

NATIONAL UNIVERSITY OF LESOTHO

FACULTY OF HEALTH SCIENCES

DEPARTMENT OF NURSING

NRS 3304: NURSING OF ADULTS WITH SURGICAL CONDITIONS'

FINAL EXAMINATION

JANUARY 2024

MARKS: 100

TIME: 3 HRS

INSTRUCTIONS:

- 1. Answer all questions in this paper.**
- 2. Commence each answer on a new page.**
- 3. Read the questions carefully and ask for clarification if you don't understand.**
- 4. Properly follow instructions in each question and write legibly and tidily.**
- 5. Numbers in brackets at the end of each question signify marks allocated, not points to be given on answering a question.**
- 6. THE PAPER HAS 6 PAGES INCLUDING THE COVER PAGE**

QUESTION 1. MULTIPLE CHOICE QUESTIONS

INSTRUCTIONS: Read the following statements and answer the questions by Writing the number of the statement and a corresponding correct response option number **ONLY**; e.g. 40 .1 a. 40.2 b.

- 1.1 You are starting a shift at 7 am today, you find Mr. Mosomi who is a known hypertensive patient, and is treated with Hydrochlorothiazide. He came to the emergency department last night at 11:45pm complaining of severe abdominal pain. His BP was 120/80 mmHg. After arrival he reported nausea and later vomited several times. What could be the cause of Mr. Mosomi's signs and symptoms?**
- a. Dehydration.
 - b. Hypokalaemia.
 - c. Food poisoning.
 - d. Hypotension.
- 1.2 Based on above given history, which of the following conditions is Mr. Mosomi likely to be experiencing?**
- a. Large intestinal obstruction.
 - b. Acute appendicitis.
 - c. Small intestinal obstruction.
 - d. Acute gastritis.
- 1.3 On arrival of the consultant surgeon Mr. Mosomi is prepared for immediate surgery, because his condition is reported to have high mortality rate if not promptly diagnosed and treated. Within which of the following duration can his life be saved if appropriately treated?**
- a. 12 hours of the signs and symptoms occurrence.
 - b. 24 hours of the signs and symptoms occurrence.
 - c. 30 hours of the signs and symptoms occurrence.
 - d. 36 hours of the signs and symptoms occurrence.
- 1.4 Mrs. KhoiKhoi reports to have experienced abdominal pain 15 to 30 minutes after eating, for the last 2 weeks. She then reduced the amount of food she eats but started feeling the same pain. Lately the pain is continuous. Which of the following is the cause of her problem if she is found to have intestinal obstruction?**
- a. Partial intestinal obstruction.
 - b. Complete intestinal obstruction.
 - c. Obstruction of the transverse colon.
 - d. Obstruction of the ileum.
- 1.5 Which of the following is the most common part of the large intestine to be obstructed?**
- a. The caecum.
 - b. The sigmoid colon.
 - c. The transverse colon.

- d. The descending colon.
- 1.6 Worm infestation is found to be one of the causes of appendicitis. Which of the following intestinal worms causes appendicitis?**
- Tape worms.
 - Round worms.
 - Pin Worms.
 - Hooke Worms.
- 1.7 A client diagnosed of appendicitis reported pain on internal rotation of the right hip during physical examination. What is this finding called?**
- Psoas sign
 - Obturator sign.
 - Rovsing's sign.
 - Referred pain.
- 1.8 If a drain has been inserted during appendectomy when should such drain be removed?**
- 24 hours postoperatively.
 - 36 hours postoperatively.
 - When its drainage is 60ml.
 - When its drainage is 50ml or less.
- 1.9 In assessment of a client on admission in Post Anaesthetic Care unit you realise that his vital signs are abnormal. Which of the following observations will you give priority intervention to?**
- Bleeding incision site
 - Temperature of 35°C.
 - Oxygen saturation of 86 %.
 - Blood pressure of 80 / 60 mmHg.
- 1.10 Which of the following is a correct discharge time from hospital for a client post appendectomy?**
- On first day postoperatively
 - When the client's temperature is normal.
 - On the second day postoperatively.
 - When the temperature and bowel functions are normal.
- 1.11 Which of the following principles of care is most important for proper healing of the bone in a client who is on skeletal traction?**
- Ensuring that the client is not experiencing feelings of isolation.
 - Intermittent massage of the client's body to prevent decubitus ulcers.
 - Traction maintenance and infection control.
 - Provision of good hydration and high protein diet.

- 1.12 On assessment of a client for surgery you identify that she is anxious about her three small children who are left with a helper. Which of the following could be a post-operative complication of this worry?**
- Post-operative disorientation.
 - Fluid and electrolytes imbalance, and delayed wound healing.
 - Post-operative depression
 - Need for early discharge from hospital despite wound situation.
- 1.13 If you realise that a patient who has Hb Of 10.5g/dL seem to be disoriented 10 days post operatively what could be the possible cause of the problem?**
- Anaemia due to blood loss.
 - Prolonged anaesthesia effects.
 - Postoperative infection.
 - Undiagnosed pre-existing confusion
- 1.14 Which of the following is correct regarding average time for lower limb fracture healing?**
- Callus is visible in 4 to 6 weeks.
 - Union of the bone occurs in 7 to 8 weeks.
 - Bone consolidation is in 8 to 12 weeks.
 - Bone consolidation occurs in 12 to 16 weeks.
- 1.15 Which of the following is a cause of non-union in fractures?**
- Poor fracture reduction.
 - Severe damage to soft tissues, making them invisible.
 - Poor personal nutrition of the affected person.
 - if a fracture is comminuted.

[15 marks]

Question 2 : True and False Items

Instructions: Indicate whether the following options/statements are **TRUE OR FALSE**

E.g. Question 10 .1 a. T , b. T, c. F, d. F , e. T

2.1 Indicate whether the following are true or false regarding informed consent for health care.

- a. It is permission of care, only given to the doctor by a client on admission to the hospital.
- b. A client who is in severe pain must be given a narcotic analgesic to numb the pain first, then be allowed to give such consent if he is not tired.
- c. A client who comes to the health care facility as an emergency should be helped first then be given information in order to give a consent later.
- d. An adult client who has sound mental capacity but is deaf and mute must always have an accompanying relative to give consent for him/her during health care provision.
- e. A consent may be given by a responsible relative over the phone for a client who is not able to give it due to his condition.
- f. A medical officer or any responsible manager in an institution can give a consent for a client to be helped if such a client is not able to give it.
- g. The type of consent given in (e) above, is called the power of attorney.
- h. The type of consent in (e) must only be witnessed by one person who was physically present during the call and the doctor who made the call to the relative.

(8)

2.2. It is very important that a client's past and present medical history is assessed prior surgery. This is done for the purpose of:

- a. Identifying the needed equipment for proper client's management during surgery.
- b. Identifying the suitable, anaesthetic agent to use for the client.
- c. Determining the surgical position suitable for the client intraoperatively.

(3)

2.3. Which of the following is true or false regarding intraoperative care of clients?

- a) It is important to put an electric fan on, to help the surgical team to cool, if surgery is long and carried out during hot weather conditions.
- b) The operated client's names, and names of the surgical team members must be clearly recorded on the white board for all to see prior the onset of the surgery.
- c) The anaesthetist has responsibility to ensure that the needed team members are available before the surgery starts.
- d) If the anaesthetist; the surgeon and other scrub team members are available surgery can be started.
- e) The scrub nurse and the circulating nurse are responsible for positioning the client properly for any procedure to be done.
- f) It is important to check that the client's condition is stable prior incision by asking him if he can still feel the pain on slight pinching.
- g) The circulating nurse's role is to manage the operating room and activities within it to ensure safety of the client and the surgical team.
- h) At the end of a surgical procedure the nursing responsibility solely lies with care of the surgical instruments and ensuring their safety.
- i) Only the surgeon and the nurse have responsibility to review the key areas of concern for client's recovery and postoperative management.

(9)

2.4 A "Do not Resuscitate" directive in health care involves:

- a. Stopping provision of health care services on request by a client's relative.
- b. Stopping provision of health care on request by the sick client who feels tired of being under supportive health care measures.
- c. That such document does not specify exactly what has to be stopped and a doctor, client or client's relative decisions are final, as long as it was signed prior a client's terminal state.
- d. That the decision to institute the stoppage of resuscitative measures has to be taken after two doctors have agreed and signed that the client's condition cannot be reversible.

(4)

2.5 Which of the following are true or false regarding acute appendicitis and its management?

- e. It is caused by infection.
- f. It is common in young adults globally.
- g. It is commonly caused by faecolith impaction.
- h. If it is not diagnosed early it is fatal.
- i. It is important to administer analgesics prior examination of a person who comes complaining of pain that suggests this condition since it is very painful.

(5)

2.6 A person given the power of attorney may be changed by the client's relatives any time they deem him unworthy to have the power. (1)

2.7 Conscious sedation is defined as a depressed level of consciousness after administration of a sedative hypnotic. (1)

2.8 The most dangerous intestinal obstruction is functional obstruction. (1)

2.9 Paralytic ileus occurs if intestinal motility has stopped for longer than 72 hours. (1)

2.10 The most effective method of treating paralytic ileus in clients who have had abdominal surgery is early ambulation. (1)

2.11 Any client of nursing, who develops complications of a condition during treatment, needs rehabilitation as a secondary preventive measure to disability.

(1)

[35 marks]

Question 3

Mrs. Khuto aged 28, was admitted to your ward yesterday with a diagnosis of a Pelvic fracture after a fall from a step ladder while cleaning windows at home.

- 3.1 What are the signs of pelvic fracture? (5)
- 3.2 Explain the nursing management of this client preoperatively? (10)
- 3.4 Describe a health education that you will give to this client on self-care pre and postoperatively. (10)

[25 marks]

Question 4

Mr. Choto aged 45 was admitted into your ward yesterday with a diagnosis of fracture of ribs and haemothorax.

- 4.1 Give 5 signs of rib fracture. (2.5)
- 4.2 Briefly explain 5 signs of haemothorax. (7.5)
- 4.3 Mr. Choto has to be done thoracotomy and drainage using under water seal drainage system.
- a) What would you teach this client preoperatively regarding the procedure and on self-care? (5)
- (b) Describe nursing management of Mr. Choto while on under water seal drainage. (10)

[25 marks]