



**AMREF INTERNATIONAL UNIVERSITY  
SCHOOL OF MEDICAL SCIENCES  
DEPARTMENT OF NURSING AND MIDWIFERY SCIENCES  
KENYA REGISTERED COMMUNITY HEALTH NURSING  
END OF SEPTEMBER -DECEMBER TRIMESTER EXAMINATIONS 2022**

**DNS 114 :FUNDAMENTALS OF NURSING**

**TIME: 2 Hours**

**Start: 0900 HOURS**

**Finish: 1100 HOURS**

**DATE: 5<sup>TH</sup> DECEMBER 2022**

**INSTRUCTIONS**

1. This exam will be marked out of **70 marks**
2. The Examination has Three Sections: Section A- Multiple Choice Questions, Section B: Short Answer Questions, Section C: Long Answer Question
3. Answer all Questions in the ANSWER BOOKLET provided
4. Do not write on the question paper. Use the back of the answer booklet for any rough work

**SECTION A: MULTIPLE CHOICE QUESTIONS ( 20 MARKS)**

1. A full liquid diet constitutes: -
  - A. Apple juice
  - B. Mashed potatoes
  - C. Ice cream
  - D. Popsicles
2. In a client with an ileostomy, nursing interventions must be prioritized to prevent: -
  - a. Flatulence
  - b. Dehydration
  - c. Constipation
  - d. Diarrhoea
3. Universal precautions in infection prevention and control apply when: -
  - a. Handling blood and body fluids
  - b. Providing nursing care to patients confirmed to be COVID -19 positive
  - c. Providing care to patients with compromised immunity
  - d. Lifting and moving patients
4. The following procedure requires surgical asepsis to be maintained: -
  - a. Insertion of a vaginal pessary
  - b. Urinary catheterization
  - c. Nasogastric tube insertion
  - d. Colostomy irrigation
5. Key historical events that have contributed to advancement of the nursing profession include:-
  - a. Women's suffrage, wars , christianity
  - b. Wars , The renaissance , medical practice
  - c. Affiliation of Nursing to medicine, Apprenticeship model of nursing , Christianity
  - d. Protestant movement, Agrarian revolution , The crusades
6. An outcome of world war I that positively influenced the professional journey of nursing include:-
  - a. The role of a nurse as a doctor's assistant become strongly apparent
  - b. More men entered the profession of nursing
  - c. There was a more liberal societal attitude to women leaving the home and entering formal workforce
  - d. Military rank and structures of seniority were adopted into the profession of nursing

7. A recipient of nursing care who is a collaborator in their care and responsible for their health is referred to as a :-
- Client
  - Patient
  - Consumer
  - Individual
8. Barriers to autonomy in the nursing profession include:-
- Advances in health care knowledge technologies
  - Uniform level of entry into the profession of nursing
  - Existence of professional regulatory bodies
  - Historical genderisation of nursing in a patriarchal social setup
9. The type of handwashing where washing is done for 10-15 seconds with a non antiseptic soap is referred to as:-
- Hygienic hand wash
  - Routine hand wash
  - Surgical hand wash
  - Antiseptic rub
10. The appropriate nursing position to place a patient who has just recovered from a seizure is:-
- Prone position
  - Supine position
  - Sims position
  - Lateral position
11. The following conditions require fluid restriction:-
- Fever
  - Chronic Obstructive Pulmonary Disease
  - Renal Failure
  - Dehydration
12. A patient who develops a severe itch and hives after receiving an antibiotic is exhibiting drug:-
- Tolerance
  - Toxicity
  - Synergy
  - Allergy

- 13.** Nursing interventions helpful in alleviating constipation include:-
- Increasing refined carbohydrate intake, Limiting physical mobility
  - Encouraging physical mobility, increasing fluid intake
  - Limiting physical mobility, Increasing fiber intake
  - Encouraging a mechanically soft diet, Increasing fluid intake
- 14.** Post operative atelectasis can be prevented by:-
- Deep breathing and coughing exercises
  - Postural drainage
  - Incentive spirometry
  - Suctioning
- 15.** Arrange in appropriate sequence, from the below list, the dietary progression for a first-day postoperative surgical client.
1. Full liquid; 2. NPO; 3. Clear liquid; 4. Soft
- 1, 2, 3, 4
  - 2, 3, 1, 4
  - 2, 1, 4, 3
  - 4, 3, 2, 1
- 16.** A specific site care nursing intervention for a patient with an ileostomy is:-
- Cleanse the stoma with hot water
  - Insert a deodorant tablet in the stoma bag
  - Select a bag with an appropriate size stoma opening
  - Wear a pair of sterile gloves while caring for the stoma
- 17.** A nurse working as cohesive part of the health care team to ensure optimal outcomes for clients under their care is acting in the role of a:-
- Change agent
  - Client advocate
  - Case manager
  - Collaborator
- 18.** The model of nursing care appropriate for health care facilities where nursing students train is:-
- Total patient care
  - Team nursing
  - Primary Nursing
  - Case management
- 19.** According to parson's sick role theory:-
- The sick person has a right to be exempted from their normal roles
  - The sick person has a duty to ensure their normal roles are accomplished
  - The sick person has a duty to pay for their health care
  - The sick person is to be blamed for their illness

20. The high fowler's position: -

- a. Is the recommended position immediately post operatively
- b. Is indicated for hypotensive patients
- c. Is the recommended position for feeding
- d. Rarely used in the clinical setting

**SECTION B: SHORT ANSWER QUESTIONS (30 MARKS)**

1. List five (5) specific nursing interventions for a client on oxygen therapy ( 5 Marks)
2. Outline five (5 ) specific nursing interventions for a patient with a nasogastric tube for feeding ( 5 Marks)
3. With examples, explain the three (3) components of autonomy as an ethical principle guiding nursing practice (6 Marks)
4. State six (6) principles of surgical asepsis (6 Marks)
5. State four (4) specific nursing interventions for a catheterized patient ( 4 Marks)
6. Outline four (4) nursing interventions for a patient with fever (4 Marks)

**SECTION C: LONG ANSWER QUESTIONS (20 MARKS)**

1. Mr. Mzuri is an unconscious patient who has been in the medical unit for 4 days.
  - a. List any four (4) complications associated with immobility (2 Marks)
  - b. Outline any six (6) risk factors for development of pressure ulcers (6 Marks)
  - c. Describe the specific nursing care for Mr. Mzuri to prevent pressure ulcer development (12 Marks)