

# MOI UNIVERSITY

## COLLEGE OF HEALTH SCIENCES SCHOOL OF NURSING

END OF TERM THREE EXAMINATION (ETE III) 2016/2017

COURSE TITLE: - BASIC NURSING SKILLS

COURSE CODE: - NSC 111/MSC 101

PROGRAMME: B.ScN/MBChB/MBcPT/MScMPY/MLS

YEAR OF STUDY: 1 (ONE)

DATE: THURSDAY, 2<sup>ND</sup> NOVEMBER, 2017

TIME: -9.00A.M. – 10.30 A.M.

### GENERAL INSTRUCTIONS:-

- (I) WRITE YOUR UNIVERSITY REGISTRATION NUMBER ON EVERY PIECE OF PAPER YOU USE.
- (II) DO NOT WRITE YOUR NAMES ON ANY PIECE OF PAPER YOU USE.

**SECTION 1**  
**MULTIPLE CHOICE QUESTIONS (MCQs) (55 minutes) (55 marks)**  
**TYPE II**

**INSTRUCTIONS**

- (i) EACH OF THE QUESTIONS IN THIS SECTION HAS A STEM STATEMENT FOLLOWED BY FIVE COMPLETIONS NUMBERED (a) TO (e). A GIVEN COMPLETION, WHEN ADDED TO THE STEM STATEMENT MAY PRODUCE A COMPLETE STATEMENT THAT IS TRUE (T) OR FALSE (F).
- (ii) INDICATE AGAINST THE APPROPRIATE NUMBERS IN THE ANSWER SHEETS PROVIDED WHETHER THE COMPLETE STATEMENTS IS TRUE (T) OR FALSE (F) BY PRINTING AN X IN THE BOX IN THE COLUMN HEADED T FOR TRUE OR F FOR FALSE.
- (iii) IF YOU DO NOT KNOW WHETHER THE COMPLETE STATEMENT IS TRUE OR FALSE, PRINT THE X IN THE COLUMN HEADED D (FOR DO NOT KNOW).
- (iv) A CORRECT RESPONSE EARNS YOU PLUS ONE MARK. AN X IN THE D COLUMN EARNS YOU ZERO MARK. ANY UNANSWERED OPTION COUNTS AS WRONG. A WRONG RESPONSE EARNS YOU ZERO MARK

1. Aseptic technique is defined as: -
  - ~~a) A method of cleaning wounds~~
  - ~~b) A way of caring for wounds~~
  - ~~c) A method of removing infected dressings~~
  - ~~d) Using gloves when cleaning the patients~~
  - e) Contamination
  
2. Blood pressure is a measure of: -
  - ~~a) The force exerted on blood vessels per unit area~~
  - ~~b) The force exerted on blood per unit area~~
  - ~~c) The force exerted on blood cell walls per unit area~~
  - ~~d) The force exerted on blood all walls per unit area~~
  - e) The speed at which the blood flows through the heart
  
3. Factors that influence pulse rate include:
  - ~~a) Position of the clients~~
  - ~~b) Sex or gender of client~~
  - ~~c) Weight of the client~~
  - ~~d) Age of the client~~
  - ~~e) Emotions of the client~~
  
4. When is complete bed bath is indicated?
  - a) The patients are reluctant to bath by themselves
  - ~~b) Patient is unconscious~~
  - ~~c) In quadriplegic patients~~
  - ~~d) Bedridden patients~~
  - e) Patient requests
  
5. The following are frequencies of drug administration
  - ~~a) PRN~~ ✓
  - ~~b) SOS~~
  - ~~c) Nocté~~
  - ~~d) QID~~ ✓
  - e) IV
  
6. Intravenous fluids used for infusion are as follows
  - ~~a) Sodium chloride 0.9 %~~
  - b) Blood
  - ~~c) Ringers lactate solution~~
  - ~~d) 50 % dextrose~~
  - e) Sodium hydrochloride 0.9%

Noted

7. The following are needles used for intramuscular injections

- a) 20 G
- b) 18 G
- c) 23 G
- d) 24 G
- e) 26 G

8. Identify positions used in patient's care:-

- a) Upright position
- b) Recovery position
- c) Propped up position
- d) Dorsal recumbent
- e) Sim's position

9. It is important that a health care provider adheres to the rules and regulations when handling specimen – such include: -

- a) Wearing protective gear
- b) Washing hands before and after the procedures
- c) Good laboratory practice
- d) Appreciating that all specimens are potentially infectious
- e) Assigning correct containers for different specimens is essentially the ideal

10. When taking blood pressure, one records the diastolic in which units: -

- a) M mercury
- b) mHgmmHg
- c) mmHg per blood
- d) mmHg
- e) Hgmm of blood

11. Causes of high temperature include: -

- a) Sitting in the sun for a long period of time
- b) Taking hot drinks, especially at night
- c) Diseases
- d) Severe dehydration
- e) Oedema

**SECTION II**  
**MULTIPLE CHOICE QUESTIONS (MCQs) (10 Minutes) (10 marks)**  
**TYPE III**

**INSTRUCTIONS:-**

- (I) EACH OF THE QUESTIONS IN THIS SUBSECTION CONSISTS OF A STATEMENT/QUESTION WHOSE MOST APPROPRIATE COMPLETION/ANSWER IS PROVIDED AMONG THE FIVE OPTIONS NUMBERED (a) - (e).
- (II) FOR EACH QUESTION SELECT THE MOST APPROPRIATE OPTION AND INDICATE BY PRINTING AN X IN THE APPROPRIATE BOX IN THE ANSWER SHEETS PROVIDED. IF YOU DO NOT KNOW THE ANSWER, PRINT X IN THE BOX IN THE 'D' COLUMN
- (III) A CORRECT RESPONSE EARNS YOU PLUS ONE MARK. AN X IN THE D COLUMN EARNS YOU ZERO MARK. ANY UNANSWERED OPTION COUNTS AS WRONG. A WRONG RESPONSE EARNS YOU NO MARK
- (IV) This section has a total of 15 marks

1. The following are the basic rules for documentation EXCEPT
  - a) Use direct quotes for objective assessments ↑
  - b) If a charting error is made, draw one line through the faulty information ↑
  - c) Chart only your own care eve when someone else calls you for a late entry ↑
  - d) Chart after care is provided, as soon as possible and as often as needed
  - e) Sign each block of charting with full legal initials ↑
2. The following are inadequate documentation EXCEPT
  - a) Not charting correct time when events occurred ↑
  - b) Failing to record verbal orders or failing to have them signed ↑
  - c) Document only in hand written format even when EMR is mandated
  - d) Charting actions in advance to safe time ↑
  - e) Documenting incorrect data ↑
3. What is the appropriate action to take if you think, a health care provider colleague is taking too much alcohol that is affecting his work
  - a) Join him for some drinks after work
  - b) Report him to the police
  - c) Confront him in front of the rest of workers
  - d) Refer him to an impaired health care providers program
  - e) It depends on how "hot" he is

- 10
4. Communication that you imagine what the patient and experiences yet NOT becoming a patient is:-
- a) Empathy
  - b) Respect and warmth
  - c) Concreteness
  - d) Irrimediacy
  - e) Authenticity or congruence
5. The following tasks facilitate the passage from grief to closure EXCEPT
- a) Accepting the reality of the loss
  - b) Finding new ways to transition to a life style of mourning
  - c) Experiencing the pain of grief
  - d) Adjusting to an environment that no longer include the lost person or aspect of self
  - e) Removing emotional energy into new relationship
6. Bereavement is the experience of:
- a) Loss
  - b) Funeral
  - c) Sympathy from others
  - d) Cultural patterns
  - e) Depression
7. The best example of verbal communication skill is:-
- a) Good vocabulary
  - b) Competence in presentations
  - c) Fluent speech
  - d) Organize educational training and research activities
  - e) Participate in training and research
8. The best method to facilitate the development of clinician- patient rapport is:
- a) Conducting a stress interview
  - b) Asking open ended questions
  - c) Using patients own words
  - d) Uncovering feelings
  - e) Understanding the patient
9. The sick role (patient- role) involves
- a) Being excused from various obligations
  - b) Being blamed for being ill
  - c) Committed to get unwell
  - d) Committed to not fellow medical advice
  - e) Commitment to not take treatment

10. The concept of justice in ethics is: -

- a) An obligation of the patient to the society
- b) That the health resources must be distributed according to principles of equity
- c) Taken as patients right to choose or refuse treatment
- d) For all medical professionals to do good for all patients under circumstances
- e) The obligation to do no harm to the patient

11. The relationship of various body parts to each other is.

- a) Body mechanics
- b) Alignment
- c) Physiology
- d) Kinesiology
- e) Body kinetics

12. The following are complications of immobility EXCEPT

- a) Muscle, bone atrophy and asthenia
- b) Contractors, constipation and pressure ulcers (bed sore)
- c) Urinary tract infection and disuse osteoporosis
- d) Hypostatic pneumonia, pulmonary embolism
- e) Alopecia, and hyperthermia

13. Core body temperature is highest at:

- a) Early morning
- b) Noon
- c) Late afternoon
- d) Evening
- e) Night

14. The following contribute to bradycardia EXCEPT

- a) Obesity
- b) Medications
- c) Being asleep
- d) Being male
- e) Decreased metabolic needs

15. The Medication Administration Record (MAR) must specify information which include:

- a) The clients weight, hair colour, and identification marks
- b) The client's food or medication allergies
- c) The client's name
- d) The name of the health care provider who prescribed each medication listed
- e) B, C and D

The report that serves as a legal record of the drugs administered to a patient at a health facility by a health care professional.

SHORT ANSWER QUESTIONS (SAQs) (20 minutes) (20 marks)

INSTRUCTIONS:

- (i) THERE ARE TWO (2) QUESTIONS IN THIS SECTION
- (ii) ANSWER ALL THE TWO (2) QUESTIONS
- (iii) START EACH QUESTION ON A FRESH PAGE OF THE BOOKLET
- (iv) EACH QUESTION IS ALLOCATED 10 MINUTES

1. Temperature is one of the most vital sign in illness
- a) Define temperature (1 mark)
  - b) List six (6) sign and symptoms of high temperature (3 marks)
  - c) Describe three (3) ways in which the body loses heat (6 marks)
    - ✓ sweating
    - ✓ Respiration
    - ✓ Evaporation
    - ✓ all conduction
2. Health care professions remains an area where legal issues constitute a major area of concern
- a) i. Define laws (1mark)
  - ii. Define Ethics (1 marks)
  - b) i. What is statutory laws (2 marks)
  - ii. Giving an example outline confidentiality and privacy (6 marks)

Signs & symptoms of high temperature:

- ✓ Sweating.
- ✓ Chills & shivering,
- ✓ Headache.
- ✓ Muscle aches.
- ✓ Loss of appetite.
- ✓ Dehydration.
- ✓ General weakness.
- ✓ Irritability.

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COLLEGE OF HEALTH SCIENCES

SCHOOL OF NURSING

DEPARTMENT OF ADULT, CHILD & MENTAL NURSING

END OF TERM THREE (ETE III) EXAMINATION

NSC 110/MSC 101 - BASIC SKILLS IN NURSING

PROGRAMME:- B.Sc. NURSING/MBChB/MPY/PHY

DATE:-2<sup>ND</sup> SEPTEMBER, 2015

TIME:- 9.00 A.M. – 10.45 A.M.

## GENERAL INSTRUCTIONS:-

- (I) WRITE YOUR UNIVERSITY REGISTRATION NUMBER ON EVERY PIECE OF PAPER YOU USE.
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- (III) THIS PAPER CONSISTS OF THREE (3) SECTIONS HEADED: SECTION A:- FIFTEEN (5) TYPE 2 MULTIPLE CHOICE QUESTIONS (MCQs); SECTION B:- FIFTEEN (20) TYPE 3 MULTIPLE CHOICE QUESTIONS (MCQs), SECTION C:- TYPE FOUR (4) TYPE ONE (1) MULTIPLE CHOICE QUESTIONS. TOTAL TIME ALLOWED IS FORTY FIVE (45) MINUTES .
- (IV) READ CAREFULLY THE ADDITIONAL INSTRUCTIONS PRECEEDING EACH SECTION.

## SECTION A:- MULTIPLE CHOICE QUESTIONS (MCQs)

## TYPE II

INSTRUCTIONS:-

- (i) EACH OF THE QUESTIONS IN THIS SECTION HAS A STEM STATEMENT FOLLOWED BY FIVE COMPLETIONS NUMBERED (a) TO (e). A GIVEN COMPLETION, WHEN ADDED TO THE STEM STATEMENT MAY PRODUCE A COMPLETE STATEMENT THAT IS TRUE (T) OR FALSE (F).
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1. The rationale for using body mechanics while carrying out procedures include:

- (a) ~~F~~ Minimizes spread of infection and contamination ✗  
 (b) ~~T~~ Promotes patient clinician safety ✓  
 (c) ~~F~~ Avoids excessive bleeding related to nursing procedures ✗  
 (d) ~~T~~ Minimizes pain related to nursing procedures ✓  
 (e) ~~F~~ Minimizes vision related to nursing procedures ✗

2. The following can be administered intravenously:

- (a) ~~T~~ Blood ✓  
 (b) ~~F~~ Spansules ✗ *Oral*  
 (c) ~~T~~ Sodium chloride solution ✓  
 (d) ~~F~~ Lipids ✓  
 (e) ~~T~~ Half strength Darrow's solution ✓

Which of the following parameters would you record while caring for a patient on a strict input output balance chart?

- (a) ~~T~~ Type and amount of fluid administered ✓  
 (b) ~~T~~ Type and volume of solid food ingested ✓  
 (c) ~~T~~ Volume of urine excreted ✓  
 (d) ~~T~~ Volume of excreta ✓  
 (e) ~~T~~ Time when fluid was administered or excreted ✓

4. An intramuscular drug can be administered through:

- D.A.
- (a) F Calf muscles ✗ X
  - (b) T Gluteal muscles ✓
  - (c) T Deltoid muscles ✓
  - (d) F Gastrocnemius muscles ✗
  - (e) F Biceps ✗

5. The following descriptions apply when defining ethics:

- (a) T A branch of philosophy ✓
- (b) T Actual standards of conduct ✓
- (c) T A science that studies the morality of human acts ✓
- (d) T Concerned with analyzing judgements and choices ✓
- (e) F Consistent beliefs attitudes old values ✗

## SECTION B:- MULTIPLE CHOICE QUESTIONS (MCQs)

## TYPE III

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- (iii) A CORRECT RESPONSE EARNS YOU PLUS ONE MARK.

1. A clean hand wash:
- (a) Is a two minute hand wash using liquid soap <sup>40-60 secs.</sup> ✓  
 (b) Is a three minute scrub using a surgical scrub solution <sup>hand scrub.</sup> ✓  
 (c) Is performed to remove debris and transient microorganisms ✓  
 (d) Is use of clean water in hand washing ✓  
 (e) Is use of a hand sanitizer ✗
2. Which of the following is NOT a purpose of wound dressing?
- (a) Absorb drainage or debride a wound ✓  
 (b) Protect wound from microbial contamination ✓  
 (c) Provide low humidity to the wound ✓  
 (d) Provide thermal insulation ✗  
 (e) Maintain skin integrity ✓
3. Normal faeces:
- (a) Are made up of a bout 75% water and 25% solid mass ✓  
 (b) Are made up of about 25% water and 75% solid mass ✓  
 (c) Are narrow and pencil shaped ✗  
 (d) Are pungent ✗  
 (e) Are odourless ✗
4. Grief is defined as:
- (a) An actual or potential situation in which something values is changed ✗  
 (b) The total response to the emotional experience related to loss ✓  
 (c) The subjective response experienced by the surviving loved ones after the death of a person ✓  
 (d) A behavioural process often influenced by culture, spiritual beliefs and custom ✗  
 (e) A people's way of mourning their loved one ✗

5. According to Kubler-Rose, in the bargaining stage of death, the patient:

- (a) Refuses to believe that loss is happening
- (b) Grieves over what happened
- (c) Seeks to avoid loss
- (d) Has decreased interest in the surrounding
- (e) Permits God's will in the situation

- Denial  
- Acceptance  
- Bargaining  
- D  
A  
P

6. The purpose for evaluation in the nursing process is:

- (a) To estimate effectiveness of care
- (b) Provide teaching, support and comfort
- (c) Set priorities
- (d) Supervise delegated care
- (e) Draw a nursing care plan

Asses  
Plan  
Implement  
Evaluate

7. Which action demonstrates a break in sterile technique?

- (a) Remaining one meter away from non-sterile areas
- (b) Placing sterile items on the Sterile field
- (c) Avoiding the border of the sterile drape
- (d) Reaching one foot over sterile field
- (e) Using sterile gloves

8. While taking vital signs, you obtain a client's pulse to be 106 beats/min. You will document this findings as:

- (a) Tachypnea
- (b) Hyperpyrexia
- (c) Arrhythmia (rhythmic)
- (d) Tachycardia
- (e) Dyspnoea (resp)

60/80 beats/min → normal

9. A client is hospitalized for the first time. Which of the following actions ensures the safety of the client?

- (a) Keep unnecessary furniture out of the way
- (b) Keep the lights on all the time
- (c) Keep side rails up all the time
- (d) Keep all equipment out of view
- (e) Keep the client in supine position in bed

10. PRN, as used in drug administration refers to:

- (a) When advised
- (b) Immediately
- (c) When necessary
- (d) Now
- (e) Soon after

11. The nurse must verify the client's identify before administration of medication. Which of the following is the safest and appropriate way to identify the alert client:
- (a) Ask the client his name
  - ~~(b) Check the client's identification band~~ ✓
  - (c) State the client's name aloud and have the client repeat it
  - (d) Check the bed number
  - (e) Ask the neighbouring client
12. The most important purpose of a cleansing bed bath is to:
- ~~(a) Cleanses, refresh and give comfort to the client who must remain in bed~~ ✓
  - (b) Expose the necessary parts of the body
  - (c) Develop skills in bed bath
  - (d) Check the body temperature of the client in bed
  - (e) Examine the client for bed sores while bathing
13. Regarding ethical practices when someone tells the truth, he/she is exhibiting the moral principle of:
- (a) Justice
  - ~~(b) Fidelity~~ ✓
  - (c) Beneficence
  - ~~(d) Veracity~~  *conformity to facts; accuracy.*
  - (e) Maleficence
14. Which of the following statements is TRUE about infection safety?
- (a) The infection safety box should be located in the corner of the ward  *close to work desk.*
  - (b) The infection safety box should be full before disposal
  - ~~(c) Prescription of unnecessary infections should be minimized~~ ✓
  - (d) All used needles should be recapped
  - (e) Used needle and syringe should be separated
15. Which of the following precautions will prevent development of pressure ulcers?
- ~~(a) Turning the patient every 3 hourly~~ ✓
  - (b) Massaging the pressure areas once a day for an unconscious patient
  - (c) Ensuring the patient is incontinent
  - (d) Use of air ring in bed
  - (e) Turning the patient every 8 hourly