



Model answer Final Exam -Fundamental of nursing
Technical Specialist Nursing Diploma
First Year - First Term 2021/2022

Date: 15/1/2022

Code no: (SNUR 111)

Questions parts: 4 parts

No of papers: 10

Time: 3 hours

Total Marks: 100

I –Part one: Multiple choice questions (MCQ) (35 marks)

Circle the litter that corresponds to the best answer for each question:

1) Which of the following amount need to urinate becomes apparent when the bladder distends with approximately ?

A- 30 to 50 ml of urine in adult.

B- 300 to 400 ml of urine in adult.

C- 250-500 ml of urine in adult.

D- 500 to 1000 ml of urine in adult.

2)Is the waste products of metabolism or it is a complex aqueous solution of organic and inorganic substances} This term refers to ?

A- Sweet

B- Urine

C- Vomiting

D-Diarrhea

3) The kidney regulation of osmotic pressure of extra fluid by:-

A- Regulating the amount of sodium chloride and water.

B- Regulating the amount of potassium chloride and calcium.

C- Regulating the amount of phosphate and water.

D- Regulating the amount of magnesium and water.

4) the kidney regulate of red blood cells production by:

A- Produces an enzyme like substance called rennin that can raise blood pressure

B- Produces an enzyme like substance called erythropoietin that produce red blood cell

C- Produces an enzyme like substance called thyroxin that can raise blood pressure

D-Produces an enzyme like substance called adrenalin that can raise blood pressure

12- Characterized by distended abdomen that gives a drum like sounds upon percussion.

- A-Fecal impaction B-Flatulence
C-Diarrhea D - Anal fissure

13-Loss voluntary control over the act of defecation.

- A-Urinary incontinence B-Flatulence
C-Diarrhea D - Bowel incontinence

14- From the nursing care of patients with intestinal distention:

- A-Cold application to the abdomen.
B-Avoid gas forming foods.
C-Assess the patient's anal area
D-Wash and dry the anal area carefully.

15-It is a dilated or enlarged vein in the lower portion of the rectum or anus.

- A -hemorrhoid B-fecal impaction
C-Diarrhea D - Bowel incontinence

16) Encompasses autonomous and collaborative care of individuals of all ages, families, groups . This definition of :

- A-Nursing C- WHO definition of Nursing
B-Nurse D-WHO definition of Nurse

17) Which of the following role is the nurse must be able to communicate clearly and accurately in order for a client's health care?

- A-Advocate B-Educator
C-Communicator D-Manager

18-Effects of immobility on cardiac system include which of the following except

- A-Thrombus formation-
B-Increase cardiac workload-
C-Congestive heart failure-
D-Orthostatic hypotension

19-the greatest impact of immobilization on a patient depend on the duration,degree and type of

A-Physical therapy

B-Mobility limitation

C-Nursing care

D-Family support

20-What is negative effect does immobilization have on musculoskeletal system

A-Demineralization of bone

B-Increase in aerobic capacity

C-Increase muscle oxidation

D-lengthening of muscle fibers

21-To promote respiratory function in the immobilized patient ,the nurse should do all except:

A- Deep breathing and coughing exercise.

B-Diaphragmatic abdominal exercise.

C-Changing position and exercise every 1 to 2 hrs.

D- Active and passive range of motion

22-A patient on prolonged bed rest is at an increased risk to develop this common complication of immobility if preventive measure not taken

A-Pressure ulcer B-Pathological fracture

C-Pruritis D-Myoclonus

23-In assessing a patient risk for complication of immobility, the nurse should be aware that there are several reason for a person becoming immobile .a therapeutic reason may be

A-To reduce the workload of heart

B-Lack of motivation

C-Bereavement resulting from the loss of loved one

D-To decrease flexibility and strength

24-Immobility refer to

- A-Independent
- B-dependant
- C-Move with assistant
- D-Inability to move freely and independent

25-Unconscious patient consider

- A-complete immobility
- B-partial
- C-Disuse atrophy
- D-Independent

26-Stroke and amputation are example for.....factor that may affect mobility

- A-Physical
- B-Psychological
- C-Pain
- D-Social

27-Rate of people affected with disease or injury refer to

- A-Morbidity
- B-Mortality
- C-Terminal disease
- D-Hereditary illness

28-High blood pressure greater thanmmhg

- A- 100 – 70
- B-140 – 90
- C- 100- 60
- D- 110- 80

29-.....is not Contraindication of oral temperature

- A- Infants and children.
- B-Axillary operation
- C- Unconscious patients.
- D- Inflammation or surgery of mouth

30- Normal Heart Rate..... beats per minute for the average adult

- A- 60 – 100
- B- 75 – 120
- C- 40- 100
- D- 80- 130

31- The ability to engage in activity with free movement is refer to which of the followings terms?

- A-Mobility B-Exercises
- C-Ambulation D- a & b

32- To optimizing clients' mobility, the nurses objectives is to make patient movement

- A-Within normal level B- More effective
- C-Healthy D- a & b

33-which of the following type of exercises provide resistance in order to increase muscle power ?

- A-Passive exercises B- Active exercises
- C-Resistive exercises D- Range of motion

34-Emotionally-based relationships are examples of which level?

- A- Love and Affection.
- B-Self-Actualization.
- C-Physiological.
- D- Both B+C.

35- According to Maslow's hierarchy of human needs, the lowest level is

- A-Physiologic needs.
- B-Safety and security
- C-Belongingness and affection (emotion).
- D- Esteem and self-respect.

Part(11)True or false questions: (25 marks)

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

Item	True/ False
1-A urinary catheter is used for relieving bladder distention.	
2-Listening to the sound of running water, help the patient to control of urination	
3- Lack of fluid intake and impaired blood flow to the kidneys consider causes of oliguria.	
4-Increased blood urea nitrogen signifies impaired liver function	
5- High fiber diet and well hydration impair bowel elimination	
6-Sitting position consider the proper position for defecation	
7-Florence Nightingale is first nursing theorist	
8- A nurse is a person who has satisfactory completed a program of basic nursing education	
9-Multiple vaginal births can lead to urinary incontinence	
10- Oil retention enema used to relieve hemorrhoid	
11-Decrease lung expansion is physiological outcome of immobility	
12-Immobilization didn't lead to emotional ,intellectual ,sensory and social culture change	
13-An immobilized patient is placed on a 2hour turning and positioning program primary to maintain skin integrity	
14-Morbidity refer to the chance of death associated with particular illness or disorder	
15-Immobility is a person ability to move freely in the environment	
16-Inadequate resources is considered as clinical stress related to nurse	
17- A person had lower blood pressure when lying on Left side	
18- People who cross their legs have high blood pressure	
19-The patient has right to make decision about the plan of care during the course of treatment	

20-Decrease muscle endurance is change that occurs in integumentary system due to immobility	
21-BP is higher when bladder is full.	
22-Mouth breathing patients consider contraindication for oral temperature	
23- Diarrhea consider contraindication for rectal temperature	
24-The body temperature of young children tends to vary more than that of adults	
25-Increase physical activity to care patient with fever	

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	
T	F	T	F	F	F	T	T	T	F	T	T	T	T	T	T	T	T	T	T	T
21	22	23	24	25																
T	T	T	T	F																

III-Part 3: Matching (20 marks)

Part A)

Match the definition in column I with the correct word in column II

Column I	Column II
1-Nocturia	A- Presence of blood in the urine.
2- Residual urine	B- Crouch or sit with one's knees bent and one's heels close to or touching one's buttocks
3-Hematuria	C- Presence of coagulated protein from the kidney.
4-Albuminuria	D- The end product of protein metabolism.
5-Casts	E- It the need to get up from sleep in order to void

6- Trigone	F- Remove the enlarged veins around the anus.									
7-Blood urea nitrogen	G- Product of muscle metabolism excreted entirely by kidneys.									
8-Serum Creatinine	H- Atriangular region, the area at the base of the urinary bladder, between the openings of the ureters and urethra.									
9-Hemorrhoidectomy	I- When the bladder empties normally, it retain little amount of urine.									
10- Squatting position	J- Presence of albumin in the urine									
Question No.	1	2	3	4	5	6	7	8	9	10
Answer	E	I	A	J	C	H	D	G	F	B

Part B)

Column I	Column II
1-Cyanosis	a-The degree of heat maintained by the body
2-Respiration	b-A condition in which temperature is abnormally lower than normal
3-Orthopnea	c-Exchang of oxygen and carbon dioxide
4-Hypothermia	d-inability to breath or difficulty in breathing
5-Tempreture	e-blueness or discoloration of the skin and mucus membrane
6-Apical pulse	f-A wave like sensation that can be palpated or felt in a peripheral artery
Blood pressure	g-abnormal elevation of body temperature above the normal range
8-pulse	h-a stronger beat and is easier to measure than the other pulse sites
9-Fever	i-the pressure exerted by the blood on the walls of the blood vessels within the systemic arterial system
10-Systolic blood pressure	j-It is the pressure against the wall of the blood vessels following ventricular contraction

Question No.	1	2	3	4	5	6	7	8	9	10
Answer	E	c	d	b	a	h	i	f	g	J

IV –part 4: Essay (20 marks).

1-List five nursing care of patients with constipation? (5 marks)

- 1- Provide adequate fluid intake 1500-2000 cc / day.
- 2- Provide well balanced diet with enough from fruits, vegetables and vitamins.
- 3- Encourage regularity of time for defecation and prompt response to the desire of defecation.
- 4- Provide adequate time for evaluate evacuation.
- 5- Provide privacy for patients to promote relaxation.
- 6- Provide posture (position) as close to normal as possible.
- 7- Provide physical and emotional comfort and elevation of pain.
- 8- Provide physical exercises especially for abdominal muscles.
- 9- Consider the patient's habits in relation to defecation
- 10- Use of rectal enema.

2-Contraindication of oral temperature ? (5 marks)

- Infants and children.
- Unconscious patients.
- Inflammation or surgery of mouth.
- Persistent frequent coughing.
- Mouth breathing patients.
- Very weak who cannot close his mouth well.
- Very old and weak patient.
- Patient with seizure disorder.
- After drinking hot fluids or cold fluids.

3-List techniques are used in the physical examination? (4 marks)

- Inspection
- Palpation

- Percussion
- Auscultation

4-Enumerate purpose of physical assessment? (3 marks)

- ▶ To obtain baseline data about the client's functional abilities.
- ▶ To confirm data obtained in nursing history.
- ▶ To obtain data that help establish nursing diagnosis and plan of care.
- ▶ To make clinical judgment about the client's health status.
- ▶ To evaluate the outcome of health care.

5-List 3 rights for giving medication? (3 marks)

1. Right drug.
2. Right dose.
3. Right patient.
4. Right preparation.
5. Right route.
6. Right time.
7. Right education, motivation/ approach
8. Right of the patient to refuse.
9. Right assessment
10. Right evaluation
11. Right documentation
12. Right of the patient to know the reason for the drug.

Good luck

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