



**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

(Main Exam)

DATE: Wednesday/ 11th/ December

TIME: TWO HOURS

START: 6pm STOP : 8pm

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

SECTION A.

MULTIPLE CHOICE QUESTIONS. ANSWER ALL QUESTIONS. (30 Marks)

1. Normal adult pulse rate is;
 - A. 80- 130 beats/min
 - B. 75- 120 beats/min
 - C. 60-100 beats/min
 - D. 60-90 beats/min

2. The following is referred to as “the lady with a lamp”
 - A. Virginia Henderson
 - B. Dorothea Orem
 - C. Calister Roy
 - D. Florence Nightgale

3. The sitting position in which the patient’s head is elevated at 45 to 60 degrees refers to;
 - A. Fowlers position
 - B. High fowlers position
 - C. Dorsal recumbent position
 - D. Semi-fowlers position

4. The author of the notes on nursing textbook is;
 - A. Virginia Henderson
 - B. Florence Nightgale
 - C. Dorothea Orem
 - D. Calister Roy

5. The recent international year of the nurses and midwives was celebrated in which year:
 - A. 2020
 - B. 2021
 - C. 2022
 - D. 2023

6. Mass disaster is considered to have occurred when the number of casualties in a single event exceed;
 - A. 13
 - B. 12
 - C. 11
 - D. 10

7. The depth of chest compressions in an adult should be
- A. 5cms to 6 cms
 - B. 3cms to 6 cms
 - C. 2cms to 6 cms
 - D. 4cms to 6 cms
8. In tredlenberg position, the foot of the bed is elevated at;
- A. 30 degrees angle
 - B. 45 degrees angle
 - C. 60 degrees angle
 - D. 90 degrees angle
9. The following Electro cardiogram waves are classified as shockable waves;
- A. Asystole
 - B. Pulseless electrical activity
 - C. Ventricular fibrillation
 - D. All of the above
10. The following relates to the first stage in management of a mass disaster seen;
- A. Noting status of the bodies
 - B. Comparison with medical records
 - C. Obtaining finger prints
 - D. Isolation and demarcation
11. The normal reading values for axillary temperature is
- A. 36.0– 37.0 °C
 - B. 32.9-37.5 °C
 - C. 37.0 – 38.1 °C
 - D. 36.8 – 37.9°C
12. To facilitate physical examination of spinal column, place the patient in;
- A. Supine position
 - B. Lateral position
 - C. Dorsal recumbent position
 - D. Prone position

13. In resuscitation, A.E.D refers to;

- A. Automatic External Defibrillator
- B. Automated External Defibrillator
- C. Automated Extended Defibrillator
- D. Autosomal External Defibrillator

14. In chest compressions, you should target to achieve how many compressions per minute

- A. 100-120 compressions/minute
- B. 60-100 compressions/minute
- C. 110-120 compressions/minute
- D. 90-100 compressions/minute

15. The following is an example of natural biological mass disaster

- A. Disease outbreak
- B. Earth quake
- C. Heat wave
- D. Volcanic eruption

16. 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

17. The process that eliminates many pathogenic microorganisms with the exception of bacterial spores from an innate objects is;

- A. Cleaning
- B. Disinfection
- C. Sterilization
- D. Soaking

18. The following is an example of man made disaster;

- A. Heat waves
- B. Land slides
- C. War fares
- D. Drought

19. The following electrocardiogram waves are classified as non-shockable waves;
- A. Pulseless electrical activity
 - B. Ventricular fibrillation
 - C. Pulseless ventricular tachycardia
 - D. None of the above
20. 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
21. The pressure exerted by blood during contraction of the ventricles is;
- A. Diastolic pressure
 - B. Mean arterial pressure
 - C. Systolic pressure
 - D. Pulse pressure
22. 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
23. 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
24. The following is the fifth vital sign;
- A. Body temperature
 - B. Pulse
 - C. Respiration
 - D. Pain

25. 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

26. Oral temperature should be taken with

- A. 1-2 minutes
- B. 2-3 minutes
- C. 3-4 minutes
- D. 4-5 minutes

27. 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

28. On wound bed assessment, the following is a viable tissue

- A. Granulating tissue
- B. Eschar tissue
- C. Slough tissue
- D. Necrotic tissue

29. The nursing process was discussed by;

- A. Florence Nightgale
- B. Emogine Kings
- C. Virginia Herderson
- D. Jean Orlando

30. 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

SHORT ANSWER QUESTIONS. ANSWER ALL THE QUESTIONS (20 MARKS)

1. State five (5) treatable causes of cardiac arrest (5 marks)
2. State three (3) fundamental roles of a nurse according to World Health Organization (6marks)
3. Outline, at least four (4) body areas where you can record temperature from (4 marks)
4. State at least three (3) purposes of bed making (3 marks)
5. Define the term “mass disaster” as defined by the World Health Organization (WHO) (2 marks)

LONG ANSWER QUESTIONS. ANSWER 2 OF THE FOLLOWING QUESTIONS (20 MARKS)

1. Discuss five (5) patients position used in the ward citing their indications (10 marks)
2. Discuss ten (10) patients rights during drug administration (10 marks)
3. Discuss five (5) phases of the Nursing Process (10 marks)