



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

DNS 321/ DCHN 224: COLLEGE FINAL PAPER I

DATE: 17TH JANUARY 2024

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 20 Questions **per page** in the Answer Booklet
4. **Answer ALL questions.**

1. In fever, when the temperature set point in the hypothalamus returns to normal after an initial elevation, the patient presents with:-
 - A. Diaphoresis
 - B. Shivering
 - C. Goose bumps
 - D. Cold clammy skin

2. A full-liquid diet includes:-
 - A. Mango juice.
 - B. Black tea
 - C. Chicken broth
 - D. Apple Juice

3. Reintroduction of enteral nutrition in the post-surgical patient is guided by: -
 - A. Resumption of bowel sounds
 - B. Resumption of the gag reflex
 - C. Patient's request for water
 - D. Patient's stable vital signs

4. The Ethical principle guiding nursing practice that requires nurses to provide privacy for clients during procedures is:-
 - A. Informed Consent
 - B. Autonomy
 - C. Veracity
 - D. Justice

5. The legal tort for which a nurse who slaps a mother in the second stage of labour to elicit cooperation is liable for is :-
 - A. Assault
 - B. Battery
 - C. Negligence
 - D. Invasion of privacy

6. The three forces responsible for pressure ulcer formation are:-
 - A. Shear, friction and pressure
 - B. Shear, maceration and weight
 - C. Maceration, weight and wetness
 - D. Weight , pressure and dryness

7. The cluster of physical manifestations referred to as the Cushing's triad which is seen in Cushing's syndrome includes:-
- A. Buffalo Hump, moon face, truncal obesity
 - B. Irritability, striae, hypertension
 - C. Peptic ulcers, immunosuppression, muscle weakness.
 - D. Hypoglycemia, immunosuppression, hypertension
8. Measures taken to reduce the risk of injury associated with muscle weakness in Cushing's disease include:-
- A. Provide a diet high in protein, calcium, and vitamin D
 - B. Avoid use of adhesive tape on skin
 - C. Explain to patient and family the cause of emotional instability
 - D. Encourage the patient to do vigorous weight lifting exercises every morning.
9. In Addison's disease:-
- A. A urine output greater than 30mls/minute is indicative of deficient cardiac output
 - B. Psychological stress can cause cardiovascular collapse
 - C. Exogenous insulin administration is essential
 - D. Salt cravings can be managed by encouraging plain water intake
10. A patient with the excess of growth hormone before puberty is likely to suffer from:-
- A. Gigantism
 - B. Acromegaly
 - C. Dwarfism
 - D. Muscular atrophy
11. Positive Chvostek and Trousseau's sign are typically seen in:-
- A. Hyperaldosteronism
 - B. Hypoparathyroidism
 - C. Cushing's syndrome
 - D. Diabetes Mellitus
12. The following is a key nursing intervention for a patient with diabetes insipidus :-
- A. Encourage increased oral fluid intake and monitor serum potassium levels
 - B. Administer prescribed oral hypoglycemic agent and monitor blood sugar levels
 - C. Administer a simple sugar sublingually STAT and monitor blood sugar levels
 - D. Administer Calcium gluconate immediately and provide complete bedrest.

13. Evidence of microvascular disease in the lower extremities of a patient with Diabetes mellitus includes:-
- A. Increased pulse volume in the dorsalis pedis pulse, limbs are warm on palpation
 - B. Presence of brown spots on the lower extremities, limbs are cool on palpation
 - C. Limbs turn pink on elevation, Increased pulse rate of dorsalis pedis pulse
 - D. Capillary refill of less than 2 seconds, presence of pink spots on the lower extremities
14. Acromegally:-
- A. Is characterized by coarse facial features, thick oily skin and offensive body odour
 - B. Is characterized by a smaller than normal stature with proportional body parts
 - C. Develops suddenly, has an acute course and is rapidly fatal
 - D. Is managed by administration of Growth Hormone analogues
15. A client with Hypothyroidism presents with:-
- A. Cold intolerance, Hoarse voice
 - B. Diarrhoea and increased appetite
 - C. Pulse rate of 100 bpm, irritability
 - D. Temperature of 38.5° C, amenorrhoea
16. 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
17. The following nursing action is intended to reduce hyper viscosity associated with vaso occlusive crisis in a patient with sickle cell disease:-
- A. Ensure patient is eating balanced diet
 - B. Provide adequate rest periods
 - C. Ensure adequate fluid intake
 - D. Administer pain medication

18. The type of leukemia, commonly associated with the pediatric population and characterized by abnormal proliferation of immature white blood cells is: -
- A. Chronic lymphoblastic leukemia
 - B. Acute myeloid leukemia
 - C. Acute lymphocytic leukemia
 - D. Chronic lymphocytic leukemia
19. When administering a blood transfusion, the patient should be monitored for a transfusion reaction for the first :-
- A. 15 minutes.
 - B. 30 minutes.
 - C. 45 minutes.
 - D. 60 minutes.
20. 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
21. 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.
22. The normal erythrocyte has a Lifespan of
- A. 10 Days
 - B. 120 Days
 - C. 60 Days
 - D. 250 Days
23. Patients with chronic renal disease are likely to have iron deficiency anaemia due to:-
- A. Deficiency of Erythropoietin
 - B. Deficiency of 1-25 dihydrocholecalciferol
 - C. Increased iron loss
 - D. Decreased iron absorption

24. Non Steroidal Anti Inflammatory Drugs (NSAIDS) are contraindicated in patients with hemophilia 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
25. Hydroxy urea therapy when used in sickle cell disease, decreases episodes of painful crises by increasing:-
- A. The lifespan of Sickle Red Blood cells
 - B. Production of Fetal Hemoglobin
 - C. The rate of removal of abnormal erythrocytes
 - D. The production of Adult Hemoglobin
26. Deficiency of Vitamin B₁₂ is associated with:-
- A. Strict vegetarian diets
 - B. Iron deficiency anaemia
 - C. Adequate Intrinsic Factor
 - D. Increased intake of red meat
27. The type of hemoglobin present in a patient who has sickle cell anemia is:-
- A. Hemoglobin AA
 - B. Hemoglobin FF
 - C. Hemoglobin SS
 - D. Hemoglobin AC
28. The breathing pattern associated with increased intracranial pressure or damage to medulla is:-
- A. Kussmaul breathing
 - B. Cheyne-Stokes respirations
 - C. Biot's breathing
 - D. Hyperventilation
29. A patient with the following features is suspected to have high intracranial pressure:-
- A. Projectile vomiting and narrow pulse pressure
 - B. Wide pulse pressure and reflex vomiting
 - C. Mydriasis and a wide pulse pressure
 - D. Cushing's triad and narrow pulse pressure

30. Global aphasia is associated with damage to the:-
- A. Broca's and Wernicke's areas
 - B. Basal ganglia and brain stem
 - C. Reticular activation system and Broca's areas
 - D. Cerebellum and Brain stem
31. Gullain Barre Syndrome (GBS) characteristically presents with:-
- A. Descending paralysis
 - B. Ascending paralysis
 - C. Loss of recent and remote memory
 - D. Both flaccid and spastic paralysis
32. When providing oral care to a patient with stroke,
- A. Place client on the back with a small pillow under the head
 - B. Keep portable suctioning equipment at the bedside
 - C. Open clients' mouth with a padded tongue blade
 - D. Clean clients' mouth and teeth with a tooth brush
33. The following neurotransmitter is associated with sleep, mood and appetite
- A. Acetylcholine
 - B. Dopamine
 - C. Serotonin
 - D. GABA
34. The area of the brain involved with understanding the meaning of words is: -
- A. Brocas area
 - B. Associations area
 - C. Wernicke's Area
 - D. Motor speech Area
35. The location of the blood brain barrier is at the: -
- A. Level of the brain capillaries
 - B. Level of the glia
 - C. Level of the neurons
 - D. Level of the dendrites
36. Focal Seizures:-
- A. Are common among children only
 - B. Originate from specific parts of the brain
 - C. Are best treated using diazepam
 - D. Usually present with Tonic clonic seizures

37. Poliomyelitis characteristically presents with:-
- A. Descending paralysis
 - B. Ascending paralysis
 - C. Loss of recent and remote memory
 - D. Both flaccid and spastic paralysis
38. In pulmonary embolism (PE):-
- A. There is a clot formation in the pulmonary vein and or its branches
 - B. There is obstruction of the Pulmonary artery or one of its branches
 - C. Trauma, pregnancy and Valsava maneuvers are common predisposing factors
 - D. Old age, heart failure and intestinal obstruction are risk factors
39. The following finding is suggestive of a pneumothorax in a patient with chest trauma;
- A. Absent breath sounds
 - B. Inspiratory wheezing
 - C. Dullness on chest percussion
 - D. Pronounced crackles
40. Pleural effusion is a complication of:-
- A. Heart failure, nephritic syndrome, pulmonary tuberculosis
 - B. Pneumonia, upper respiratory infections, post thoracotomy
 - C. Penetrating chest trauma, bronchitis, haematogenous infection of the pleural space
 - D. Pulmonary embolism, lung cancer, post thoracentesis
41. The characteristic signs and symptoms of laryngo tracheo-bronchitis are;
- A. Stridor, subglottic edema.
 - B. Wheeze, vomiting.
 - C. Chest pain, pyrexia.
 - D. Spasmodic cough, copious vomiting.
42. Status asthmaticus can be precipitated by:-
- A. Infection, tranquilizers overdose, emphysema, anxiety
 - B. Tranquilizers overdose, nebulizer abuse, anxiety, infection
 - C. Tranquilizers overdose, anxiety, blebs and aspirin overdose
 - D. Emphysema, infection, nebulizer abuse and bullae

43. Broncho-pneumonia presents with:-
- A. Stabbing chest pain, low grade fever, dry cough and low pulse.
 - B. Nasal flaring, fever, cyanosis and stabbing chest pain
 - C. Rapid pulse, nasal flaring, barrel chest and low grade fever
 - D. Low grade fever, nasal flaring, stabbing chest pain and low pulse.
44. Barrel chest is a feature of:-
- A. Heart failure, kyphosis
 - B. Kyphosis, emphysema
 - C. Emphysema, osteoarthritis
 - D. Drug resistant tuberculosis, emphysema
45. The expected outcomes for a patient who has "Risk for impaired gas exchange related to fluid overload" is:-
- A. No shortness of breath, scaphoid abdomen.
 - B. Chest X-ray normal, improved gas exchange.
 - C. Respiratory rate less than 20 breaths/min, skin colour normal.
 - D. Heart rate less than 100 beats/min, increased urine output
46. In chronic bronchitis; -
- A. There is cough and sputum production for at least 3 months in 2 consecutive years.
 - B. There is destruction of alveoli walls due to severe infection and increased secretion.
 - C. There is increased ciliary function in the airway.
 - D. There is flow limitation and is not fully reversible
47. Sequestrectomy is a surgical procedure performed in :-
- A. Chronic osteomyelitis
 - B. Rheumatoid arthritis
 - C. Chronic osteomalacia
 - D. Compartment syndrome
48. Osteoarthritis is characterised by:-
- A. Formation of tophi within the joints
 - B. Appearance of osteophytes within the joint
 - C. Development of involucrum within the joint
 - D. Formation of pannus within joint

49. Indications for limb amputations include:-
- A. Crush injuries, severe burns
 - B. Acute osteomyelitis, benign tumours
 - C. Chronic osteomyelitis, congenital deformities
 - D. Peripheral vascular disease, osteoarthritis
50. Rheumatoid arthritis classically presents with:-
- A. Heberden's nodes
 - B. Morning stiffness no longer than 30 minutes
 - C. Asymmetric joint swelling
 - D. Swan neck deformities
51. The following is an early sign of compartment syndrome:-
- A. Paralysis
 - B. Numbness
 - C. Pain
 - D. Paleness
52. Conservative management of osteoarthritis include:-
- A. Adequate intake of calcium and vitamins
 - B. Limit daily intake of meat and fish in diet
 - C. Weight reduction, avoiding joint overuse
 - D. Weight bearing exercise for middle aged
53. Principles of fracture management are:-
- A. Prevention of contractures, reduction, immobilization
 - B. Preventing shock, prevention of compartment syndrome and management of complications
 - C. Reduction, immobilization, rehabilitation
 - D. Reduction, pain management, infection prevention
54. A life threatening bacterial complication following fractures is:-
- A. Pulmonary embolism
 - B. Gas gangrene
 - C. Fat embolism
 - D. Compartment syndrome

55. Following fractures, fat embolism is likely to occur:-
- A. In the 2nd-3rd week
 - B. Within 24-72 hours
 - C. After 7 days
 - D. Within the first 1 hour
56. The most disabling amputation is:-
- A. At the wrists
 - B. Below knee amputation
 - C. Above knee amputation
 - D. Hip disarticulation
57. Nursing interventions to prevent dislocation after hip replacement include:-
- A. Keep the affected hip in extension
 - B. Keep the affected hip in flexion
 - C. Keep the affected hip in adduction
 - D. Patient cross legs when seated
58. The class of heart failure associated with a notable previous history of thyrotoxicosis is:-
- A. Coronary Artery Disease
 - B. Conduction arrhythmia
 - C. Valvular defect
 - D. Increased Cardiac Output
59. Which of the following is a determinant of myocardial oxygen demand
- A. Heart rate
 - B. Myocardial contractility
 - C. Myocardial wall tension (stress)
 - D. All of the above
60. Majority of blood flow through coronary arteries happens during:-
- A. Systole
 - B. Diastole
 - C. Pre systole
 - D. Pre diastole

61. The following clinical finding is associated with development of Cor pulmonale: -
- A. Hypoglycaemia
 - B. Hypotension
 - C. Hypoalbuminemia
 - D. Hypoxemia
62. A cardiac troponin T level assay is performed to assist in diagnosing :-
- A. Heart failure
 - B. Atrial fibrillation
 - C. Myocardial infarction
 - D. Ventricular tachycardia
63. Oral furosemide (Lasix), is preferably taken in the morning for patients with Congestive Cardiac Failure to:-
- A. Prevent electrolyte imbalance
 - B. Retard rapid drug absorption
 - C. Prevent sleep disturbances during the night
 - D. Eliminate fluids accumulated during the night
64. The main goal of therapy in pulmonary edema is to:-
- A. Increase cardiac output
 - B. Improve respiratory rate
 - C. Decrease peripheral edema
 - D. Enhance comfort
65. The Vasomotor center which regulates the Cardio Vascular System is located in the:-
- A. Cerebrum
 - B. Medulla Oblongata
 - C. Mid-brain
 - D. Cerebellum
66. Digoxin (Lanoxin) is administered in patients with heart failure to:-
- A. Dilate coronary arteries
 - B. Decrease cardiac arrhythmias
 - C. Increase myocardial contractility
 - D. Eliminate excess sodium from the body
67. A complication commonly associated with peritonitis is:-
- A. Diarrhea
 - B. Increased intestinal motility
 - C. Constipation
 - D. Paralytic ileus

68. Duodenal ulcers:-
- A. Are characterised by pain relieved by eating
 - B. Are more common in women than men
 - C. Mostly present with melena stool
 - D. Present with pain which occur $\frac{1}{2}$ - 1 hour after meals
69. The diet of a client with patient with liver cirrhosis should be a :-
- A. Low calorie , low protein diet
 - B. High protein, low residue diet
 - C. High calorie, High protein
 - D. High calorie, high residue
70. The appropriate intervention for a patient with Cholecystitis includes:-
- A. Encouraging the patient to take small frequent feeds
 - B. Administering 0.9% Normal saline alternating with 10% dextrose
 - C. Advising the patient to take high fat diet to enhance bile secretion
 - D. Administration of morphine 10mg IV and diazepam 10mg per oral
71. The following are causes of functional intestinal obstruction:-
- A. Intussusception, volvulus
 - B. Hyperkalemia, faecal impaction
 - C. Peritonitis, paralytic ilies
 - D. Peritonitis , hyperkalemia
72. One of the following parts of the nephron is the point of action for furosemide:-
- A. Proximal tubule
 - B. Descending limb of the loop of Henle
 - C. Ascending limb of the loop of Henle
 - D. Distal tubule
73. The following urinary output in 24 hours indicate that your patient is in Oliguria:-
- A. 1000mls- 1200mls
 - B. 200mls-400mls
 - C. 400mls-800mls
 - D. 800mls-1000mls
74. The most common causative organism for urinary tract infection is:-
- A. Chlamydia
 - B. Escherichia coli
 - C. Mycoplasma
 - D. Staphylococcus aureus

75. Clinical manifestations of Acute glomerulonephritis include:-
- A. Chills and flank pains
 - B. Oliguria and generalized edema
 - C. Hematuria and proteinuria
 - D. Dysuria and hypotension
76. For a patient with an ileostomy, the priority nursing diagnosis is;
- A. Fluid volume deficit
 - B. Alteration in body image
 - C. Impaired oxygen exchange
 - D. Altered elimination pattern
77. Gastric ulcer pain is characterised by:-
- A. Burning sensation localized in the back or mid epigastrium
 - B. Filling of emptiness that precedes meals from 1-3 hours
 - C. Severe gnawing pain that increases in severity as the day progresses
 - D. Pain 1-3 hours after meals
78. Rovsing's sign in appendicitis is elicited by:-
- A. Deep palpation of the left iliac fossa that causes pain in the right iliac fossa
 - B. The patient lying with the right hip flexed for pain relief due to the inflamed appendix lying on the psoas muscle
 - C. Rebound tenderness on the abdominal wall
 - D. Flexion and internal rotation of the hip joint causing spasms
79. The rationale for bed rest when managing ulcerative colitis is to:-
- A. Reduce peristalsis
 - B. Reduce pain
 - C. Improve colonic emptying
 - D. Improve digestion
80. The following should be avoided by patients with pelvic inflammatory disease (PID)
- A. Sitz baths
 - B. Douching
 - C. Vulval toileting
 - D. High fluid diet
81. Dysfunctional uterine bleeding:-
- A. Presents with no identifiable pathology
 - B. Is common among middle aged women
 - C. Bacterial infection is the most common cause
 - D. Is managed using estrogen only pills

82. Features of menopause include:-
- A. Increased vaginal discharge, weight gain
 - B. Osteoporosis, reduced cholesterol levels
 - C. Mood swings, weight loss
 - D. Hot flashes and cold flashes
83. Ovulation is triggered by:-
- A. Estrogen hormone
 - B. Progesterone hormone
 - C. Luteinizing hormone
 - D. Follicle stimulating hormone
84. A client reporting having menses after every 18 days is said to have:-
- A. Metrorrhagia
 - B. Epimenorrhoea
 - C. Menorrhagia
 - D. Hypermenorrhoea
85. Imperforate hymen results in:-
- A. Primary physiological amenorrhea
 - B. Secondary physiological amenorrhea
 - C. Primary pathological amenorrhea
 - D. Secondary pathological amenorrhea
86. Cervical incompetence is likely to cause:-
- A. Recurrent abortion
 - B. Ectopic pregnancy
 - C. Endometriosis
 - D. Cervical Ectropion
87. 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
88. 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

89. The following occurrence is a clinical concern in a post menopausal woman:-
- A. Hot flushes
 - B. Cold flushes
 - C. Per Vaginal Bleeding
 - D. Night sweats
90. The Rinne Test:-
- A. Is used to assess sound lateralisation
 - B. Compares sensory neural hearing to bone conduction
 - C. Compares air conduction to bone conduction
 - D. Is used to assess cochlear function
91. Meniere's disease:-
- A. Is characterised by episodes of incapacitating vertigo
 - B. Is managed by increasing sodium and water intake
 - C. Causes sensory neural hearing loss
 - D. Is a disease of early childhood
92. Otitis media:-
- A. Is a disease of the elderly
 - B. Is typically preceded by an upper respiratory tract infection
 - C. Always has a chronic course
 - D. Is managed by tympanotomy
93. Regarding rhinitis:-
- A. Allergic forms are treated by antihistamines
 - B. Infective forms are typically caused by bacterial organisms
 - C. Typically precedes lower respiratory tract infections
 - D. Refers to inflammation of the pharyngeal mucosa
94. In conducting the Weber test:-
- A. The vibrating tuning fork is placed on the mastoid bone
 - B. The vibrating tuning fork is placed on the forehead
 - C. Comparing air and bone conduction is essential
 - D. Comparing bone conduction to sensory neural hearing is essential
95. The rationale for administering penicillin on an empty stomach is: -
- A. To reduce the side effects
 - B. To reduce absorption rate
 - C. To ensure adequate absorption
 - D. To ensure adequate absorption of nutrients

96. Third (3rd) generation cephalosporins include: -
- A. Cefotaxime and ceftazidime
 - B. Cefixime and cefipime
 - C. Cefuroxime and cefaclor
 - D. Cephalexin and ceftriaxone
97. The rationale for taking in lots water by patients on fluoroquinolones is: -
- A. To prevent photosensitivity
 - B. To Compensate in case of nausea and vomiting
 - C. To Prevent hematuria
 - D. To Increase absorption of the drug
98. Drugs included in the initial phase of Tuberculosis treatment are: -
- A. Isoniazid, streptomycin, rifampicin and ethambutol
 - B. Ceftriaxone, kanamycin, capreomycine and gentamycin
 - C. Cycloserine, amikacin, isoniazid and pyrazinamide
 - D. Pyrazinamide, rifampicin, ethambutol and isoniazid
99. An anti-tubercular drug whose use requires regular patient eye sight examination is: -
- A. Ethambutol
 - B. Isoniazid
 - C. Streptomycin
 - D. Rifambutin
100. One of the following statement is true concerning amphotericin B
- A. Crosses blood brain barrier very well
 - B. Its metabolized in the kidneys
 - C. Has a half-life of 2 hours
 - D. Must be given slowly intravenously