instruction**
- 3. It is the student's responsibility to report any page and number missing in this paper.**
- 4. Check that the paper is complete**
- 5. Total number of pages is 10 including the cover.**
- 6. Read through the paper quickly before you start.**
- 7. The exam has three Sections; Section 1 has 40 questions, Section two and three has 2 questions.**

1. Which one of the following is not a local sign of inflammation?
 - a) Pain
 - b) Malaise
 - c) Swelling
 - d) Loss of function of the limb
2. The following factors support pathogen growth except?
 - a) Food
 - b) Oxygen
 - c) Water
 - d) Altitude
3. Which description correctly matches the description of the moral principle of nursing?
 - a) Veracity- being faithful in an agreement
 - b) Beneficence- doing good and minimizing the risk when doing good
 - c) Non-maleficence-being faithful in an agreement
 - d) Autonomy- telling the truth
4. Which pulse determines a person's death?
 - a) Carotid
 - b) Femoral
 - c) Radial
 - d) Apical
5. The following factors influence an individual's pulse except?
 - a) Body weight
 - b) Strong emotion
 - c) Medication
 - d) Environment
6. Which one of the following factors affect body alignment?
 - a) Level of consciousness
 - b) Sex/gender
 - c) Stress
 - d) Diurnal variation
7. Which one of the following procedures is not done to a patient preoperatively?
 - a) Marking of the surgical site
 - b) Checking for dentures
 - c) Ensuring incision site is dry and not bleeding
 - d) Labelling of patients
8. The following activities takes place in the recovery room post-surgery of a patient except?
 - a) Monitoring of patency of drains
 - b) Monitoring fluid status
 - c) Checking presence of reflexes
 - d) Counselling and signing of consent

9. Which one does not belong to the enteral routes of drug administration?

- a) Buccal
- b) Per oral
- c) Rectal
- d) Inhalation

10. Which one of these routes can allow the administration of large volumes of drugs/ fluids

- a) Intravascular
- b) Intravenous
- c) Subcutaneous
- d) Intradermal

11. Care of an object embedded in a wound should not include?

- a) Raising and supporting the limb above the level of the heart
- b) Removing the embedded object at the accident site
- c) Supporting the injured part in a raised position with a shirt/bandaging to reduce swelling
- d) Building up padding on either side of the object

12. Signs of an infected wound include:

- a) Pus oozing from the wound
- b) Fever
- c) Swelling and tenderness of the glands in the neck, armpit, and groin
- d) All of the above

13. Which one does not comprise the treatment of strains and sprains?

- a) Resting the injured part
- b) Compressing the injured part
- c) Putting a dressing on the injured part
- d) Application of ice compressions

14. The first aid given to someone with chemical burns includes the following except

- a) Rubbing the affected part with your hands
- b) Ventilating the area
- c) Flooding the area with water for over 20 mins
- d) Removing any contaminated clothes

15. Secondary survey of casualties involves:

- a) Opening the airway
- b) Chest compressions
- c) Calling an ambulance
- d) Taking history of the event

16. Primary survey during assessment of a casualty is key in survival of the casualty. Which one does not take place during this assessment?

- a) Head to toe physical examination
- b) Checking for breathing
- c) Use of defibrillator to shock the casualty
- d) Rescue breathes

17. Signs of airway obstruction include the following except

- a) Headache
- b) Flaming of nostrils
- c) Signs of distress of the neck
- d) Cyanosis

18. Which one of the following causes shock?

- a) Hypoglycemia
- b) Infections
- c) Allergic reactions

d) All of the above

19. Signs of shock include all these signs except?

a) Thirst

b) Cold clammy skin

c) Rapid pulse

d) Elevated temperature

20. One of the following is not first aid given to someone in shock

a) Raise and support the legs to improve blood supply

b) Tell the person to do exercise

c) Loosen tight clothing around the neck and chest

d) Monitor vital signs

21. What causes anaphylactic shock?

a) Excess bleeding

b) Low sugars

c) Allergic reactions

d) Infection

22. What causes anaphylactic shock?

a) Excess bleeding

b) Low sugars

c) Allergic reactions

d) Infections

23. Which one of the following is the role of a first aider?

a) Removing of dentures and personal clothing at casualty preoperatively

b) Giving each casualty early and appropriate treatment starting with the more acute conditions.

c) Monitoring nature of drains after surgery

d) None of the above

24. In order to prevent cross infection between the first aider and the casualty, one should do the following except

- a) Take care not to prick or be cut with broken glasses around the scene.
- b) Cover all visible cuts and glasses with waterproof material.
- c) Wear plastic aprons and other protective equipment's.
- d) Cover the head of the casualty with a heavy material.

25. Which of the following should not be included in the information given to the emergency services when summoning for help?

- a) Any hazard anticipated at the scene
- b) Landmarks of the incidence
- a) Family social history of the casualties
- d) Number and gender of the casualties

26. Which one is the correct sequence of assessment of a casualty during the primary survey?

- a) Assess the casualty - assess the situation - dial for ambulance - open the airway
- b) Assess the situation - open the airway - assess the casualty - begin chest compressions
- c) Assess the casualty - dial for ambulance - check for breathing - open the airway
- d) Assess the situation - assess the casualty - open the airway - check for breathing.

27. During chest compressions, the interlocked hands should be placed on the

- a) 2nd intercostal space
- b) Breastbone (sternal notch)
- c) Lower tip of the breastbone
- d) Upper abdomen

28. When conducting a secondary survey,

- a) Ask the casualty bystanders how the events took place
- b) Ask for someone to bring the defibrillator

- c) Make sure you open the airway
- d) Contact the emergency services and give them your contact

29. Sublingual method of drug administration refers to

- a) The dose form is placed between the gums and inner lining of the cheek
- b) The dose form is placed under the tongue
- c) The dose form is administered at the rectum
- d) The dose form is swallowed

30. During defibrillation, the first aider should

- a) Continue with CPR
- b) Clear from the bed stretcher
- c) Give the two rescue breaths at the same time
- d) Hold the casualty firmly in place

31. Which one of the following should not be done when one has nose bleeds?

- a) Tilt the head backwards
- b) Casualty to breathe through the mouth
- c) Casualty not to speak, cough but to pinch her nostrils for over 10 minutes
- d) Casualty to avoid exertion and especially blowing of nostril.

32. The signs of anaphylactic shock include the following except

- a) headache
- b) Anxiety
- c) Red like skin eruptions
- d) Puffiness around the eyes

33. Which one is not a source of poisoning?

- a) insect
- b) Food

c) Hypovolemic shock

d) Septic shock

34. Most insect stings will lead to

a) Anaphylactic shock

b) Cardiogenic shock

c) Hypovolemic shock

d) Septic shock

35. A casualty who has sustained a fracture will present with these signs except.

a) Signs of shock

b) Numbness

c) Deformity at the site

d) Twisting or shortening of the limb

36. Which procedure will be comfortably performed when the patient is in a prone position?

a) Pelvic surgeries

b) Facial surgeries

c) Spine surgeries

d) Caesarian section

37. Which one is an importance of positioning?

a) Ensure privacy

b) For comfort

c) Easy access during surgery

d) All of the above

38. Which one is not a way of preventing decubitus?

a) Pressure area care

b) Turning of patients

- c) Use of ripple mattresses
- d) Covering the patients with warm linen

39. During physical examination the skin of casualty is inspected for all except:

- a) Cyanosis
- b) Temperature
- c) Dry or damp
- d) Irregularities

40. How can one arrest bleeding?

- a) Raising the affected limb
- b) Apply direct pressure over the wound
- c) Lie the casualty down on a heavy material
- d) Support the injured part with a sling

Section B: Short answer questions (10 mks)

- 1) Infection control is keying the prevention of nosocomial diseases. Describe the general signs inflammation (4 mks)
- 2) Personal hygiene is important in the recovery and prevention of secondary infections of bed ridden patients. Explain the factors affecting it. (4 mks)
- 3) Describe any two factors that influence blood pressure as key vital sign. (2mks)

Section C: Long answer questions (20mks)

1. Describe the phases of therapeutic relationship (10mks)
2. Discuss the indications and contraindications of the following therapeutic positions
 - a) Sim's position (5 mks)
 - b) Lateral position (5 mks)