

UNIVERSITY OF ESWATINI
FACULTY OF HEALTH SCIENCES
DEPARTMENT OF COMMUNITY HEALTH NURSING SCIENCE

MAIN EXAMINATION – DECEMBER, 2019

TITLE OF PAPER : COMMUNITY HEALTH NURSING III (FAMILY NURSING)
COURSE CODE : NUR 520
MARKS : 75
TIME ALLOWED : TWO (2) HOURS

Number of pages including cover page: 5

INSTRUCTIONS

1. Read questions carefully
2. Answer all questions
3. Write legibly

DO NOT OPEN THIS PAPER UNTIL YOU ARE TOLD TO DO SO

SECTION A: MULTIPLE CHOICE QUESTIONS

Choose the **MOST** appropriate answer; e.g. 1. D

1. The nurse is developing a nursing care plan for a client who is in the manic phase of bipolar disorder. Which intervention should the nurse include in her plan of care?
 - A. Provide the client with finger foods.
 - B. Engage the client in competitive games.
 - C. Encourage the client to avoid foods that contain tyramine.
 - D. Place the client on direct suicide observation.
2. A 45-year-old client who was recently diagnosed with stage 4 cancer says to the nurse "If God could only let me live long enough to put my daughter through college, I wouldn't mind dealing with this illness." The nurse caring for this client recognizes this statement as reflective of which stage of grieving?
 - A. Denial.
 - B. Acceptance.
 - C. Bargaining.
 - D. Anger.
3. Which among the given list is a MUST in communication?
 - A. Active listening.
 - B. Giving medical advice.
 - C. Normalizing.
 - D. Reassuring.
4. Which amongst these actions is the most apt way to overcome denial?
 - A. Being short and precise.
 - B. Involving colleagues for testimonial.
 - C. Non- confrontational approach.
 - D. Rational and assertive explanation.
5. One of the following is a broadened definition of the word "family" in today's context; it is composed of:
 - i. two or more people biologically related.
 - ii. two or more people living together in the same geographic dispersion.
 - iii. two or more people who are legally married.
 - iv. two or more people who are emotionally involved and committed.
 - v. two or more people who have a sense of identity and perceive themselves as a family.
 - A. i
 - B. v
 - C. ii & iii
 - D. i & iv

6. Which one of the following statements about family is correct?
- A. The family of procreation is the family into which you were born.
 - B. The family of origin is the family of marriage.
 - C. The extended family includes the family's close friends and relatives.
 - D. The binuclear family is the post-divorce family in which the children are members of the maternal and paternal new families.
7. The family functions to meet the needs of its members by:
- A. providing recruits for the society.
 - B. rearing children.
 - C. serving as a buffer between society and individuals.
 - D. socializing its members according to societal expectations.
8. Which one of the following is the main reason for Community Health Nurses to work with the family?
- A. The entire family is affected by ill health of one family member.
 - B. By working with the family, the community health nurse discovers health problems affecting other family members.
 - C. When the family is the focus of care, individual health care is compromised.
 - D. A & B only.
9. The following is/are difference/s between homosexual and cohabiting families
- A. Homosexual families have no uniform family structure.
 - B. The family developmental stages differ considerably.
 - C. They are both illegal in Africa.
 - D. A & B.
10. Attributes of a healthy family include all of the following, EXCEPT:
- A. autonomy of the family members is encouraged.
 - B. an emphasis of traditional roles and decision making is made.
 - C. family members display capable negotiation skills in dealing with their problems.
 - D. the family demonstrates resiliency in addressing their challenges.
11. Which one of the following is a factor associated with both the cohabiting family and the single teenage mother?
- A. Early premarital coitus.
 - B. High divorce rate.
 - C. Need for birth contraception education.
 - D. Poverty.
12. The conjugal/nuclear family comprises the following EXCEPT:
- A. blood relatives.
 - B. husband.
 - C. wife.
 - D. biological children.

13. Which one of the following is NOT a basic purpose of the family?
- A. Procreation.
 - B. Socialization of new family members.
 - C. Serving as a buffer between society and family members.
 - D. Punishing its individual family members.
14. Which one of the following CANNOT adversely affect family health?
- A. When a family is brought together to help an ill individual family member.
 - B. Birth of a handicapped child in the beginning family.
 - C. Emotional disturbance of the family head.
 - D. Loss of employment of a promising family member.

State whether each of the following statements are **TRUE** or **FALSE**.

- 15. The first category of homelessness may result from lack of education and obsolete job skills.
- 16. Families believe in taking their children to school. Comprehensive school health program deals with emotional health of the students.
- 17. Disability prevents a person from taking on roles which are appropriate to his / her sex and age.
- 18. Developmental screening is a brief formal evaluation of developmental skills among children.
- 19. Community based rehabilitation seeks to change negative attitudes of individuals and society toward disability.
- 20. The penis has twice as many nerve endings as the clitoris.
- 21. An intact hymen is a reliable measure of virginity.
- 22. Larger breasts produce a greater amount of milk compared to smaller breasts when breast feeding.
- 23. The entire length of the vagina is sensitive to stimulation.
- 24. A healthy family demonstrates affiliative attitudes towards each other.
- 25. Gay and lesbian families are the most common emerging family forms in Eswatini.

[25 marks]

SHORT ESSAY QUESTIONS

Question 1

- A. How does the family affect the health of its members in the following stages of health and illness?
- i. Family efforts as health promotion (5)
 - ii. Family appraisal of symptoms (5)
 - iii. Care seeking (5)
 - iv. Adaptation to illness and recovery (5)
- B. Mention six and four factors that have led to the emergence of single-parent families and cohabiting families, respectively. (5)

[Total marks = 25]

Question 2

- A. Families constantly face the need to modify their perceptions and lives and this demands strong coping mechanisms. Discuss three (3) family nursing interventions that family nurses can use to assist families cope with their circumstances. (15)
- B. Bhekamina Ntsakala is a married female who is an active member of a support group for parents living with teenagers. In terms of age, Bhekamina and her husband are both in their late 40s and are facing challenges with their last born Simi who is 13 years old. The couple has a total number of five children, namely; a 25-year-old boy who is about to get married to a Kenyan lady and the parents have concerns due to cultural differences, a 20-year-old girl who is leaving the family to reside in her place of employment 600km away from home and lines of communication are poor, an 18-year-old girl that commenced tertiary from an institution that is 300km away from their homestead for the first time and a 16-year-old boy doing his last grade in a nearby high school. The 13-year-old Simi recently teamed up with a group of rowdy boys who abuse drugs in the community. Bhekamina is confused by her son's association with the group of rowdy boys. Simi, who was known to be compliant and dedicated to his school work, has since changed from focusing on his school work and has not been eating well since he joined the rowdy group.
- i. Identify the developmental stage of the family in the above passage stating your rationale. (2)
 - ii. Identify four problems that exist in the above family. (4)
 - iii. Mention four resources you would recommend to the family to assist them in meeting their developmental tasks? (4)

[Total marks = 25]