

**NATIONAL UNIVERSITY OF LESOTHO  
FACULTY OF HEALTH SCIENCES  
DEPARTMENT OF NURSING**

**NRS 2302 - FUNDAMENTALS OF NURSING**

**JANUARY 2024**

**MARKS: 100**

**TIME: 3 HOURS**

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**INSTRUCTIONS:**

- 1. This question paper has 4 Questions**
- 2. Answer all questions**
- 3. Write legibly**
- 4. Answer each question on a new page**

## QUESTION 1

**For the following multiple-choice questions/items select the most correct answer. (Some questions have multiple correct options)**

1.1 If a disease can be transmitted directly from one patient to another, it is referred to as a/an..... disease

- A. Nosocomial
- B. Communicable
- C. Chronic
- D. Acute

1.2 The interval when the host begins to experience general signs and symptoms of illness, which typically result from activation of the immune system is known as the.....period.

- A. Incubation
- B. Prodromal
- C. Convalescence
- D. Illness

1.3 Mr Charles has just had an abdominal operation under general anaesthesia, he has just been returned to the ward. Which position should he be placed in?

- A. Prone
- B. Sim's
- C. Trendelenburg
- D. Supine

1.4 Which of the following positions can be used to relieve dyspnoea, especially in patients with chronic obstructive pulmonary disease?

- A. Prone
- B. Lithotomy
- C. Recovery
- D. Orthopnoeic

1.5 Which type of bed would a nurse prepare for a patient with a newly applied Plaster of Paris on the lower limb?

- A. Fracture bed
- B. Post-operative bed
- C. Closed bed
- D. Tent bed

1.6 Which of the following bed accessories is used to prevent “foot drop”?

- A. Foot stool
- B. Fracture board
- C. Foot board
- D. Balkan frame

1.7 Principles of safe client transfer and positioning include all of the following **EXCEPT**.....

- A. The wider the base of support the greater the stability of the nurse
- B. Facing the direction of movement prevents abnormal twisting of the spine.
- C. The higher the center of gravity the greater the stability of the nurse
- D. Pushing and pulling require less work than lifting.

1.8 Intra-Hospital patient transfer includes all of the following **EXCEPT** .....

- A. Stretcher to bed
- B. Bed to wheelchair
- C. Hospital to hospital
- D. Ward to ward

1.9 Which of the following is not the role of a nurse during patient admission?

- A. Orient patient to the ward
- B. Give pertinent treatment and instructions as needed
- C. Give family members information regarding the Hospital routine
- D. Examine patient and provide a medical diagnosis

1.10 Mr Ntho sustained a spinal cord injury in a motor vehicle accident, which of the following types of bed would benefit him most?

- A. Fracture bed
- B. Tent bed
- C. Divided bed
- D. Post-operative bed

1.11 Patient discharge teaching should include all of the following

**EXCEPT**.....

- A. Medication
- B. Diet
- C. Outpatient referral
- D. Ward orientation

1.12 Non-pharmacological pain management methods include which of the following? Select all that apply

- A. Analgesics
- B. Meditation
- C. Distraction
- D. Opioids

1.13 A dynamic process which is continuously changing". In the Nursing meta-paradigm, this statement refers to which of the following?

- A. Environment
- B. Person
- C. Health
- D. Nursing

1.14 Patient care that takes into account the physical, emotional, social, spiritual, and economic needs of an individual is referred to as ..... care.

- A. Holistic
- B. Nursing
- C. Paediatric

D. Psychosocial

1.15 Which of the following statements are true regarding nosocomial infections?

Select all that apply. They result in .....

- A. Decreased support from nurses
- B. Unnecessary deaths
- C. Decreased health care costs
- D. Prolonged hospital stays

1.16 The type of infection where the causative microorganism comes from the patient's normal flora is known as an ..... infection

- A. Exogenous
- B. Endogenous
- C. Endothelial
- D. Endoscopic

1.17 The aim of hand washing is to remove which of the following?

- A. Transient skin flora
- B. Resident skin flora
- C. Normal skin flora
- D. Permanent skin flora

1.18 When caring for an immuno-compromised patient who is in isolation, the nurse must consider which of the following? Select all that apply

- A. Promote rest and sleep
- B. Use surgical asepsis when feeding the patient
- C. Follow standard precautions
- D. Provide regular oral hygiene

1.19 The WHO recommended colour code for general waste is .....

- A. Yellow
- B. Blue
- C. Black

D. Red

1.20 Which of the following are principles of surgical asepsis?

- A. A surgical hand wash renders hands sterile.
- B. The edges of a sterile field are considered contaminated.
- C. Droughts over sterile fields contaminate sterility.
- D. A sterile object held above waist level is considered contaminated.

1.21 Which of the following procedures require surgical asepsis?

- A. Perineal care
- B. Intramuscular injection
- C. Oral care
- D. Nasogastric tube insertion

1.22 Which of the following modes of transmission involves a medium that carries a pathogen from source to a susceptible host?

- A. Vector
- B. Vehicle
- C. Airborne
- D. Droplet

1.23 A patient develops a urinary tract infection from an indwelling Foley catheter that has been in place for 24 hours. The infecting organism is determined to be from the break in sterility during insertion of the catheter. Which of the following would best apply to the source of this infection?

- A. Exogenous
- B. Iatrogenic
- C. Endogenous
- D. Enteric

1.24 When preparing a sterile field, which of the following methods of transferring items onto the sterile field are correct?

- A. Opening the sterile package without contaminating the inside and dropping the contents onto the sterile field

- B. Using clean gauze to hold the items
- C. Throwing sterile packages on the field
- D. Using clean gloves

1.25 Which of the following constitute a break in sterile technique while preparing a sterile field for wound care? Select all that apply

- A. Using sterile forceps, rather than sterile gloves, to handle a sterile item
- B. Keeping the sterile field out of sight.
- C. Placing a sterile object on the edge of the sterile field
- D. Touching the outside wrapper of sterilized material without sterile gloves

1.26 Which of the following is **NOT** a purpose of an NG tube?

- A. Provides a means of irrigating the stomach
- B. Provides a route for delivery of liquid enteral feedings
- C. Provides access to gastric contents for analysis
- D. Provides a route for delivery of liquid parenteral feedings

1.27 In which position would a nurse place a patient when inserting an NG tube?

- A. Supine
- B. Dorsal recumbent
- C. High fowlers
- D. Lateral

1.28 The following are all examples of therapeutic diets **EXCEPT**.....

- A. Bland
- B. Low sodium
- C. Western
- D. Liquid

1.29 Which of the following can help improve a patient's appetite? Select all that apply

- A. Eliminating odours
- B. Serving the patient's favourite meals
- C. Encouraging patient to drink a lot of water just before meals

D. Giving the patient an enema regularly for cleansing

1.30 Temporary cessation of breathing, especially during sleep is known as.....

- A. Arrhythmia
- B. Apnoea
- C. Bradypnoea
- D. Tachypnoea

1.31 Which of the following can result in an Increased Pulse Rate? Select all that apply

- A. Sleep
- B. Fever
- C. Rest
- D. Exercise

1.32 What is the term used for a high-pitched musical sound in clients during respiratory assessment?

- A. Crowing
- B. Wheezing
- C. Stridor
- D. Sigh

1.33 The sounds that can be heard when a stethoscope is placed over the brachial artery when assessing blood pressure are known as the.....

- A. Wheezes
- B. Murmurs
- C. Crackle sounds
- D. Korotkoff sounds

**(Total = 41 marks)**



## QUESTION 2

**Indicate whether the following statements are True or False. Give a rationale for all your false options.**

- 2.1 When applying the principles of body mechanics, the nurse must keep the weight to be lifted as close to the body as possible.
- 2.2 To save time, only unconscious patients should be assessed for risk of pressure sores.
- 2.3 The nurse must assess a patient's vital signs when the patient is inactive and the environment is controlled for comfort.
- 2.4 When opening a sterile pack, the outermost flap always opens towards the nurses' body.
- 2.5 During bed making, it is advisable for the nurse to straighten sheets by shaking them before covering the bed.
- 2.6 Impaired chest wall movement reduces the level of tissue oxygenation.
- 2.7 Patient discharge planning enables continuity of care.
- 2.8 A Patient's relatives should not be included in discharge planning.
- 2.9 The Femoral pulse is located below the inguinal ligament, midway between symphysis pubis and anterior superior iliac spine.
- 2.10 Sterilization involves the complete elimination of all microorganisms, including spores.
- 2.11 During oral care unconscious patients must be placed in supine position to prevent aspiration.
- 2.12 During hospital admission, the patient's valuables should be kept in the bedside locker.
- 2.13 Hospitalized patients are less likely to acquire infections because cleaning and disinfecting are done more thoroughly in hospital settings.
- 2.14 A surgical hand scrub should be performed every time after coming into contact with patients and their environment.
- 2.15 Used needles and razors should be discarded into the biological waste bin.
- 2.16 A wet sterile package must be allowed to dry before it can be used.
- 2.17 A sterile field should always be kept below the waist.
- 2.18 Damp dusting is not an Infection Prevention and Control (IPC) activity.

**(Total = 30 marks)**

### QUESTION 3

Match the terms in **COLUMN A** with the correct statement/definition in **COLUMN B** (e.g 17 Y)

Column A	Column B
1. Hypoxia	A. Respiration rate and depth that is irregular, characterized by alternating periods of apnea and hyperventilation
2. Hypoxemia	B. Used for patients who are rendered highly susceptible to infection by disease or therapy
3. Pulse pressure	C. A maneuver used to turn a reclining patient from one side to the other or completely over without flexing the spinal cord
4. Cyanosis	D. During this type of fever, the body temperature alternates at regular intervals between periods of fever and periods of normal temperatures
5. Logrolling.	E. Deficiency of oxygen in the tissues
6. Pulse deficit	F. The respiratory rate is abnormally low and depth of ventilation is depressed
7. Fecal impaction	G. low oxygen content in the blood
8. Colostomy	H. The prolonged retention and buildup of feces in the rectum
9. Ileostomy	I. Respirations that are abnormally deep, rapid and increased in rate
10. Reverse/protective isolation	J. The surgical creation of an artificial opening between the colon and the abdominal wall
11. Intermittent fever	K. Bluish appearance of the skin and mucous membranes
12. Remittent fever	L. Difference between apical and radial pulse
13. Cheyne-stokes respiration	M. The difference between systolic blood pressure and the diastolic blood pressure

14. Hypoventilation	N. Fever that spikes and falls without a return to normal temperature levels.
15. Kussmaul's respiration	O. A surgically created opening between the small intestine and the abdominal wall

***(Total = 15 marks)***

#### **QUESTION 4**

4.1 Define the concept of Health using the Health-illness continuum. (4 marks)

4.2 Describe any 5 factors that influence illness behaviours. (10 marks)

***(Total = 14 marks)***