



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

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

DATE: 5TH AUGUST 2026

Duration: 2 Hours

Start: 9AM

Finish: 11AM

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. The organization that represents Kenyan nurses globally is:
 - A. Nursing Council of Kenya
 - B. Kenya Professional Nurses Association
 - C. ECSACONM
 - D. International Council of Nurses

2. In the chain of infection, the mode of transmission refers to:

- A. Source of microorganisms
- B. How pathogens move from one host to another
- C. The susceptible host
- D. The infectious agent

3. The nursing intervention that helps prevent pressure ulcers in immobile patients is:

- A. Restricting fluids
- B. Frequent repositioning
- C. Bed rest
- D. Limiting hygiene

3. Which route of drug administration provides the fastest systemic effect

- A. Oral
- B. Intramuscular
- C. Subcutaneous
- D. Intravenous

4. The phase of wound healing that is characterized by the formation of granulation tissue is:

- A. Hemostasis
- B. Inflammatory
- C. Proliferative
- D. Maturation

5. A nurse collecting a sputum specimen before initiating antibiotics is demonstrating:

- A. Beneficence
- B. Proper diagnostic testing procedure
- C. Advocacy
- D. Delegation

6. A nurse refuses to administer a medication because the prescription dosage appears unsafe and contacts the prescriber for clarification. The ethical principle applied is:
- A. Autonomy
 - B. Justice
 - C. Non-maleficence
 - D. Fidelity
7. A competent adult patient refuses a life-saving blood transfusion due to religious beliefs. The nurse's most appropriate action is:
- 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
8. 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
9. 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
10. 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

11. 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
12. A nurse evaluates a patient's psychological, physical, social, and environmental needs during assessment. The metaparadigm concept being mainly applied is:
- A. Environment
 - B. Person
 - C. Health
 - D. Nursing
13. A nurse encourages patient with a stroke to perform daily activities independently to enhance recovery. the nursing theory that supports this intervention is:
- A. Orem's Self-Care Theory
 - B. Watson's Caring Theory
 - C. King's Theory
 - D. Leininger's Cultural Theory
14. A nurse assessing a patient asks about sleep patterns, nutrition, and stress management. The assessment framework is being used is:
- A. ADPIE
 - B. Gordon's Functional Health Patterns
 - C. Nursing diagnosis
 - D. Concept mapping
15. The primary purpose of prioritizing problem-based nursing diagnoses in the nursing process is
- 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

16. Nursing theories are important because they:

- A. Replace clinical judgment
- B. Guide nursing practice and education
- C. Eliminate the nursing process
- D. Focus only on disease treatment

17. The cultural diversity that influence the collection of data during a nursing assessment is:

- 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

18. A nurse notices increased patient dissatisfaction due to staff shortages and heavy workload. The trend influencing nursing practice illustrated is:

- A. Evidence-based practice
- B. Increased technological use
- C. Shortage of nursing workforce
- D. Global health partnerships

19. 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

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. A 65-year-old patient is admitted with shortness of breath and productive cough. Apply the nursing process (ADPIE) to plan care for this patient. (5 marks)
2. Describe nursing care before and after blood transfusion to prevent complications. (5marks)
3. A nurse is about to administer intravenous antibiotics and notices that the patient's identification band is missing. Explain the actions the nurse should take before administering the medication. (5 marks)
4. Describe how critical thinking improves patient safety during medication administration. (5marks)
5. A nurse faces pressure from family members to disclose a patient's diagnosis without consent. Explain FIVE ethical principles that guide the nurse's response. (5mks)
6. Explain the stages of grief and how nurses support grieving patients or families. (5mks)

SECTION II: LONG ANSWER QUESTION (20 MARKS)

1. A patient is admitted with a highly contagious infectious disease. The nurse is responsible for preventing the spread of infection within the ward.
 - a) Define nosocomial infections (2 marks)
 - b) Describe the chain of infection and its components. (8 marks)
2. Discuss the contributions of the following **FIVE (5)** nursing theorists to the nursing profession and explain how each theory can be applied in patient care: (10 marks)
 - a) Jean Watson
 - b) Imogene King
 - c) Betty Neumann
 - d) Hildegard Peplau
 - e) Virginia Henderson