

UNIVERSITY OF SWAZILAND
FACULTY OF HEALTH SCIENCES
FINAL EXAMINATION
DECEMBER 2014

COURSE TITLE: ADULT MEDICAL-SURGICAL NURSING III

COURSE CODE: GNS 317

DURATION: 2 HOURS

TOTAL MARKS: 75

INSTRUCTIONS:

- Read instructions carefully**
- Answer ALL questions**
- There are two (2) sections: A and B**
- There are eight (8) printed pages including the cover page.**

DO NOT OPEN THE QUESTION PAPER UNTIL YOU ARE TOLD TO DO SO BY THE INVIGILATOR

MULTIPLE CHOICE QUESTIONS

For each question, choose the most appropriate response and write the corresponding letter only, in **capital letters**, e.g. 22 B. Each correct answer carries 1 mark.

1. Zelda, a 58 years old, obese woman was diagnosed with Type 2 diabetes mellitus last month. The doctor had told her that her body cells are now resistant to insulin. What is the primary function of insulin in the body?
 - A. Aids in the process of gluconeogenesis
 - B. Stimulates the pancreatic Beta cells
 - C. Decreases the intestinal absorption of glucose.
 - D. Enhances the transport absorption of glucose.
2. Zelda was found to be comatose by her daughter with a glucose level of 50mg/dL (2.7mmol/l). What first nursing intervention will the nurse implement?
 - A. Administer 1000ml of D5W over a 12 hour period.
 - B. Administer 50% glucose IV slowly.
 - C. Encourage the client to drink orange juice with added sugar.
 - D. Check the urine for the presence of sugar and acetone.
3. The nurse who is caring for Zelda wants to develop a teaching plan. To develop an effective teaching plan, it would be important for the nurse to assess the client for:
 - A. Knowledge of the diabetic diet
 - B. Expression of denial of having diabetes
 - C. Fear of performing insulin injections
 - D. Feelings of depression about lifestyle changes.
4. A client is scheduled for computed tomography (CT) scan of the kidneys to rule out renal kidney disease. As an essential pre-procedure component of the nursing assessment, the nurse plans to ask the client about a history of:
 - A. Familial renal disease
 - B. Frequent antibiotic use
 - C. Long-term diuretic therapy
 - D. Allergy to iodine.
5. A nurse is assessing a client who is diagnosed with cystitis. Which assessment finding is inconsistent with the typical clinical manifestations noted in this disorder?
 - A. Hematuria
 - B. Low back pain
 - C. Urinary retention
 - D. Burning on urination.

6. Lizzy, a 35 year old female was admitted into the unit for acute renal failure. She now moves into the diuretic phase after one week of therapy. During this phase, the client must be assessed for signs of developing:
- A. Hypovolemia
 - B. Renal failure
 - C. Metabolic acidosis
 - D. Hyperkalemia.
7. Lizzy develops an unexpected increase in urinary output to 150ml/hour. The nurse assesses that the client has entered the second phase of acute renal failure. Nursing actions throughout this phase include observation for signs and symptoms of:
- A. Hypervolemia, hypokalemia and hypernatremia
 - B. Hypervolemia, hyperkalemia, and hypernatremia
 - C. Hypovolemia, no fluctuation in serum sodium and potassium levels
 - D. Hypovolemia, wide fluctuations in serum sodium and potassium levels.
8. Which of the following statements are true about the principles of sterile technique?
- (i) Sterile field is created as close as possible to the time of use.
 - (ii) Sterile areas are continuously kept in view
 - (iii) Microorganisms must be kept to a minimum
 - (iv) Edges of anything that encloses sterile contents are considered sterile.
- A. i.
 - B. i, ii.
 - C. iv only
 - D. i, ii, & iii
9. A client with acute renal failure is undergoing dialysis for the first time. The nurse in charge monitors the client closely for dialysis equilibrium syndrome, a complication that is most common during the first few dialysis sessions. Typically dialysis equilibrium syndrome causes:
- A. Confusion, headache, and seizures
 - B. Acute bone pain and confusion
 - C. Weakness, tingling, and cardiac arrhythmias
 - D. Hypotension, tachycardia, and tachypnea.

10. The client tells the nurse that she is happy to start the dialysis because she will be able to eat and drink what she wants. Based on this information, the nurse identifies which nursing diagnosis?
- A. Self-esteem disturbance related to dependence on dialysis
 - B. Anxiety related to perceived threat to health status and role functioning
 - C. Ineffective management of therapeutic regimen related to lack of knowledge of treatment plan.
 - D. Risk for imbalanced nutrition: more than body requirements, related to increased dietary intake.
11. Dudu, a 40 year old obese diabetic client has been admitted into your unit due to severe abdominal pain that radiates to the back and right shoulder indicative of cholelithiasis. The following are risk factors for cholelithiasis **EXCEPT**:
- A. Obesity
 - B. Diabetes mellitus
 - C. Low cholesterol levels
 - D. Being a woman
12. A client with DKA was admitted 4 hours ago and has these laboratory values: RBS: 450mg/dL (24.9mmol/l), K+: 2.5, Na+ 140 and urine specific gravity 1.025. The client has two IV lines in situ with 0.9% NS infusing through both. Over the past 4 hours, his total urine has been 50ml. Which physician order should the nurse question?
- A. Infuse 500ml of NS over 1 hour
 - B. Withhold insulin for 30mins
 - C. Add 40mEq of KCL to an infusion of ½ NS and infuse at a rate of 10mEq/hr
 - D. Change the second IV to D5W.
13. A client comes to the primary provider's office with complaints of urinating all the time, pain on urinating, small amounts of urine being passed when voiding and a foul smell to the urine. A urine specimen has been sent to the lab for analysis. Based on the signs and symptoms expressed by the client, which of the following health problems would be anticipated?
- A. Acute renal failure
 - B. Renal calculi
 - C. Urinary tract infection
 - D. Chronic renal failure

14. A client with a diagnosis of glomerulonephritis with fluid retention will have which of the following abnormal laboratory values?
- A. Proteinuria
 - B. Low specific gravity
 - C. Low serum creatinine
 - D. High hemoglobin
15. In a theatre setting, the surgical team members include all the following **EXCEPT**
- A. Surgeon and anaesthesiologist
 - B. Scrub, circulating and anaesthetic nurses
 - C. Support staff
 - D. Sales representatives of surgical instruments.
16. When caring for the client with cirrhosis, the nurse notices flapping tremors of the wrists and fingers. How should the nurse document this finding?
- A. Trousseau's sign noted
 - B. Caput medusa noted
 - C. Feter hepaticus noted
 - D. Asterixis noted.

A 42 year old man in good health presents to the unit with fever and malaise that have lasted for several days. He also reports that he has developed an itchy, burning rash on the right side of his chest and back. All vital signs are within normal limits. Physical examination reveals an erythematous maculopapular rash with vesicles on the right side of the patient's back and chest wall.

17. Based on the history and physical examination, what is the client's likely diagnosis
- A. Herpes zoster infection.
 - B. Contact dermatitis
 - C. Seborrheic dermatitis
 - D. Atopic dermatitis
18. Which of the following will this patient most likely experience as a result of the above infection?
- A. Cellulitis
 - B. Encephalitis
 - C. Muscular weakness
 - D. Post herpetic neuralgia

19. Martha, a 55 year old woman is admitted into the unit for sudden onset of fever and chills and pain on the right flank. She is a known diabetic client on oral anti-diabetic agents. She presented with oliguria and a urinary catheter was inserted to monitor urine output. A few days later the nurse notices that the urine in the bag looks cloudy. A diagnosis of pyelonephritis was made after investigations. What risk factors for pyelonephritis does Martha present with?
- (i) Diabetes mellitus
 - (ii) Being a woman
 - (iii) Urinary catheterization
 - (iv) Being elderly
- A. i
B. ii, & iv
C. i, ii, & iii
D. ii, iii, & iv
20. What action would the nurse take to reduce the risk of catheter-associated urinary tract infection in a patient with an indwelling catheter?
- A. Keep the urinary bag on the floor to facilitate drainage of the urine.
 - B. Coil the catheter tubing and tuck in the sheets to prevent pulling
 - C. Assess the urethral orifice and clean with normal saline
 - D. Empty the urine by disconnecting the catheter from the collection bag.

[Sub-total marks: 20]

SECTION B SHORT ANSWER QUESTIONS

Question 1

A 40 year old man is admitted into the unit complaining of severe itching, burning sensation and erythema on the arms since 3 days ago. He is a farmer and he started noticing the itching when he was working on extending his fields by clearing the bushes. On examination: *vital signs* are within normal limits, *skin*: excoriation, erythematous, edematous, papules +/-, oozing vesicles and crusting on exposed skin of both arms.

- (a) Name the likely diagnosis for this client? [1]
- (b) Using three (3) nursing diagnoses develop a nursing care plan for this client. Indicate the rationale for nursing interventions [15]

[Sub-total marks: 16]

Question 2

You are a staff nurse at inpatient dialysis unit and a 50 year old woman with ESRD is scheduled to be initiated on dialysis the following week. The patient lives alone and will require teaching about dialysis options. Develop a teaching plan to explain:

- (i) The different types of dialysis [6]
(ii) Goals [4]
(iii) The recommended diet [5]

[Sub-total marks: 15]

Question 3

A 26 year old man is admitted into your unit with the diagnosis of end stage liver disease with severe coagulopathy and impending encephalopathy. He presents with extreme jaundice, multiple bruises and severe confusion and agitation. The cause of his liver failure is Hepatitis C from intravenous drug use along with alcohol abuse. A detailed history from the caregiver reveals that he has used IV drugs 2 weeks prior to admission

- (a) Outline the nursing priorities in the care of this patient. [3]
(b) Outline the measures you would institute to ensure patient safety. [6]
(c) State the dietary recommendations that are crucial for the patient at this stage. [5]

[Sub-total marks: 14]

Question 4

- (a) Discuss any five(5) principles of a sterile technique [10]

[Sub-total marks: 10]

[Total Marks: 55]