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**Final Fundamental of nursing exam**

**First year –first semester**

**Duration: three hours Date: 24/12/2017**

**Question parts: 4 Total marks: 80marks**

**Code No: NUR 101 Paper number:10**

**Part 1: Multiple choice questions(20 marks)**

**Please circle the correct only:**

**1- All the following are the Factors that influence a healthy individual’s nutritional needs except one**

a) Age, Sex and amount of physical activity

b Height and build

c) ) Pregnancy, Lactation

**d) None of the above**

**2- Urinary stasis increases the risk of…………**

a) Urinary tract infection. b) Renal calculi.

**c) A + B.** d) None of the above.

**3- The kidneys** **produce erythropoietin** **hormone** **which stimulate the production of …………….. in bone marrow.**

a) White blood cells. b) Rennin.

c**) Red blood cells.** d) Creatinin**.**

**4- According to Maslow’s Hierarchy of Needs, what is the first need that must be met?**

a) Safety b) Belonging

c) Esteem **d) Physiological**

**5- Safety and security take the…….** in priority after physiological needs

a) First b) third.

**c) second**  d) None of the above.

**6- Clients at high risk for developing incontinence include those who with…………**

a**)** a history of urinary tract infections (UTI).

b) multiple vaginal births.

c) muscle tone disorders. **d) All of the above.**

**7- Which of the following considered factors promoting elimination………….**

**a) Emotional anxiety.**

b) Stress free environment.

c) High carbohydrate and fat diet.

d) Immobility and inactivity.

**8- Which of the following position is healthy for bowel movement………….**

a) Setting position. b) Lying position.

**c) Squatting position**. d) Supine position**.**

**9- Which at high risk for constipation?**

a) Patients on bed rest.

b) Irregular defecation habits.

c) Regular defecation habits.

**d) Both A + B.**

**10- Normal odor of urine is …………….in nature.**

a) Ammoniacal. b) Aqueous

c) Aromatic **d) Both A+B**.

**11-Which of the following terms refers to process of emptying the urinary bladder?**

a) Micturition. b) Voiding.

c) Incontinence. **d) Both A+B.**

**12-When a nurse turns over the care of the patient to another nurse, which method the nurse use it to maintain patient health condition ?**

a)Flow sheet b)Patient progress notes

c)nurse progress notes  **d) reporting**

**13- The ability of the patient to engage in to activity with free movement is refer to ………………**

1. **mobility**  b- exercises

c-ambulation d- a & b

**14-…………..is a type of exercises that provide resistance in order to increase muscle tone.**

a-Passive exercises b- active exercises

**c-resistive exercises** d- range of motion

**15-The nurse may detect orthostatic hypotension when start to mobilized the patient out of bed by using:**

1. **tilt table test** b- Blood test
2. resistive exercises d- ECG monitor

**16-paraplegia lead to which of the following types of immobility ?**

a-temporary **b- permanent**

c-sudden onset d- slow onset

**17- The person will complain of certain symptoms that does not exist before , which of the following stage of illness?**

**a-First stage** b- Second stage

c-Third stage d-Fourth stage

**18- Early detection of disease and prompt interventions are most commonly example on which of the following levels of preventive care**

a-Primary **b-secondary**

c- Tertiary d- fourth

19- **What is the level of preventive nursing care will use for patient with mastectomy?**

1. Primary b- secondary

**c- Tertiary**  d- fourth

20-**Clinicians and health care workers should wear gloves whenever there is a risk of the following except one**

a) Handling blood and/or body substances

b) Performing venipuncture

c) Touching mucous membranes

**d) Routine hand wash**

**Part( 2)True or false questions(10marks )**

**Please, read the statement carefully and write the letter (T) if the statement true and letter (F) if the statement false**

|  |  |  |  |
| --- | --- | --- | --- |
|  | ***items*** | **T** | **F** |
| **1** | Biological or physical needs that are essential to life called secondary needs. |  | F |
| **2** | Confidence, competence and self-respect are considered higher forms of self-esteem. | **T** |  |
| **3** | Catheter, feeding tubes, intravenous lines, increase a person's risk of infection by making it easier for pathogens to enter the body | **T** |  |
| **4** | Without a portal of exit an infection cannot occur. | **T** |  |
| **5** | Red litmus paper turns blue under alkaline conditions. | T |  |
| **6** | The nurse can use a pencil to write nursing intervention within the client sheet |  | F |
| **7** | The computerized documentation enable the nurse to share easily computer ID password with anyone to facilitate patient care |  | F |
| **8** | Rest refers to a state of relaxation and calmness for both mental and physical | T |  |
| **9** | The nurse should give patient 10 mL of cold water with crush tablet to flush it |  | F |
| **10** | Medication are usually not administered by the oral route if the patient has nausea and vomiting | T |  |
| **11** | The most effective barrier to transmission of microorganisms is an break in the skin. |  | F |
| **12** | The growth hormone (GH) is decreased during Sleep |  | **F** |
| **13** | Abduction is moving towards the median line |  | **F** |
| **14** | Eversion of the feet means turning in wards |  | **F** |
| **15** | Diet rich in vegetables and fruits make the urine more acidic. |  | **F** |
| **16** | Resistive exercise aim to increase muscle strength | T |  |
| **17** | Azotemia means decreased blood urea nitrogen**.** |  | **F** |
| **18** | Posture of the body is an example of non verbal communication massage | T |  |
| **19** | Erythema is superficial layers of the skin are scraped or rubbed away |  | **F** |
| **20** | Decreased blood urea nitrogen (BUN) signifies impaired liver function. | T |  |

**Matching questions(20marks)**

**Match the items in the column A with appropriate in column B**

**Part one:**

|  |  |  |  |
| --- | --- | --- | --- |
| **Column B** |  | **Column A** |  |
| Appetite | A | Small amount of something is taken to show it is characteristics. | 1 |
| sample | B | Stimulation to eat may be triggered by emotional condition | 2 |
| Insomnia | C | a small part extracted from certain living tissue, by examining shows the abnormalities in this living organ or cells. | 3 |
| Thoracentesis | D | The loss of sense of smell | 4 |
| Biopsy | E | chronic inability to sleep or inadequate quality of sleep | 5 |
| Anosmia | F | Aspiration of fluid from the peritoneal cavity. | 6 |
| Abdominal paracentesis | G | Aspiration of fluid from pericardium. | 7 |
| Pericardiocentesis | H | alteration in sleep pattern characterized by excessive sleep, especially in the daytime. | 8 |
| Lumbar puncture | I | Aspiration of fluid from thoracic cavity. | 9 |
| Narcolepsy | J | Aspiration of a sample of cerebral spinal fluid | 10 |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **10** | **9** | **8** | **7** | **6** | **5** | **4** | **3** | **2** | **1** |
| **I** | **D** | **J** | **H** | **G** | **C** | **F** | **E** | **A** | **B** |

**Matching:**

**Part two**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **ColumA** |  | **ColumB** |
| **1** | Painful or difficult urination | a | Hematuria |
| **2** | by mouth | b | Urinary incontinence |
| **3** | Presence of pus in the urine | c | qd means |
| **4** | Involuntary voiding or dribbling of urine | d | p.o means |
| **5** | Written in a chronologic account and paragraphs that describe client status | e | Flow sheets |
| **6** | Is the sudden strong desire to void. | f | Dysuria |
| **7** | Every day | g | Pyuria |
| **8** | Presence of blood in the urine. | h | kardex |
| **9** | a concise client data source, is used as a reference throughout the shift | i | Urgancy |
| **10** | Have vertical or horizontal columns for recording dates and times | j | Narrative chart |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **10** | **9** | **8** | **7** | **6** | **5** | **4** | **3** | **2** | **1** |
| **e** | **h** | **a** | **c** | **i** | **j** | **b** | **g** | **d** | **f** |

**Essay (25mark):**

**1-Enumerate at least four of standard precautions that prevent transmission of blood-borne viruses** (4 mark)

1-Hand Washing

2-Protective Clothes

3-Safe handling of sharp instrument

4-The safe disposal of waste

5-Decontamination of Environment

6 -Decontamination of Equipment

**2- Compare between acute and chronic illness ? 3 mark**

|  |  |  |
| --- | --- | --- |
| Item | Acute illness | Chronic illness |
| Onset of symptoms | rapid onset of symptoms | a slow onset |
| Time of care | short time | a long period of care |
| Change of disease | Not permanent | a permanent change |

**3-Write proper method of PE (inspection-percussion-auscultation-palpation) (2mark)**

**-Chest secretion………………………………………….**

**-X ray………………………………………………………**

**-Pulse…………………………………………………………..**

**-Blood pressure……………………………………………..**

**4- Write four of contraindication for rectal temperature ˀ ( 2 mark)**

1-Diarrhea

2-rectal bleeding

3-Fecal impaction

4-Hemorroied

4-Surgical rectal closure

**5-Write the proper terms front of the following (2 mark)**

1-Balance of heat gained and heat lost by the body **(temperature)**

2-Force against the arterial walls that cause them to expand with

each heart beat (**pulse)**

3-Pressure exerted against walls of blood vessels**(BP)**

4-Exchange of oxugen and carbone dioxid in lungs**(Respiration)**

**6- List the importance of diagnostic tests ( 3marks)**

**-**To provide information about the state of the individual's health.

-To confirm diagnosis.

-To evaluate outcome of therapy

**7-List the Factors that influencing laboratory result ( 1.5marks)**

1- Physical activity:-

2- Diet:-

1. Drugs:-

**8- Mention five factors impair bowel elimination (2.5 mark)**

**1**- Emotional anxiety.

2- Ignoring or postpone.

3- Defecation reflex due to lack of time and privacy.

4- High carbohydrate and fat diet or reduced fluid intake.

5- Immobility and inactivity.

6- Inability to squat because of musculoskeletal deformity;

7- Pain during defecation.

8- Overuse of therapeutics narcotic or analgesics.

**Good luck**