



AMREF INTERNATIONAL UNIVERSITY
SCHOOL OF MEDICAL SCIENCES
DEPARTMENT OF NURSING & MIDWIFERY SCIENCES
END OF SEMESTER EXAMINATION JAN-APRIL 2026 EXAMINATION

COURSE CODE AND TITLE: BSN 111: Fundamentals of Nursing I

DATE: 13TH APRIL 2026

Duration: 2 HOURS

Start: 2:00PM

Finish: 4:00PM

INSTRUCTIONS

1. This exam is out of 70 marks
2. This Examination comprises THREE Sections. Section I: Multiple Choice Questions (20 marks) Section II: Short Answer Questions (30 marks) and Section III: Long Answer Questions (20 marks)
3. Answer ALL Questions.
4. Do Not write anything on the question paper -use the back of your booklet for rough work if need be.

SECTION I: MULTIPLE ANSWER QUESTION (20 MARKS)

1. A nurse advocates for improved sanitation and proper ventilation in a maternity ward to reduce infection rates. Which nursing model best supports this action?
 - A) Orem's Self-Care Theory
 - B) Nightingale Environmental Theory
 - C) Peplau's Interpersonal Theory
 - D) King's Goal Attainment Theory
2. A nurse refuses to administer a medication because the prescription dosage appears unsafe and contacts the prescriber for clarification. Which ethical principle is the nurse primarily applying?
 - A) Autonomy
 - B) Justice
 - C) Non-maleficence
 - D) Fidelity
3. A competent adult patient refuses a life-saving blood transfusion due to religious beliefs. What is the nurse's most appropriate action?
 - A) Administer the transfusion to save life
 - B) Persuade the family to overrule the patient
 - C) Respect the patient's decision and document it
 - D) Report the patient to hospital management
4. A bedridden patient develops redness over the sacral area. Which nursing action is MOST appropriate?
 - A) Massage the area vigorously
 - B) Apply antiseptic and cover
 - C) Reposition the patient frequently
 - D) Ignore unless skin breaks
5. The assessment finding that is an example of subjective data is;
 - A) Blood pressure
 - B) Skin color
 - C) Patient's stated chief complaint
 - D) Respiratory rate

6. A nurse positions an unconscious patient laterally with the head slightly lowered. What is the main purpose?
 - A) Promote comfort
 - B) Prevent pressure ulcers
 - C) Prevent aspiration
 - D) Promote circulation
7. The step of the nursing process that involves analyzing patient data within the context of the patient's current situation to discover essential information for making patient care decision is;
 - A) Diagnosis
 - B) Assessment
 - C) Planning
 - D) Implementation
8. A nurse evaluates a patient's psychological, physical, social, and environmental needs during assessment. Which metaparadigm concept is mainly applied?
 - A) Environment
 - B) Person
 - C) Health
 - D) Nursing
9. A nurse encourages a stroke patient to perform daily activities independently to enhance recovery. Which nursing theory supports this intervention?
 - A) Orem's Self-Care Theory
 - B) Watson's Caring Theory
 - C) King's Theory
 - D) Leininger's Cultural Theory
10. A nurse assessing a patient asks about sleep patterns, nutrition, and stress management. Which assessment framework is being used?
 - A) ADPIE
 - B) Gordon's Functional Health Patterns
 - C) Nursing diagnosis
 - D) Concept mapping

11. What is the primary purpose of prioritizing problem-based nursing diagnoses in the nursing process?
- A) To identify current health issues and potential complications
 - B) To enhance communication among health-care team members
 - C) To evaluate care outcomes after interventions have been performed
 - D) To address patient concerns and preferences
12. A nurse teaches a diabetic patient how to self-administer insulin before discharge. Which nursing role is being demonstrated?
- A) Researcher
 - B) Educator
 - C) Care coordinator
 - D) Counselor
13. How does cultural diversity influence the collection of data during a nursing assessment?
- A) By necessitating the exclusion of certain cultural practices to maintain objectivity
 - B) By affecting communication styles, pain expression, and dietary considerations
 - C) By encouraging nurses to rely solely on objective data rather than subjective reports
 - D) By limiting the types of information that can be collected during the assessment process
14. A nurse notices increased patient dissatisfaction due to staff shortages and heavy workload. Which trend influencing nursing practice is illustrated?
- A) Evidence-based practice
 - B) Increased technological use
 - C) Shortage of nursing workforce
 - D) Global health partnerships
15. The emergency department nurse is caring for a patient who presents with sudden onset of chest pain, shortness of breath, and diaphoresis. What is an example that illustrates the nurse prioritizing a hypothesis?
- A) The nurse applies supplemental oxygen.
 - B) The nurse suspects the patient is experiencing a myocardial infarction.
 - C) The nurse takes the patient's vital signs.
 - D) The nurse administers pain medication to the patient.

16. A nurse participates in policy discussions organized by the National Nurses Association of Kenya. This activity mainly supports which function?
- A) Regulating nursing education
 - B) Representing nurses' interests
 - C) Issuing licenses
 - D) Providing clinical supervision
17. A nurse develops her personal philosophy emphasizing holistic patient care and cultural sensitivity. Which factor most influences personal philosophy?
- A) Clinical experience and beliefs
 - B) Government regulations
 - C) Hospital policy
 - D) Physician directives
18. A nurse uses SOAP notes when documenting patient progress. This represents which documentation system?
- A) Narrative documentation
 - B) Source-oriented record
 - C) Problem-oriented record
 - D) Charting by exception
19. During patient admission, which nursing action is MOST important for patient safety?
- A) Assigning a bed
 - B) Completing admission forms
 - C) Conducting a comprehensive assessment
 - D) Informing relatives
20. A nurse uses sterile gloves and instruments during wound dressing. This practice is an example of:
- A) Medical asepsis
 - B) Surgical asepsis
 - C) Reverse isolation
 - D) Barrier nursing only

SECTION II: SHORT ANSWER QUESTIONS (30 MARKS)

1. Describe how the nursing process promotes quality patient care and enhances patient outcomes. (5mks)
2. What is the difference between subjective and objective data while assessing a patient? (2mks)
3. Describe nursing care before and after blood transfusion to prevent complications. (5mks)
4. Explain the difference between barrier nursing and reverse barrier nursing using a clinical example. (2mks)
5. Describe how critical thinking improves patient safety during medication administration. (3mks)
6. A hospital introduces electronic health records. Explain how technological advancement as a current trend in nursing influences nursing practice and patient care. (5 marks)
7. A nurse faces pressure from family members to disclose a patient's diagnosis without consent. Explain how ethical principles guide the nurse's response. (3mks)
8. Explain the stages of grief and how nurses support grieving patients or families. (5mks)

SECTION II: LONG ANSWER QUESTION (20 MARKS)

1. A nurse is assigned to care for a diabetic patient who has poor wound healing, limited mobility, and poor self-care practices. The nurse must plan comprehensive nursing care.
 - a) Explain how nursing theories can guide patient care and decision-making in this scenario. (5mks)
 - b) Using Orem's Self-Care Theory and Nightingale's Environmental Theory, explain how each theory can guide nursing interventions for this patient. (5 marks)
 - c) Apply the nursing process to plan and deliver care for this patient. (5 marks)
 - d) Explain how Gordon's Functional Health Patterns can improve patient assessment and care planning. (5 marks)