

UNIVERSITY OF SWAZILAND

FACULTY OF HEALTH SCIENCES

DEPARTMENT OF GENERAL NURSING

MAIN EXAMINATION – DECEMBER 2012

TITLE OF THE PAPER : ADULT MEDICAL-SURGICAL NURSING I
COURSE CODE : GNS 211
MARKS ALLOCATED : 75
TIME ALLOWED : TWO (2) HOURS
EXAMINER : MRS J.V MDLULI

Number of pages including cover page: 8

INSTRUCTIONS

1. Read questions carefully
2. Question 1 carries 30 marks
3. Question 2 carries 20 marks
4. Question 3 carries 25 marks
5. Answer all questions
6. Write legibly
7. Each **explained** fact is worth 1 mark unless indicated otherwise

DO NOT OPEN UNTIL PERMISSION HAS BEEN GRANTED BY THE INVIGILATOR

QUESTION1 MULTIPLE CHOICE QUESTIONS

Choose the letter that corresponds with the best answer(s). Write the letter(s) in your answer book e.g 1 = B.

1. A 60-year-old patient who has diabetes mellitus had a below-knee amputation one (1) week ago. The patient asks “why does it still feel like my leg is attached, and why does it still hurt?” The nurse explains that our minds gather information and develop patterns called a neurosignature. All the parts of our bodies become a part of the pattern, and it takes time for the pattern to adapt to change or loss. What is this type of pain called?
 - A) Chronic pain
 - B) Referred pain
 - C) Acute pain
 - D) Phantom pain

2. You are the nurse admitting a patient to your unit. What is your most important nursing function at this time?
 - A) Identifying the immediate needs of the patient
 - B) Checking the admitting physician's orders
 - C) Obtaining a baseline set of vital signs
 - D) Allowing the family to be with the patient

3. What phase of the nursing process is the nurse in when s/he determines what actual problems the patient has in order to choose nursing interventions and documents this in the patient's record?
 - A) Evaluation
 - B) Diagnosis
 - C) Assessment
 - D) Data collection

4. The nurse, in collaboration with the patient's family, is assigning priorities related to the care of the patient. The nurse explains that when setting priorities it is important to look at the urgency of specific problems. What provides the best framework for prioritizing patient problems?
 - A) Availability of hospital resources
 - B) Family member statements
 - C) Maslow's hierarchy of needs
 - D) Nursing skill

5. What should the nurse do during the evaluation phase of the nursing process?
- A) Have patient provide input on quality of care
 - B) Discontinue surgical sutures
 - C) Provide follow-up appointment for postoperative patient
 - D) Document client outcomes in relation to nursing implementation
6. A patient has come into the free clinic for HIV testing. The test comes back positive and the patient is told they have HIV. While assessing the patient the nurse is aware that many patients with HIV utilize various alternative or complementary therapies. How does the nurse address complementary or alternative therapy?
- A) "Complementary therapies such as acupuncture or herbal therapy are dangerous to patients with HIV and we discourage you from exploring these types of therapy."
 - B) "Researchers have not looked at the benefits of alternative therapy for patients with HIV, so we suggest that you stay away from these therapies until there is solid research data available."
 - C) "We see many patients with HIV who are using some type of alternative therapy and there are benefits and risks. Are there any types of alternative or complementary therapies that you follow or are there any herbs that you take?"
 - D) "You do not take herbs or practice some type of alternative medicine such as acupuncture, message therapy, hypnosis or diet therapy, do you?"
7. Since the HIV/AIDS pandemic began health professionals have learned much about the virus that causes the disease and the disease process itself. The human immunodeficiency virus (HIV) belongs to a group of viruses known as *retroviruses*. What patient is at the greatest risk of contracting HIV?
- A) Injecting drug user
 - B) Female homosexual
 - C) Blood transfusion recipient in 2012
 - D) Health care provider
8. A 16-year-old has come to the clinic and asks to talk to a nurse. The nurse asks the teen what she needs and the teen responds that she has become sexually active and is concerned about getting HIV. The teen asks the nurse what she can do keep from getting HIV. What would be the nurse's best response?
- A) "There's no way to be sure you won't get HIV except to use condoms correctly."
 - B) "The correct use of male and female condoms protects against the transmission of HIV."
 - C) "There are new ways of protecting yourself from HIV that are being discovered every day."
 - D) "Other than abstinence, only the consistent and correct use of condoms is effective in decreasing the risk of getting HIV."

9. You are caring for a patient hospitalized with AIDS. The family comes to visit and a family member asks you about safety when visiting a patient with AIDS. What is the best response for addressing the family member's fears?
- A) "Why do you think you are at risk?"
 - B) "Don't worry, you will not contract the disease from the patient."
 - C) "AIDS is commonly transmitted by contact with blood and body fluids."
 - D) "The patient should be isolated and have limited visitation."
10. The patient you are caring for has been diagnosed with AIDS complicated by chronic diarrhea. What nursing intervention would be appropriate for this patient?
- A) Keep perianal area free of discharge.
 - B) Give cholinergic medications as ordered.
 - C) Make sure the patient eats at least two servings of raw fruit each day.
 - D) Feed small, frequent meals to prevent abdominal distention.
11. A patient with primary hypertension comes to the clinic complaining of a change in vision—ie, blurring and decreased visual acuity. The nurse is aware that these symptoms could be indicative of what?
- A) Retinal blood vessel damage
 - B) Chronic kidney disease
 - C) Impending stroke
 - D) Hypertensive emergency
12. A new patient diagnosed with retroviral disease(RVD) is being admitted to your unit. While you are doing the admission assessment you are aware that you need to include what **four** items from the following list?
- A) Patient's physical status
 - B) Identification of potential risk factors
 - C) All factors affecting immune system functioning
 - D) The patient's biophysical profile
 - E) History of sexual practices
13. You need to assess arterial oxygen saturation (SaO₂) in your patient. What is the best procedure accomplish this?
- A) Incentive spirometry
 - B) Arterial blood gas (ABG) measurement
 - C) Peak flow measurement
 - D) Pulse oximetry

14. A patient visits the clinic and is diagnosed with acute sinusitis. To promote sinus drainage, the nurse instructs the patient to:
- A) Apply a cold pack to the affected area.
 - B) Apply a warm pack to the forehead.
 - C) Perform postural drainage.
 - D) Increase fluid intake.
15. A mother calls the clinic asking for a prescription for Amoxicillin for her 2-year-old son who has what you suspect is viral rhinitis. What should you tell this mother?
- A) You will relay her request to the physician
 - B) Antibiotics should not be used because they do not affect the virus or reduce the incidence of bacterial complications
 - C) You will call the pharmacy and relay the prescription for her
 - D) Amoxicillin is not the correct antibiotic for this type of rhinitis but you will ask for the right prescription for her
16. The Nursing Instructor is discussing pleurisy with her clinical group. The Instructor lists patient actions that will increase pleuritic pain. Which action would the nursing instructor list?
- A) Coughing
 - B) Ambulating
 - C) Eating
 - D) Talking
17. An adult patient has tested positive for tuberculosis (TB). While engaging in patient teaching, the nurse should explain to the patient that he should implement which of the following to prevent spreading the infection?
- A) Cover the mouth when coughing
 - B) Take isoniazid (INH) as prescribed
 - C) The patient will remain infectious until 1 week of continuous medication
 - D) Family members need not be treated
18. The models of nursing care delivery have been many and varied throughout the history of nursing. What is a model for the delivery of nursing care that matches level of illness with a particular nursing system?
- A) Team nursing
 - B) Orem's model
 - C) Nursing process
 - D) Martha Rogers' model

19. The prenursing pathophysiology class is studying empyema. Empyema can occur as a complication of what?
- A) Abdominal trauma
 - B) Broken femur
 - C) Chest trauma
 - D) Cardiovascular event
20. The nursing instructor is teaching a class of level I Nursing Students how to do a physical assessment on a patient with lung disease and chronic hyperinflation of the lungs. What would a nurse most likely assess in this type of patient?
- A) Dry, flaky skin
 - B) Large, drooping eyes
 - C) A barrel chest
 - D) Long, thin fingers
21. The nursing instructor is explaining how to provide postural drainage to a client. What would be an appropriate nursing action for providing postural drainage that the instructor would teach her students?
- A) Administering physiotherapy in an upright position
 - B) Performing the procedure following the patient's meals
 - C) Applying percussion firmly to bare skin
 - D) Positioning the patient using pillows to promote postural drainage
22. The instructor is teaching the beginning Nursing Students' class how to calculate pulse pressure. If the patient's systolic pressure was 122 mm Hg and the diastolic pressure was 75 mm Hg, what would the pulse pressure be?
- A) 57
 - B) 60
 - C) 54
 - D) 47
23. What is the terminal point in the conduction system of the heart?
- A) Purkinje fibers
 - B) AV node
 - C) Bundle of HIS
 - D) Nodal cells

24. A new nurse on the cardiac unit is taking a class in the anatomy and physiology of the heart. What does the nurse learn is the cardiac action potential?
- A) The cycle of depolarization and repolarization
 - B) The time it takes from the firing of the SA node to the contraction of the ventricles
 - C) The time between the contraction of the atria and the contraction of the ventricles
 - D) The cycle of the firing of the AV node and the contraction of the myocardium
25. A patient has been admitted with endocarditis. The patient asks the nurse how the physician knows what medicines to order to kill the bacteria. The nurse knows that to find the most appropriate antibiotic treatment what test would be the most helpful?
- A) Ultrasound of the heart
 - B) Blood cultures
 - C) Arterial Blood Gases
 - D) Complete Blood Count
26. The Nursing Students are studying the possible complications of heart failure. What would the nurse mean if he documented on the chart that the patient is experiencing orthopnea?
- A) Breathing without use of oxygen
 - B) Difficult breathing while sitting upright
 - C) Difficult breathing with movement
 - D) Difficult breathing when lying flat
27. Your patient is experiencing shortness of breath. To relieve the symptoms in this patient, you would place your patient in what position?
- A) Sitting upright leaning forward slightly
 - B) Low Fowler's
 - C) Prone
 - D) Trendelenburg

QUESTION 2 - SHORT ANSWER QUESTIONS

A. Give an explanation for carrying out the following nursing interventions.

- 2.1. Applying a sterile drape next to the patient's wound before dressing it. (1)
- 2.2. Checking the patient's medication against the prescription before giving it to the patient. (1)
- 2.3. Withdrawing the plunger in the syringe before injecting a medication. (1)
- 2.4. Turning a bed ridden patient periodically. (1)
- 2.5. Checking the patient's pulse rate before giving digoxin. (1)
- 2.6. Putting up a 'NO OPEN FLAME' sign next to a patient on oxygen therapy. (1)
- 2.7. Monitoring a patient on blood transfusion. (1)
- 2.8. Providing humidified air for a patient on oxygen therapy. (1)
- 2.9. Teaching a patient on anti TB drugs on compliance. (1)
- 2.10. Handwashing before any procedure on the patient. (1)

[10 marks]

B. Choose the word that correctly completes the sentence. Choose the correct word from those in brackets(). Write only the word in your answer book.

- b.1. In most severe infections, total white blood cell count is likely to *(increase/decrease)*?
- b.2. The **three** fluids most likely to be vectors for HIV transmission are... (*vomit*, *semen*, *sweat*, *blood*, *saliva*, *breastmilk*)?
- b.3.tests for viral particles in the blood (*Western blot*, *PCR*)?
- b.4. Systolic pressure occurs when the heart is... (*contracting*, *resting*)?
- b.5. Which **two** of these factors have been linked to an increase in blood pressure. (*obesity*, *low stress level*, *cessation of contraceptives*, *physical inactivity*)
- b.6. Pneumothorax is manifested by..... and..... (*increased breath sounds*, *diminished breath sounds*, *dyspnoea*, *decreased heart rate*)?

[10 marks]

TOTAL : 20 MARKS

QUESTION 3

3.1 Discuss the management of a patient with cardiac failure under the following nursing headings:

3.1.1 Two clinical manifestations each relating to cardiovascular, respiratory, cerebrovascular, renal and gastrointestinal systems. (5)

3.1.2 Nursing interventions for the following nursing diagnoses:

- Activity intolerance related to decreased cardiac output (5)
- Excess fluid volume related to heart failure syndrome. (5)
- Risk for ineffective management of therapeutic regimen related to lack of knowledge. (5)

3.1.3 Discuss preoperative preparation of the patient on the day of surgery (5)

Marks : 25