



**AMREF INTERNATIONAL UNIVERSITY
SCHOOL OF MEDICAL SCIENCES
DEPARTMENT OF NURSING AND MIDWIFERY SCIENCES
KENYA REGISTERED COMMUNITY HEALTH NURSING
END OF SEMESTER EXAMINATION APRIL 2022**

ANS 401/ DCHN 224: COLLEGE FINAL PAPER I

DATE: 12th April, 2022

TIME: 2 Hours

Start: 0900 HOURS

Finish: 1100 HOURS

INSTRUCTIONS

1. This exam will be marked out of 100 marks
2. The Examination has ONE Section: - Multiple Choice Questions
3. Answer ALL questions.

1. Central obesity and buffalo hump are characteristics of:-
 - a. Diabetes mellitus type 2
 - b. Cushing's syndrome
 - c. Hypothyroidism
 - d. Hyperthyroidism

2. A positive Chvostek sign indicates low levels of :-
 - a. Thyroid hormone
 - b. Parathyroid hormone
 - c. Glucocorticoids
 - d. Mineralocorticoids

3. A pheochromocytoma primarily secretes:-
 - a. Cortisol
 - b. Adrenaline
 - c. Aldosterone
 - d. Androgens

4. Endocrine disorders requiring nursing interventions to maintain normal body temperature include:-
 - a. Cushing's Syndrome and Addison's disease
 - b. Hypothyroidism and hyperthyroidism
 - c. Hyperparathyroidism and Hypoparathyroidism
 - d. Diabetes Insipidus and Diabetes mellitus

5. Acidosis in diabetes ketoacidosis is managed by administration of:-
 - a. Normal saline
 - b. Dextrose
 - c. Insulin
 - d. Potassium

6. The endocrine disorder most likely to cause fluid overload is:-
 - a. Diabetes Insipidus
 - b. Addison's disease
 - c. Syndrome of inappropriate antidiuretic hormone secretion
 - d. Hyperglycaemic hyperosmolar syndrome

7. Indicate whether the following statements are True or False:-
 - a. Patients with diabetes mellitus should not take any form of carbohydrates
 - b. Hyperosmolar Hyperglycemic Syndrome (HHN) is more common in Type 1 than in Type 2 diabetes mellitus

8. Management of a patient with hyperparathyroidism includes:-
 - a. Administration of thiazide diuretics, fluid intake restriction
 - b. Fluid intake restriction, administering Vitamin D.
 - c. Increasing fluid intake, administration of thiazide diuretics
 - d. Encouraging ambulation, increase fluid intake

9. A patient with anterior lobe hypopituitarism will require replacement of:-
 - a. Growth and vasopressin hormones
 - b. Prolactin and cortisol hormones
 - c. Thyroid stimulating and growth hormones
 - d. Adrenocorticotrophic and antidiuretic hormones

10. Post Trans-sphenoidal hypophysectomy, a patient should be advised to report:-
 - a. Nose congestion necessitating mouth breathing
 - b. Trickle of salty tasting fluid down the throat
 - c. Altered voice with a nasal tone
 - d. Leakage of blood-stained mucous from the nose

11. In iron deficiency anaemia the red blood cells appear :-
 - a. Macrocytic and hyperchromic
 - b. Macrocytic and hypochromic
 - c. Microcytic and hypochromic
 - d. Microcytic and hyperchromic

12. The recommended blood product for increasing hemoglobin levels in a patient with heart failure is:-
 - a. Whole blood
 - b. Packed red blood cells
 - c. Cryoprecipitate
 - d. Recombinant erythropoietin

13. The appropriate instruction to give to a patient on oral iron supplementation is:-
 - a. Administer the iron at mealtimes.
 - b. Administer the iron with orange juice.
 - c. Mix the iron with porridge for easy administration.
 - d. Add the iron to yoghurt for easy administration.

14. Synthesis of coagulation factors is dependent on Vitamin :-
 - a. A.

- b. D
 - c. C
 - d. K
15. Anaemia associated with chronic renal disease is due to:-
- a. Deficiency of Erythropoietin
 - b. Deficiency of 1-25 dihydrocholecalciferol
 - c. Increased iron loss
 - d. Decreased iron absorption
16. The primary reason for contraindication of Non Steroidal Anti Inflammatory Drugs (NSAIDS) in patients with hemophilia is because they interfere with:-
- a. Platelet plug formation in hemostasis
 - b. Vascular spasm in hemostasis
 - c. Synthesis of clotting factors
 - d. Skin integrity of patients
17. Hydroxy urea therapy administered in patients with sickle cell disease decreases episodes of painful crises by increasing:-
- a. The lifespan of Sickle Red Blood cells
 - b. Production of Fetal Hemoglobin
 - c. Rate of removal of abnormal erythrocytes
 - d. Production of Adult Hemoglobin
18. The **appropriate** route to administer Vitamin B₁₂ for patients with pernicious anemia is:-
- a. Intravenous
 - b. Oral
 - c. Through a central line
 - d. Intramuscular
19. A fluid that can be used to expand intravascular volume in the treatment shock is :-
- a. Hartman's solution
 - b. Mannitol
 - c. Albumin 10%
 - d. Dextrose 5%
20. The appropriate position for a patient undergoing abdominal paracentesis is :-
- a. Supine
 - b. Sims
 - c. Semi Fowlers
 - d. Prone

21. Regarding lumbar puncture :-
- Gross characteristics of the Cerebro Spinal Fluid (CSF) should be observed during the procedure
 - It is a clean procedure
 - The maximum amount of fluid that can be tapped at a time is 50mls
 - Complications are unlikely in patients with a history of head injury
22. The rationale of using, long firm strokes from the distal to the proximal areas when bathing a patient's extremities is to:-
- Provide an opportunity for skin assessment
 - Minimize the work of bathing the patient
 - Increase venous blood return
 - Prevent pressure ulcer development
23. A key nursing intervention for all patients with an indwelling foley catheter in place includes:-
- Maintaining the asepsis when draining the urine bag
 - Irrigating the patient's bladder with antibiotic solution three times a day
 - Clamping the catheter for 1 hour in every 4 hour intervals daily
 - Maintaining the drainage tubing and collection bag below bladder level
24. Insensible water loss includes losses incurred through:-
- Evaporation from the skin
 - Urination
 - Wound drainage
 - Vomiting
25. Myocardial Infarction is commonly associated with:-
- Sudden blockage of the coronary artery
 - High levels of lactic acid in the heart muscles
 - Lack nitrogen oxide in the heart muscles
 - Acute heart failure
26. In emergency cardiac care, primary survey helps to:-
- Identify and manage conditions likely to cause death in a short span
 - Take detailed history of a patient, family and work place
 - Provide long term treatment for patients with trauma
 - Identify and commence treatment for medical and surgical conditions
27. The following are the most critical in Heart Attack management,
- Morphine, Nitroglycerene, Oxygen and Aspirin
 - Pethidine, Diclofenac, Oxygen and Buscopan
 - Buscopan, Naloxone, Diazepam and Aspirin

- d. Heparin, Indocid, Warfarin and Oxygen
28. The following is a predisposing factor to Rheumatic fever:-
- Uncomplicated malaria
 - Old age
 - Poor oral hygiene
 - Recurrent diarrhoea
29. Phlebitis should be suspected when:-
- The patient has an intermittent fever
 - There is blanching along the affected Vein
 - There is tachypnoea with local oedema
 - The oxygen saturation pressure keep dropping continuously
30. The airway of a patient who has fallen off a building, should be opened using:-
- Flexed position
 - Head tilt –chin lift technique
 - Jaw thrust manoeuvre
 - Modified head tilt-chin lift technique
31. To prevent fluid extravasation in an intravenous cannulation site:-
- Avoid areas of flexion
 - Go for smaller catheters all the time
 - Ensure all health care staff undergo a phlebotomy training
 - Only administer fluids when there is primary nursing
32. Elevation of Troponin I enzyme is common in :-
- Phlebitis
 - Myocardial Infarction (MI)
 - Aortic aneurysms
 - Dilated Cardiomyopathy (DCM)
33. Angina pectoris is characterised by pain that is:-
- Epigastric and exercise precipitated
 - Relieved by rest and not nitrates
 - Sharp and retrosternal with no obvious precipitant
 - Sharp and retrosternal, relieved by nitrates
34. Diagnostic tests for Deep Venous Thrombosis (DVT) include:-
- D-dimers, Doppler ultrasound and a venogram
 - Coagulation tests, ESR, C-RP test
 - D-dimers, arteriogram, serum cardiac enzymes
 - A venogram, Homan's sign and sclerotherapy

35. The following is an intracellular Cation:-
- Sodium
 - Lithium
 - Potassium
 - Magnesium
36. The proportion of a drug that reaches the systemic circulation in unchanged form is: -
- Dose
 - Dosage
 - Bioavailability
 - Effective dose
37. A patient presents in the emergency room with acute asthmatic attack, as the, nurse you will:-
- Nebulize with ipratropium
 - Nebulize with albuterol
 - Administer IV aminophylline
 - Ask the patient to swallow tiotropium capsules

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38. A depot bound drug:-
- Is quickly eliminated from the body
 - Is circulating in all body fluids
 - Requires frequent dosing to achieve therapeutic effects
 - Has reduced bioavailability
39. First- pass metabolism of a drug means: -
- The drug has long half-life
 - The drug is broken down before reaching the target site
 - The drug is bound in plasma proteins
 - The drug is passively absorbed and has immediate effects
40. Drugs included in the initial phase of Tuberculosis treatment are: -
- Isoniazid, streptomycin, rifampicin and ethambutol
 - Ceftriaxone, kanamycin, capreomycine and gentamycin
 - Cycloserine, amikacin, isoniazid and pyrazinamide
 - Pyrazinamide, rifampicin, ethambutol and isoniazid
41. The drug of choice for kala azar is: -
- Paramomycin
 - Sodium stibogluconate
 - Suramin
 - Pentamidine
42. The drug of choice for severe asthmatic attack is:-
- Theophylline
 - Ipratropium
 - Salbutamol
 - Albuterol
43. The antidote for heparin is:-
- Vitamin K
 - Protamine sulfate
 - Naloxone
 - Calcium gluconate
44. The doctor has ordered 120mg of gentamicin injection. Available vials contains 80mg/3ml. calculate the amount of drug to be given in milliliters (mls)
- 3.5mls
 - 4.5mls
 - 1.5mls
 - 6mls
45. The following is correct concerning ketamine:-
- Causes dissociative anesthesia
 - Can be used for local anesthesia

- c. Is used for long-term surgeries
 - d. Interferes with normal breathing
46. A client reporting having menses after every 18 days is said to have:-
- a. Metrorrhagia
 - b. Epimenorrhoea
 - c. Menorrhagia
 - d. Hypermenorrhoea
47. Imperforate hymen results in:-
- a. Primary physiological amenorrhea
 - b. Secondary physiological amenorrhea
 - c. Primary pathological amenorrhea
 - d. Secondary pathological amenorrhea
48. Cervical incompetence is likely to cause:-
- a. Recurrent abortion
 - b. Ectopic pregnancy
 - c. Endometriosis
 - d. Cervical Ectropion
49. When abortion occurs at 17 weeks, evacuation of uterus should be done through:-
- a. Manual vacuum aspiration
 - b. Electric Vacuum aspiration
 - c. Administration of oxytocin
 - d. Dilatation and curettage
50. Post-coital test in assessment of infertility:-
- a. Is done immediately after the last day of menstruation
 - b. Should be done any time within 24 hours of intercourse
 - c. The couple is expected to abstain for at least 48 hours before the test
 - d. The semen is the specimen for the test

51. The following is NOT suggestive of Brain Death:-
- Non-reactive dilated pupils
 - High intracranial pressure
 - Absent gag reflexes
 - Absent corneal reflex
52. In a client with expressive aphasia, Communication is enhanced through:-
- Speaking loudly
 - Using a picture board
 - Combining sign language and speaking loudly
 - Sending text messages
53. Post-stroke a patient with homonymous hemianopia is observed to:-
- Be having preference for salty food
 - Forgetting the names of foods
 - Eating food on only half of the plate
 - Be having difficulties remembering names of people
54. The following is commonly associated with hemorrhagic stroke :-
- Old age
 - Female gender
 - Osteo-arthritis
 - Hypertension
55. For a client with Dysphagia post CVA, the nurse should advise the family to:-
- Maintain the patient on upright position while feeding
 - Ensure the patients' food is highly liquid
 - Teach the patient to eat fruits and vegetables only
 - Play music to the patient while feeding to enhance ingestion
56. Patients with seizures should be told that an aura refers to:-
- A form of epilepsy common among children
 - A symptom that occurs before a seizure
 - A post-ictal state of amnesia
 - A feeling of relaxation after a seizure
57. Upon noticing signs of autonomic dysreflexia, the nurse should:-
- Call for help from ICU doctors
 - Rule out bladder distension and Fecal impaction
 - Lower the patient's bed and start chest compressions
 - Administer Atropine and Adrenalin
58. While managing a patient with secondary head injury, the nurse should avoid:-
- Administration of mannitol
 - Use of hypotonic solutions
 - Attempts to elevate the head of the patient

- d. Keeping the patient Nil Per Oral.
59. In decerebrate posturing there is:-
- Dilatation of all pupils with flexion of the neck and extension of the hands
 - Hunched over back, rigid flexion of extremities and rotation of the neck
 - Arching of the back with rigid extension of all four extremities
 - Supination of arms, rotation of the neck and dorsiflexion of the feet
60. The following is a form of primary head injury:-
- Loss of vasomotor center functions
 - Increased intracranial pressure
 - Scalp laceration
 - Loss of memory
61. Respiratory failure type 1 is mainly characterised by:-
- Hypoxaemia
 - Hypercapnia
 - Tachypnoea
 - Bradypnoea
62. The following is NOT a COVID-19 guideline in management of active cases as per WHO guidelines 2020:-
- Closed Suctioning
 - DNR (Do not resuscitate)
 - Nebulization using oxygen connected to a nebulisation Kit
 - Barrier Nursing and Isolation
63. The following consideration should be observed in patients with Chronic Obstructive Pulmonary Disease(COPD):-
- Administration of low flow oxygen therapy
 - Administration of high flow oxygen
 - Withholding oxygen therapy
 - Administering oxygen PRN

64. A mechanism NOT indicative of respiratory distress includes:-
- Central Cyanosis
 - Use of accessory muscles during breathing
 - Tachypnoea
 - Dyspnoea
65. Receptors that monitor and respond to changes in arterial levels of oxygen and carbon dioxide in blood are:-
- Chemoreceptors
 - Baroreceptors
 - Juxta glomerular apparatus
 - Choroid plexus
66. Chest physiotherapy is usually indicated to enhance:-
- Loosening of secretions
 - Postural drainage of secretions
 - Mobilising secretions
 - Stimulate cough and gag reflex
67. The following breath sound is indicative of accumulation of fluid in the lungs:-
- Stridor
 - Crackles
 - Wheeze
 - Rales
68. Regulation of the rate of respiration is controlled by:-
- Pontine respiratory group
 - Dorsal respiratory group
 - Ventral respiratory group
 - Apneustic centre
69. Trapping of air in the pleural cavity is referred to as:-
- Hemothorax
 - Chylothorax
 - Pneumothorax
 - Cardiac tamponade

70. The definitive management for carbon monoxide poisoning is:-
- High flow oxygen therapy
 - Low flow oxygen therapy
 - Suctioning
 - High fowlers positioning
71. Oral cholecystography:-
- Allows for the visualization of the urinary bladder
 - Must be done as an inpatient procedure
 - Can be used to diagnose gallstones
 - Should be performed under local anesthesia
72. Foods that predispose individuals to cancer of the colon include:-
- Low fiber, high protein
 - High fat, high fiber
 - Low protein, low fiber
 - Low fiber, low fat
73. A defect in the diaphragm that permits a portion of the stomach to pass through the diaphragm in the chest is a -----hernia.
- Diaphragmatic hernia
 - Umbilical hernia
 - Hiatus hernia
 - Inguinal hernia
74. When feeding a stroke patient :-
- Position the patient sitting up in bed before commencing feeding
 - Check the patient's gag and swallowing reflexes prior to starting feeds.
 - Feed the patient quickly
 - Suction the patient's secretions between bites of food
75. The appropriate position for a patient who has undergone esophagectomy secondary to cancer of the esophagus is:-
- Supine
 - Prone
 - Semi-fowler's
 - Lateral

76. Nursing interventions for acute appendicitis include :-
- Having the patient ambulate and range of motion exercises
 - Bedrest and nil per oral status till surgery
 - Give an enema and administer analgesics
 - Apply heat pack to relieve pain and bedrest
77. The correct order for abdominal assessment is :-
- Inspection, percussion, auscultation, palpation
 - Inspection, auscultation, percussion, palpation
 - Inspection, auscultation, palpation, percussion
 - Auscultation, percussion, palpation, inspection
78. The type of hepatitis transmitted through fecal-oral route is:-
- Hepatitis A
 - Hepatitis B
 - Hepatitis C
 - Hepatitis D
79. The three major factors associated with increased risk of pancreatic carcinoma are:-
- Diabetes mellitus, high protein diet, obesity
 - Obesity, hypertension, age 35-40 years
 - Hypertension, tobacco use, age 35-40 years
 - Diabetes mellitus, tobacco use, high fat diet
80. The earliest symptom associated with cancer of the oesophagus is:-
- Dyspnoea
 - Regurgitation
 - Dyspepsia
 - Dysphagia
81. Management of osteoporosis includes:-
- Increased calcium intake, decreased coffee intake
 - Performing weight bearing exercises, Increased calcium intake
 - Decreased calcium intake, engaging in regular moderate activity
 - Cessation of smoking, avoiding weight bearing exercises

82. Rheumatoid arthritis presents with:-
- Heberden's nodes
 - Morning stiffness no longer than 30 minutes
 - Asymmetric joint swelling
 - Swan neck deformities
83. A 60 year old's susceptibility to osteoporosis is most likely related to:-
- Lack of exercise
 - Hormonal disturbances
 - Lack of calcium
 - Chronic illness.
84. Conservative management of osteoarthritis include:-
- Adequate intake of calcium and vitamins
 - Limit daily intake of meat and fish in diet
 - Weight reduction, avoiding joint overuse
 - Weight bearing exercise for middle aged
85. The cells that are responsible for bone resorption are:-
- Osteocytes
 - Osteoblasts
 - Osteoclasts
 - Osteolytes
86. Greenstick fractures :-
- Are incomplete fractures
 - Are compound fractures
 - Occur commonly in old age
 - They always require open reduction and internal fixation
87. Principles of fracture management are:-
- Prevention of contractures, reduction, immobilization
 - Preventing shock, prevention of compartment syndrome and management of complications
 - Reduction, immobilization, rehabilitation
 - Reduction, pain management, infection prevention

88. A life threatening bacterial complication following fractures is:-
- Pulmonary embolism
 - Gas gangrene
 - Fat embolism
 - Compartment syndrome
89. Following fractures, fat embolism is likely to occur:-
- In the 2nd-3rd week
 - Within 24-72 hours
 - After 7 days
 - Within the first 1 hour
94. Meniere's disease:-
- Is characterised by episodes of incapacitating vertigo
 - Is managed by increasing sodium and water intake
 - Causes sensory neural hearing loss
 - Is a disease of early childhood
95. Otitis media:-
- Is a disease of the elderly
 - Is typically preceded by an upper respiratory tract infection
 - Always has a chronic course
 - Is managed by tympanotomy
96. Regarding rhinitis:-
- Allergic forms are treated by antihistamines
 - Infective forms are typically caused by bacterial organisms
 - Typically precedes lower respiratory tract infections
 - Refers to inflammation of the pharyngeal mucosa
97. In conducting the Weber test:-
- The vibrating tuning fork is placed on the mastoid bone
 - The vibrating tuning fork is placed on the forehead
 - Comparing air and bone conduction is essential
 - Comparing bone conduction to sensory neural hearing is essential
98. Functioning of the oculomotor nerve and extra-ocular eye muscles is ascertained by assessing:-
- Disc characteristics
 - Six cardinal fields of gaze

- c. Macular characteristics
- d. Red reflex

99. The appropriate health teaching for a client with glaucoma includes:-

- a. Glaucoma eye medications will need to be administered for life
- b. Decrease fluid intake to control the intraocular pressure
- c. Avoid overuse of the eyes
- d. Decrease the amount of salt in the diet

100. Aphakia in cataract surgery refers to :-

- a. Retinal detachment
- b. Loss of accommodation
- c. A “keyhole” pupil
- d. Absence of the crystalline lens

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