



**AMREF INTERNATIONAL UNIVERSITY  
SCHOOL OF MEDICAL SCIENCES  
DEPARTMENT OF NURSING & MIDWIFERY SCIENCES  
END OF SEMESTER APRIL 2023 EXAMINATIONS**

**COURSE CODE AND TITLE: AIU 112 CRITICAL THINKING AND ACADEMIC  
WRITING IN HEALTH**

**DATE:**

Duration: 2 HOURS

Start: 9:00 AM

Finish: 11:00 AM

**INSTRUCTIONS**

1. This exam is out of 70 marks
2. This Examination comprises THREE Sections. Section I: Multiple Choice Questions (20 marks) Section II: Short Answer Questions (30 marks) and Section III: Long Answer Questions (20 marks)
3. Answer ALL Questions.
4. Do Not write anything on the question paper -use the back of your booklet for rough work if need be.

**SECTION I: MULTIPLE CHOICE QUESTIONS**

**(20 MARKS)**

1. Critical thinking in nursing is best defined as:
  - A. Following established protocols
  - B. Making quick decisions based on intuition
  - C. Applying logical and reflective reasoning to nursing practice
  - D. Relying on past experiences to guide actions
2. An example of critical thinking in nursing is;-
  - A. Administering medication according to the doctor's orders
  - B. Assessing a patient's vital signs and interpreting the findings
  - C. Following a checklist for a routine procedure
  - D. Accepting a patient's complaint without questioning it
3. A nurse is faced with conflicting information from different sources regarding a patient's condition. The critical thinking skill essential in this situation is;-
  - A. Analysis
  - B. Intuition
  - C. Acceptance
  - D. Collaboration
4. When encountering a new medical procedure, a nurse should:
  - A. Proceed with the procedure as instructed by the physician
  - B. Follow personal beliefs and experiences
  - C. Seek additional information and consult reliable resources
  - D. Refuse to perform the procedure without further clarification
5. The following statements that best describes the role of critical thinking in clinical decision-making is;-
  - A. Critical thinking replaces the need for evidence-based practice.
  - B. Critical thinking allows nurses to make decisions based on personal bias.
  - C. Critical thinking helps nurses evaluate evidence and make informed decisions.
  - D. Critical thinking involves blindly following protocols and guidelines.
6. The critical thinking skill should a nurse prioritize when assessing a patient experiencing shortness of breath;-
  - A. Reflection
  - B. Analysis
  - C. Intuition
  - D. Acceptance
7. The following scenarios best demonstrates the application of critical thinking in nursing;-

- A. Following a routine care plan for a stable patient
- B. Relying on personal opinions to guide care decisions
- C. Analyzing a patient's symptoms to identify potential causes
- D. Memorizing medical facts and regurgitating them during assessments

8. When faced with conflicting opinions from healthcare team members regarding a patient's care, a nurse should:

- A. Accept the opinions of more experienced team members
- B. Refuse to participate in the decision-making process
- C. Seek additional information and engage in collaborative discussions
- D. Follow personal beliefs and experiences

9. The statements that best describes intellectual humility in nursing is;-

- A. Valuing and respecting the opinions of others
- B. Ignoring alternative viewpoints and perspectives
- C. Assuming one's own beliefs are always correct
- D. Refusing to question established medical practices

10. The process of reasoning from a premise or premises to a conclusion based on those premises is known as.

- A. Extended reasoning
- B. Subordinate premise
- C. Dialectic
- D. Inference

11. A nurse is evaluating the dietary habits of a patient with diabetes. The following demonstrates critical thinking;-

- A. Reviewing the patient's food diary
- B. Providing a list of foods to avoid
- C. Scheduling the patient for a nutrition consultation
- D. Educating the patient about the glycemic index of foods

12. A nurse is planning care for a patient with a risk of falls. Which of the following interventions is most appropriate?

- A. Keep the side rails up at all times
- B. Place the patient in a room near the nurses' station
- C. Apply restraints to prevent the patient from getting up
- D. Ensure the patient has a clear path to the bathroom

13. A nurse notices that a patient's wound is not healing properly. The action that demonstrates critical thinking in this situation is;-

- A. Documenting the wound appearance and size
- B. Consulting with a wound care specialist
- C. Changing the dressing more frequently
- D. Increasing the patient's protein intake

14. The statements that best describes the relationship between critical thinking and patient advocacy is;-

- A. Critical thinking hinders the ability to advocate for patients.
- B. Critical thinking is irrelevant to patient advocacy.
- C. Critical thinking helps nurses identify and address patient needs.
- D. Critical thinking involves blindly following physicians' orders.

15. The characteristic of a critical thinker is;-

- A. They use logical skills in reasoning.
- B. They refuse to recognize the limitations of his mind and consistently pursue excellence.
- C. They think independently and do always succumb to peer pressure.
- D. He upholds the substandards of critical thinking.

16. A nurse is caring for a patient with a new diagnosis of hypertension. The action that best demonstrates the nurse's critical thinking is;-

- A. Teaching the patient about the importance of taking medications as prescribed
- B. Scheduling the patient for regular blood pressure checks
- C. Reviewing the patient's diet and activity level
- D. Developing a care plan that includes lifestyle modifications

17. A nurse is assessing a patient who is complaining of chest pain. The nurse's first priority is;-

- A. Administering pain medication
- B. Calling the physician
- C. Checking vital signs
- D. Completing a thorough history and physical examination

18. An example of a nurse using intuition as a critical thinking skill is;-

- A. Relying on past experiences to guide care decisions
- B. Rejecting evidence-based practice guidelines
- C. Following the same care plan for all patients
- D. Accepting a patient's subjective complaints without further investigation

19. A patient presents with shortness of breath and wheezing. The nurse auscultates decreased breath sounds in the lower lobes. The most appropriate nursing action is;-

- A. Administer prescribed bronchodilator

- B. Encourage deep breathing and coughing
- C. Reassure the patient and continue to monitor
- D. Notify the respiratory therapist

20. Critical thinking in nursing is essential because it:

- A. Allows nurses to bypass the need for evidence-based practice
- B. Encourages conformity to established protocols and guidelines
- C. Enhances nurses' ability to provide safe and effective care
- D. Discourages independent thinking and creativity

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

1. Outline three (3) common barriers to critical thinking in the nursing profession (3marks)
2. Provide five (5) examples of how evidence-based practice can enhance critical thinking in nursing. (5 marks)
3. Explain the role of reflection in the development of critical thinking skills for nurses. (3marks)
4. State three (3) ethical implications of critical thinking in nursing decision-making. (3marks)
5. Describe a time when you had to make a difficult decision and how critical thinking guided your choice. (3marks)
6. Outline three (3) ways effective communication skills can contribute to critical thinking in nursing (3marks)
7. Outline five strategies a nurse can use to promote patient safety through critical thinking (5marks)
8. State five (5) impacts of cultural competence on critical thinking in nursing care. (5marks)

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

1. Engaging in critical thinking throughout the academic writing process and clinical practice fosters a deeper understanding of the subject matter and strengthens the overall quality of written work.  
Compare and contrast the benefits and limitations of evidence-based practice in nursing.
  - a) Explain five (5) ways critical thinking skills can be applied to enhance the utilization of evidence-based practice in the nursing profession? (10 marks)
  - b) Discuss five (5) roles of critical thinking in nursing decision-making. Provide an example from nursing practice where critical thinking would play a crucial role in identifying and resolving a complex patient care issue. (10 marks)