



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

DNS 122: Medical Surgical Nursing II

DATE: TUESDAY 2ND DECEMBER 2025

TIME: 2 HOURS

Start: 1115 HOURS

Finish: 1315 HOURS

INSTRUCTIONS

1. This exam will be marked **out of 70 Marks**
2. ALL Questions are compulsory.
3. The Examination has Three Sections: Section A- Multiple Choice Questions, Section B: Short Answer Questions, Section C: Long Essay Questions
4. Answer all Questions in the ANSWER BOOKLET provided
5. Do not write anything on the question paper
6. Use the back of your booklet for rough work if need be.

SECTION I: MULTIPLE CHOICE QUESTIONS (20 MARKS)

1. Septic shock is classified as a :-
 - A. Distributive shock
 - B. Obstructive shock
 - C. Cardiogenic shock
 - D. Neurogenic shock

2. The priority nursing action for a 68-year-old man presenting with chest pain that radiates to his jaw and persists despite rest and sublingual nitroglycerin is:-
 - A. Reassure the patient and monitor vital sign.
 - B. Obtain a 12-lead ECG
 - C. Administer a beta-blocker
 - D. Administer pain medications and monitor progress

3. The clinical feature warranting immediate action in a client with left-sided heart failure is:-
 - A. Crackles in the lung
 - B. Jugular vein distention
 - C. Dependent edema
 - D. Hepatomegaly

4. The following is NOT a common cause of impaired contractility in severe cardiac failure:-
 - A. Myocardial infarction
 - B. Severe anemia
 - C. severe lung disease
 - D. Arrhythmias

5. The following is NOT a complication of pacemaker use: -
 - A. Local infection
 - B. Cardiac perforation
 - C. Ventricular dystrophy
 - D. Pneumothorax

6. The reticuloendothelial system (RES) plays a key role in :-
 - A. Synthesis of clotting factors
 - B. Destruction of old red blood cells
 - C. Platelet aggregation
 - D. Iron absorption in the gut

7. The laboratory test is most sensitive for detecting early iron deficiency anemia is:-
- A. Serum iron
 - B. Total iron-binding capacity (TIBC)
 - C. Serum ferritin
 - D. Hemoglobin concentration
8. The hallmark morphological feature of megaloblastic anemia is:
- A. Microcytosis with hypochromia
 - B. Target cells with central pallor
 - C. Macro-ovalocytes and hyper segmented neutrophils
 - D. Schistocytes and spherocytes
9. One of the following is NOT a common cause of hemolytic anemia:-
- A. Autoimmune hemolysis
 - B. Glucose-6-phosphate dehydrogenase deficiency
 - C. Aplastic anemia
 - D. Sickle cell disease
10. The intervention is commonly used in the management of polycythemia vera is?
- A. Vitamin B12 replacement
 - B. Iron supplementation
 - C. Therapeutic phlebotomy
 - D. Platelet transfusion
11. The following condition is characterized by insufficient production of thyroid hormones
- A. Hypothyroidism
 - B. Hyperthyroidism
 - C. Thyroid storm
 - D. Thyroiditis
12. The primary goal of nursing care for a patient with hyperthyroidism.
- A. Promoting weight gain
 - B. Managing hypotension
 - C. Controlling fever
 - D. Restoring thyroid hormone balance

13. The hormone is produced by the adrenal cortex in response to stress is:
- A. Adrenaline
 - B. Aldosterone
 - C. Cortisol
 - D. Insulin
14. Addison's disease is primarily caused by:
- A. Excessive cortisol production
 - B. Adrenal gland tumor
 - C. Insufficient cortisol production
 - D. Pituitary gland dysfunction
15. The statement that best describes Essential and non-essential amino acids is :-
- A. All amino acids are essential for protein synthesis
 - B. Non-essential amino acids must be obtained through food sources
 - C. Essential amino acids cannot be synthesized by the body
 - D. Non-essential amino acids are only found in animal-based foods
16. The classical clinical feature seen in individuals with anorexia nervosa is:-
- A. Excessive intake of fatty foods
 - B. Severe underweight and distorted body image
 - C. Increased appetite and overeating
 - D. High levels of cholesterol
17. The vitamin deficient in a vegan diet is:-
- A. Vitamin A
 - B. Vitamin B₁₂
 - C. Vitamin C
 - D. Vitamin E
18. The following is the most common cause of osteomalacia: -
- A. Vitamin E deficiency
 - B. Vitamin D deficiency
 - C. Biotin deficiency
 - D. Vitamin K deficiency
19. The best type of food for a patient with severe congestive obstructive pulmonary disease is :-
- A. Green beans, boiled carrots, and steamed fish
 - B. Cut apples, fresh broccoli, and grilled chicken
 - C. Pureed sweet potatoes, ground turkey & gravy with mash potatoes
 - D. Fried chicken, French fries, and pudding

20. The primary pathological feature distinguishing Acute Respiratory Distress Syndrome (ARDS) from other forms of respiratory failure is:-
- A. Alveolar capillary membrane damage
 - B. Mucus plugging of the bronchi
 - C. Granulomatous inflammation
 - D. Bronchial hyperreactivity

SECTION II: SHORT ANSWER QUESTIONS (30 MARKS)

1. Describe five (5) key specific nursing interventions for a patient with acute vaso occlusive crisis in sickle cell disease (5 Marks)
2. State five (5) clinical manifestations of Cushing's syndrome. (5 Marks)
3. Explain five (5) potential complications of a patient post trans-sphenoidal hypophysectomy. (5 Marks)
4. State five (5) priority nursing interventions for a patient with thyroid storm (5 Marks)
5. Describe the specific management of a patient with pneumonia (5 Marks)
6. Describe the pathophysiology of asthma clearly outlining the clinical features correlated to the pathophysiological processes (5 Marks)

SECTION III: LONG ANSWER QUESTIONS (20 MARKS)

1. Globally, diabetes mellitus has become a major public health concern, affecting millions of people across all age groups.
 - a. Define diabetes mellitus (DM). (1 Mark)
 - b. List the three (3) main types of diabetes mellitus. (1.5 Marks)
 - c. List five signs of hyperglycemia in a patient with diabetes mellitus (2.5 Marks)
 - d. List four (4) factors that can predispose to diabetic Ketoacidosis in patients with Diabetes Mellitus (2 Marks)
 - e. List four (4) long complications associated with poorly managed diabetes mellitus (2 Marks)
 - f. Describe the specific nursing management of a patient with newly diagnosed diabetes mellitus. (11 Marks)