



**AMREF INTERNATIONAL UNIVERSITY
SCHOOL OF MEDICAL SCIENCE
DEPARTMENT OF REHABILITATION MEDICINE
BACHELOR OF SCIENCE IN PHYSIOTHERAPY
END OF SEPT-DECEMBER 2024 TRIMESTER EXAMINATIONS**

UNIT CODE: PHT 131

**UNIT NAME: Basic life support and nursing skills
(special exam)**

DATE: Day/ Date/ AUGUST

TIME: TWO HOURS

START: 0:00 STOP : 0:00

INSTRUCTIONS (physical exams)

- 1. Do not write on this question paper**

(Marks and questions distribution as per program curriculum.)

INSTRUCTIONS (Online examinations)

1. This exam is marked out of 70 marks
2. This Examination comprises 3 Sections
3. This online exam shall take 2 Hours
4. Late submission of the answers will not be accepted
5. Ensure your web-camera is on at all times during the examination period
6. No movement is allowed during the examination
7. Idling of your machine for 5 min or more will lead to lock out from the exam
8. The Learning Management System (LMS) has inbuilt integrity checks to detect cheating
9. Any aspect of cheating detected during and or after the exam administration will lead to nullification of your exam
10. In case you have any questions call the invigilator for this exam on Tel. 0705833434 and or the Head of Department on Tel 0720491032
11. For adverse incidences please write an email to: amiu.examinations@amref.ac.ke

MULTIPLE ANSWER QUESTIONS (30 Marks)

1. The following founder of nursing served wounded soldiers during the Crimean war
 - A. Dorothea Orem
 - B. Florence Nightngale
 - C. Virginia Hernderson
 - D. Imogine Kings

2. Health was defined as a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity by the;
 - A. World Health Organization
 - B. International Council of Nurses
 - C. Nursing Council
 - D. World Federation of Health

3. The normal respirations rate ranges between;
 - A. 10-15 cycles per minute
 - B. 12-20 cycles per minute
 - C. 12-15 cycles per minute
 - D. 14-20 cycles per minute

4. The fifth vital sign is;
 - A. Body temperature
 - B. Pulse
 - C. Respiration
 - D. Pain

5. The pressure exerted by blood during contraction of the ventricles is;
 - A. Diastolic pressure
 - B. Mean arterial pressure
 - C. Systolic pressure.
 - D. Pulse pressure

6. The pressure exerted by blood when the ventricles are at rest is referred to as;
 - A. Diastolic pressure
 - B. Systolic pressure.
 - C. Pulse pressure
 - D. Mean arterial pressure

7. The lady with the lamp was
 - A. Imogin Kings
 - B. Florence Nightngale
 - C. Virginia Hernderson
 - D. Dorothea Orem

8. The following statements relate to cardiac arrest;
 - A. Lack of carotid pulse is gold standard for diagnosis
 - B. Lack of coronary pulse is gold standard for diagnosis
 - C. Lack of jugular pulse is gold standard for diagnosis
 - D. Lack of branchial pulse is gold standard for diagnosis

9. What it is and what it is not was the first nursing book written by
 - A. Ida Jean
 - B. Dorothea Orem
 - C. Florence Nightingale
 - D. Virginia Hernderson

10. Oral temperature should be taken with
 - A. 1-2 minutes
 - B. 2-3 minutes
 - C. 3-4 minutes
 - D. 4-5 minutes

11. On wound bed assessment, the following is a viable tissue.
 - A. Granulating tissue
 - B. Eschar tissue
 - C. Slough tissue
 - D. Necrotic tissue

12. The nursing process was discussed by;
 - A. Florence Nightngale
 - B. Emogine Kings
 - C. Virginia Herderson
 - D. Jean Orlando

13. In 1955, Nursing was defined as a unique function by;
 - A. Imogin Kings
 - B. Florence Nightngale
 - C. Virginia Hernderson
 - D. Dorothea Orem

14. An example of shockable electrocardiogram wave is
- A. Asystole
 - B. Ventricular fibrillation
 - C. Pulseless electrical activity
 - D. All of the above
15. During cardiopulmonary resuscitation, the rate of chest compressions should be
- A. 110-120 times/minute
 - B. 100-120 times/minute
 - C. 120-130 times/minute
 - D. 130-140 times/minute
16. In an adult, the depth of chest compression should be;
- A. 0.5inches to 2.4 inches
 - B. 1.0 inches to 2.4 inches
 - C. 1.5 inches to 2.4 inches
 - D. 2.0 inches to 2.4 inches
17. The ratio of chest compression to rescue breaths with only one rescuer is;
- A. 15:2
 - B. 30:2
 - C. 15:1
 - D. 30:1
18. Oral temperature should be taken with
- A. 1-2 minutes
 - B. 2-3 minutes
 - C. 3-4 minutes
 - D. 4-5 minutes
19. The position where the patient lies on his back is referred to
- A. Prone
 - B. Fowlers
 - C. Supine
 - D. Lateral
20. The following is an example of natural biological mass disaster
- A. Disease outbreak
 - B. Earth quake
 - C. Heat wave
 - D. Volcanic eruption

21. In cardiopulmonary resuscitation, R.O.S.C. stands for;
- A. Return Of Systemic Blood Circulation
 - B. Return Of Spontaneous cardiac Cycle
 - C. Return Of Subcutaneous Blood Circulation
 - D. Return Of Spontaneous Blood Circulation
22. While examining the patients spinal column, the patient should lie on
- A. Prone position
 - B. Fowlers position
 - C. Supine position
 - D. Lateral position
23. The bed made when it is about to be occupied by a new patient is called;
- A. Open bed
 - B. Closed bed
 - C. Occupied bed
 - D. Unoccupied bed
24. The following are the indications of lithotomy position
- A. To improve circulation
 - B. Position for sigmoidoscopy and protoscopy
 - C. For vaginal examination & hysterectomy
 - D. Patients with deep vein thrombosis
25. The purpose of comprehensive patient assessment is to;
- A. Identify life threatening problem
 - B. Compare clients current status to baseline data
 - C. Obtain baseline information
 - D. Treat the patient
26. The bed suitable for patient presenting with dyspnoea is;
- A. Open bed
 - B. Cardiac bed
 - C. Closed bed
 - D. Occupied bed
27. The physical removal of foreign materials from an equipment is called;
- A. Disinfection
 - B. Cleaning
 - C. Sterilization

D. Decontamination

28. The following statements relate to cardiac arrest;
- A. Lack of carotid pulse is gold standard for diagnosis
 - B. Lack of coronary pulse is gold standard for diagnosis
 - C. Lack of jugular pulse is gold standard for diagnosis
 - D. Lack of branchial pulse is gold standard for diagnosis
29. The first action in an out of hospital cardiac arrest incidence is;
- A. Surveillance and prevention
 - B. Immediate high quality cardio pulmonary resuscitation
 - C. Recognition and activation of the emergency response
 - D. Basic and advanced emergency medical services
30. The following is an example of man made disaster;
- A. Heat waves
 - B. Land slides
 - C. War fares
 - D. Drought

SECTION B: SHORT ANSWER QUESTIONS. ATTEMPT ALL THE QUESTIONS (20 MARKS)

- 31. State three (3) cardinal signs of cardiac arrest (6 marks)
- 32. Outline, at least four (4) body areas where you can record temperature from (8 marks)
- 33. Define the term Nursing as defined by Virginia Hernderson (2 marks)
- 34. State four (4) treatable causes of cardiac arrest (4 marks)

SECTION C: LONG ANSWER QUESTION. ATTEMPT ALL THE QUESTIONS (20 Marks)

- 35. You were walking along the park and found a adult man lying down an responsive. Discuss how you would manage this situation (10 marks)
- 36. Describe the procedure that you would follow when feeding a patient via nasal gastric tube (10 marks)